

Expressions

In All Things, Be Upward Bound!

Summer Opt-Out

Students,

| What's Inside: | |
|----------------------------------|-----|
| Summer Opt-Out | 1 |
| SAC Articles | 2-4 |
| Field Tutoring | 3 |
| Word Search | 4 |
| Saturday Sessions & Bus Schedule | 5 |
| Reminders | 6 |
| SAC Article Due Dates | 6 |
| Kudos!! | 7 |
| ACT Testing Dates | 8 |
| Happy Birthday! | 8 |
| UB Contact Info | 8 |

I hope you all are getting excited for the holiday season! The end of first semester is right around the corner! I know it is hard to believe, but after the holiday break we will begin our initial planning for the summer session. With that in mind, we have decided to make a change in our policy for attendance during the summer session.

After some review of the program, we have noticed that a high percentage of the students that withdrew from Upward Bound did so because of the required attendance in the summer component of the program. We realize that some students have opportunities that they may not be able to participate in because they are required to attend the summer component. Additionally, we realize that in these economic times it may be necessary for students to work a full-time job in the summer. Due to this, we are implementing the following change in our summer component attendance policy beginning this coming summer:

- Students may choose to opt out of their 2nd or 3rd summer.
- You cannot opt out of both years, just one.
- You are not required to opt out of either year. It is an just an option for those that choose to do so.
- If you choose to opt out, you will not be able to come to any part of the summer, including the trip.
- You **cannot** opt out of your 1st summer or last summer (bridge year).
- If you are going to choose to opt out, you must let the staff know no later than April 1st.
- Students who choose to opt out still must meet all of the attendance/participation requirements during the academic year to maintain good standing in the program.

We hope that these changes will help keep students in the program who have previously had to withdraw due to summer attendance. Please remember that you are not required to opt out of any summer and this is purely voluntary.

If you have any questions in regards to this change in policy then please feel free to contact us at (660) 562-1630, or to email Phil, Jackie, or me.

-Kori

SAC Article

“Get Involved”

By: Tanner Rickabaugh

There’s more that you can do to get involved in Upward Bound than just going to Saturday Sessions and attending tutoring. In fact, there’s one thing that you must do as a UB student. You need to fill out a letter to the government in regards to reducing the funding for UB. What is this for? As you all probably know, Upward Bound is a branch of TRiO, a federally funded program. Right now, the government is trying to save money in every way they can, one way, is cutting TRiO funding. Anyway, what you need to do is write a letter. It is rather simple, you will receive a letter template, and then it is as simple as filling in the blanks. You will fill in your own input, like specific examples of your experiences and how it has affected your college and career choices. You will then copy the body of the letter and paste it to an email, send it to:

To: oira_submission@omb.eop.gov

CC: ICDocketMgr@ed.gov

Subject Line: Application for Grants under the Upward Bound Program, OMB Control Number: 1840-0550

It is important that you do this correctly or it will not be read. This letter is very important and should be taken seriously, and remember to put a lot of thought and input into it. You can get the template from central staff or from your tutor. It is important for you, the UB student, to fill it out. It is your responsibility to help keep funding and keep fun summers to come. If you have questions, contact central staff.

But wait! There’s more! If you log onto <http://wh.gov/iOD> you can sign a petition to keep TRiO funded. It only takes two minutes and will make a difference. As of November 29, 2011, there are 4,003 signatures. We have to have 20,997 signatures. It may not be much, but it will make a difference. Anybody can do it, so your friends/family/dog can do it too! Post the link on your Facebook!

With something to think about, this is Tanner Rickabaugh. Make it a great day, or not. The choice is yours.

P.S. I know there are some of you that don’t read this. Tell your friends.

SAC Article

“Patience”

By: Corey Paulo

Like we have all been told at some point or another, patience is a virtue. However, looking at today’s society, it is not a very important virtue anymore. Isn’t that the point of fast food, videos on demand, and energy drinks? We don’t want to have to wait for anything, knowing that we can have it immediately instead. I am a firm believer, though, that patience is still important in life, whether you’re waiting for a birthday or holiday, waiting to see how well you did on that test in Chemistry, or even waiting to hear back from colleges you’ve applied to. Patience is necessary to succeed in life, despite what society’s trends teach our youth.

SAC Article

“Senioritis”
By: Jolene Harbin

So I know this article will be more directed towards the seniors, but trust me everyone of you will go through this: The wonderful spin of senioritis. Urban dictionary describes it as, “a crippling disease that strikes high school seniors.” Symptoms include: laziness, an over-excessive wearing of track pants, old athletic shirts, sweatpants, athletic shorts, and sweatshirts. Also features a lack of studying, leaving your backpack in your car trunk from 3 p.m. to 8 a.m., repeated absences, and a generally dismissive attitude. It’s contagious too. Once one person has it, everyone else does too. It’s that feeling of you don’t want to do anything. Kind of like major procrastination. You have stuff to do, you look at it a while, then decide to do it later. I have caught senioritis and I have caught it bad. How do you fix that? Easy, do what has to be done right way. Sorry, that’s actually a lot harder than that sounds. I’ve been struggling to do that for months now. Even though our goals are insight - graduating from high school and entering college - school isn’t over just yet and college admission officers are still paying close attention to your performance. Senior year is your opportunity to strengthen your skills and broaden your experience, in school and out, to prepare for all the challenges ahead. Stanley E. Henderson, associate provost at the University of Illinois, states, “Just as you would want to be in top condition for the start of the athletic season, so, too, do you want to be in top condition for the academic season...The habits your form now - your academic strength conditioning - will either help or hurt you in your transition from high school to college.” (College Counseling Sourcebook, 6th edition, College Board) The only known, for sure, cure for senioritis is then phenomenon called graduation. However, I’m sure if you try hard enough to get back on track and actually defeat the enemy called procrastination, you can cure senioritis.

Field Tutoring Schedule

| School | Regular Tutoring | Supplemental Tutoring |
|-------------------|----------------------------|-----------------------|
| King City | Thursday—3pm | TBD |
| Maryville | Thursday—3:10pm | Wednesday—3:10pm |
| Nodaway Holt | TBD | TBD |
| Northeast Nodaway | Wednesday—3:30pm | Tuesday—3:30pm |
| Rock Port | Tuesday—3pm | Wednesday—3pm |
| Stanberry | Tuesday—7:30am & Thurs—3pm | TBD |
| Tarkio | Wednesday—7am | Thursday—7am |
| West Nodaway | Tuesday—3:05pm | Tues & Wed—7:30am |

Word Search



College Terms Word Search

o e i s o a l f m c y g b d k p d a b r c
s m s t u d e n t f h h e o r s o a e t h
m h r e s r u o c i s i j r o t s t h a a
i r r r c o m m u n i t y m w k u i p i p
a n e u s f a f s a n c e i e p s o i a e
n s t t r f u t d n a o l t m t f t s n l
o o p a i a n m o c p s b o o o o k o c u
h p a r d t i s g i s a c r h o o i c r d
a i a e o s v o h a l e y y d o t u o e e
g o h t s p e s l l d i m e b a b b h u h
a d v i s o r c a a f r p e c p a u e a c
r e o l n a s i r i b a t u s t l r d c s
a n m t l c i t e d r o d e e t l s a g i
s s o o i t t a p t n e e s h g e a y n m
o o h e o r y m m r a r t s i g e r g i a
e c n t r i m e s t e r i e n h b l o s j
s c l a c i n h c e t l y i f k n c l u o
e e r t n t f t o s g o k e t a m m o o r
r r u o h l a a t n a r g y e t c a i h c
h s r m u e l m e l a f o m m h w i b e o
t u p s c i s y h p e n c i l g p i p t a

college
university
books
dormitory
class
homework
cafeteria
schedule
student

grant
loan
scholarship
major
minor
semester
fafsa
stafford
test

technical
community
proprietary
course
hour
term
football
basketball
soccer

admission
housing
advisor
parking
bursar
registrar
chapel
financial aid
roommate

computer
biology
mathematics
bookstore
department
lab
history
english
art

science
physics
education
notebook
pencil
laptop
trimester
spanish
literature

SAC Article

“Stay On Top Of Things”

By: Ethan Calfee

Staying on top of things is important. Right now I'm failing at it. I got lazy in school and am now in supplemental tutoring which is a great idea to help students with D's and F's. I don't get my SAC articles written on time and my absence form for December 3rd is still with me (not turned in). Sometimes I feel like I'm drowning in things to do. The simple solution is to get things done. Although that's easier said than done. With that said it doesn't diminish the fact that I need to get things done. Staying on top of things is important and I hope everyone reading this is better at it than me. If you aren't the only thing left is to try to do better, I know I will. So don't be like me and put things off until they become a problem. If you do, it will take two times the work just to get back to where you were originally. A way to do this is to do assignments early, stay on task, and know what's going on. Something I have learned is that sick days are an opportune time to get behind, so make sure you make up every assignment you miss. Lastly just do your best, work hard, and get help if you need it.

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 17 | College Visit (Park Univ.) |
| October 8 | Regular Session (Visitors Welcome) |
| October 29 | Regular Session (Visitors Welcome) UB Parent Day |
| November 12 | Regular Session (Visitors Welcome) |
| December 3 | Regular Session (Visitors Welcome) |

| | |
|-------------|--|
| January 14 | Regular Session (New Student & Parent Orientation) |
| February 4 | Regular Session |
| February 25 | Regular Session (TRiO Day) |
| March 10 | Regular Session |
| March 31 | Regular Session |
| April 28 | Regular Session |

Saturday Bus Schedule

| School | Pick Up Time | Drop Off Time | Location |
|---------------------|--------------|---------------|----------------------|
| King City | 7:30 a.m. | 1:40 p.m. | High School |
| Stanberry | 7:45 a.m. | 1:25 p.m. | High School |
| Northeast Nodaway | 8:05 a.m. | 1:05 p.m. | High School |
| | | | |
| Rock Port | 7:30 a.m. | 1:50 p.m. | High School |
| Tarkio | 7:45 a.m. | 1:35 p.m. | High School |
| West Nodaway | 8:10 a.m. | 1:10 p.m. | High School |
| | | | |
| Arrive NWMSU | 8:30 a.m. | | Administration Bldg. |
| Leave NWMSU | **12:15 p.m. | | |

**** Busses typically stop at McDonald's/Taco Bell after session from 12:15-12:45 p.m.**

Reminders...

Seniors:

- The deadline to apply to 2 different colleges was Dec. 1st. One of these schools should have been Northwest, since you need to apply there for your Bridge summer anyway. If you have not turned in copies of your 2 applications to colleges yet, then you need to contact Kori immediately.
- Please turn in a wallet sized copy of your senior picture when they become available. We will use them for our "Where Are They Now" Senior bulletin board in the office.

Juniors & Seniors:

- If you have not taken the ACT or are yet not signed up to take it, please contact Jackie immediately to do so. Remember that UB can provide 2 fee waivers for the ACT test.

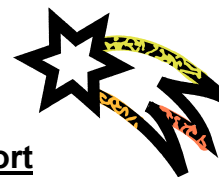
Everyone:

- We are also still willing to take you on college campus visits. If you are interested, please let us know where you would like to visit so we can get it setup.
- Make sure you are checking in with your field tutor if you have a 3.5 GPA or an excused absence from field tutoring. Failure to do this will result in an unexcused absence counted against you.
- Saturday, November 12th was the deadline to turn in your signed Participation Agreements. If you haven't turned them in by this date, you will lose \$5 from your stipend every Saturday Session after until we receive this from you!
- We are getting to that time of the year when weather could be an issue for our Saturday Sessions. In the case of inclement weather, please check the UB website, with your guidance counselor, or on Facebook for any cancellations.

SAC Article Due Dates

| | | |
|---------------------|-----------------------------|------------------------------|
| January Newsletter | (due Jan. 1 st) | Britnee, Trevor, Cami |
| February Newsletter | (due Feb. 1 st) | Tanner, Jolene, Ethan, Corey |
| March Newsletter | (due Mar. 1 st) | Britnee, Trevor, Cami |
| April Newsletter | (due Apr. 1 st) | Tanner, Jolene, Ethan, Corey |

Students with 3.5 GPA or higher



Maryville

Nick Collins
Madison Driskell
Devin Vinzant
Justine Yount

Northeast Nodaway

Dallas Davis
Katrina Freemyer
Bryce Wiederholt

Nodaway-Holt

Stanberry

Trevor Luke
Nick Smith
Rachel Summa
Jessica Wilmes



Rock Port

Lexi Chard
Corey Paulo

Tarkio

Shelby Gilliland
Jolene Harbin
Britnee Wolfe
Laci Wooten

King City

Kaitlyn Vang
Zuri Vang

West Nodaway

Kristen Dodge
Tyler Greene
Korbin Jones
Chelsey Sisk

Congrats to these students who earned a GPA of 3.5 or higher for the 1st quarter, and who are excused from attending field tutoring for the 2nd quarter.

Great job, keep up the good work!

Kudos!!

Congratulations!!

- ★ Nick Smith and the Stanberry football team made it all the way to the state semi-finals before falling to Grant City. Post-season honors for Nick include: All-Conference, All-District, & KAAAN All-Star Team.
- ★ Devin Vinzant for a great performance in the Maryville High School play "Princess and the Pee."
- ★ Shelby Gilliland is the Winter Homecoming Attendant.
- ★ Lydia Rauch for a great performance in the Maryville High School play "Princess and the Pee."

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

UB Reminders & Announcements!!

ACT[®] Test Dates

| ACT Test Date 2011-2012 | Registration Deadline (Late fee after this date) |
|----------------------------|--|
| September 10, 2011 | August 12, 2011 |
| October 22, 2011 | September 16, 2011 |
| December 10, 2011 | November 4, 2011 |
| February 11, 2012 | January 13, 2012 |
| April 14, 2012 | March 9, 2012 |
| June 9, 2012 | May 4, 2012 |

Always use the UB Code: 9713

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

UB Contact Info

Upward Bound
352 Administration Building
800 University Drive
Maryville, Missouri 64468

Office Phone: (660) 562-1630

Phil: pkenkel@nwmissouri.edu
Jackie: jackiec@nwmissouri.edu
Kori: khoff20@nwmissouri.edu
Tori: tori@nwmissouri.edu

Happy Birthday!!!

August

Tina Rebel-7
Cody Henry-10

September

Kaitlyn Vang-7
Tanner Rickabaugh-12

October

Jolene Harbin-5
Korbin Jones-10
Zuri Vang-14

November

December
Nick Smith-12
Kristen Dodge-20
Rachel Summa-29
Jessica Wilmes-31

January

Corey Paulo-2
Philip Merriett-8
Trevor Luke-14
Ashley Farnsworth-22
Britnee Wolfe-24
Shelby Gilliland-28

February

Chelsey Sisk-4
Nicole Blea-13
Nick Collins-18
Joel Scroggie-25
Tyler Greene-26
Ethan Calfee-26
Samantha Smith-29

March

Maggie Schmidt-3
Katrina Freemyer-7
Ashle Moore-14
Justine Yount-15
Shea Zion-19
Ellice Mitchell-25

April

Holly Redden-4
Dallas Davis-27

May

Madison Driskell-11
Laci Wooten-12
Bryce Wiederholt-16
Lydia Rauch-17
Trevor Quick-26
Devin Vinzant-29

June

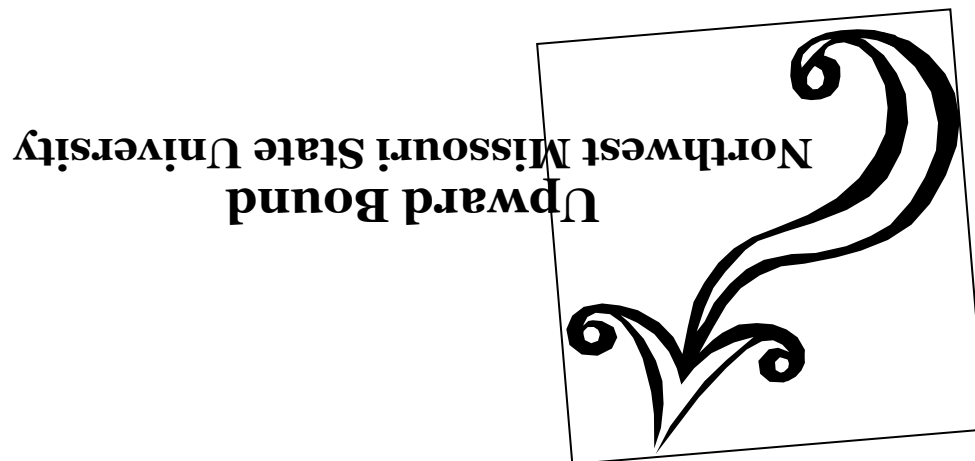
Cami Heath-19
Lexi Chard-28

July

Drake Johnson-6
Morgan Porter-8
Mikki Owens-9
Kylie Beggs-10

OFFICIAL UB WEB SITE

www.nwmissouri.edu/dept/upwardbound



UPWARD BOUND
800 University Drive
Maryville, MO 64468