

Expressions

In All Things, Be Upward Bound!

From The Director's Desk

“Sticktoitiveness”

What's Inside:	
From the Director's Desk	1-2
SAC Articles	3 - 5
Kudos!!	6
New UB Members	6
Saturday Sessions / Bus Schedule	7
ACT Testing Dates	8
Happy Birthday!	8
UB Contact Info	8

How many of you have ever heard of the word “sticktoitiveness?” If any of you answered this question with a “yes” then I am going to have to question your honesty—because this is a word I take credit for making up over 25 years ago while still in college. This is also a word that has served me well since the time of its creation. Allow me to explain.

I am sure that many of you have encountered points in your life when you were forced to make a decision as to whether you wanted to continue a pursuit amidst numerous challenges and obstacles. If you haven't, then you soon will—especially once you enroll in college. I experienced several of these moments while in college. Some were academic moments—professors piling on enormous amounts of homework, four exams falling on the same day or getting a project back with a grade that was much lower than what I thought I deserved.

Others were financial challenges—car breaking down and only having \$50 to my name, having to choose between putting gas in my car or buying groceries, or the stress of taking out loans to pay for my education. And still others were personal challenges—the death of a close friend, the uncertainty of employment after college, or the stress that accompanies the new decisions that we face as we get older.

As these challenges became more frequent in my life, I decided I needed to develop a strategy that would successfully allow me to cope and to ultimately allow me to achieve my goal of obtaining a college degree. One night, while sitting in my residence hall room, I felt I had come to a crossroads. I was broke, had just failed an exam, and had just received the news that a close friend of mine had been killed in a car accident. It literally felt like my world was caving in around me and that I was losing control of my life.

Continued p. 2

From the Director's Desk Continued...

I knew that I was facing a turning point in my life and how I responded to this set of circumstances would shape the rest of my life. It was at that point that I coined the word “sticktoitiveness,” and my personal definition of this word has carried me through some difficult times in my life.

My definition of “sticktoitiveness” is really quite simple. To me, it means that no matter what challenges arise in my life, I will stick to my life’s path and persevere and overcome. “Sticktoitiveness” is a mindset—a determination that nothing can be stronger than my will to accomplish my goals and to be successful. It is also an internal understanding and acceptance that challenges will present themselves—that they are inevitable—and that the manner by which you address these challenges shapes and defines the person you are. I decided that night in my residence hall room that I would embrace “sticktoiteiveness” to its fullest and move forward with my life knowing that I could play an active role in shaping my future and controlling the obstacles in my life—in other words, no matter what, I was going to “stick to” my goals and dreams regardless of what life threw at me.

I do realize that my definition of “sticktoitiveness” is not profound—that this mindset and attitude had been adopted by many people before me. But the word itself is all mine, and that is an important concept to consider. Since I feel I own the word, it allows me to be empowered to give it personal meaning and also to assign a value to it. In other words, this simple word became a very powerful motivator to me—whereas if other people were shown the word, they would probably see absolutely no significance at all in its existence.

Do you have your own personal word that you can fall back on when times get tough? What is your driving force that allows you to persevere? Do you feel you are strong enough to overcome anything that is thrown your way? Do you have important goals that make challenges worthwhile to overcome? Do you realize that your mindset can allow you to either succeed or fail at anything you attempt to do? Do you feel that you and you alone can control your mindset? Do you understand the difference between excuses and reasons? All of these are questions you need to answer in order to be able to fully embrace the existence of a word known as “sticktoitiveness.” I challenge you to come up with your own word—or if you want you can borrow mine for the time being, for it has served me well.

—Phil

“Back in the Swing of Things”

By: Gentry Woodward

It's time to get back into that same old, boring school routine that we all dread getting back into right after Christmas break. For some of you it's the last time you'll go through this period in high school, and for others it's just beginning. Although we all dislike it we must get back into our routines and push forward toward the summer.

As Upward Bound students we have been given the skills and knowledge to pull ahead in our classes and to all be great successes in life. If you are having difficulties getting back into the swing of a class, talk to the teacher and see if you could stay after or come in before school and refresh yourself over the coursework, or bring it to Saturday Sessions and ask the great teachers we have to help you remember what you were taught before break. In conclusion, the summer is closing in fast so the faster we get back into the swing of school the sooner we will all be together for another great Upward Bound Summer Session.

"Perseverance is the hard work you do after you get tired of doing the hard work you already did."~Newt Gingrich

“Christmas”

By: Katie Wilmes

People sometimes forget the true meaning of Christmas. All the bad weather we've had this year has really reminded me what Christmas is all about. Most people look forward to presents and decorations. Most of my relatives were snowed in this year, and could not get to Maryville for Christmas, so our holiday was postponed. Instead of getting gifts, all I could think about was how much I wanted to be with my family. I remember last year that everyone's Facebook statuses were all about how wonderful their holiday was and how they got all the presents they wanted. I noticed this year that many people's statuses were about how glad they were to spend time with their families. Even though this winter has been harsh, it has made people remember what Christmas is really about. Everything really does happen for a reason.

“Buckle Up, Arrive Alive”

By: Jolene Harbin

So recently 5 of my family members have been in a car crash in less than a couple months. I want to talk about the importance of wearing your seat belt. I have 2 scenarios of my family that show this importance.

My mom and my niece, age 2, were traveling north on highway 59 in my tiny Hyundai Sonata just about ready to pull into our driveway when another driver behind my mom in a Chevy Silverado rear ended her. The other driver was paying attention to our neighbors farming equipment and didn't notice my mom was turning. The driver ran right into my mom causing her to spin into the other lane of the highway and opposite the direction she had been driving. The entire back end of the car was practically in the middle between the driver and passenger seat. My niece was in the back. Fortunately she had only minor injuries. She had a couple burns from the seat belt and some trauma from the accident. My mom on the other hand had to have 5 staples in the back of her head. The front air bag did not deploy and the back side airbag did but did no good because of the entire seat being crushed into the front. My mom was wearing her seat belt and that is what saved her more than anything as well as my niece.

My cousin, 16, recently got her driver's license. A couple nights before Thanksgiving she was on her way home on a freshly graveled road. She wasn't speeding but there had been a dip in the loose gravel that caused her to lose control. Her car rolled three times into a ditch. She hadn't been wearing her seat belt and was ejected from the car on the second roll. She broke her collarbone on the right side and her femur in her left leg. She was so close to being thrown into a tree and losing her life because she wasn't wearing her seat belt. She was in the hospital in Lincoln for a whole month. She has had hours upon hours of physical therapy and still suffers from much pain.

Recently our AG class worked on a project called Battle of the Belt. Its all about encouraging teens to buckle up and be safe drivers. We randomly had seat belt checks and stopped people on their way to school to see if they buckled up. (However some drivers are in a hurry in the morning and aren't very cheerful morning people...lets just say we say some "early birds"). As a result from these checks, out of the 300 people surveyed only 50% of people wore their seat belts. This is not a very good average considering the law is to always buckle up.

I will end this with one last thought. Due to the experiences of my family I have seen the importance of wearing your seat belt at all times and highly encourage all of you to buckle up, and arrive alive.

SAC Articles

“The Quicker the Better”

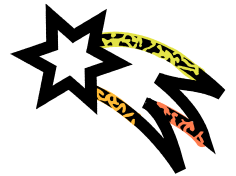
By: Ryan Henry

I know that you may be getting tired of hearing that the sooner that you fill out the FAFSA the more money you will get, but it is the truth. The government allows a certain amount of money every year that they can give. The earlier you get your FAFSA in, the earlier you can be considered for the money. Once they give out all of the money, then that is it. They will not have any more to give and then you will have to take out student loans. The amount of debt you have can really depend on you. If you apply for FAFSA early and get a bunch of money, it is all money that you don't have to pay back. If you have any trouble figuring anything out with the FAFSA then you can go to the website which is www.fafsa.ed.gov/ or as Phil, Brenda, and Kori have said, they will be more than happy to help you. If you also want to figure out a rough estimate of what you can expect from the FAFSA, then they have a link that will take you to it: FAFSA4caster.

SAC Article Due Dates

October Newsletter	(due Oct. 1 st)	Britnee, Eric, Patrick, Taylor
November Newsletter	(due Nov. 1 st)	Gentry, Jolene, Katie, Ryan
December Newsletter	(due Dec. 1 st)	Britnee, Eric, Patrick, Taylor
January Newsletter	(due Jan. 1 st)	Gentry, Jolene, Katie, Ryan
February Newsletter	(due Feb. 1 st)	Britnee, Eric, Patrick, Taylor
March Newsletter	(due March 1 st)	Gentry, Jolene, Katie, Ryan
April Newsletter	(due April 1 st)	Britnee, Eric, Patrick, Taylor
May Newsletter	(due May 1 st)	Gentry, Jolene, Katie, Ryan

Kudos!! — Students with 3.5 GPA or higher



Northeast Nodaway

Ashley Standiford

Nodaway-Holt

Ed Runion

Stanberry

Candace Farnsworth
Paul Poe
Dylan Rainey
Gentry Woodward

Congrats to these students who earned a GPA of 3.5 or higher for the 1st quarter, and who no longer have to attend field tutoring. Great job guys!

Tarkio

Katarina Bennett
Jolene Harbin
Taylor McCartney
Michelle Sharp
Britnee Wolfe

West Nodaway

Chelsey Sisk
Eric Jones
Shelbey Fox
Lisa Adams

Maryville

Kealey Titus



New UB Members

We would like everyone to give a big UB welcome to our newest Upward Bound members!

King City

Kayla Swink

NE Nodaway

Katrina Freemyer
Erica Hovey

Rock Port

Corey Paulo
Dustin DeRosier

Tarkio

Jay-Dee Wilcox
Laci Wooten

West Nodaway

Korbin Jones

Stanberry

Kylie Beggs
Ashley Farnsworth
Drake Johnson
Trevor Luke
Victoria Shanks
Rachel Summa
Jessica Wilmes



Saturday Session Dates 2009-2010

Upward Bound Saturday sessions take place from 8:30 a.m. to 12:00 p.m. on the third floor of the Administration Building at Northwest Missouri State University.

September 26	NWMSU College Visit	December 5	Regular Session / Visitors Welcome
October 17	Regular Session / Visitors Welcome	January 9	CANCELLED
October 31	Regular Session / Visitors Welcome (UB Parent Day)	January 30	Regular Session
November 14	Regular Session / Visitors Welcome	February 27	Regular Session
		March 13	Regular Session
		April 10	Regular Session
		April 24	Regular Session

Bus Schedule (October 17–April 24)

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.		Administration Bldg.

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

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

Be sure to
keep this
schedule
handy!!

UB Reminders & Announcements!!

ACT® Test Dates

ACT Test Date 2009 — 2010	Registration Date (Late fee after this date)
September 12, 2009	August 7, 2009
October 24, 2009	September 18, 2009
December 12, 2009	November 6, 2009
February 6, 2010	January 5, 2010
April 10, 2010	March 5, 2010
June 12, 2010	May 7, 2010

Always use the UB CODE: 9713

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

Happy Birthday!!!

January

Corey Paulo—2
Patricia Boller—3
Travis Hicks—5
Trevor Luke—14
Layla Anderson—20
Ashley Farnsworth—22
Britnee Wolfe—24
Victoria Shanks—25
Ron Runion—28

February

Dustin DeRosier—4
Chelsey Sisk—4
Taylor McCartney—16

March

Niki Fultz—1
Katrina Freemyer—7
Erica Merriett—25

April

Dylan Rainey—13
Maggie O'Connell—14
Ryleah Burke—26
Dallas Davis—27

May

Mackenzey Brown—7
Laci Wooten—12
Bryce Wiederholt—16
Ed Runion—24
Erica Hovey—31
Katie Wilmes—31

June

Ashley Standiford—20
Gentry Woodward—30

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November 14	Reg. Session / Visitors Welcome
December 5	Reg. Session / Visitors Welcome
January 9	CANCELLED
January 30	Regular Session (Introduction of New Members)
February 27	Regular Session
March 13	Regular Session
April 10	Regular Session
April 24	Regular Session

UB Contact Info

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OFFICIAL UB WEB SITE

<http://www.nwmissouri.edu/dept/upwardbound/index.htm>



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