

Expressions

In All Things, Be Upward Bound!

From the Director's Desk

“What’s Going On in the SAC?”

What’s Inside:	
From the Director’s Desk	1-2
SAC Articles	2-4
Field Tutoring	3
SAC Article Due Dates	4
Saturday Sessions & Bus Schedule	5
Reminders...	6
New UB Members	6
Kudos!!	7
ACT Testing Dates	8
Happy Birthday!	8
UB Contact Info	8

Up to this point in the Academic Year, the members of the Student Advisory Council have been somewhat uncalled upon for assistance in helping the Central Staff in planning program activities---well, that is about to change! I thought I would provide you with an insight on what we will be asking from them in the upcoming months.

★ As you know, Brenda has transferred to a sister program of Upward Bound, Student Support Services. As a result of her move, we are now in the advertising/application process for finding her replacement. The application deadline for the position is January 25. Once the application deadline passes, the official search committee (Phil, Kori, Tori and Eric Jones) will narrow the applicant pool down to 2 or 3 finalists. These finalists will be asked to come in for an official interview on Saturday, February 5. One of the segments of their day will be to spend time with our SAC representatives—who will have a chance to ask them a series of standardized questions. The search committee will then ask SAC for their feedback and will weigh their recommendations very strongly when making the final decision on who the next Coordinator of Counseling will be.

★ Our summer staff job postings have been placed on the web, so applications will begin rolling in for those positions as well. Once again, we would like to gain SAC’s input when making summer hiring decisions. The summer application deadline is March 4 and we will be asking the finalists

for the RA positions to come in after our Saturday session on March 12 for interviews with SAC and Central Staff (separate interviews). SAC members---be prepared to stay until 3:00 or so on that Saturday.

★ Past history and this year’s budget have dictated that it is time to return to Chicago for our summer trip. There are many great things to do in the “Windy City” and we will be calling upon SAC to help us pinpoint what our agenda will be. So, if you have ideas of activities to do in Chicago, you should be seeking out a SAC member and sharing! We would like to have the trip planned and finalized by May 1—so we will start soliciting input from SAC soon.

Continued P. 2

From the Director's Desk Continued...

★ Even though the official beginning of the UB summer session is a little over 4 months away, we already have commenced planning for the day UB students will arrive on campus. With that in mind, I would like to take a very proactive approach in including SAC members in the summer planning as much as possible this year. I am currently tossing around the idea of having a “SAC Work Day” this spring---where Central Staff and SAC sit down to brainstorm about summer activities---the challenge will be trying to find a time when all can meet! I will keep everyone posted on progress in this area.

As always, SAC members are available to hear your ideas and input. Even though I have just listed some official ways we plan on getting them involved this spring, their most important role is to share all of your ideas and thoughts with the Central Staff. So, don't be afraid to visit with them if you have an idea on how to improve the program. So there you have it--that is what will be happening in the SAC in the near future.

--Phil

SAC Article

“Back in the Swing of Things”
By: Taylor McCartney

Hey guys! I hope you had a great break! Sadly, it's time to get back into the swing of things, which means we need to buckle down again and focus on our studies. I know what most of you are thinking, “Gosh it's only January!” or at least that's what I'm thinking. Just stay positive and remember how fast life flies by. Before you know it, it will be time to put on the cap and gown and grab the diploma. It seems like yesterday I just started high school and thought I'd be stuck here forever. Now I'm focusing on getting my last few scholarships done and taking my last couple tours before I fully decide where I'm going to end up next fall. There have been many days where I've thought, “Yes! I'm going to be out of here!” but other days I think, “Wow, they were right, it really did fly by.” So make the best of your high school years, and don't be afraid to step out of the box and try something new! We're halfway through the year now, so keep up the hard work.

SAC Article

“Making Choices” By: Bryce Wiederholt

One of the most important things in life is being able to make choices. Let’s face it, they are everywhere and you can’t even run from them. It starts when you are a little kid, like choosing between two colors of popsicles. The scary part is that it doesn’t get easier as you get older, and that is why this is such an important process to be able to do.

From the second you wake up in the morning, you have choices. They start out big, like should I even open my eyes today. As the day goes on you have even bigger and more important choices to make. In every situation of everyday there are at least two choices to make, and being able to choose the right one is key.

If you can’t make a choice then you become stressed out. The more stressed you get, the harder the choice becomes. This happens because you start over thinking decisions when you are stressed. So calm down, think of what is important to you, and make a choice; because you are the only one that can.

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	Tuesday - 7am
West Nodaway	Monday - 3pm	TBA

SAC Article

“Dream Big” By: Britnee Wolfe

Edgar Cayce once said, "Dreams are the answers to tomorrow's questions". My favorite word right now is *dream*. I look around at all of the people in Upward Bound and honestly there is so much talent and skills that you never see in yourself. We are our own harshest critics. I see this in everyone, because it is harder to please yourself than anyone else in the world. My mailbox and inbox have been overloaded by information colleges have sent. I, for the most part, know exactly where I want to go to school, but seeing all of these papers and looking over them makes me think about all of my dreams.

Where would we be in the world without dreams? We would stay in the exact same place, doing the exact same thing we have always done. The only way you will know where to go in life, is to dream. If you don't set goals and have some sort of plan you won't move in life. Dream of tomorrow, but live in today. Dreams are the only thing in life that is up to you. Whether you make them and accomplish them is all up to you! Don't sit around and wait for someone else to tell you what you want; only you can tell yourself what will make you happy.

I am challenging UB to think outside the box. Don't settle for anything in life and do what YOU want to do in life, not what anyone else wants. This is your life you are living; challenge yourself to make goals and actually do them! Look at yourself in 10 years, where do you want to be? Make it happen! Don't let there be anything stopping you. Dream as big as you can and then when you get there, continue to dream even bigger! Don't ever stop dreaming and don't ever stop believing in yourself. Don't let anyone hold you back, and challenge all of your abilities. Be happy with all of your accomplishments, no matter how small, they will all help you get to where you want to be in life.

SAC Article Due Dates

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

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!

- ★ 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 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 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.
- ★ In the near future, we will begin taking applications for work study / job shadow positions, so start thinking about your preferences as to where you would like to work over the summer session. We will make another announcement to let you know the deadline for those applications.

Welcome our newest UB Members!

Name	School	Grade
Ethan Calfee	Maryville	9
Nick Collins	Maryville	10
Ellice Mitchell	Maryville	10

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

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 Laco
Chelsey Sisk



Kudos!!

Congratulations!!

- ☆ Michelle Sharp was named to the 1st team Girls Cross Country Team by the All News-Press
- ☆ Laci Wooten was voted to be the Sophomore Winter Homecoming Attendant for 2011

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.

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November 20	Reg. Session / Visitors Welcome
December 4	Regular Session
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February 5	Regular Session
February 26	Regular Session (TRIO Day)
March 12	Regular Session
April 2	Regular Session
April 23	Regular Session

Happy Birthday!!!

January

Corey Paulo—2
Trevor Luke—14
Layla Anderson—20
Ashley Farnsworth—22
Britnee Wolfe—24
Shelby Gilliland—28

UB Contact Info

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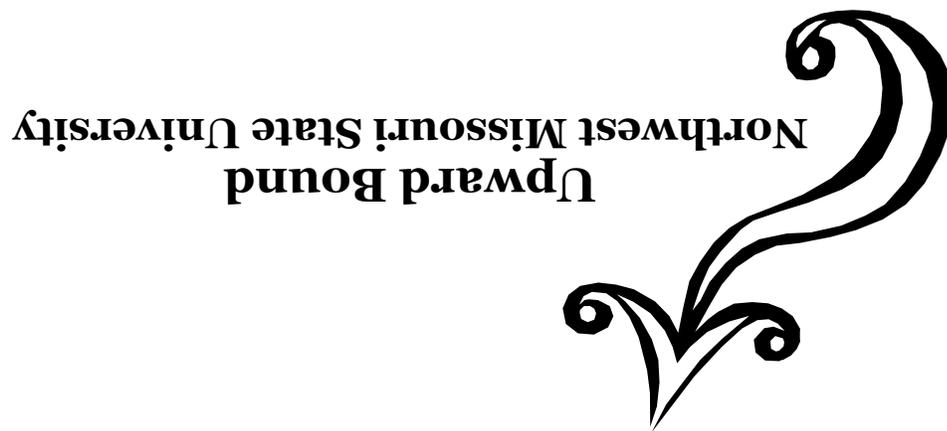
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