

UB SCOOP



Fall 2021

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 will soon be coming in here at Upward Bound, and we will be crunching those numbers to determine Field Tutoring Status.

There may be questions about Field Tutoring attendance. The only excusable absence from Field Tutoring is if you have a school-related activity, and you should always connect with your Field Tutor to make sure they know why you will be absent. Work, babysitting, forgetfulness, etc. as non-school related activities are not valid excuses for missing Field Tutoring. If you cannot attend Field Tutoring

according to the provided schedule, you must discuss the possibility of alternate plans with John and your Field Tutor at school.

Remember, all members of Upward Bound must attend at least one Field Tutoring session per week. Once all 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, John will discuss this with you.

Below is the Field Tutoring Schedule for each school. 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	Tuesday 2:45pm	Thursday 2:45pm
Rock Port	Ms. Skillen	Tuesday 3:00pm	Thursday 3:00pm
Stanberry	Ms. McQueen	Tuesday 7:30am	Thursday 7:30am
Tarkio	Mr. Taylor	Tuesday 7:00am	Thursday 7:00am
West Nodaway	Ms. Babcock	Tuesday 3:10pm	Thursday 3:15pm
Nodaway-Holt	Mr. Messer	Tuesday 3:15pm	Thursday 3:15pm

Special Points of interest:

- Monday, Oct. 4th, 2021
Guidance and Grub - Seniors
6:30 PM-8:00 PM
- Saturday, Oct. 16th, 2021
Saturday Academy
7:00-8:00PM
- Monday, Oct. 25th, 2021
UBCared 4
7:00 PM-8:00 PM
- Thursday, Oct. 21, 2021
World of Fun Trip
Times TBD

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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 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! Some 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 20, 2021.**

UBCARED4 with Mrs. Calfee **Each monthly session will be from 7:00-8:00 PM**

Next session: Monday, October 25th

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

- Join Mrs. Calfee as she leads us in activities that help us unwind. This reminds us how to properly care for ourselves, mentally, physically, and emotionally 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 2021 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

September 25	Saturday Academy / Visitors Welcome
October 16	Saturday Academy / Visitors Welcome
November 20	Saturday Academy / Visitors Welcome
December 4	Saturday Academy / Visitors Welcome
January 29	Saturday Academy / New Student Orientation



COLLEGE VISITS

Seniors are currently submitting votes for their top college visit choices. Rachel will be working on finalizing College Visits to:

University of Central Missouri (UCM) – 10/28
MIZZOU – Date TBD

(other options that students can still vote on via an email to Rachel)

Missouri State University
Truman State University
University of Nebraska-Lincoln (UNL)

Check your NW email for updates!

ACT Test Dates

Test Date	Registration Deadline	Late Fee Required
Oct. 23, 2021	Sept. 17, 2021	October 1, 2021
Dec. 11, 2021	Nov. 5, 2021	Nov. 19, 2021
Feb. 12, 2022	Jan. 7, 2022	Jan. 21, 2022
Apr. 2, 2022	Feb. 25, 2022	Mar. 11, 2022
Jun. 11, 2022	May 6, 2022	May 20, 2022
July 16, 2022	June 17, 2022	June 24, 2022

Always use the Upward Bound code: 9713

UPWARD BOUND IS OFFERING ACT VOUCHERS TO ALL UPWARD BOUND STUDENTS DURING THE 2021-22 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 John or 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

2022 UB Summer Session
June 5-July 8

2022 Summer Enrichment Trip
July 11-15

UB Contact Information

Office: 660-562-1630

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SENIOR SPOTLIGHT!

Interview with Brooke Hittle



How long have you been in Upward Bound?

This is my fourth year in Upward Bound.

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

Probably being able to be taught by the amazing teachers we have at Upward Bound and seeing different ways of learning.

Favorite memory from Upward Bound?

Getting to go to Buffalo, New York with Upward Bound during our Merit Trip. It was probably my favorite trip of all and the people that went were amazing. I would definitely go back if I had the chance to.

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

Upward Bound is a family not just a group of people, Upward Bound gives you a chance to take chances on things you wouldn't do on your own. It is the best program I have been in and it is going to be hard leaving it after this year. Our Upward Bound Family is a family you won't get to experience anywhere else.



Upward Bound is headed to Worlds of Fun!

On Thursday, October 21st, 2021, UB students that have signed up will gather on the Northwest campus to load up a Bearcat bus and head down to Kansas City. We will start the morning with a College Visit in the area, and then we will go “play hard” at Worlds of Fun. If you are interested in attending this fun UB outing, please email Rachel by Friday, October 15th so that you can be added to the list. We are only able to take current UB students that have signed up prior to the day. Watch your email for more details!

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, use this link
(<https://passwordreset.microsoftonline.com/%20>) to do self-service password reset. Follow the directions given on the page.*

If all else fails, 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.