

UB SCOOP

May 2023



Hello Upward Bound!

The sun has finally arrived and summer is just around the corner! It is so wonderful to see green grass, trees full of leaves, and flowers growing everywhere. This beautiful scenery signifies the new opportunities and growth as we really move through the new year. This energy is just what we need as we prepare for summer at Upward Bound!

The Upward Bound staff has been working diligently to finalize everything for our Summer Component to make sure all of you students have a great

experience. The classes we have this year are outstanding, and the activities are going to be so much fun! This year we will be in Roberta Hall. Carts will be available to move in belongings. Please keep in mind that there is only one elevator, which will be in high demand. It may work better to save the carts for heavy, hard to move items and carry the rest when possible. We are looking forward to seeing all of you on Sunday, June 4th!

On a different note, we would love for all of you to post updates on our Upward Bound Facebook page and Instagram! It is so great to see your beautiful prom pictures and graduation photos each year. Keep the updates and pictures coming!!! What a great way to share news with our Upward Bound family, present and past!



Special Points of Interest

- Sunday, June 4, 2023
Move-in Day, Roberta Hall
SAC students – 2:30-3:30 PM
New Student Move-in – 3:30-4:15 PM
Returning students move in – 4:15-5:00 PM
- June 18th-19th, 2023
No UB - Juneteenth
- Tuesday, June 20, 2023
Early morning check-in - 6:30-7:45 am
- Sunday, June 12
Early Check in - 5-7pm
- Monday, July 3, 2023
Holiday Check-out – 4pm
- Tuesday, July 4, 2023
NO UB – Independence Day
- Wednesday, July 5, 2023
Early morning check-in – 6:30-7:45 am

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Summer Staff



Hi everyone! My name is Hannah Claywell. I am the SPA (Summer Program Assistant) for UB this summer. I am a sophomore at Northwest studying criminology, and I'm the news editor for the campus paper. I am from Saint Joseph, and I play the flute, read a lot and volunteer at animal shelters.

UBCared4

UBCared4 is the name of the virtual component of Upward Bound. Once a month, students are able to log in with Mrs. Calfee to discuss anything and everything, but especially Self-Care. The term Self-Care has become much more prevalent in recent years as our society has become busier and busier as we focus on success. Upward Bound recognizes that academic and professional success is very important, but we also want to impart to our students that taking care of oneself is paramount for an individual's well-being and happiness. That is the ultimate goal of UBCared4.

Students that regularly attended the UBCared4 sessions were treated to a Self-Care day trip to Des Moines, IA at the beginning of May. A visit to the Greater Des Moines Botanical Gardens allowed students to enjoy nature and the beauty of many varieties of flora. Next was enjoying the camp and humor of Zombie Burger for lunch. The day ended with a bit of shopping at Jordan Creek Town Center, an indoor mall in Des Moines. It was a wonderful day of getting away for some fun and relaxation.



SENIOR SPOTLIGHT!

MARISSA WEBSTER



I will attend NWMSU and major in English Education with a minor in Creative Writing. There are many things that I have gotten from my time at UB, but the most important thing is my communication skills and leadership skills. UB really helped me break out of my shell and talk to people I didn't know. Some advice I would give to new students is not to be afraid to be yourself, UB is the most inclusive program that I have been a part of and everyone is so helpful and kind. The staff are here for YOU, they will do their best to help you not only with your work but they are there as family to help you with whatever you need.



Congratulations to Brodhi Ramirez!

Upward Bound is a Federal TRIO program. Our program, as well as the other TRIO programs at Northwest Missouri State University: Upward Bound Math & Science and Student Support Services, are part of the MOKANNE Chapter (the acronym for Missouri, Kansas, and Nebraska, also written as MKN) of the Educational Opportunity Association.

Each year MKN awards multiple scholarships to TRIO students. Students must be nominated by TRIO staff to be eligible for scholarships. The student must then complete an essay related to the assigned topic for each scholarship. Brodhi completed the requirements to be eligible for MKN Scholarships and we are happy to announce that Brodhi has been awarded the MKN Board of Directors Scholarship and the MKN Excellence Scholarship!

When the awards were announced at the annual TRIO MOKANNE conference, it was announced that Brodhi was the only student who won TWO scholarships. Congratulations, Brodhi! You've earned it!

SENIORS' DESTINATIONS!!!

While we will miss our Seniors after this summer, they are off to accomplish wonderful things in college! We are proud of each and every one of you. Good luck!!!



Jodi Andrews
Daelynn Ebrecht
Adisyn Frame
Nicklas Herbert
Jordan Jackson
Emily Moran
Eowyn Otto
Aleza Pival
Taylor Pruett
Alex Ramirez
Brodhi Ramirez
Marissa Webster

Undecided
Southwestern Community College
Northwest Missouri State University
University of Missouri – Columbia
Undecided
Northwest Missouri State University
Missouri Western State University
Entering Workforce
Entering Workforce
Northwest Missouri State University
Washington University
Northwest Missouri State University

IMPORTANT DATES

JUNE 4, 2023

MOVE-IN DAY

Itinerary:

2:30-3:30 PM SAC Student move in
3:30-4:15 PM New Students move in
4:15-5:00 PM Returning students move in
5:00 PM New Students meet to get Bearcat cards
5:30 PM Dinner – 3rd Floor of the Admin Building
6:00 PM Large Group Meeting
7:15 PM Laptop Verification
7:45 PM Work Study/Job Shadow Meeting
Bridge Students Meeting
8:00 PM Family Group Meeting
8:30 PM Floor Meetings
10:30 PM In your own room
11:00 PM Lights out!

***REMEMBER** returning students: All Academic Year Checklist items **MUST** be turned in before you can receive your keys to move in. Any student that shows up to move in without all items turned in will complete those items then and there before being able to move in to his/her room.

****Students MUST** have all Summer Forms completed to move in.

ACT Test Dates

Test Date	Registration Deadline	Late Fee Required
June 10, 2023	May 5, 2023	May 19, 2023
July 15, 2023	June 16, 2023	Jun. 23, 2023

Always use the Upward Bound code: 9713

****Remember:** Each UB participant can utilize 2 ACT fee waivers. Forms are available by contacting the UB office.

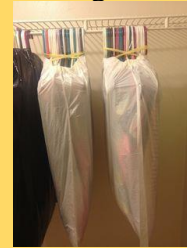
For more information go to <http://www.actstudent.org>

Packing Tips!

1. Roll your clothes in suitcases. It takes less room than folding them, so you can fit more in your suitcase!



2. For clothes that you will hang, leave them on the hangers, and pull a kitchen sized trash bag up over several at a time. This keeps the clothes organized and contained, while also saving time by leaving them on the hanger!



3. Put bottles/containers with liquid in plastic baggies. Or you can unscrew the lid, and put a piece of plastic wrap over the neck of the bottle, then screw the lid back on. Sealed!



4. Small items can be put inside of shoes to save space!

2023 UB Summer Session

June 4-July 7

2023 Summer Enrichment Trip

July 10-14

UB Contact Information

Office: 660-562-1630

Email: wenstrand@nwmissouri.edu

wistrom@nwmissouri.edu

Attention!

Please note the following on your family calendar and in your own planner.

Our Week 3 and Week 5 schedules are slightly different than other weeks, due to Holidays during those weeks.

Below is our schedule for the week beginning on June 18.

Week 3

Sunday, June 18	No UB
Monday, June 19	No UB – Holiday
Tuesday, June 20	<u>Early Morning Check In (6:30-7:45 am)</u> Family Group Evening Activities
Wednesday, June 21	Service Learning Activities
Thursday, June 22	Large Group Activity Night – Lied Center & The Hangar
Friday, June 23	Presentations and workshops Job Shadowing/Work Study Check out of the residence halls (11am-12:30pm)

Below is our schedule for the week beginning on July 2.

Week 5

Sunday, July 2	Return to the residence halls for <u>early check-in (5-7pm)</u> Academic Activity
Monday, July 3	<u>Early Check Out (4 pm)</u>
Tuesday, July 4	No UB – Holiday
Wednesday, July 5	<u>Early Morning Check In (6:30-7:45 am)</u> Bridge Weekly Check In (before 5 pm) Family Group Evening Activities
Thursday, July 6	Large Group Activity Night – WWI Museum & New Theater
Friday, July 7	Move-out day & Academic Awards Ceremony - TIMELINE TBD

Meet the Resident Assistants!

Hello! My name is Lexi White! I am currently a junior at Northwest completing my bachelor's degree in English Education and my masters in English. During the school year, I work at Eugene Field Elementary school as a before and after school attendant working with the now fourth graders, and I also work at Hy-Vee in the deli. When I am not at doing homework or at school, I can be found hanging out with friends, my younger siblings, and my cat, Hamlet. I enjoy reading, painting, and many other crafty things, as well as watching movies or one of my various tv shows.



Hello everyone, I am ready for round 2 for the Upward Bound Summer Component. My name is Jonathan Rohr and I was a SPA and RA last year. I am a Junior Elementary Education major at Northwest Missouri State University who is ready to make this summer an absolute blast. I enjoy hanging out with my friends, teaching the kiddos, playing games, watching Netflix, and above all sleeping (I promise to be awake all day for y'all)! This is my 6th summer with Upward Bound from being a member for four years and now two years as a staff member. I am ready to make memories with y'all and let's make this a summer to remember!



Hi everyone! My name is Maggie, and I am a 2020 UB Alum. I'm a biology major and I want to be a virologist. I love reading books, going to concerts, crocheting, and listening to music. I am usually the friend my friends go to for advice, so if you need any, I am always here. I can especially give good college advice: roommates, classes, schedule building, so ask away! We are going to have a great summer, and I hope you all are as excited as we are!!

My name is Jeselle Gonzalez, I'm from Venezuela, but I have lived in Chile, Germany, and Spain. I study International Business with a minor in Sports Management at Northwest, I am also an Assistant Coach for the Maryville High School soccer team and an office assistant at the Horace Mann Laboratory School. There are many things I like

such as sports, especially soccer, I watch all kinds of movies and series, except horror, like to travel and see new places, and visit as many places as I can. I also play video games like Roleplay, FIFA, Valorant, Phasmophobia, and Rocket League.



"Hey, my name is Wyatt! Most will remember me from last summer but for the new students, I'd like to welcome you. I am a former UB alum. I am laid back and can be goofy from time to time and overall I'm looking forward to this summer!"

Summer

2023



Summer Calendar 2023

*Locations may change

Week 1

Sunday, June 4	Move-in to the Northwest residence halls 3:00-4:00pm for SAC 4:00-4:45pm for New Students 4:45-5:30pm for Returning Students
Monday, June 5	Bridge Classes Begin Family Group Evening Activities
Tuesday, June 6	Tutoring in Hall and Family Visitor Night
Wednesday, June 7	Service Learning Activities
Thursday, June 8	Large Group Activity Night- Patee House and Cool Crest Mini Golf
Friday, June 9	Presentations and workshops Job Shadowing/Work Study Check out of the residence halls (11am-12:30pm)

Week 2

Sunday, June 11	Return to the residence halls for check-in (7-9 pm)
Monday, June 12	Family Group Evening Activities
Tuesday, June 13	Tutoring in Hall and Visitor Night
Wednesday, June 14	Service Learning Activities
Thursday, June 15	Large Group Activity Night- Henry Doorly Zoo
Friday, June 16	Presentations and workshops Job Shadowing/Work Study Check out of the residence halls (11am-12:30pm)

Week 3

Sunday, June 18	No UB
Monday, June 19	No UB – Holiday
Tuesday, June 20	<u>Early Morning Check In (6:30-7:45 am)</u> Family Group Evening Activities
Wednesday, June 21	Service Learning Activities
Thursday, June 22	Large Group Activity Night – Lied Center & The Hangar
Friday, June 23	Presentations and workshops Job Shadowing/Work Study Check out of the residence halls (11am-12:30pm)

Week 4

Sunday, June 25	Return to the residence halls for check-in (7-9pm)
Monday, June 26	Family Group Evening Activities
Tuesday, June 27	Tutoring in Hall and Visitor Night
Wednesday, June 28	Service Learning Activities
Thursday, June 29	Etiquette Dinner and Dance
Friday, June 30	Presentations and workshops Job Shadowing/Work Study Check out of the residence halls (11am-12:30pm)

Week 5

Sunday, July 2	Return to the residence halls for <u>early check-in (5-7pm)</u> Academic Activity
Monday, July 3	<u>Early Check Out (4 pm)</u>
Tuesday, July 4	No UB – Holiday
Wednesday, July 5	<u>Early Morning Check In (6:30-7:45 am)</u> Bridge Weekly Check In (before 5 pm) Family Group Evening Activities
Thursday, July 6	Large Group Activity Night – WWI Museum & New Theater
Friday, July 7	Move-out day & Academic Awards Ceremony - TIMELINE TBD

Week 6

Monday, July 10	Leave on trip to Oklahoma City & Dallas
Friday, July 14	Return from Oklahoma City & Dallas