

Expressions

In All Things, Be Upward Bound!

“Welcome Back”

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Welcome to another great year of Upward Bound. The UB Central Team is looking forward to what we have planned for you this year and we hope you are too!

Recruitment is complete and we were welcomed by all of your schools with a lot of great candidates who were interested in Upward Bound. If you know someone who would be a good candidate for UB, make sure to let them know! Applications are available online or through your school counselors, and are due to the UB office by November 4th.

As I stare at my computer screen figuring out what to share in this article, I receive an e-mail from my mortgage loan officer that Travis and I are working with to purchase our first home. The e-mail included our past credit history to look over for reference and one item really stuck out to me... my school loans. After looking at the numbers, I began to say sentences in my head that started with “I wish I had done this differently...” or “I wish I knew what I know now about...” or even the “If only I had someone to help me with...” After I spent a few minutes thinking about it I had to wake up to reality. I reminded myself that no matter what, I have to take responsibility and start paying back my loans. So, I am going to give you a few words of wisdom about planning for your college career from a gal that has learned the hard way.

To begin, start saving now! If you start now, no matter what grade you are in, you will have an easier time figuring out the best college to attend and how to pay for it. In high school I worked a lot; however, I also spent a lot on items that now have no value to me. If I had saved even 20% out of every paycheck I earned, I wouldn’t have had to take out a loan for my freshman year of college.

Second word of advice, go to financial aid nights! You will have opportunities to attend college and financial planning events at your school and at Upward Bound. These are going to be an excellent resource for you and your family. As I recall, I attended one financial aid night my junior year; however, I didn’t listen and I was more concerned about the Homecoming dance and boys. If I had listened, I would have known the difference between subsidized and unsubsidized loans. I would have also been paying a few thousand dollars less on my loans now, because I wouldn’t have taken out as many unsubsidized loans, which charged interest from the time I took out the loan until it is paid in full.

Third word of advice, apply for scholarships! When you are a senior in high school you have a lot on your plate and applying for every scholarship you find should be a huge priority. The more money you receive, the less you and your family have to pay out of pocket or take out loans for. As a senior, I applied for a handful of local scholarships. I did receive \$5,200 in scholarship money; however, I didn't explore other possible scholarships outside my local area. I didn't know about FastWeb, and I didn't even think about searching online. If I had spent more time on scholarships and less time worrying about what my hair looked like, I'm confident I could have had another two years of college paid for!

Last word of advice (for now), sit down with your family and have a chat. Your family wants to know what your plans are for after high school. The sooner you start talking about the future, the less hectic it will be trying to plan during your holiday break your senior year. As a senior, I didn't think about applying for colleges before December and I didn't sit down with my family until after the holiday season. In fact, I didn't start applying for colleges until February, which left me very stressed when I didn't get accepted the first time to Northwest. Start the college application process as soon as you begin your senior year! Most colleges have scholarships available to students who apply prior to the December deadlines. After you have been accepted to the college of your choice, you are able to sit back, relax, and watch your peers who have not done all the things you already have run around in frantic circles. You will also be able to tell your family your successes and they will be more proud than they already are of you!

To end my few words of advice, I hope you have learned at least one thing from this gal. Even if it is don't worry about your hair or boys.

Smiles,
Jackie

SAC Article Due Dates

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

SAC Article

“Juggling”

By: Corey Paulo

Most of you have probably had to juggle activities and things in your lives before this year. Whether it be juggling school, homework, sports, activities, Upward Bound, work, family, friends, etc. The list goes on, and sometimes it can just be overwhelming. I, for one, haven't had to deal with most of this stuff until this year. And believe me, balancing my course load, working 20 hours a week, daily household chores, and hanging out with friends is a bit difficult. But it can be done. Granted, I'm constantly tired and forgetting things, but I'm juggling life as I go. And that's something everyone in UB should be learning how to do if they haven't already. Because once we're out of high school and onto college, that's all life is: juggling day-to-day tasks until you can stop at the end of the day.

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 |

“Something to Think About”

By: Tanner Rickabaugh

Ahh, it's that time of the year again. The leaves are changing, the days are getting shorter. We are getting into the full swing of school, finally getting used to our classes and waking up early again. Time for loads of homework, stress, and signing up Mrs. Calfee's lovely ACT! It's also that time to pick your Upward Bound Saturday Session classes, when you scramble to make sure you and all your friends are all in the same classes. So just remember to not get stressed out this school year. If you manage your time well, stay organized, and schedule yourself around your other activities you will have yourself a great school year. With something to think about, this is Tanner Rickabaugh. Make it a great day, or not, the choice is yours.

“In Honor of My Mother”

By: Jolene Harbin

My mom can be weird, but her quiriness is what makes me love her. She still makes baby faces and thinks she's 47 going on 21. My mother does this weird thing where she actually gets along with my friends and they think she's cool. My mother still dances around in the kitchen, while making breakfast, in her pajamas on a Saturday morning. She still loves to play dress up with me and pick out my outfits for date nights. She is no doubt one of my best friends and I will go to her for any advice I need.

For those of you that didn't know, last month we found out that my mother has breast cancer. October is Breast Cancer Awareness month so I figured this was the best time to write this article. My mother was diagnosed with Invasive Lobular Carcinoma (ILC). It is the less common type of breast cancer. Fortunately my mother's cancer was caught early and it is curable. Hearing the words "breast cancer" didn't mean the end but it was still scary. It can be the beginning of learning how to fight, getting the facts, and finding hope. My mother has had cancer before, and one of the most inspiring things I heard from her was, "I have fought cancer once and won, I can do it again." Besides skin cancer, breast cancer is the most common cancer in women in the US. About 2.5 million breast cancer survivors are living today and my mother is one more. Within a week of my mother finding out she had breast cancer, they set up surgery to remove it. When she has healed from the surgery she will start radiation treatments.

Approximately, 1 in 8 women will get breast cancer in their lifetime. According to the American Cancer Society, a woman in the US is diagnosed with breast cancer every three minutes. In 2008, 182,460 new cases of breast cancer were discovered.

So even though my mother is kind of weird, I know I shouldn't take her for granted. I'm lucky to have my mother still by my side. My mother is a very strong fighter and she is an inspiration to me and I love her dearly. So my advice to all of you is to not take your parents for granted. Enjoy the weird little things they do, it's what makes them who they are.

Saturday Sessions

Saturday Session Dates 2011-2012

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

| | |
|-------------|--|
| January 14 | Regular Session (New Student & Parent Orientation) |
| February 4 | Regular Session |
| February 25 | Regular Session (TRiO Day) |
| March 10 | Regular Session |
| March 31 | 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.**

- *Nervous about paying for college?*

- *Wondering where you can find scholarships?*

- *Confused with the financial aid process and strange terms?*



DON'T WORRY...UPWARD BOUND IS HERE TO HELP!

Guidance and Grub Session

Thursday, October 27, 2011

6:30—7:30 pm

3rd floor Administration Building

It is already that time of year! Seniors have submitted applications to the colleges of their choice, NOW WHAT? Financial assistance won't find you...you need to get out and look for it!

Paying for college can be stressful for both students and their families. Upward Bound would like to invite you to attend our Guidance and Grub session covering the role of both the parents and students in funding post-secondary education on **Thursday, October 27th from 6:30—7:30 pm on the 3rd floor of the Administration Building.**

During this session you will receive handouts and helpful hints to get you more comfortable with financial aid terms and the process you are about to enter with your college-bound student. Along with financial aid, the FAFSA and scholarship opportunities will be discussed. A representative from Northwest's Financial Assistance office will also be on hand to answer any questions you may have.

We promise that this is an event you can't *afford* to miss! **All Senior Upward Bound students and their parent(s)/guardian(s) are encouraged to attend!** Juniors and their families are more than welcome to participate as well.

****If you wish to personalize the session, bring your 2010 tax return to complete the FAFSA4caster and sign up for a PIN number.*

[If you plan on attending this event, please RSVP to the Upward Bound office in one of the following ways so we can be sure to have enough food for everyone:](#)

- **Call the Upward Bound office at 660.562.1630 or**
- **Email Jackie at jackiec@nwmissouri.edu**

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!!

- ★ Chelsey Sisk for being accepted to Northwest Missouri State University!
- ★ Mikki Owens for being accepted to Missouri Western and Northwest!

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 2011-2012 | Registration Deadline (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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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

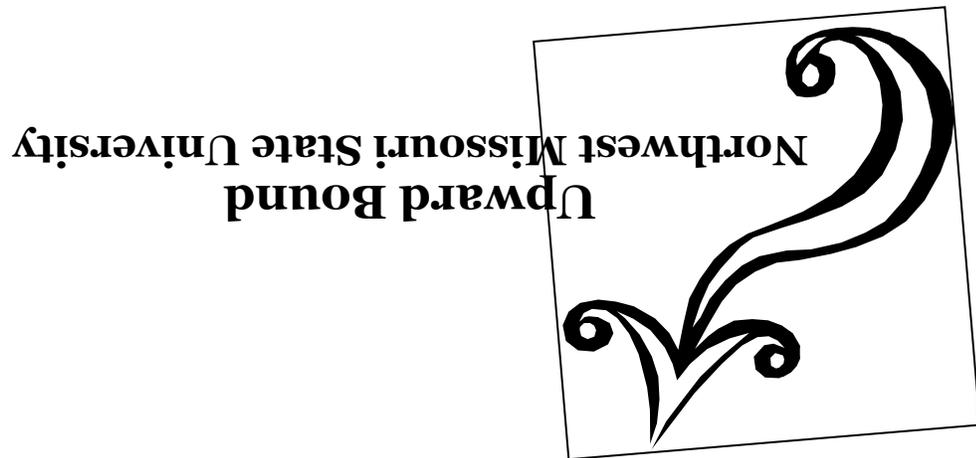
Cami Heath-19
Lexi Chard-28

July

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

OFFICIAL UB WEB SITE

www.nwmissouri.edu/dept/upwardbound



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