



# Expressions

*In All Things, Be Upward Bound!*

## From The Director's Desk

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### On Your Mark, Get Set, Go!

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That's right, you are once again off to the races as you settle into your academic stride after the first few weeks of school. I hope that each of you enjoyed your post-UB summer and that you found some time to relax and spend valuable time with family and friends. I know that I was able to "refuel" after a week-long cruise to Alaska with my family!

We now find ourselves engaging in the academic challenges of school and trying to once again settle into a routine. Here at the Upward Bound Office, we have been putting the final touches on our academic year planning and are ready to share some of the results with you. Inside this abbreviated newsletter you will discover our Saturday Session Schedule, a change to our Field Tutoring structure, expectations for our newly elected SAC members and some other changes/reminders that you will find of interest. Please read through these carefully, as all of the information that follows will impact each and every one of you. We have also included a copy of the AY Handbook which outlines our expectations in all areas in great detail—please read through it as well.

It would be neglectful of me not to mention in some form my thoughts and perceptions of this past summer. First, I want to thank the students for making the Summer of '09 one of the best I have ever experienced. Our move to Perrin Hall, for all practical purposes, was a success and we hope to be able to reside there again next summer---although there are never any guarantees. All of the teachers were very complimentary and impressed with all of the students throughout the summer and I know that we experienced very few encounters with students not holding up their end in the classroom. And finally, our trip to Minneapolis went off

without a hitch---which is always a good way to end the summer! So, to everyone involved with making the summer a great experience, THANK YOU! It is my hope that each of you grew academically, personally, socially, emotionally and culturally. This past year marked my 12<sup>th</sup> UB summer experience and I learned just as much about myself this past summer as I did during my very first summer in 1988. (continued p. 2)

## From the Director's Desk Continued..

We are excited about the upcoming school year and your participation in UB. As we continue to “tweak” the program to better meet your needs, we would welcome your honest and constructive feedback. Please do not hesitate to contact a central staff member or one of your SAC members with suggestions for program improvement.

Additionally, be sure to be on the lookout for UB candidates in your school. We will be visiting your school in the near future to commence the recruiting process and it always helps if students are well informed about UB prior to our visit. If you feel you know of a freshman or sophomore in your school that would be a good fit for UB, start encouraging them to apply!

-Phil

## Upward Bound Fall College Visit – Northwest Missouri State University



Think you know everything about Northwest? Think again! There is plenty to learn about this campus that you can't learn in a summer with Upward Bound. Although you have spent many hours on campus, we want you to get a closer look at other facilities, classrooms, and professors at Northwest.

**Saturday, September 26<sup>th</sup>** will be our fall campus visit for all Upward Bound students. **This is a required session unless you have a school sponsored event, just like any other Saturday session.** Along with a campus tour, we will also be providing tickets to the Northwest Football game vs. Truman State. You will really enjoy the atmosphere and get a good feel for how the community of Maryville supports their Bearcats!!

Here is the schedule for the day:

- 9:45 am – meet at the Administration Building to walk as a group to Mabel Cook Visitor Center
- 10:00 am – campus tour followed by an information session with an Admissions Representative
- 11:45 pm – Lunch (pizza and drinks provided by Admissions Dept)
- 12:30 pm – Walk to Bearcat Stadium for the football game
- 4:30 pm – Walk back to Administration Building for departure

# Upward Bound Fall College Visit – Northwest Missouri State University

Although we do not need permission slips for this event, we DO need to know if you will be attending by **FRIDAY, SEPTEMBER 18<sup>th</sup>** at the latest! We need to get a final count for the football tickets and will not be able to have extras after that date. Please RSVP to (660.562.1630) or email ([brendaj@nwmissouri.edu](mailto:brendaj@nwmissouri.edu)) as soon as possible.

Buses will be running that day on the schedule below. **YOU WILL NOT BE REIMBURSED MILEAGE IF YOU CHOOSE TO DRIVE YOUR OWN VEHICLE.**

## Bus Schedule (September 26)

School	Pick Up Time	Drop Off Time	Location
King City	8:45 a.m.	5:25 p.m.	High School
Stanberry	9:00 a.m.	5:10 p.m.	High School
Northeast Nodaway	9:20 a.m.	4:50 p.m.	High School
Rock Port	8:45 a.m.	5:35 p.m.	High School
Tarkio	9:00 a.m.	5:20 p.m.	High School
West Nodaway	9:25 a.m.	4:55 p.m.	High School
<b>Arrive NWMSU</b>	<b>9:45 a.m.</b>		Administration Bldg.
<b>Leave NWMSU</b>	<b>4:30 p.m.</b>		Administration Bldg..

**GO BEARCATS!!**

# Field Tutoring Updates for 2009—2010

Hey All UB Students,

School has started back up and it is time to get back in “school mode”. Along with school and UB comes field tutoring. We have some new field tutors in the schools and we think they are going to be great! Field tutoring starts the week of September 7<sup>th</sup> (Labor Day). If you have not met and talked to your field tutor to find out or determine your school’s field tutoring schedule then you need to do so ASAP! Make sure you are listening to school announcements on when these meetings are taking place or talk to fellow UB students in your school to get the scoop. With all that said, we have some changes to field tutoring and some reminders as well.

The first change is one that we feel will be very rewarding for many students. When we receive your 1<sup>st</sup> quarter report cards we will put them into our Student Access program (note that this is based on our program and it can differ slightly sometimes from the schools’ programs. This means that just because your report card says you have a 3.5 does not mean our program will say the same thing. Ex: In most schools a B+, B, and B- all count for 3.0 towards your GPA. In our system a B+ is 3.33, B is 3.0, and B- is 2.67. This is more reflective of the college system for which we are preparing all of you). Any student that has a 3.5 GPA or higher will then be notified by me and not be required to attend field tutoring. You will still have to check-in with your field tutor and myself on a weekly basis. Each grade check from that point on will determine if you need to attend field tutoring or not. Again, do not take it upon yourself to assume that you do not need to attend field tutoring. I will notify you if you meet the requirements to not attend field tutoring. At the beginning of 2<sup>nd</sup> semester, all students who did not have to attend field tutoring at the end of 1<sup>st</sup> semester will not have to attend tutoring until we get the first grade check and each student will be evaluated at that time. This **does not apply to freshmen**. All freshmen must attend field tutoring regardless of their GPA.

Another change this year is the addition of a portfolio component to field tutoring. You will each have a folder that will be kept by your field tutor. In it there will be various assignments determined by what grade you are currently enrolled in. Each quarter there will be approximately 2-3 assignments that you will need to complete **in the same order** as they are in the portfolio. If you do not have homework during field tutoring then you can work on these assignments during that time. If you do not attend field tutoring then you can check-out your folder and work on these assignments at home. The purpose of these assignments is not to be busy work or a punishment. These assignments will help you as you prepare for college, look for jobs, and also in your personal life. Some are short, simple assignments while others require more work such as writing a scholarship essay. In the future, we will incorporate these assignments into the workshops that Brenda and I conduct on Saturday sessions.

## Field Tutoring Updates 2009—2010 (continued)

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Finally, I would like to remind you of our attendance policy which became somewhat relaxed in the transition from Scott to me. The following is an excerpt from your handbook:

### **Excused absences for school activities include:**

- Sports
- Band
- Music
- Academic Bowl and other such activities
- FBLA, FFA, etc.
- Church activities
- Doctor/Dentist

### **Students will not be excused for the following:**

- Work
- Not having a ride
- School punishment (suspension, detention, etc)

\*\*This list is not absolute and other activities not listed may be deemed excused or unexcused at the UB Central Staff's discretion. If a student is unsure of whether an activity is excused or unexcused then they should contact the UB office for clarification prior to the absence.

\*\*Remember that 3 unexcused absences will most likely lead to your dismissal from the UB program.

I hope you are all off to a great start at school. Field tutoring will begin very shortly if it has not already begun by the time you receive this letter. We have built in some incentive with the 3.5 GPA requirement so try your best to take advantage to this newest aspect of field tutoring. I am looking forward to seeing all of you on Skype and hearing about any stories or adventures you have been a part of since we last saw one another. I will be talking to all of you soon!

-Kori

## SAC Updates and Responsibilities

Along with the title and prestige (and a sweet shirt) that comes along with being elected a 'SAC' member also comes responsibility. When you were elected into your position by your peers, you accepted not only the position but the duties that we expect of our SAC leaders. In the past **some** members have definitely gone above and beyond their call of duty. Whether it is cleaning up after an event, leading by example in the classroom or turning in articles for the newsletter – it was always done in a timely matter without being asked or told. However, only having **some** of the SAC members take on that responsibility is not enough. ALL of you need to be holding up your end of the bargain and what a better time than this year to get off to a new start!!

We are incorporating a few changes that will be implemented for ALL SAC members this year. Below is a schedule for the newsletter that states when each of you is required to turn in articles. Articles **MUST** be turned in to our office (to Tori, our new Office Manager) by the **1<sup>st</sup> of the month that you are assigned** and articles **MUST be at least 3 paragraphs in length**. We will be sending out 8 newsletters this year, so pay close attention to the schedule!

If you do not submit an article, or if we feel the article does not meet expectations, you will not be given a stipend for the month you are scheduled for. If it happens a second time, we will ask you to surrender your SAC title and reward someone that applied for the position. If you are looking for ideas to write about, here are a few that could help: Call or email a fellow UB'er and interview them, re-search a local college/university and share what you've found, provide information on a career that many are not aware of. Remember to stay positive and review your work (spell check, grammar check, read it to someone else, etc.). You are a reflection of what you turn in!

Tori's email: [TORI@nwmissouri.edu](mailto:TORI@nwmissouri.edu)

-Brenda

## SAC Newsletter Due Dates

October Newsletter (due Oct. 1 <sup>st</sup> )	Eric, Taylor, Britnee, Patrick
November Newsletter (due Nov. 1 <sup>st</sup> )	Katie, Ryan, Gentry, Jolene
December Newsletter (due Dec. 1 <sup>st</sup> )	Eric, Taylor, Britnee, Patrick
January Newsletter (due Jan. 1 <sup>st</sup> )	Katie, Ryan, Gentry, Jolene
February Newsletter (due Feb. 1 <sup>st</sup> )	Eric, Taylor, Britnee, Patrick
March Newsletter (due March 1 <sup>st</sup> )	Katie, Ryan, Gentry, Jolene
April Newsletter (due April 1 <sup>st</sup> )	Eric, Taylor, Britnee, Patrick
May Newsletter (due May 1 <sup>st</sup> )	Katie, Ryan, Gentry, Jolene



## Saturday Session Dates 2009-2010

*Upward Bound Saturday sessions take place from 8:30 a.m. to 12:00 p.m. on the third floor of the Administration Building at Northwest Missouri State University.*

September 26	NWMSU College Visit	December 5	Regular Session / Visitors Welcome
October 17	Regular Session / Visitors Welcome	January 9	Regular Session
October 31	Regular Session / Visitors Welcome (UB Parent Day)	January 30	Regular Session
November 14	Regular Session / Visitors Welcome	February 27	Regular Session
		March 13	Regular Session
		April 10	Regular Session
		April 24	Regular Session

### Bus Schedule (October 17—April 24)

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>	<b>8:30 a.m.</b>		Administration Bldg.
<b>Leave NWMSU</b>	<b>**12:15 p.m.</b>		Administration Bldg.

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

### Saturday Class Schedule

8:30 – 8:45	Announcements
8:45 -- 9:30	Workshops
9:35 – 10:20	Class
10:25 – 11:10	Tutoring
11:15 – 12:00	Class
12:00	Stipends and Check-Out

Be sure to  
keep this  
schedule  
handy!!

# Kudos!!

## Upward Bound Summer Awards



### All Academic Award

Michelle Sharp

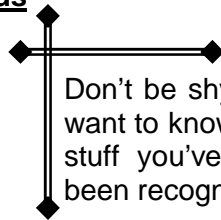


### Truly Committed Awards

Arienne Bredlow  
Nick Smith

### Director's Awards

Ryan Henry  
Briana England



Don't be shy guy's, we want to know what cool stuff you've done and been recognized for!

### All Upward Bound Awards

Eric Jones  
Michelle Sharp

### Upward Bound Trooper Award

Taylor McCartney

### SAC Awards

Outstanding 1<sup>st</sup> Year Male—Edmund Runion  
Outstanding 1<sup>st</sup> Year Female—Shelbey Fox  
Outstanding 2<sup>nd</sup> Year Student—Michelle Sharp  
Outstanding 3<sup>rd</sup> Year Student—Mike Morriss  
Outstanding Bridge Student—Kyler Tobin

### Math

Most Efficient—Chelsey Sisk  
Silent, But Gifted—Layla Anderson

### English

Outstanding Student—Shelbey Fox  
Most Improved—Mike Morriss

### Science

Einstein Award—Britnee Wolfe  
Most Improved—Adrienne Morriss

### Social Science

Lifelong Learner—Ryan Henry  
Lifelong Learner—Katarina Bennett

### Spanish

Queso Grande—Bryce Wiederholt  
Queso Grande—Cassi Lance

### ACT Prep Awards

Preppy—Virginia McClarnon  
Focus—Kealey Titus

## Saturday Session Class Schedule

8:30 am – 8:45 am	Announcements
8:45 am -- 9:30 am	Workshops
9:35 am – 10:20 am	Class
10:25 am – 11:10 am	Tutoring
11:15 am – 12:00 am	Class
12:00 pm	Stipends and Check-Out



# UB Reminders & Announcements!!!!

## ACT Test Dates

ACT Test Date 2009 — 2010	Registration Date (Late fee after this date)
September 12, 2009	August 7, 2009
October 24, 2009	September 18, 2009
December 12, 2009	November 6, 2009
February 6, 2010	January 5, 2010
April 10, 2010	March 5, 2010
June 12, 2010	May 7, 2010

**Always use the UB CODE: 9713**

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

## Happy Birthday!!!

### July

Mikki Owens—9  
Ryan Henry—21  
Virginia McClarnon—24

### August

Cody Henry—10  
Shelbey Fox—18  
Rachel Long—18  
Jamie Wilson—19  
Kealey Titus—20

### September

Kylie Laco—4  
Paul Poe—4  
Ashley Laughlin—12  
Michelle Sharp—28  
Cassi Lance—29

### October

Jolene Harbin—5  
Mike Morriss—16  
Danielle Stitt—17  
Patrick Hayes—18  
Sean Adams—20

### November

James Johnson—6  
Tayha Lawson—22

### December

Eric Jones—5  
Nick Smith—12  
Kristen Dodge—20  
Lisa Adams—27  
Adrienne Morriss—28

## Saturday Session Schedule

September 26	NWMSU College Visit
October 17	Reg. Session / Visitors Welcome
October 31	Reg. Session / Visitors Welcome (UB Parent Day)
November 14	Reg. Session / Visitors Welcome
December 5	Reg. Session / Visitors Welcome
January 9	Regular Session (Introduction of New Members)
January 30	Regular Session
February 27	Regular Session
March 13	Regular Session
April 10	Regular Session
April 24	Regular Session

## UB Contact Info

### **Upward Bound**

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**Tori:** tori@nwmissouri.edu

OFFICIAL UB WEB SITE

<http://www.nwmissouri.edu/dept/upwardbound/index.htm>



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Northwest Missouri State University

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