



Expressions

In All Things, Be Upward Bound!

From The Director's Desk

“Time Keeps Ticking.....”

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Yes it does—time keeps ticking along no matter how hard we may try to slow it down. It is hard to believe that the UB summer session is becoming a distant memory and another school year has already arrived. Wow! It seems just like yesterday when students began their invasion into Roberta Hall. Crazy stuff. I want to provide you with a wrap up (from my perspective) of the summer session and also throw in a few words of encouragement as you begin another year of high school.

If I have learned one thing over the past several years it is that each UB summer takes on an identity all of its own and this summer proved no exception to that rule. Roberta Hall presented its own unique set of challenges and I thought after an adjustment period, everyone settled in nicely to our new home. I, for one, look forward to the possibility of moving back into Perrin next year---complete with the “fish bowl” and friendlier layout. I do want to thank the students for being patient with the staff during the transition period---you guys were very understanding!

As Kori mentioned at the Awards Banquet, the academic teachers felt that from their perspective the summer went very well. I challenged each of you on the first Sunday evening to take risks in the classroom by becoming more involved and engaged in the learning process. While I realize not all of you accepted my challenge, it appears from the teachers' feedback that many of you did---and that is awesome! Many of you

understand and model the notion that learning is a lifelong process. Some of you are still trying to figure this concept out---and I encourage you to jump on the bandwagon before it is too late. If you currently do not have a passion for learning, you need to find one soon! Knowledge opens doors down the road and you are the one who determines how many open doors will be in your future. Will your future road have many open doors for you to choose from or will there be few? If it is not “cool” to be involved in learning at your school are you willing to step outside of the box and make it cool? After all, it is your life, isn't it? Take a stand for yourself and get involved in your classes and your school---take a risk and don't get left behind!

I also want to touch upon another concept---maturity. I was very impressed with several UB'ers this past summer when it came to becoming more mature as the summer progressed. For many, the UB summer session offers a chance for quick growth and development. I saw that in quite a few first year students. Students became more outgoing, confident and willing to accept challenges.

Continued P.2

From the Director's Desk Continued...

I also witnessed tremendous advancement in many returning students. To all of you----great job! However, some of you didn't rise to the challenge that UB presented to you---rather you chose to fight the experience and to question many of the activities and policies UB has had as its foundation for many years. If you were one of these students---somebody who was more focused on what was "fair" rather than the boundless opportunities that UB provided, then you really need to evaluate why you are in UB.

I also recently reviewed the program evaluations that students completed during the last week of our summer session. The vast majority of feedback that you provided was very positive, which was very encouraging to the staff. There is one concern that I would like to address. It dealt with some students believing that the "college-like experience" that UB offers students during the summer wasn't "college-like" enough. Some of the students felt they should be able to stay up later, hang out with friends whenever they wanted, etc. Granted, these are things that college students get the opportunity to do---but there is one slight difference here---with the exceptions of bridge students, UB'ers are not college students! We try to simulate the experience as much as possible---but there has to be some different guidelines---and we explained these guidelines during the Parent Orientation meetings we held prior to summer. You all knew the rules going into the summer and I hope you understand their rationale. Your parents place a lot of trust in our hands during the summer and we honor that trust through enforcing our rules.

I also want to touch upon some feedback that I received from some parents. It seems that as the summer progressed some students exhibited some new behavior when you returned home on the weekends. While I think this was the exception rather than the rule, I felt it deserved mentioning. One of the pillars UB rests upon is the notion of respect. As students, you heard our staff mention respect on several occasions and it was understood that showing disrespect would not be tolerated. While UB provides you with the opportunity to grow and experience a sense of independence, it does not encourage you to disrespect the values and people found in your home. As a parent myself, I believe I can attest that your parents have made a sacrifice for you to be involved in UB and it is your responsibility to recognize that fact. If you do not understand where I am coming from, take some time to digest my words and reflect upon your behavior on the weekends this summer. Bottom line is that your family is one of your greatest assets you will ever have.

One final thing about the summer I would like to discuss before I bring this portion to a close and that is the Summer Food Program. As a result of our participation, we are going to be able to deposit \$5,500+ into the UB Scholarship Fund! Thanks for all of the cooperation from students and staff to make this a reality!

As I close, I want to remind you that a lot of time ticked away as you read this article. J As the new school year is upon us, it is imperative that each of you optimize your chances for success down the road by being an active participant in your classes. Don't be afraid to engage in the learning process. Be a leader both in and out of the classroom. Being involved makes the time go by faster and it sets a great example for what it takes down the road to be successful in life. The clock is ticking.....are you the type of person who listens to the mundane tick...tock...tick...tock... or do you look up at the clock and wonder where the time has gone? Take control of the time you spend...don't let it control you. Here's to a great school year!

—Phil

“Reflection”

As an educator, I was taught that one of the most important duties I have is to reflect. Reflect on a lesson, a conversation, or even a whole year. Now that the summer session is over, the central staff meets and reflects on all we have done throughout the year. We discuss what activities worked out well and also (and probably more importantly) what changes we can make to improve the Upward Bound experience for all of you. We have already lined up the Saturday dates for this year and have an initial plan for what our summer session dates will be next summer. As a side note, next summer will be the 25th anniversary of Upward Bound at Northwest Missouri State University. Phil has put me in charge of gathering facts and information about those 25 years and we will work on incorporating that into next summer's activities. I can assure you that since Phil was here for that inaugural year at Northwest, he will have to do a lot of reflecting on those experiences to help me gather those facts and information!

With me discussing reflection you may be wondering how that affects you. I can assure you that every one of you uses reflection nearly every day but you may not necessarily realize it. For you to reach your full potential academically you need to reflect on your experiences the same way the central staff reflects every year to try and make this program the best it can be. It doesn't help you to just reflect though. You must also put what you learn and remember to good use. School is just around the corner and will begin in just a few weeks. Now is the time for you to begin reflecting on your actions over the last year. Think about the times you have excelled academically. Reflect back on what made you excel or what you did that allowed you to perform at a high level and then try to follow through on that again this year. At the same time, reflect back on those times when you didn't achieve at a high level academically. What did you do wrong during those times? What caused you to perform below your capabilities? If you can recognize what issues caused you to perform at a low level and then eliminate them from your routine then you have an opportunity to maximize your potential and achieve your highest goals. If you reflect back on what we discuss here during the summer about setting your goals, stepping outside the box, and working as hard as possible to achieve your goals then you will realize this is all possible. The key is you putting forth your best effort and using reflection to set up a plan that will allow you to maximize your educational opportunities. Good luck to you all and make sure you put forth your best efforts from the first day of class all the way up to the last!

—Kori

Saturday Sessions

Saturday Session Dates 2010-2011

Upward Bound Saturday Sessions take place from 8:30 am - 12:00 pm on the 3rd floor of the Administration Building on the campus of Northwest Missouri State University.

September 18	College Visit (TBA)
October 16	Regular Session (Visitors Welcome)
November 6	Regular Session (Visitors Welcome)
November 20	Regular Session (Visitors Welcome)
December 4	Regular Session (New Members Announced)

January 15	Regular Session
February 5	Regular Session
February 26	Regular Session (TRiO Day)
March 12	Regular Session
April 2	Regular Session
April 23	Regular Session

Saturday Class Schedule

8:30 – 8:45	Announcements
8:45 -- 9:30	Workshops
9:35 – 10:20	Class
10:25 –11:10	Tutoring
11:15 – 12:00	Class
12:00	Stipends and Check-Out

"UB Summer Reflection"

By: Jolene Harbin

As probably most of you know, I just had knee surgery. I've been lying around trying to decide what to write my article about. Then, I realized that the UB summer component was much like going through an operation.

Stage 1: Pre-op is where the nurses get you all set up for what is ahead. This is like the first week. We move into the dorms and get all settled in meeting teachers and roommates.

Stage 2: Operation. Now the teachers, RAs and central staff are like the surgeon, the Anesthesia staff, the technician, and etc. They help you with getting relaxed and adding things and taking out things. Adding knowledge and taking out things that aren't necessary or things that may get in the way causing trouble and pain. The operation would be those many weeks of being in the classroom.

Recovery: Stage 1 is the point where anesthesia starts wearing off and you start getting by on your own. This is like when we move out of the dorms and take all our knowledge with us to better heights.

Recovery: Stage 2. The final little bit you have to go through. It's the easiest and if you are lucky it is the best part. This here is our UB trip. It's the last stretch and the last time we may see everyone until next summer.

When you are all done you get to go home and relax and keep all the memories that you built up in your mind. So make the best of this operation because it sure will help you get along later down the road.

So in the end, Get Well Soon.

P.S. One last thought: "Scars are tattoos with better stories." :-)

SAC Article

"Mistakes"

By: Britnee Wolfe

Have you ever done something you wish you could have a time machine and take it all back, a mistake? I don't necessarily believe that we should be able to take it back because then you would most likely make it again sometime in your life time. This summer I was faced with many obstacles which the older you get the more you have to go through. I made a few mistakes and took a few wrong turns. When you look back though what really is important when you make a mistake? Looking back I realized that learning from it is what really matters.

Everyone always looks at how big a mistake is and every year I look back and think, "Wow Brit did you really do that?". As every year goes by the stuff I do in the years before seem smaller and smaller, such as the decisions I had to make then compared to now. We are not five anymore, our big decision of the day isn't what's for dinner anymore, it's what are we going to do with our lives and how are we going to get there? What is it going to take for us to accomplish and achieve all of our biggest dreams?

Now that you are older when you make mistakes they have more consequences, you have more on the line. Maybe when i look back on my mistakes it was good I made them and learned so I don't have to now. Life is a complex thing, you shouldn't take anything for granted and realize that you are human and no one is perfect. We all have our strengths and weaknesses it's finding them that's sometimes hard. Learn from what you have done and move on though. Don't live in the past, but realize you have done wrong and pay the price. In the end everything will work out the way it is supposed to. Live life not with regrets, but simply just a lesson well learned.

SAC Article

Dear Upward Bound Students,

This summer had a greater impact on my life than almost any other activity I've participated in throughout my life. This summer not only taught me lots of patience, but it ultimately showed me a glimpse of my future. As most of you know I had planned on attending culinary school after graduating from high school, but because of the opportunities that came with being an Upward Bound member I will now be attending nursing school. I was lucky enough to be accepted into the work study program this summer and worked in the Emergency Room at St. Francis, which I had chosen just because I thought it would be an interesting job to watch. This was absolutely an interesting experience, so much so that I decided to pursue it as a career and put my other plans on hold for the time being.

The lesson of this is to take part in as many opportunities that Upward Bound gives you as possible. Not only take part but immerse yourself in every aspect of it. Don't just show up thinking that you are taking part by just being there, get involved. Ask what you can do, ask questions about the how and why, and what could have happened, and most importantly enjoy yourself and have a positive attitude. Also I encourage you to take work study as an opportunity to explore a career that interests you but you don't necessarily plan on pursuing. Take charge of your future with the help of Upward Bound.

Sincerely,
Gentry

SAC Article

“My Upward Bound Summer”

By: Taylor McCartney

This past summer was a great one. I got to be around all of my close friends again and even make some new ones. I had such a great time and was really sad to see it come to an end. Without a doubt the best part of my summer UB experience was definitely pulling pranks with Kylie Laco on our suitemates, Michelle Sharp and Shelby Fox.

The best prank we pulled, or should I say attempted to pull, was saran wrapping the bathroom so they would run into it when they opened the door. Unfortunately, after running back from some activity and making it to our rooms first, our plan didn't quite work like it was supposed to. You see I had to sneak in the saran wrap and hadn't opened it yet. While Kylie was locking the bathroom door I was hurrying to open the box. Apparently, there is a very sharp edge on a saran wrap box, which I did know about. However, it must have slipped my mind because the next thing I knew blood was all over the bathroom. I held up my hand and said “Kylie! My thumb is bleeding!”

My loving roommate told me “It's not that bad. You're fine.” Then she saw how deep it was when I shoved it in her face and was like, “Go get an RA and a Band-Aid. I'll finish this.” So I walked briskly down the hall and looked for an RA. Finally, I found Jamie. We got the bleeding to slow down a bit and a Band-Aid. I walked back to our room and Kylie hadn't done that great with the saran wrap. Apparently, she had never pulled this prank before like she had the toothpaste. Needless to say, I learned a lot of things at UB this summer. First of all, one must be careful with saran wrap boxes. Secondly, don't ride with Franky. He's awfully competitive and might drive through the grass. Finally, give Upward Bound all you've got. You only get out of it as much as you put in it. Thanks for an amazing summer everyone!

SAC Article

“Summer Session”

By: Bryce Wiederholt

The summer session was great and lots of fun. The best part was the trip like every year no matter where we go it is fun. Everything went smoothly like usual. There was some drama but it didn't cause too much trouble.

The first day is always one of the better days of the summer. You get to move into the dorms and set your room up how you and your roommate want it. After you are moved in, your parents leave and you get to see all your friends, which you can help them if you want. Then the first week flies by and you are on your way home. Before long it was time for us to move out. This is both exciting and sad saying that following Monday we were going to Madison, Wisconsin. But all so it marks the end of the summer session and the Bridges leaving. Then you have the banquet which was good food, good friends, and a lot of speeches.

Then trip always something going on never time to be bored. Trip is the second best part of Upward Bound the first is meeting new people and making new friends. Trip this year was great and a lot of fun. Long bus ride but it didn't seem too bad because of everything going on.

SAC Article

"Upward Bound Goes Apple"

By: Korbin Jones

Everyone is an iPod Touch. This may sound like a strange analogy, but when you think about it, we are in fact very similar to this Apple product. This is true because, when we begin Upward Bound we start out with all the bare necessities. We possess a "calendar" and a few "contacts." However, after the first few Saturday Sessions, we start to gain more contacts and acquire more important dates in our calendar. We also gain special "apps" from our teachers. These "apps" are like the various subjects we learn such as math, science, and english. Extending our reach for greater knowledge in these important subjects will help us in preparing for college, and other important aspects in our lives that will better ready us for our futures. What's more exciting is that these "apps" are absolutely free! So now it's time for you to begin your Summer Session! Throughout your Summer Session you will find that your calendar and contacts will grow larger and this growth is important for your preparation for college and your future. You gain friends, lessons, memories, knowledge that will stay with you for the rest of your life. And when your Summer Session is over, you, the iPod, will have grown as a person and as a student. But you can't just keep this growth to yourself, right? So what I ask of you is to go to school and talk about Upward Bound. Tell your school about the fun, the memories, and the "apps" you have gained! Bring them to Saturday Sessions! After all, Upward Bound would be nothing without the new "iPods" we gain every year. Remember, you were also an iPod Touch with all the bare necessities before Upward Bound, too.

SAC Article Due Dates

September Newsletter	(due Sept. 1 st)	Britnee, Bryce, Taylor
October Newsletter	(due Oct. 1 st)	Drake, Gentry, Jolene, Korbin
November Newsletter	(due Nov. 1 st)	Britnee, Bryce, Taylor
December Newsletter	(due Dec. 1 st)	Drake, Gentry, Jolene, Korbin
January Newsletter	(due Jan. 1 st)	Britnee, Bryce, Taylor
February Newsletter	(due Feb. 1 st)	Drake, Gentry, Jolene, Korbin
March Newsletter	(due Mar. 1 st)	Britnee, Bryce, Taylor
April Newsletter	(due Apr. 1 st)	Drake, Gentry, Jolene, Korbin

“If You Really Knew Me”

Apparently, since we've gotten back from our Madison trip, I feel as though I can stay up really late and still get up early for work. WRONG!! But one evening I was flipping through the channels and came across a show on MTV called 'If You Really Knew Me'. This show follows high school students through a challenge day in effort to reduce racism in the school and promote a greater sense of community and understanding amongst the students. I couldn't help but think of how the students on this show reminded me of all of you in our program.

If you haven't watched this show yet, make a point to do so. It may have been the counselor in me, but it really impacted me. Like all of you, the students in this high school come from a variety of backgrounds, family situations, and have many different personal issues going on in their own lives. Throughout the exercise they had to complete, they all realized that despite their different situations, they all had one thing in common – each other. Once they opened up and welcomed the challenge of accepting and understanding others, they realized there were others at their own school that were going through the same things. There were other people to share in their burdens and other people who were there for them that they didn't think would be. The football jock was consoling a student who just announced he was gay, a student who was an eccentric dresser and cutter just connected with a student who came from a long history of gang violence.

I could go on and on about how amazing this show is, but more importantly the message and reasoning behind the show was what I wanted to share. Here are a few items taken directly from the TV shows website at: <http://dynamic.challengeday.org/bethechange/>. It perfectly embodies our motto of 'Be the change you wish to see'.

- “Be the Change” is a way of life that anyone can live in every moment.
- “Be the Change” challenges its members to stop waiting for others to change things and to be the heroes they have been waiting for.
- “Be the Change” and commit to doing at least one intentional positive act of change each day for the benefit of others.

So, for the upcoming school year, I challenge you to 'Be the Change' and I guarantee you see the effects immediately and it will make your Upward Bound experience that much more memorable.

Looking forward to next year!!

—Brenda

Kudos!! — Upward Bound Award Winners

ACT Prep

ACT Most Preppy—Jimmy Johnson

ACT Most Preppy—Rachel Summa

Spanish

Super Taco—Kylie Beggs

Super Enchilada—Layla Anderson

English

Outstanding English Student—Korbin Jones

Rising Star—Laci Wooten

Math

Outstanding Math Student—Chelsey Sisk

Lifetime Learner—Corey Paulo

Science

Science Inquiry Award—Drake Johnson

Science Inquiry Award—Shelbey Fox

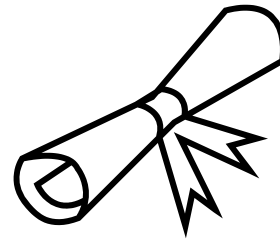
Social Science

Lifelong Learner—Paul Poe

Lifelong Learner—Katie Wilmes

Overall Academic Award

Michelle Sharp



Kudos!!

If anyone has recently been recognized for any great accomplishments either academically or in their extracurricular activities, please let us know and we'll include them in the newsletter!

We love hearing about all of your awesome achievements!

UB Reminders & Announcements!!

ACT® Test Dates

ACT Test Date 2010 — 2011	Registration Deadline (Late fee after this date)
September 11, 2010	August 6, 2010
October 23, 2010	September 17, 2010
December 11, 2010	November 5, 2010
February 12, 2011	January 7, 2011
April 9, 2011	March 4, 2011
June 11, 2011	May 6, 2011

Always use the UB CODE: 9713

Remember: Each UB participant can utilize 2 fee waivers. Forms are available in the UB office.

Happy Birthday!!!

July

Drake Johnson—6
Mikki Owens—9
Kylie Beggs—10

August

Cody Henry—10
Kayla Swink—13
Shelbey Fox—18
Rachel Long—18

September

Kylie Laco—4
Paul Poe—4
Kaitlyn Vang—7
Tanner Rickabaugh—12
JD Wilcox—18
Michelle Sharp—28
Katarina Bennett—30

October

Jolene Harbin—5
Korbin Jones—10
Zuri Vang—14
Danielle Stitt—17

November

Jimmy Johnson—6

December

Nick Smith—12
Kristen Dodge—20
Lisa Adams—27
Adrienne Morriss—28
Rachel Summa—29
Jessica Wilmes—31

Saturday Session Schedule

September 18	College Visit (TBA)
October 16	Reg. Session / Visitors Welcome
November 6	Reg. Session / Visitors Welcome (UB Parent Day)
November 20	Reg. Session / Visitors Welcome
December 4	Reg. Session / New members announced
January 15	Regular Session
February 5	Regular Session
February 26	Regular Session (TRIO Day)
March 12	Regular Session
April 2	Regular Session
April 23	Regular Session

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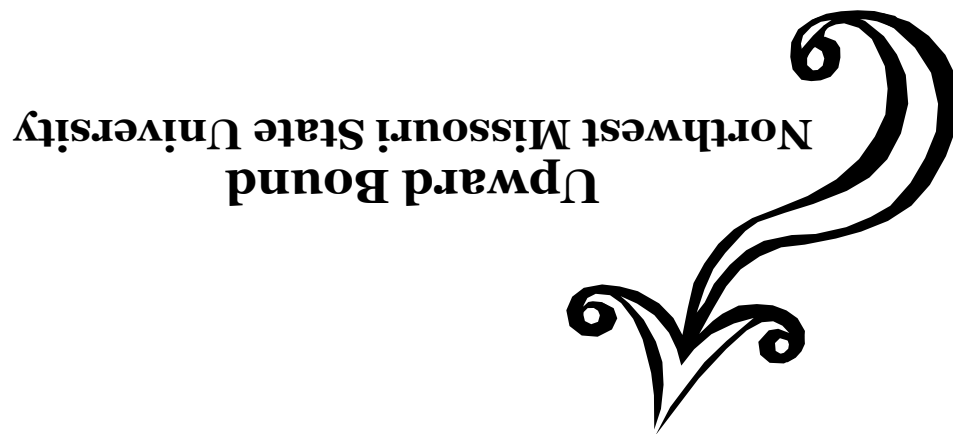
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