



# *Expressions*

*In All Things, Be Upward Bound!*

## **Welcome Back To Another Year In UB**

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And, we're off! Another school year begins and so does our 25th year of Upward Bound! All of our staff is really looking forward to what we have in store this academic year and we hope you are too!

Recruiting is now complete and our applications have been flying off the shelf! This is such great news as we have 15-20 openings this year that we need to fill.

We were welcomed at each school with MANY excited and interested new students. The word is getting around that our students have a great time and are really focused on their post-secondary education.

This is such a great reflection on how well you all are representing the UB program in your schools and your community. Great job guys!

Remind your parents, that we always encourage them to attend a Saturday session whenever they can, but we especially want you to

extend an invitation for **Saturday, November 6th—UB Parent Day!** This is also a day that our new recruits and their parents will be in attendance, and we would like to have a parent panel made up of your parents to help familiarize those that are going through this process for the first time. I am sure you can all remember how overwhelming and confusing it was when you first became involved in Upward Bound. We will have plenty of snacks and coffee for those of you whose parents can attend!

So here's to another great year in UB, and to your continued pursuit of your educational and personal goals. Remember, in all things be Upward Bound!!!

## “Don’t Poker Face Through Life”

By: Korbin Jones

So the last SAC article I wrote was really long and wordy. That's because when I wrote it I was on my way back from vacation and I was hours upon hours away from home. So I had plenty of time to proof-read and make it better, but I'm home and now having read the other SAC articles I think I have a better idea of what I should write about, so here goes.

If any one of you have been with me for more than one minute (which most of you have) you realized three things:

1. This guy sure does talk a lot.
2. Why is he so obsessed with Lady GaGa?
3. This guy isn't afraid to do anything in front of people!

Well that last one isn't entirely true. I certainly do a lot of things that most people would find embarrassing, but that doesn't apply when it comes to speaking in front of crowds and having my future placed in their hands. Obviously when I sang my own rendition of "Poker Face", I was thinking the same thing over and over again: DO NOT SCREW UP OR THEY WON'T VOTE FOR YOU!

And now when I look back, I feel so ignorant for thinking that. If I would've screwed up a few lines or blacked out during the song you guys wouldn't have thought me any less fit for SAC. I'm saying this in a way that compliments you guys, not me. Which means you guys actually think about who you want on SAC and that makes me so much more comfortable placing my future in your hands, but some may not feel that way. So this is a note to them:

When you come to Upward Bound don't "Poker Face" through the program or to us. Be yourself, because that's what helps make Upward Bound so much fun! You meet so many different people who play sports, play Magic The Gathering, or anything in between. I have a friend who loves Justin Beiber and another who prefers Kenny Chesney. I also have a friend who can talk to me for hours about writing, while another friend just wants to go and dance in the lounge. So now I will leave you with what is possibly my most favorite quote of all time. See you next Saturday Session!

“It is better to be hated for who you are, than to be loved for who you are not.”

# SAC Article

“The Early Bird REALLY Does Get the Worm”

By: Gentry Woodward

Juniors and Seniors should both be well under way with your scholarship applications and college searches. Juniors start setting up database accounts such as Cappex and Fastweb, and seniors, remember to check yours frequently. The sooner you get started on this, the more money there is available to you. Seniors, if possible, try to apply to colleges by their early action deadline. A lot of colleges' scholarships are due in December or soon after the early action deadline. When writing essays for applications of any sort, make sure to follow the directions and criteria to a tee, and **PROOFREAD, PROOFREAD, PROOFREAD!!** Take the ACT more than once, don't just settle for your first score. Upward Bound provides us with great resources when preparing for the ACT, like Mrs. Calfee's ACT prep class and TWO free testing fee waivers. She'll probably kill me for saying this, but contact Mrs. Calfee and ask her if you can go to her house and prep, and even if you can't, she can probably provide you with tips and a prep test to work on before the actual test. Another great thing to do when preparing for the ACT is to READ a lot. The ACT is primarily a reading test, so the more you read the more comfortable you will become with it. Become best friends with your guidance counselor; he or she can provide you with scholarship deadlines, and tips for other applications and processes. If you would rather talk to someone else beside your counselor, contact the Upward Bound central staff; they are great at providing scholarship ideas and tips for building strong essays and applications. Finally, just remember, there is not a single job available to high school students that can pay us as much hourly as a scholarship will. Start early and stay strong through these years. Hard work will pay off!

## Field Tutoring Schedule

School	Regular Tutoring	Supplemental Tutoring
King City	Wednesday - 3pm	TBA
Maryville	Wednesday - 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

“When Life Gives You Lemons, Make Lemonade!”

By: Jolene Harbin

I realized that all my SAC articles are of an analogy of comparing Upward Bound to something and I realized I need to get out of that habit. So this time I come to you with advice and wisdom. (That's different for me, right??)

So the other day at school I was working on my FFA fall speaking contest speech. (Beware. ☺) I was putting in a lot of effort and had a few teachers look over it (by few I mean one). Now keep in mind I had just wrote it an hour before she looked at it. She looked over it and gave me a few words of advice. Then as I turned around and took a step towards my seat she says, "Give your speech in front of the class", with of course a smile on her face. Now remember what I said earlier?? Yeah one hour and I had to say it already....

I became nervous (well, somewhat). I had just wrote this and already was put to the test over it. No preparation at all, and I wasn't aware of how to start it. Now I had to say it to a room full of high school students who were to criticize my every move. Halfway through my speech I began to shake and stumble over words. When I was finished every one of them had something to comment on.

This experience taught me something though. In life you may be put in a situation that you are not prepared for. Just remember to take a deep breath in, let it out and just relax. The butterflies will end eventually and whatever doesn't kill you only makes you stronger. Every step you take is a life lesson. Learn from it. Life is going to challenge you in every way possible, but never let that scare you. You're stronger than that, remember: when life gives you lemons, make lemonade! ☺

## SAC Article Due Dates

September Newsletter	(due Sept. 1 <sup>st</sup> )	Britnee, Bryce, Taylor
October Newsletter	(due Oct. 1 <sup>st</sup> )	Drake, Gentry, Jolene, Korbin
November Newsletter	(due Nov. 1 <sup>st</sup> )	Britnee, Bryce, Taylor
December Newsletter	(due Dec. 1 <sup>st</sup> )	Drake, Gentry, Jolene, Korbin
January Newsletter	(due Jan. 1 <sup>st</sup> )	Britnee, Bryce, Taylor
February Newsletter	(due Feb. 1 <sup>st</sup> )	Drake, Gentry, Jolene, Korbin
March Newsletter	(due Mar. 1 <sup>st</sup> )	Britnee, Bryce, Taylor
April Newsletter	(due Apr. 1 <sup>st</sup> )	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
February 5	Regular Session
February 26	Regular Session (TRiO Day)
March 12	Regular Session
April 2	Regular Session
April 23	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.**

# ATTENTION: SENIORS!

We are putting together a Senior's bulletin board in our Upward Bound office to showcase our outgoing seniors and their future plans and ambitions.

When they are available, please turn in to us a copy of your senior picture so that we can start building our bulletin board. These photos can either be submitted as an electronic copy or a print, whichever is easier for you.

Thanks for your help!

## Kudos!!

# **Congratulations!!**

Lisa Adams was recently accepted into Northwest Missouri State University

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.

We love bragging about all of your awesome achievements!

# 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!!!

### July

Drake Johnson—6  
Mikki Owens—9  
Kylie Beggs—10

### August

Cody Henry—10  
Shelbey Fox—18  
Rachel Long—18

### September

Kylie Laco—4  
Paul Poe—4  
Kaitlyn Vang—7  
Tanner Rickabaugh—12  
JD Wilcox—18  
Michelle Sharp—28  
Katarina Bennett—30

### October

Jolene Harbin—5  
Korbin Jones—10  
Zuri Vang—14  
Danielle Stitt—17

### November

Jimmy Johnson—6

### December

Nick Smith—12  
Kristen Dodge—20  
Lisa Adams—27  
Adrienne Morriss—28  
Rachel Summa—29  
Jessica Wilmes—31

## Saturday Session Schedule

September 18	College Visit (UNO)
October 16	Reg. Session / Visitors Welcome
November 6	Reg. Session / Visitors Welcome (UB Parent Day)
November 20	Reg. Session / Visitors Welcome
December 4	Reg. Session / New members announced
January 15	Regular Session
February 5	Regular Session
February 26	Regular Session (TRIO Day)
March 12	Regular Session
April 2	Regular Session
April 23	Regular Session

## UB Contact Info

### Upward Bound

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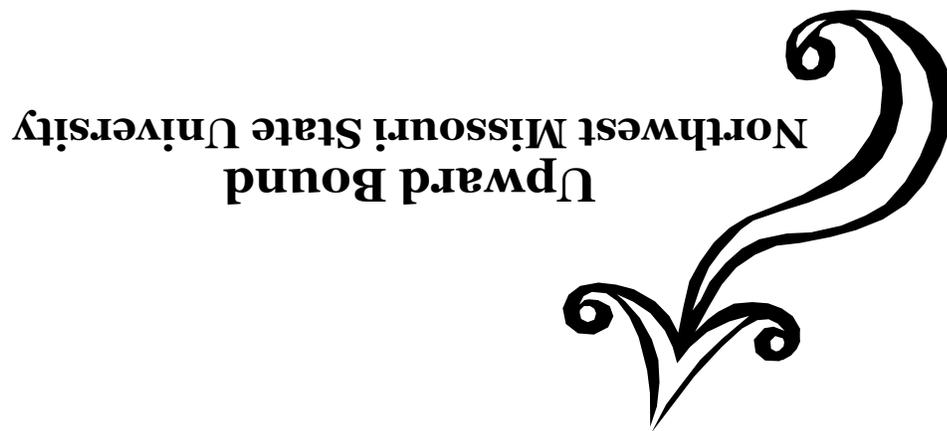
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## OFFICIAL UB WEB SITE

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



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