

Expressions

In All Things, Be Upward Bound!

Slowly, but Surely

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As many of you know, I became a father last year. My son, Colin, is now almost 8 months old. It has been extremely rewarding and exciting to watch him grow and learn during that time. My wife and I have a book that has a timeline that shows the various milestones that babies reach and when they should reach them. It includes rolling over, holding his a bottle on his own, crawling, etc. For some milestones he reached them well before many babies, he rolled over for the first time at 2 weeks old while many babies do not do that until 3 or 4 months old. For other milestones such as crawling he has lagged behind (amazingly, I think he is closer to walking than crawling since he can stand on his own if he is holding on to something!). He still does not crawl even though the will is there, especially when our friends bring their daughter over who is 2 weeks younger yet is already crawling everywhere. Progress comes slowly but surely with him. Some milestones just come naturally for him while others are harder and take time.

I think that is a lesson that we can all learn from whether it be a variety of things in our life but especially our academic pursuits. There are some subjects and some material that comes naturally to us and we pick it up quickly and understand it from the beginning. For other areas, we struggle and it takes great effort just to get by. The important thing to remember is that progress will come in these areas we struggle if we are willing to put forth the effort. Slowly but surely we will build the knowledge and skills we need to succeed in those areas. Most importantly, we can not beat ourselves up because we face challenges. We must believe that

if we put the effort in then progress will come slowly but surely. I have no doubts that Colin will hit some significant milestones from out of nowhere. One minute he will not be able to walk and the next instant he will be awkwardly walking across the room. Learning is like this for all of us, especially when we struggle. Eventually, if we keep putting in the effort, the light bulb will go off and we will be rewarded. It is important to not get frustrated in our academic pursuits, but instead continue to persevere and realize that our efforts will be rewarded. I know you all have it in you; otherwise you would still be living and learning at an infant's level. Just trust that the process will work, slowly but surely.

- Kori

SAC Article

Decisions, Decisions

By: Tanner Rickabaugh

Have you ever wondered what you wanted to do for the rest of your life? Or what your calling is? Well you, (especially Seniors) should probably be deciding what you want to do! Don't choose a career based on the fact that it makes you a lot of money. Don't pick a profession that all your other friends are doing. Pick an occupation that you are interested in, or what you like to do. Of course, Upward Bound gives you an opportunity to give one a "taste" of what you may want to do. It's great because you get to see what this career or field before you go to school and unfortunately find out that you don't like it. You can take part in job shadowing* your second summer component and work study your third and last summer components. As an added bonus you get paid to do work study, so what do you have to lose? So remember that there is a whole world of options out there and that YOU do what YOU want to do! With something to think about, this is Tanner Rickabaugh. Make it a great day, or not, the choice is yours.

*You may not job shadow Phil or Kori, I have already tried.

SAC Article

Goals...Ummm...What was that again?

By: Jolene Harbin

One word...procrastination. So here I was minding my own business, checking my Facebook and message from Jackie appears. "Just a reminder get your SAC Articles in!". OH MY GOODNESS! I'll admit, I had COMPLETELY forgot! I made a goal for myself at the beginning of our second semester that I was going to get myself in gear and fight this senioritis. Ya...see where I am? I realized that I need to look over my previously set goals. Everyone has goals, right? We all have a goal to get a higher education, that's why we're in Upward Bound. We have goals to get a good score on the ACT, thanks to Ms. Calfee. Everybody has goals, and you can do anything if you set your mind to it. I tried, but failed. (Obviously, my tackling senioritis didn't work out too well.) However, I am going to reanalyze my goal, shape it to my needs, and try again. So instead of TACKLING senioritis, like a boss, I can just try my hardest to work against it. Instead of having Jackie remind me to write my article, put a sticky note on my mirror so I see it every-day. Instead of waiting till Sunday to do my online Sociology class, do it the Monday BEFORE it's due. (This way my senioritis can't hurt me the rest of that week in class :)) And instead of being lazy when I get home from school, maybe go for a run so I get in a habit of it before my Freshman year of college and gain the Freshman 15. (or with my habits the Freshman 50. Ha!) So summary: Keep your goals in mind and work to achieve them, and DON'T GET LAZY! :)

'Psyched' with Life

By: Corey Paulo

I don't know how many of you watch TV nowadays, but I know I can never find anything I like to watch. Instead, I prefer to watch whole TV series on Netflix. My recent greatest find is the show Psych from the USA network. For those of you who haven't seen it, it's about a man who is hyper-observant; that is, he notices tiny details and makes inferences based on those details. However, everyone believes he is a psychic, and he even owns his own psychic detective agency. I'm talking about this show because the entire show is based upon finding little clues and trying to figure out what's going on. This is what everyone tries to do as life goes on. We may never see the big picture, but it doesn't matter. That's part of the adventure we call life.

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

Summer Opt-Out

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 just an option for those that choose to do so.
- If you choose to opt out, you will not be able to participate in 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 that this is purely voluntary.

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

Summer Absences

If you know that you will be absent during any portion of the summer session, **June 3rd—July 12th**, please let the central staff know ASAP.

We are beginning to plan our summer activities and classes, and need to get an accurate head count of students.

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 (TRiO Day)
February 25	Regular Session
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:

- FAFSA Frenzy is Sunday, February 12th from 2-4pm in Colden Hall, Room 1200 . Bring a parent/guardian and your 2011 tax returns (or 2010 if you do not have your 2011 returns ready) to get free help in completing the FAFSA!
- 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 and have 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.

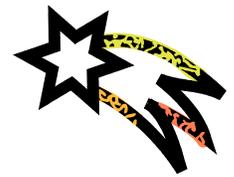
Everyone:

- If you are interested in taking a college visit, please contact Jackie ASAP 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 yet, you need to do so immediately. You will lose \$5 from your stipend at every Saturday Session until we receive this from you!
- Make sure you are completing the tasks assigned to you on your UB checklist. All of these tasks must be completed in order to attend the summer session.
- T-shirt designs for the summer are due March 31st. Please remember that we need these to be on a computer file if at all possible (.jpeg). If they are designed on a website or are free hand then there is no guarantee we can make the t-shirt or make it exactly like the drawing.
\$50 cash prize for the winning designer!!

SAC Article Due Dates

March Newsletter	(due March 1 st)	Britnee, Trevor, Cami
April Newsletter	(due April 1 st)	Tanner, Jolene, Ethan, Corey

Students with 3.5 GPA or higher



Maryville

Nick Collins
Madison Driskell
Lydia Rauch
Devin Vinzant

Northeast Nodaway

Dallas Davis
Bryce Wiederholt

Stanberry

Trevor Luke
Nick Smith
Rachel Summa
Jessica Wilmes

Congrats to these students who earned a GPA of 3.5 or higher for the 2nd quarter, and who are excused from attending field tutoring for the 3rd quarter.

Great job, keep up the good work!

Tarkio

Nicole Blea
Shelby Gilliland
Jolene Harbin
Britnee Wolfe
Laci Wooten

King City

Kaitlyn Vang
Zuri Vang

West Nodaway

Kristen Dodge
Tyler Greene
Korbin Jones
Chelsey Sisk



Kudos!!

Congratulations!!

- ★ Maggie Schmidt was selected as a member of the Four-State Honor Choir.
- ★ Britnee Wolfe was the Wrestling Homecoming Queen at Tarkio High School.

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

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

Happy Birthday!!!

January

Corey Paulo—2
Margaret Bears—4
Philip Merriett—8
Trevor Luke—14
Ashley Farnsworth—22
Britnee Wolfe—24
Shelby Gilliland—28
Hayden Rainey—29

February

Chelsey Sisk—4
Dallas Sternberg—5
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
Paige Moore—10
Cheyenne Polsgrove—15
Shea Zion—19
Ellice Mitchell—25
Brandon Heath—27

April

Holly Redden—4
Kevin Xiong—11
Taylor Porter—22
Brianna Riley—26
Dallas Davis—27

May

Madison Driskell—11
Laci Wooten—12
Bryce Wiederholt—16
Lydia Rauch—17
Lily Xiong—17
Jared Grimes—19
Trevor Quick—26
Devin Vinzant—29

June

Andrea Muller—6
Amanda Xiong—9
Markee Steiner—17
Cami Heath—19
Samantha Wright—22

July

Drake Johnson—6
Morgan Porter—8
Mikki Owens—9
Kylie Beggs—10
Sabrina Wright—12
Elizabeth Bennett—30

August

Cody Henry—10
Paige Wooten—13

September

Kaitlyn Vang—7
Tanner Rickabaugh—12

October

Lucas Raymond—2
Jolene Harbin—5
Korbin Jones—10
Zuri Vang—14

November

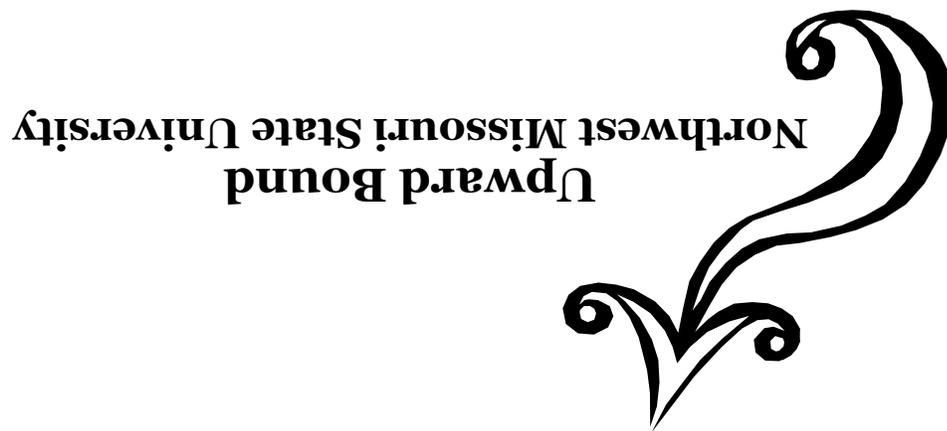
Megan Ebrecht—5
Kimberly Sternberg—6
Haley Conn—28
Taylor Paulo—28

December

Jonathan Peters—3
Christian Martinez—8
Nick Smith—12
Kristen Dodge—20
Rachel Summa—29
Jessica Wilmes—31

OFFICIAL UB WEB SITE

www.nwmissouri.edu/dept/upwardbound



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