

Expressions

In All Things, Be Upward Bound!

From the Director's Desk

"Fuel The Fire"

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Just the other day I was watching the news on the television. The footage appearing on the screen was becoming all too familiar—civil unrest, struggles for power and growing uncertainty about how these events would impact people around the world. While most of the upheaval is half way around the globe from us, I just couldn't help but wonder if young Americans actually realize how they could be impacted by these events in the next few months or even years.

It is clear, for instance, that the recent events in Libya have impacted everyone world-wide in the form of higher fuel prices. Ever since rallies for the removal of Gaddafi began, Americans have felt the impact as fuel prices have risen 34 cents in the last 13 days. Why is this so? Well, speculators are concerned that what is happening in Libya may spread over to neighboring oil-producing countries—and that fear is now controlling the fuel prices. If the unrest does continue in Libya and other countries follow suit, gas prices will continue to soar to unprecedented heights—and \$4 or \$5 gallon gas may become a reality. The more sobering reality is that there will be a significant increase in other goods and services as many of their prices are tied to what happens to fuel costs.

What happens if these higher gas prices do materialize? People will be forced to make tough decisions that may alter their lifestyle. Unfortunately, the people who will be impacted the most are those who hold jobs at or near minimum wage. The young and the uneducated are the people who fall into this category across our region and the country. While middle and high income individuals will also feel the impact of soaring fuel prices, they will be able to withstand the blow better and for a longer period of time.

What am I trying to tell you? Well, two things—first, it is important to pay attention to what is happening in our world and to understand how you will ultimately be impacted by certain events. Secondly, learn from the consequences of world events. One thing history does teach us is that significant world events are usually cyclical in nature—in other words they will repeat themselves in some form down the road. It may take a few months or even years, but the civil unrest taking place in the Middle East will cool and a sense of normalcy will eventually return. However, down the road, turmoil will once again return on a grand scale and the economic impacts that accompany it will also resurface.

Continued P.2

From the Director's Desk Continued...

My second point deals with how you go about making decisions that will ultimately allow you to position yourself to be able to withstand these fluctuating changes in our economy. As a high school student the choices you are making now in terms of your education will largely determine your financial adaptability 10-15 years down the road. Will you have completed some type of postsecondary training that allows you to be an attractive option for a well paying professional position? Will you be in a good financial situation that will allow you to withstand another round of civil unrest and the accompanying impacts to our economy?

Like everything else in life, the choice is yours—but also like everything else in life, it usually takes a willingness to work hard and to believe in yourself if you want to get achieve your goals. Learn from the events of today and allow them to be the fuel to your fire. While the fuel prices at the pump may be getting close to \$3.50 a gallon—the fuel that is present inside each of you can be priceless if you use it the right way!

—Phil

SAC Article

“Study Habits”
By: Bryce Weiderholt

You may think that you will not use study habits after high school. The truth is that your study habits will be used throughout your life. They will follow you from high school to college, then to your career. Depending upon what you are planning on doing with your life, determines how intense you have to study. Study habits will allow you to hurdle any obstacles that stand in your way.

Studying is not just for that big test either; you should strive to do your best on every assignment. This will allow you to keep your GPA up and in turn open doors to any college of your choice. Once you reach the college level, keep your grades up so you can get the job you want. Study hard and study often so you can achieve all of your goals.

SAC Article

“Be Upward Bound”

By: Britnee Wolfe

One of my favorite quotes that I have learned through UB, most people will not understand until at least their 1st or 2nd summer of upward bound. “Of all things, be upward bound,” with all of our 1st years now here, we need to show them what this really means.

To different people this means different things. To me, this means to stand up and take anything thrown at you. Giving up is not in our vocabulary, be the best that you can be ALL the time. When times are rough, don't let them bring you down push through them. Challenge yourself every day in new and different ways. Never turn someone away who needs help. Always be yourself, life is all too short to be fake and put on a show. Always strive for the best and never accept anything less.

I could go on forever about what being upward bound means to me, but I won't. Upward bound is a family, and with all of our new people getting ready to experience their 1st summer (one you will remember forever) show them what being upward bound really means. Be a leader and make them want to follow in your footsteps. In a couple years we will all be gone, and a whole new group will be carrying upward bound out. It is our job now to show underclassmen how to be leaders and what upward bound show really stands for, so in the future they will continue this and upward bound will stay a strong and life changing program.

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

“Choices, Choices, Choices”

By: Taylor McCartney

Our life is full of many, many choices. Some of these choices are small; some are big. Some, might not impact you as much as others will, but they all have an effect on you big or small. Even the simplest choice like whether or not to brush your teeth affects not only you, but everyone around you. I mean who wants to smell someone’s disgusting breakfast breath!!! Sometimes our choices have a positive impact on our lives; other times we learn we made the wrong choice and have to suffer the consequences.

High school is full of choices; choices like which extracurricular activities you’re going to participate in and who you’re going to hang out with after the game Friday night. Those choices are minute compared to deciding what college you’re going to or what scholarships to spend time applying for. As a freshman, I made the choice to try to get into the Upward Bound program to better prepare myself for college. Now looking back as a senior that is one of the best choices I’ve made along the way. Don’t get me wrong-I’ve had my share of bad choices too, but like everyone else I’ve learned from them. Now that it’s almost time for graduation and I’ve made that huge choice to go to Park University next fall, it’s your turn to make the choice what to do next with your life. It’s your choice. What will you decide?

SAC Article Due Dates

April Newsletter	(due Apr. 1 st)	Drake, Gentry, Jolene, Korbin
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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 (New Members Announced)

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 16 (date change)	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!

- ★ **Please note the date change for our last Saturday Session. Due to Easter, the April 23rd Saturday Session has been rescheduled for April 16th.**
- ★ Design entries for this year's UB summer t-shirts are due to the Central Staff by **Saturday, April 2nd**. 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

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

Shelbey Fox

Korbin Jones

Kylie Lacoх

Chelsey Sisk

Kudos!!

Congratulations!!

- ★ Taylor McCartney is competing in the Miss Missouri Teen Contest and has been chosen as a DARE role model.

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!!!

March

Maggie Schmidt—3
 Katrina Freemyer—7
 Ashle Moore—14
 Justine Yount—15
 Megan Culver—18
 Shea Zion—19
 Erica Merriett—25
 Ellice Mitchell—25

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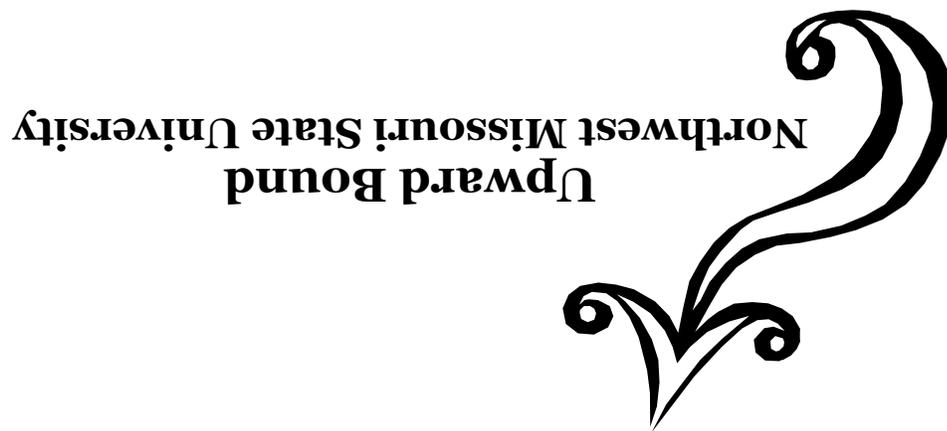
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