

# Expressions

*In All Things, Be Upward Bound!*

## From the Director's Desk

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### "Crunch Time"

|                                  |     |
|----------------------------------|-----|
| <b>What's Inside:</b>            |     |
| From the Director's Desk         | 1-2 |
| SAC Articles                     | 2-4 |
| Field Tutoring                   | 3   |
| Saturday Sessions & Bus Schedule | 5   |
| Reminders                        | 6   |
| SAC Article Due Dates            | 6   |
| Kudos!!                          | 7   |
| ACT Testing Dates                | 8   |
| Happy Birthday!                  | 8   |
| UB Contact Info                  | 8   |

Some people call it procrastination. Others blame a lack of motivation. "Laziness" is also a popular excuse. If you suffer from these types of behaviors when an important decision, event or responsibility is facing you, then your prospects of achieving your goals and dreams will be very low. I think it is important for each of us to analyze how we respond during "Crunch Time"—what I like to define as that period of time when your behavior (or lack thereof) will largely determine and shape your life's path.

Let's face it....our direction in life is determined almost solely by our individual actions. I am a firm believer in that---some of you may argue that events out of our control (natural disaster, disease, actions of others) play a major role in our destination. I agree with that to a certain degree, but I feel strongly that how we react as individuals to these types of events ultimately is more powerful than the event itself. To clarify, I believe that we still have control of our behavior even if unexpected outside factors surface in our life.

One of the main attributes of successful people is that they understand who has the power when it comes to their own behavior—in other words they know where the control of their behavior is located. Psychologists use the term "locus of control" when explaining behavioral choices. They basically say that a person can either have an "external locus of control" or "internal locus of control" when it comes to delegating who actually has the power in determining one's behavior.

Those with an external locus of control allow external forces (peers, parents, natural events, daily events) to control or direct their behavior. If asked to explain why they behaved in a certain fashion, they may reply "Well, the teacher did not explain the assignment very clearly and she did not tell us when it was due, so you can't blame me for the low grade...and if the bus driver had not come 2 minutes early I would have never had forgotten the assignment at home." These people typically place blame elsewhere and are susceptible to letting others control or shape their lives. Those with an internal locus of control believe that their behavior is determined internally—or that each person ultimately controls how they will behave. Given the same situation as above, a person with an internal locus of control might explain their behavior like this, "I should have listened more closely when the teacher explained the assignment and also should have looked at the class outline to be sure of the due date. Also, it is not unusual for the bus driver to come a few minutes early as he has done that before---I should not have waited until the last minute to get my assignment ready."

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## From the Director's Desk...

Where is your locus of control located? Do you like to blame others for your behavior or do you take responsibility? Your locus of control will definitely play a huge factor in how you react to "Crunch Time." Most people with an external locus of control—where they let other factors determine their behavior are very poor Crunch Time Performers. They are quick with an excuse and they already know in their minds that if they don't meet expectations there are plenty of "targets" they can point to for their poor behavioral outcomes. They are experts at placing the blame elsewhere. They have a hard time taking ownership of their actions. These people will have an extremely difficult time not only setting goals, but ever meeting them. They do not follow-through on commitments and are overly reliant on others to make their choices for them. They are not risk takers because they feel they have no control over outcomes. They typically do not have a positive outlook on the future.

If you have an internal locus of control you are typically much more motivated than those who have an external locus of control. You actually believe that your actions and behaviors are important and will ultimately shape your future. You can set clear goals and follow through with them. While you appreciate and listen to other people's advice, you still realize that you are the one ultimately responsible to make important behavioral decisions. These folks are confident, resilient and driven. They realize that unforeseen events will happen, but they also understand that they still possess the control to react to these events in their own individual fashion. They take responsibility for their behavior. Having this control allows them to be an active agent in their own life and allows them to be invested in their future. These people usually perform very well in "Crunch Time" because they have assumed responsibility for their actions leading up to important events/deadlines in their life.

Where is your locus of control? Take some time to think about it. Are you mature enough to take responsibility for your actions and as a result, your life's path? Or are you content to let others or circumstances shape where you are headed? Almost every successful person I have ever encountered possesses an internal locus of control. I challenge you to take a look at the people you come across on a daily basis and examine where their locus of control resides. I think you will come to the same conclusion I have about the relationship between where your locus of control is located and success levels.

If you want to be more effective in "Crunch Time" then it is up to you---just as almost everything in your life is. Take control of your life by identifying your locus of control. Everyone has the power to shape their own future!

—Phil

## SAC Article

"Get In Shape"

By: Ethan Calfee

There are many things that we do in preparation for school. Get supplies, cloths, sports equipment for the upcoming season, and we also get ready to see our friends again. One thing that is commonly forgotten is getting in shape. Now I don't mean physical shape, I'm talking about mental shape. Being mentally fit for the school year entails getting up at 7:00am every day, finishing your homework, or even just telling yourself that school is here and I'm going to have a good day. It is important to be mentally fit when it comes to the first day of school. After summer session at UB, our brains take a vacation. Preparing to be mentally prepared will tell you and your brain to be ready and come back to work. So this year if you have a big test, some homework that's impossible, or even just preparing for the next day, mentally prepare for the task ahead then it will be easier to complete.

# SAC Article

“Never Let Up”  
By: Britnee Wolfe

With first quarter ending so quickly we finally feel like we are back into the school mode. We are all feeling the holidays like Halloween, Thanksgiving, and finally Christmas all approaching fast. All of our fall sports are coming to an end and as a Senior it really hits you how that is the last of those sports you'll ever play. Winter sports are starting and I know that the last thing on my mind right now is school.

I am enrolled in numerous college classes and can't focus to save my life these days. I am constantly catching myself staying up late to finish homework and doodling in class. These are all horrible habits! With sports, scholarships, planning my future, and trying to make memories to remember my senior year by I know how easy it is to slack off on your school work.

We are in the second quarter and this is not the time to start slacking. I know how crazy life gets sometimes, but you can't put school in the back of your mind. You can never let up on how much you push yourself. Don't push back a paper until the last day and say you always have tomorrow. When you wait until you feel pressure and the clock is winding down to finish school work you don't give it your all. You need to always set time back and make yourself focus on your studies. It doesn't matter what grade you are in, your grades in school will always have an effect on you. You could be in your senior year of high school and realize if you would have just tried a little harder back in 9<sup>th</sup> grade things might now be as hard now. Always try and push yourself and give every assignment your all.

## 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     |

## SAC Article

### "The Importance of the ACT"

By: Trevor Luke

Since Upward Bound is a college prep program, I think it would be reasonable to talk about the ACT. Thanks to our AWESOME ACT prep teacher at Upward Bound, I can tell you some fun facts that she has shared with me. First of all, did you know that the ACT contains two hundred and fifteen questions? Each section has a different college readiness benchmark, and statistics show that about only twenty-five percent of Missouri students meet all four benchmarks. Meeting these benchmarks means that a student should score a B in a college class about seventy-five percent of the time, and an A in college about fifty percent of the time. Each time you move your composite score up, the result could be as much as an additional \$1,000 in scholarship money. Did you know that one of ACT's main jobs is to collect data? Well, it is! That's why you have to fill out all of that information the first time you register for the ACT. They are collecting data on who is taking the test and what kinds of classes you've taken in school. (Thank you, Mrs. Calfee for sharing this information with me!)

Now, I am NOT going saying that the ACT is some super easy test that you should get a perfect score on your very first time. Actually, in my opinion, I think it was more of a practice run for me the first time. It was nerve wracking, and I was freaked out by the three hour long test. But there is definitely room for improvement, and now that I have taken it once, I feel more prepared to handle the test and advance my score. I am taking it in December, and I plan to take it at the minimum three more times before I graduate. I want to improve my score, and I know the only way to do that is to keep striving and learning from my classes in school. The English section of the ACT is the easiest section to improve your score because English and good grammar NEVER change; practice it, and you will be set. And math is content based, so the higher level of math you take, the more you learn and the more questions you can correctly answer on the ACT. I DO believe that you can study for this test, and so would our lovely ACT prep teacher, Mrs. Calfee. In her words, "The ACT, in my little opinion, is a test that you can absolutely study for... just READ!!! It's one big, fat reading test and the more you read, the better you will do!" Reading is not hard; even if you only read for fifteen minutes a day. It doesn't even have to be a book; it can even be something such as a magazine. The ACT is important to take and to take to the fullest of your ability; don't just shrug it off and say that you can do better next time; try your hardest!

## SAC Article

### "Dame"

By: Cami Heath

All my life I looked up to my oldest brother Damon. Being the baby girl of five siblings he was always there for me. This all changed when in January of 2006 he enlisted in the United States Army. I was really proud that Damon decided to take this path in life, but I didn't realize how hard it would be. Holidays came and went, and he wasn't there. We soon started hearing less and less of him. Not knowing where or how he was. It was hard going from being so close to someone, to not even knowing how far away that person is. I feel selfish for needing my brother when the United States needed him more than anyone. I love my brother for everything he has done, and wouldn't change a thing about him!

This past Friday was Veterans Day and it reminded me of my brother and all the things he has done. I think everyone should thank someone who is in the military for risking their lives for our freedom, they are truly the heart of America.

# 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<br>(Visitors Welcome)                  |
| October 29   | Regular Session<br>(Visitors Welcome)<br>UB Parent Day |
| November 12  | Regular Session<br>(Visitors Welcome)                  |
| December 3   | Regular Session<br>(Visitors Welcome)                  |

|             |                                                          |
|-------------|----------------------------------------------------------|
| January 14  | Regular Session<br>(New Student &<br>Parent Orientation) |
| February 4  | Regular Session                                          |
| February 25 | Regular Session<br>(TRiO Day)                            |
| 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          |
|                     |              |               |                      |
| <b>Arrive NWMSU</b> | 8:30 a.m.    |               | Administration Bldg. |
| <b>Leave NWMSU</b>  | **12:15 p.m. |               |                      |

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

# Reminders...

## **Seniors:**

- The deadline to apply to 2 different colleges is Dec. 1<sup>st</sup>. One of these schools can be Northwest, as you will need to apply for your Bridge summer anyway.
- 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 or are yet 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.

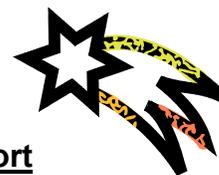
## **Everyone:**

- We are also still willing to take you on college campus visits. If you are interested, please let us know where you would like to visit 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 is the deadline to turn in your signed Participation Agreements. If you haven't turned them in by this date, you will lose \$5 from your stipend every Saturday Session after until we receive this from you!
- We are getting to that time of the year when weather could be an issue for our Saturday Sessions. In the case of inclement weather, please check the UB website, with your guidance counselor, or on Facebook for any cancellations.
- Our next Saturday Session on December 3rd is still open to visitors. We will notify all accepted students after interviews are completed, but this will occur after the Dec. 3<sup>rd</sup> session.

## **SAC Article Due Dates**

|                     |                             |                              |
|---------------------|-----------------------------|------------------------------|
| December Newsletter | (due Dec. 1 <sup>st</sup> ) | Tanner, Jolene, Ethan, Corey |
| January Newsletter  | (due Jan. 1 <sup>st</sup> ) | Britnee, Trevor, Cami        |
| February Newsletter | (due Feb. 1 <sup>st</sup> ) | Tanner, Jolene, Ethan, Corey |
| March Newsletter    | (due Mar. 1 <sup>st</sup> ) | Britnee, Trevor, Cami        |
| April Newsletter    | (due Apr. 1 <sup>st</sup> ) | Tanner, Jolene, Ethan, Corey |

## Students with 3.5 GPA or higher



### Maryville

Nick Collins  
Madison Driskell  
Devin Vinzant  
Justine Yount

### Northeast Nodaway

Dallas Davis  
Katrina Freemyer  
Bryce Wiederholt

### Nodaway-Holt

### Stanberry

Trevor Luke  
Nick Smith  
Rachel Summa  
Jessica Wilmes



Congrats to these students who earned a GPA of 3.5 or higher for the 1st quarter, and who are excused from attending field tutoring for the 2nd quarter.

Great job, keep up the good work!

### Rock Port

Lexi Chard  
Corey Paulo

### 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  
Cheyann Marrison  
Chelsey Sisk

## Kudos!!

# Congratulations!!

- ★ Rachel Summa earned high honor roll for the 1st quarter.
- ★ Samantha Smith, Trevor Luke, Jessica Wilmes, Nick Smith earned honor roll for the 1st quarter.
- ★ Trevor Luke & Kylie Beggs represented the Stanberry HS student council at a regional meeting.
- ★ Nick Smith became Missouri's state leader in sacks in 8-man football this season.
- ★ Kylie Beggs qualified for the sectional round tournament in women's golf.
- ★ Lexi Chard earned high honor roll for the 1st quarter.
- ★ Devin Vinzant & Lydia Rauch are performing in the Maryville HS play, *Princess and the Pee*.
- ★ The Maryville HS Marching Band placed 1st in the Northwest Homecoming parade. Band members include: Devin Vinzant, Tanner Rickabaugh, Maggie Schmidt, Ethan Calfee, Ellice Mitchell, and Nick Collins.

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<sup>®</sup> Test Dates

| ACT Test Date<br>2011-2012 | Registration<br>Deadline<br>(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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Jackie: jackiec@nwmissouri.edu  
Kori: khoff20@nwmissouri.edu  
Tori: tori@nwmissouri.edu

## Happy Birthday!!!

### August

Tina Rebel-7  
Cody Henry-10

### September

Kaitlyn Vang-7  
Tanner Rickabaugh-12

### October

Jolene Harbin-5  
Korbin Jones-10  
Zuri Vang-14

### November

### December

Nick Smith-12  
Kristen Dodge-20  
Rachel Summa-29  
Jessica Wilmes-31

### January

Corey Paulo-2  
Philip Merriett-8  
Trevor Luke-14  
Ashley Farnsworth-22  
Britnee Wolfe-24  
Shelby Gilliland-28

### February

Chelsey Sisk-4  
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  
Ashle Moore-14  
Justine Yount-15  
Shea Zion-19  
Ellice Mitchell-25

### April

Holly Redden-4  
Dallas Davis-27

### May

Madison Driskell-11  
Laci Wooten-12  
Bryce Wiederholt-16  
Lydia Rauch-17  
Trevor Quick-26  
Devin Vinzant-29

### June

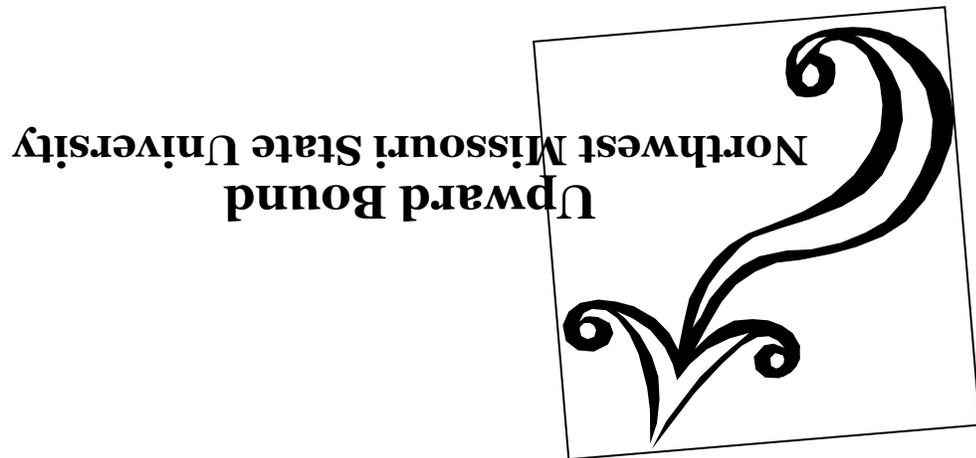
Cami Heath-19  
Lexi Chard-28

### July

Drake Johnson-6  
Morgan Porter-8  
Mikki Owens-9  
Kylie Beggs-10

**OFFICIAL UB WEB SITE**

[www.nwmissouri.edu/dept/upwardbound](http://www.nwmissouri.edu/dept/upwardbound)



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