

UB SCOOP



Fall 2022

Greetings from Upward Bound!

Hello, Upward Bound! Here we are at the beginning of a new UB Grant cycle. We are so lucky to welcome THREE new schools to our program; including Union Star, Fairfax, and Northeast Nodaway! This means an even more diverse group of friends to join in the wonderful experience of Upward Bound. 😊

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 Casey 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, Casey 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 3:30pm	Thursday 3:30pm
Stanberry	Ms. McQueen	Tuesday 7:30am	Thursday 7:30am
Tarkio	Mr. Taylor	Tuesday 7:00am	Thursday 7:00am
West Nodaway	Ms. Babcock	Tuesday 3:40pm	Thursday 7:00am
Nodaway-Holt	Mr. Messer	Tuesday 3:40pm	Thursday 3:40pm
Northeast Nodaway	Ms. Trickle	Tuesday 3:15pm	Tuesday 3:15pm
Fairfax	TBD	TBD	TBD
Union Star	Ms. Miller	Tuesday 3:15pm	Thursday 3:15pm

Special Points of interest:

- Saturday, Oct. 8th, 2022
Saturday Academy
8:30AM-12:30PM
- Monday, Oct. 24th, 2022
UBCared 4
7:00 PM-8:00 PM
- Tuesday, Oct. 18, 2022
College Visit to MIZZOU
- Thursday, Oct. 20, 2022
College Visit to UMKC

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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 Casey 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.

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! 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 19, 2022.**

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

Next session: Monday, October 24th

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!
- All are welcome to attend, and no sign up is required! A Zoom link for each session will be sent to your NW email.

IMPORTANT DATES

FALL 2022 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 10	Regular Session
October 8	Regular Session – (First day for Visitors)
November 19	Regular Session (Visitors attend)
December 3	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
Union Star	7:30 a.m.	2:10 p.m.	King City 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
Fairfax	7:30 a.m.	2:20 p.m.	Tarkio 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
Nodaway-Holt	7:50 a.m.	1:35 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

*Email Rachel if you'd like to attend any visit.

October 18, 2022	University of Central Missouri
October 20, 2022	University of Missouri – Kansas City

ACT Test Dates

Test Date	Registration Deadline	Late Fee Required
Oct. 22, 2022	Sept. 16, 2022	Sept. 1, 2022
Dec. 10, 2022	Nov. 4, 2022	Nov. 12, 2022
Feb. 11, 2023	Jan. 6, 2023	Jan. 20, 2023
Apr. 15, 2023	Mar. 10, 2023	Mar. 24, 2023
Jun. 10, 2023	May 5, 2023	May 19, 2023
July 15, 2023	June 16, 2023	June 23, 2023

Always use the Upward Bound code: 9713

Canvas Due Dates:

Oct. 31 – Must have completed a one-on-one session with Casey 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

UPWARD BOUND IS OFFERING ACT FEE WAIVERS TO ALL UPWARD BOUND STUDENTS DURING THE 2022-23 ACADEMIC YEAR. EACH TIME YOU PLAN TO TAKE THE ACT, YOU CAN ASK FOR A UB ACT FEE WAIVER. EACH STUDENT CAN USE UP TO 4 WAIVERS FOR THE ACT.

EMAIL RACHEL TO GET YOURS!

2023 UB Summer Session

June 4-July 7

2023 Summer Enrichment Trip

July 10-14

UB Contact Information

Office: 660-562-1630

Fax: 660-562-1631

Email: wenstrand@nwmissouri.edu

wistrom@nwmissouri.edu

ub.nwmsu@gmail.com

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://www.nwmissouri.edu/compserv/passwords/index.htm>. Now there are two options:

Click on the box with a key that says, “Self Service Password Reset”. Follow directions from there.

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.