

UB SCOOP



September/October 2017

Greetings from Upward Bound!

Hello, Upward Bound! The Season is upon us! Which one, though, is hard to determine lately. It's chilly, it's hot, it's rainy, it's sunny and humid... It seems that Mother Nature cannot make up her mind on whether it is Fall, or still Summer!

Either way, it's off to school we go! The new school year is well on its way as most of you are finishing up your first month of school. Grades are coming in here at Upward Bound, and Jackie is crunching those numbers to determine Field Tutoring Status.

Remember, all members of Upward Bound must attend at least one Field Tutoring session per week. Once Jackie collects all of your

grades and determines GPA, she 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, Jackie 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. Ralls	Tuesday 3:00pm	Thursday 3:00pm
Maryville	Mr. Vinzant	Monday 3:00pm	Thursday 3:00pm
Rock Port	Ms. Skillen	Tuesday 3:10pm	Thursday 3:10pm
Stanberry	Ms. McQueen	Wednesday 7:30am	Thursday 7:30am
Tarkio	Mr. Walker	Tuesday 7:15am	Thursday 7:15am
West Nodaway	Ms. Babcock	Tuesday 3:10pm	Thursday 7:00am

Special Points of interest:

- Monday, October 23, 2017
FAFSA Guidance and Grub Night for Seniors and their Families – 6:30-8:00 PM
- Saturday, October 7, 2017
Regular Saturday Academy & First Date for Visitors – 8:30 AM-12:30 PM
- TBD
Kansas State University College Visit – Sign up if interested – all grades!

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Student Checklists

Many of you that attended our September Saturday Academy are already aware that the format of our Student Checklists has been updated. 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 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 Jackie 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. For a fun and creative tutorial for navigating your Canvas site, check your email for Jackie’s fabulous message. 😊

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!

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!



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 can always use more. Spread the word about how amazing Upward Bound is and tell your friends to apply! Deadline to submit an application is November 10, 2017.

October 23, 2017 **FAFSA Guidance and Grub** **6:30-8:00 PM**

Seniors: Guidance and Grub is all about filling out your FAFSA. Attendance is required.

You and your parent/guardian will need to set up your FSA ID prior to our Guidance and Grub, if possible. Please bring your family's 2016 tax return, as well as all W-2s, and Social Security numbers.

- If your parents did not file taxes in 2016, they can bring their W-2 and 1099 statements and/or the last pay stub of the year.

*Remember that we will provide dinner!

IMPORTANT DATES

FALL 2017 SATURDAY ACADEMY DATES

Upward Bound Saturday Academies take place from 8:30 AM-12:30 PM on the 3rd floor of the Administration Building at Northwest Missouri State University

October 7	Regular Session (First day for Visitors)
November 11	Regular Session (Visitors attend)
December 2	Regular Session (Visitors attend)

Saturday Academy Bus Schedule

School	Pick Up Time	Drop Off Time	Location
King City	7:30 a.m.	2:10 p.m.	High School
Stanberry	7:45 a.m.	1:55 p.m.	High School
Northeast Nodaway	8:05 a.m.	1:35 p.m.	High School
Rock Port	7:30 a.m.	2:20 p.m.	High School
Tarkio	7:45 a.m.	2:05 p.m.	High School
West Nodaway	8:10 a.m.	1:40 p.m.	High School
Arrive NWMSU	8:30 a.m.		Admin. Building
Leave NWMSU	*12:45p.m.		Admin. Building

** Busses typically stop at McDonald's/Taco Bell after session from 12:45-1:15 p.m.

SMALL GROUP COLLEGE VISITS

*Students attending these visits have been given details via email.

October 12, 2017	MIZZOU
October 26, 2017	Iowa State University
November 1, 2017	Missouri State University
TBD based on interest	Kansas State University

ACT Test Dates

Test Date	Registration Deadline	Late Fee Required
Oct. 28, 2017	Sept. 22, 2017	Sept. 23-Oct. 6, 2017
Dec. 9, 2017	Nov. 3, 2017	Nov. 4-17, 2017
Feb. 10, 2018	Jan. 12, 2018	Jan. 13-19, 2018
Apr. 14, 2018	Mar. 9, 2018	Mar. 10-23, 2018
Jun. 9, 2018	May 4, 2018	May 5-18, 2018
July 14, 2018	June 15, 2018	June 16-22, 2018

Always use the NWMSU code: 2319

SENIOR GUIDANCE AND GRUB

MONDAY, OCTOBER 23, 2017

DINNER PROVIDED

2017 UB Summer Session
June 3-July 6

2017 Summer Enrichment Trip
July 9-13

UB Contact Information

Office: 660-562-1630

Fax: 660-562-1631

Email: jackiec@nwmissouri.edu
wistrom@nwmissouri.edu

Washington, D.C.

At the end of August, fifteen Upward Bound students and staff were able to travel to our nation's capital, Washington, D.C.! It was a wonderful educational experience. We kept very busy, as we do on any UB trip! Our first full day, students visited a lot of national museums and monuments, including the Washington Monument, the Lincoln Memorial, the Jefferson Memorial, the WWII Memorial, the Franklin Delano Roosevelt Memorial, the Martin Luther King, Jr. Memorial and more. Then, the group traveled to see the White House. Unfortunately, we were only able to view the building from the street.



The next day, we visited Ford's Theater, where President Lincoln was shot. The museum there has lots of interesting information about President Lincoln, John Wilkes Booth, and the events of the day the President was shot. We then walked down the street and saw all of our presidents at Madame Tussauds Wax Museum. After lunch at Hard Rock Café, we continued our busy day by visiting the National Archives, where the original Declaration of Independence and the Constitution are kept and preserved. There are so many wonderful historical documents to view at the National Archives! Our final stop of the day was the National Holocaust Museum. This museum was an excellent resource in learning about the tragic events that happened before, during, and after World War II. Visiting was such a valuable experience. After dinner that night, we made another surprise visit to the White House to see it all lit up!

On day three of our trip, we started by visiting the National Museum of American History. There are so many wonderful artifacts there, including an actual house that survived through many generations since before our country was founded, showing its many stages throughout the years. A highlight of this visit was seeing the actual American flag that inspired Francis Scott Key to write the Star Spangled Banner! When it was time to continue, it was decided (*cough*Jackie*cough*) that we could walk ALL the way to the Capitol! Our feet were tired when we arrived, but we made it! We took an official tour of the Capitol, seeing where so many of our nation's representatives and leaders have tread and worked tirelessly to improve our nation. At this point, in order to make the most of our time, our group split into three smaller groups so that everyone was able to attend the place of most interest to them that afternoon. One group visited the Library of Congress, another traveled to the National Air and Space Museum, and the third group visited the National Museum of Natural History; Rachel unashamedly geeked out at this museum!



On the final day of our visit to Washington, D.C., we visited the Council for Opportunity in Education. This organization is nonprofit, and is designed to open and expand opportunities for low-income, first-generation, and also students with disabilities to attend college. The COE (Council for Opportunity in Education) is where TRIO Programs, which includes Upward Bound, originate. Students were given a presentation by Selene Ceja, the Assistant Director for Congressional Relations, about COE, and were able to ask questions related to her personal experience with TRIO and how to achieve success while advocating for Upward Bound and TRIO. Many students felt inspired to be members of Upward Bound and TRIO after this illuminating experience.



After visiting the Council for Opportunity in Education, the Upward Bound group traveled to Arlington Cemetery. While it was literally pouring rain, the group took a tour of the cemetery, which included a visit to the gravesite and memorial of President John F. Kennedy. We were fortunate and honored to see a Full Honors military funeral procession while we were visiting the cemetery. The visit ended with a visit to the Tomb of the Unknown Soldier. We were able to view the entire ceremony of the Changing of the Guard. It was remarkable to witness the dedication and respect of the participating servicemen.



The day ended with a group of very tired travelers making their way home to Northwest Missouri, full of new knowledge and exciting experiences at our Nation's Capital.