

Expressions

In All Things, Be Upward Bound!

From the Director's Desk

“Community Service Caravan”

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Despite the recent blizzard and the endless days of sub-zero temperatures, the reality is that summer will ascend upon us very soon. With that in mind, the UB staff has turned its attention toward planning for the upcoming summer session! As always, we try to find ways to make the upcoming summer more exciting and varied than the summer before. One of the activities we would like to “makeover” is our Wednesday night Community Service projects.

For you new students, in the past we have identified six projects in the Maryville community to focus our service efforts on and rotated students each week to a different project. While this provided variety and a valuable service to the Maryville community, I felt one thing was lacking—a sense of pride and contribution for students who may not hail from Maryville. With that in mind, I want us to consider taking our community service projects “on the road” and look at the possibility of engaging in valuable work in the communities of the students we serve. For instance, one night we might take all of the students to Stanberry and complete a project there—the next week we could be on the road to let’s say, Rock Port and let our efforts be appreciated by the great people of that town. Not only could Upward Bound leave its mark on that community, it would allow students from other towns to learn about fellow UB’er communities and make UB visible outside the Maryville community.

As with any activity we undertake during the summer, the key to its success is gathering student input and then making certain that we are organized to a “T” before setting out to complete the activity. This is where the staff needs the help of students and parents. Our plan is that during our February 26th Saturday session, we are going to spend part of the morning brainstorming about possible activities that we could complete during the summer. Since you know your community the best, we need you to be the ones who help us come up with the ideas. Remember—it needs to be an activity that can keep approximately 60-65 people busy for about two hours! That is a lot of manpower when you stop to think about it! It needs to be cost effective and we would hope that it would make a visible impact on your community.

Students---start thinking about this as you make your way through your community---is there something that UB could do to help clean up your community or to help people who are in need?

Continued P. 2

From the Director's Desk Continued...

Take notice of possible projects—ask your parents for ideas—or ask your teachers and friends. Be creative---what possible projects will impact the most people or which projects will impact people the most? Are there two or three projects in your town that we could tackle on a given night? Who in your community would be willing to act as a contact person—somebody we can communicate with while planning the project? Parents---we would love your input as well. If you know of a worthy project, don't hesitate to contact our offices at (660) 562-1630.

We are going to ask you for your ideas on February 26th. We only have five Wednesday nights available---so we will not be able to get to all of your communities—so the five best projects will be chosen. On the 26th you will provide us with some possible activities and then we will narrow the list down to the ones that we think are possibilities---from there we will ask you for more specific information related to the project. We may have to follow up with people in your community to see if your ideas are feasible. We may also have to follow up with the students who nominated the project to find out more about it and to get questions answered. As a staff, we may need to come visit your community to get a firsthand look at the project. It is our hope that by the April 2nd Saturday session we will have our 5 projects identified to allow for final planning to be completed prior to the summer session.

—Phil

SAC Article

“Roommates” By: Korbin Jones

Yes everyone, it's that time of year again! The new kids have been accepted and summer is fast approaching. That means you better start looking for that person you want to spend 5 weeks with, and if you aren't the choosy type, then let the randomness of Kori decide your fate. However, if you do decide to pick a roommate, then in a month or two you should start making preparations for your room. Who's bringing the TV? The fridge? The clock? Make sure you are absolutely positive about who is bringing what. However, you may not want to bring a TV or fridge, but I do believe a clock with an alarm is necessary. Good luck roommate searching!

SAC Article

“Life’s A Dance” By: Jolene Harbin

Many people have been dealing with some tough times lately. Whether it be personal or even school related. Everybody deals with stressful situations in different ways. Some push through it and fight it while others throw in the towel and give up. You know the saying, “What doesn’t kill you only makes you stronger”? Isn’t that true? I mean, in school, the more work and homework is piled onto us, the harder we work and we adapt to it. I heard this song the other day and it really got me to start thinking...

“Life’s a dance” – you make the music to your life. Each day there may be a different tune. It could be something that gets you moving and gets everyone to have a good time, or it may be a song that your heart can’t bear to hear.

“You learn as you go” – like I mentioned, you adapt as need be.

“Sometimes you lead, sometimes you follow” – there may be days when you’re carrying all the weight on your shoulders and following whoever is in front of you. On other days, you’re the one leading the team.

“Don’t worry ‘bout what you don’t know” – no one can predict the future, so stop worrying about what MIGHT happen and start focusing on what IS happening.

Field Tutoring Schedule

School	Regular Tutoring	Supplemental Tutoring
King City	Wednesday - 3pm	TBA
Maryville	Thursday - 3pm	TBA
Nodaway Holt	Tuesday - 3pm	TBA
Northeast Nodaway	Wednesday - 3:30pm	Tuesday & Thursday - 3:30pm
Rock Port	Tuesday - 3pm	TBA
Stanberry	Tuesday & Thursday - 8am	TBA
Tarkio	Wednesday - 7am	Thursday - 7am
West Nodaway	Monday - 3pm	TBA

SAC Article

“Taking the ACT”

By: Gentry Woodward

Taking the ACT is not bad. Although I'll be the first to tell you I hate taking the test, it will get you far in your college career. Not only does this test get you into college, but it can get you a lot of MONEY\$\$\$\$!!! Being the broke college students we will soon be, we want all of the free money we can get our hands on. Upward Bound does all of us a HUGE favor by providing a phenomenal ACT prep instructor, Mrs. Stacey Calfee. On Saturday sessions and during the summer session apply yourselves in this class. She preps you using real ACT test that are formatted exactly like the real thing. The more you prep the higher you can get your score.

I have also taken the ACT with writing. Although this is not required to get into most colleges some require it. This sounds very scary, but really you are given a prompt and can really write about it any way you want. I would suggest this form for anyone interested in a career that requires writing skills because it scores you on many aspects of your draft. This allows one to see what parts of writing you are strong in and what areas could use improvement.

In conclusion take the ACT as many times as you need to in order to receive the score you are reaching for. Although this will cost you after two times, which Upward Bound waives, it will be worth it when you get a high enough score to get scholarships. These scholarships can range anywhere from a couple hundred dollars up to tens of thousands of dollars. THE ACT WILL BE YOUR FRIEND!!!

SAC Article

“Preparing for a Test”

By: Drake Johnson

Preparing for a test can be difficult, so it's wise you study real hard before each test. When the teacher hands you a study guide make sure you ask as many questions as you can. After you have your study guide complete, take it home to study. When you start studying you will only need 10 to 15 minutes. After the 15 minutes take a 15 minute break and resume studying. The next morning make sure you stay away from caffeine because it will make you sleepy. When taking the test make sure to read each question and if it doesn't make sense reread the question and answer it with your best guess.

SAC Article Due Dates

March Newsletter	(due Mar. 1 st)	Britnee, Bryce, Taylor
April Newsletter	(due Apr. 1 st)	Drake, Gentry, Jolene, Korbin

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 (UNO)
October 16	Regular Session (Visitors Welcome)
November 6	Regular Session (Visitors Welcome) UB Parent Day
November 20	Regular Session (Visitors Welcome)
December 4	Regular Session

January 15	Regular Session / New Student & Parent Orientation
February 5	Regular Session
February 26	Regular Session (TRiO Day)
March 12	Regular Session
April 2	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...

These are just a few topics and dates to keep in mind for the spring semester. Make sure you are staying on top of these tasks!

- ★ We are now taking applications for work study / job shadow positions for the summer. Applications can be found on the Upward Bound website under the forms tab or at the central office. The deadline to submit your application is **Friday, March 4th**.
- ★ Design entries for this year's UB summer t-shirts are due to the Central Staff by **Saturday, March 12th**. The chosen design winner will receive a \$50 cash prize. So get those creative juices flowing and show off your artistic talent! Remember that when we submit the winning design for printing, we need to have it as an electronic copy to provide it to the store that makes our t-shirts. Be sure you either make your design electronically or make sure it can easily be transmitted to electronic form.
- ★ It's time to start thinking ahead to the summer session, and that means choosing a roommate for the dorms! The deadline to submit your roommate request to the central staff will be **Saturday, April 2nd**. Kori will have the forms available during the Saturday sessions.
- ★ As the semester continues, don't forget to be completing the tasks on your grade level checklist. Don't forget that your participation in the summer session is contingent upon completing the items on those checklist's by their set deadlines. Seniors especially need to stay on top of this, as your tasks are complex and will take some time to complete. So save yourself the stress, and don't wait until the last minute! As always, if you have any questions about completing those tasks, ask your field tutor or the central staff for help.
- ★ Please let us know as soon as you are aware of any dates that you will be absent during the summer session. **Remember that the summer session lasts from June 6th - July 7th, and our summer trip is the following week, July 11th - July 14th.**
- ★ Don't forget that if you are going to be absent for a Saturday Session, you need to submit an absence report to the central staff. Those forms can be found on the Upward Bound website or through your field tutor.

Students with 3.5 GPA or higher



Northeast Nodaway

Katrina Freemyer
Ashley Standiford

Nodaway-Holt

Rachel Long
Ed Runion

Stanberry

Kylie Beggs
Trevor Luke
Paul Poe
Rachel Summa
Jessica Wilmes
Gentry Woodward

Rock Port

Corey Paulo



Congrats to these students who have earned a GPA of 3.5 or higher, and who are currently excused from attending field tutoring.

Great job guys, keep up the good work!

Tarkio

Jolene Harbin
Taylor McCartney
Michelle Sharp
Britnee Wolfe
Laci Wooten

King City

Kaitlyn Vang
Zuri Vang

West Nodaway

Lisa Adams
Kristen Dodge
Shelbey Fox
Korbin Jones
Kylie Lacoх
Chelsey Sisk

Kudos!!

Congratulations!!

- ★ These UB'ers from West Nodaway HS made the high honor roll: Lisa Adams, Shelbey Fox, Tyler Greene, Korbin Jones, Kylie Lacoх, Cheyann Marrison, & Chelsey Sisk
- ★ These UB'ers from West Nodaway HS made the honor roll: Kristen Dodge, Cody Henry, Breann Hunt, Mikki Owens
- ★ Justine Yount and the Maryville HS varsity cheerleaders placed 3rd at the UCA Show-Me Regional Cheer Competition
- ★ Gentry Woodward received a full-academic scholarship to Robert Morris University in Chicago

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.

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 ACT fee waivers. Forms are available by contacting the UB office.

Happy Birthday!!!

February

Dustin DeRosier—4
 Chelsey Sisk—4
 Nicole Blea—13
 Taylor McCartney—16
 Nick Collins—18
 Joel Scroggie—25
 Tyler Greene—26
 Ethan Calfee—26
 Samantha Smith—29

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January 15	Regular Session / New Student & Parent Orientation
February 5	Regular Session
February 26	Regular Session (TRIO Day)
March 12	Regular Session
April 2	Regular Session
April 23	Regular Session

UB Contact Info

Upward Bound

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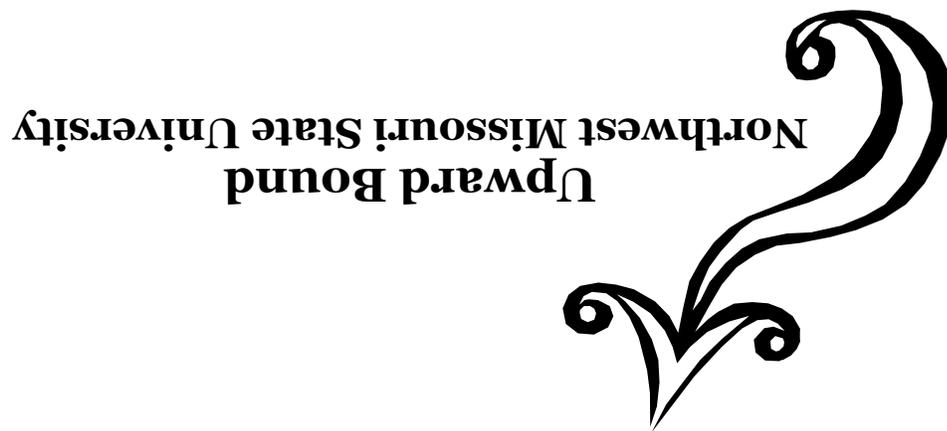
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OFFICIAL UB WEB SITE

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