

UB SCOOP



Fall 2020

Greetings from Upward Bound!

Hello, Upward Bound! What can I say about this year? Wow! There is a lot going on in our world and in our communities, not to mention school. Through everything, we must keep on keeping on in preparation for a future filled with academic and career success!

This time of year means that the new school year is well on its way. Grades are coming in here at Upward Bound, and we are crunching those numbers to determine Field Tutoring Status.

There may be questions about Field Tutoring related to being in Quarantine. If you are working on school work from home, then you should still be able to do Field Tutoring. Upward Bound is completely and enthusiastically okay with you attending Field Tutoring virtually (even if that means just checking in). Please discuss this option with your Field Tutor if you find yourself needing to Quarantine.

Remember, all members of Upward Bound must attend at least one Field Tutoring session per week. Once all of your grades are collected and we determine GPA, we will communicate with you about your Field Tutoring status. Those that have a 3.5 GPA or above will not be required to attend Field Tutoring each week. Please still go ahead and check in with your Field Tutor once a week. And why not? They're awesome!

If your GPA is below a 3.5, you must continue to attend weekly Field Tutoring sessions. Each grade check as the year

continues will determine if you need to attend Field Tutoring or not. If you are a student that needs Supplemental Tutoring, we will discuss this with you.

Below is the Field Tutoring Schedule for each school, as well as contact information for your Field Tutors. Make the most of your time here and make sure you are always communicating, and, as always, be Upward Bound!

School	Field Tutor	Regular Tutoring	Supplemental Tutoring
King City	Ms. Townsend	Tuesday 3:00pm	Thursday 3:00pm
Maryville	Mr. Vinzant	Monday 2:50pm	Thursday 2:50pm
Rock Port	Ms. Skillen	Tuesday 3:10pm	Thursday 3:10pm
Stanberry	Ms. McQueen	Wednesday 7:30am	Friday 7:30am
Tarkio	Ms. Calfee	Tuesday 3:00pm	Thursday 3:00pm
West Nodaway	Ms. Babcock	Tuesday 3:10pm	Thursday 7:10am
Nodaway-Holt	Ms. Carter	Tuesday 3:15pm	Thursday 3:15pm

Special Points of interest:

- Tuesday, October 27, 2020
Halloween Funtivity
– 6:30-8:30 PM
- Saturday, October 14, 2020
Virtual Saturday Academy
– 8:30 AM-12:30 PM
- Monday, October 16th, 2020
UBCARED4 Night
– 6:30 PM-8:00 PM

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Student Checklists

As we've done the past couple of years, we will be completing the Upward Bound Student Checklists on Canvas, which is an online classroom format. We have determined that using Canvas for Checklists worked very well the past couple of years, so we are continuing with that format again this year. Your checklist is a list of tasks that must be completed each Academic year that you are an Upward

Bound student. Since you are all regularly checking your Northwest email (S*****@nwmissouri.edu), you should have seen (or soon will see) an email with an invitation to join Canvas. This is the online "class" for your Checklist. If you have not already, go ahead and join the class and take a look at it. You MUST contact John (our new Assistant Director) or Rachel if you are not able to join your Canvas class. Each assignment is listed, as well as a due date for each task. Please note: you can find the Student Handbook under "Files" on your Canvas site. Make sure you are utilizing your planner to record and keep track of all your assignment due dates.

Juniors

Junior year. Many of you might be thinking, "I've got plenty of time to plan for college." And you're right, there is a lot of time to plan, and NOW is the time to begin! This is the time to think to yourself, "What do I want to be when I grow up?" If you have not already determined what you would like to do, now is the time to start considering your potential college majors. Start by identifying your interests, then use those to narrow down which majors are most suited for you. If you are not sure what career you would like to pursue, consider taking a career assessment test. The Interest Inventory in Missouri Connections is a great one.

Once you have narrowed down what you would like to do, you can then begin researching appropriate colleges. Begin to make a list of which colleges have the major you are interested in, then look at the size, location, and educational reputation of each school. Think about how good of a fit each school would be for you on a personal level. Your Junior Checklist is actually designed to help you with this task. Consider going on college visits to your top choices. Contact Rachel if you would like help planning a personal college visit.

While you do not necessarily have to worry about scholarships during your junior year, it's not a bad idea to begin looking at them. This can actually help you next year as a senior. Research now means better research next year. Your hard work now and as you continue toward finishing high school will definitely pay off!

Sophomores

Your first year of high school is behind you. You can breathe. You're now prepared to start thinking ahead toward college and your future career. See what I did there? 😊 Don't worry, you are just at the beginning stages of planning. Step 1: keep up with your grades. Your GPA is a strong factor in your success, so make sure you are working hard to maintain those grades. Being involved in multiple activities in your school and in your community will help to bolster your scholarship and college applications in the future, so make sure you consider activities that you can be involved in now. You can also begin looking at colleges this year. Think about what you would like to do in the future and keep this in mind as you conduct your research. Look at colleges' requirements for high school and communicate with your school counselor to make sure you are keeping on track toward your path of success. It's never too early to plan for and work toward success!



Seniors

It's here! Senior year! Many of you have expressed, "I thought I'd never get here." The excitement is palpable, but the stress of finishing your high school career successfully is also very noticeable. Don't worry, Upward Bound is here to help! You all know that senior year is the time to really work on and finalize your plans for college. College applications are being submitted and scholarships are on your mind. A few things to remember: a good recommendation can go a long way. Make sure you are maintaining positive relationships with teachers, coaches, and others that can provide a good recommendation for you. Keep them up-to-date with what activities you are doing and how things are going for you. Make sure when asking for a recommendation that you give them plenty of time to complete it and don't forget a Thank-You note!

When submitting scholarship and college applications, pay close attention to your grammar, spelling, and punctuation. This document is their first impression of you, so make it look good! Make sure, when writing an essay, to personalize it to the scholarship committee or to that particular school. Include reasons for your choice and why you should be selected. If there's a time to brag about your accomplishments, now is it! Don't forget to track all of your documents and submissions. Forgetting a vital document will surely affect your potential acceptance.

When looking for scholarships, make sure you are consistently looking at what scholarships are available in the near, and even a little farther out, future. Do not wait until the scholarship deadline. There is no harm in submitting applications early. Remember to keep track of your scholarship submissions for your Senior Checklist assignment.

If you receive a college acceptance, let the UB Central staff know so that we can congratulate and celebrate you! We love getting good news! Once you receive word from the colleges you are applying to, make sure you are taking into consideration your financial need, the school's distance from home, and the environment to make sure you are picking the best institution for you. Remember to contact Rachel if you need any assistance planning a personal college visit.

Finally, just keep on keeping on. The finish line is getting closer, and your hard work will pay off very soon. You got this, Seniors!!!



Recruitment for new Upward Bound Participants is happening now! Many applications have been submitted, but we always welcome more. Spread the word about how amazing Upward Bound is and tell your friends to apply! Deadline to submit an application is November 13, 2020.

UBCARED4 with Mrs. Calfee **Each monthly session will be from 6:30-8:00 PM**

Next session: Monday, November 16th

All Upward Bound students welcome!!!
Attendance is not required.

- Join Mrs. Calfee as she leads us in activities that help us unwind and remind us how to properly care for ourselves, mentally, physically, and emotionally. All while being silly and having fun!
- Send Rachel an email if you'd like to sign up to receive the supplies for UBCARED4 sessions.
- All are welcome to attend, even if you didn't sign up! A Zoom link for each session will be sent to your NW email.

IMPORTANT DATES

FALL 2020 SATURDAY ACADEMY DATES

Upward Bound Virtual Saturday Academies take place on Zoom. Students will receive the link to each session in their NW email.

October 17	Virtual Session / Visitors Welcome
November 14	Virtual Session / Visitors Welcome
December 5	Virtual Session / Visitors Welcome
January 23	Regular Session / New Student and Parent Orientation



VIRTUAL COLLEGE VISITS

Seniors have submitted votes for their top college visit choices. Rachel will be working on Virtual Visits to:

- Missouri State University
- Northwest Missouri State University
- University of Missouri – Kansas City (UMKC)
- Southeast Missouri State University
- Kansas State University
- University of Kansas

Check your NW email for updates!

ACT Test Dates

Test Date	Registration Deadline	Late Fee Required
Oct. 17, 2020 Oct. 24, 2020 Oct. 25, 2020	Sept. 25, 2020	No late fees
Dec. 12, 2020	Nov. 6, 2020	Nov. 7-20, 2020
Feb. 6, 2021	Jan. 8, 2021	Jan. 9-15, 2021
Apr. 17, 2021	Mar. 12, 2021	Mar. 13-26, 2021
Jun. 12, 2021	May 7, 2021	May 8-21, 2021
July 17, 2021	June 18, 2021	June 19-25, 2021

Always use the Upward Bound code: 9713

UPWARD BOUND IS OFFERING ACT VOUCHERS TO ALL UPWARD BOUND STUDENTS DURING THE 2020-21 ACADEMIC YEAR. EACH TIME YOU PLAN TO TAKE THE ACT, YOU CAN ASK FOR A UB ACT VOUCHER

EMAIL RACHEL TO GET YOURS!

Canvas Due Dates:

Oct. 31 – Must have completed a one-on-one session with Rachel.
(Schedule a session even if it's after the Due Date without penalty!)

Check your Canvas Checklist for other Due Dates in the Fall

2021 UB Summer Session

June 6-July 9

2021 Summer Enrichment Trip

July 12-16

UB Contact Information

Office: 660-562-1630

Fax: 660-562-1631

Email:

wistrom@nwmissouri.edu

ub.nwmsu@gmail.com

SENIOR SPOTLIGHT!

Interview with Erin Cook



How long have you been in Upward Bound?

She's been in Upward Bound since the summer of 2017.

What do you like about being in Upward Bound?

There are many different things she likes. She enjoys bonding with her peers and others in Upward Bound. She also enjoys the summer classes where she gets to learn things she wouldn't normally learn about in school and the cultural trips where she learns about different cultures.

What part of being in Upward Bound do you think has contributed the most to your academic success?

She says Upward Bound has helped her in her academic success because she knows that she has this support system behind her. If she ever needs help, she can turn to a friendly environment that is always ready to give her the support and help she needs to accomplish something.

Favorite memory from Upward Bound?

She has many good memories from being in UB. Her all-time favorite memory was taking course where she learned about vertebrate animals and got to dissect them. That was also the summer they took a road trip to South Dakota and everyone quoted the "Road Work Ahead I Sure Hope it Does" vine when they saw road work.

Any other things you'd like to add to tell prospective students?

She says that you get to be friends with students from other schools, and it's awesome to know people from other schools so that way when you are at an activity you can already know someone there. She also added that it's important to really put yourself out there during the summer and get involved.



Introducing UB Bucks!



This year, Upward Bound is giving its members the opportunity to "buy" fun prizes with **UB Bucks**, an Upward Bound currency! For each UB activity you participate in, you will get UB Bucks!

- **\$10 in UB Bucks** for each Saturday Academy, UBCARED4, or Funtivity!
- **\$15 in UB Bucks** will be awarded to a participant at EACH activity as a Door Prize!
- **\$5 in UB Bucks** for each Quarterly one-on-one with Rachel or John. That's up to \$20 UB Bucks a year just for completing your Quarterly one-on-ones!

At a future date, UB will hold a silent auction where you will have the chance to cash in your UB Bucks for TRIO swag and other fun prizes! Stay tuned, because there may be other opportunities to "buy" stuff with your UB Bucks as well. Remember, the more you participate in UB activities, the more UB Bucks you earn!!!

Changing your Northwest Password to access Email and Canvas

As you know, you use the same log in information to access Canvas as you do your Northwest email (S*****@nwmissouri.edu). In order to ensure security of your account, Northwest makes sure you change your password regularly, approximately every 3-4 months. It is important that you are able to recall your password each time you change it.

Helpful tip: Write your password in your planner and update it there each time you change it.

Many students have had their passwords expire and experience difficulty in resetting their passwords. Please use the following directions whenever you need to reset your password.

Go to the password management system by clicking on this link:
<https://nwpass.nwmissouri.edu/pm/>. Now there are two options:

1. If you know your old password, click “Change Password”. You must enter your Northwest email, and then you will have to enter your old password, and then a new password. Click “Next” to finish the process.
2. If you do NOT know your old password, click “Reset Password”. You will need to enter your Northwest email, then click “Next” and follow the given directions.

If this process does not work for you, call the helpdesk at **660-562-1634**. They can reset your password for you, but they must speak to you directly (not UB or your Parents, YOU). You will need to tell them your **First and Last Name**, your **Birthdate**, your **919#**, and the **last 4 digits** of your **Social Security Number**. If you need any of this information, you can call UB and we can look it up for you.