



Expressions

In All Things, Be Upward Bound!

From The Director's Desk

THE WAY WE WERE

What's Inside:	
From the Director's Desk	1
RSVP - Park University	2
SAC Articles	2-5
Field Tutoring	3
Saturday Session Dates / Bus Schedule	4
SAC Article Due Dates	5
Kudos!!	6
ACT Testing Dates	7
Happy Birthday!	7
UB Contact Info	7

I hope everyone is getting back into the swing of school and enjoying it! Times are quite hectic here at the UB offices as we also get back into the swing of the school year so I am writing the article for this newsletter in Phil's place. I know I can't fill his shoes but I hope I am at least adequate! ☺

As I thought about what to write for this article, I looked around my office and saw my newly purchased knee brace. This was a difficult purchase for me to make. I have recently been recruited to play in the NBA (Noon-Ball Association, not the National Basketball Association. I know you are all shocked it is not the latter ☺). It is a group of coaches and other university employees that play pickup basketball during their lunch break to help stay in shape. My first day playing went great. I played extremely well and had flashbacks to my younger days. I felt great and played great. The second day was not as good and I even tweaked my knee that has given me problems over the last couple of months. This is most likely a torn meniscus from what the NW trainers have told me. I would like to continue to play but definitely don't want to have surgery and definitely don't want my knee to continue to give me problems. I thought about my options and finally broke down and decided that I would have to buy a knee brace.

This presented a problem for me on a number of issues. The biggest of these issues was the thought of me having to buy a knee brace and be seen running up and down the basketball court with it on conjures up the images of "old" men that have to wear braces. I just don't have that mental picture of myself. As time goes by, I realize that I am not the same person I was 15 years ago but my mental picture of myself is still of me as a younger, healthier person. You may not understand this now, but I am sure many of your parents can relate. I see myself as the way I was instead of the way I am. That is not necessarily a bad thing but it can be prohibitive to you in some ways.

It can stifle your growth as a person. Fortunately for me, I realized I am not the same as I was and now I realized that I needed this knee brace even though I didn't want to believe it.

So what does this mean for you? Some of you were excellent students when you came into the program and some of you struggled. Hopefully, another summer in the UB program has helped you realize some things about yourself and that you no longer look at yourself as the way you were, but you see the potential of who you can be! Whether you were an excellent student before and are faced with some daunting classes this year or if you struggled as a student before but are ready to improve, don't get caught up in the way you were, but focus on what you can be in the future. Every hour, every day, and every year presents the opportunity for you to start fresh. Just because something was or was not possible an hour ago, a day ago, or a year ago does not mean that it is impossible for you in the present. As you embark on this new school year, I invite you to let go of the way you have seen yourself in the past or the way you were and embrace the new opportunities and possibilities that are out there for you. It is always good to look at the past and learn from our experiences, but do not think that the way you were has to be the same as who you are today and in the future; for better or worse! Take care and good luck this school year!

-Kori

The Deadline to RSVP for the September 17th Saturday Session College Visit to Park University is THIS Friday, September 9th!

Remember that this is a mandatory Saturday Session for all UB students unless you will have submitted a signed absence report to the UB Central Staff prior to Friday.

SAC Article

“Love Dream Believe” By: Britnee Wolfe

I sat down the night before my very last first day of high school to write this. I looked down to my hand and read the words on a ring I wear every day. Love Dream Believe. I got this ring for my 17th birthday and have worn it every day since. I think it truly means so much. These three words cross my mind every day. Going into my senior year there is so much going through my mind. I look at these words and begin to think about future and how words can really do so much.

Love: We are constantly meeting people and growing relationships. I have grown to love many people. My friends have truly gotten me where I am today and I love them more than they could ever know. My family pushes me further than I ever could myself and for that they will always have love in my heart. My teachers and advisors at school and Upward Bound are always teaching me and encouraging me to do what I want in life because they know I will succeed, and for that I will always remember them no matter where I am in life.

Dream: I dream all day every day. You need to dream and make goals every chance you get no matter how old or young you are. Dream of the past and for the future, but always live in the moment right now. Dream as big as you can and never set limits to what you can do. For you are the only person in your way of not achieving your dreams.

Believe: Believe in yourself and believe in others. Never doubt yourself. I still amaze myself at how far I can go and hard I will work at something I really want. Always know you can do whatever you want to do and there's probably someone else out there who believes in you too (like all of the Upward Bound staff!). Always keep your head up and know that everything you do today will soon enough be yesterday.

My point in all of this is as we approach the new school year, no matter what grade you will be in know there are people who love, dream, and believe in you, but always love, dream, and believe in yourself! Set goals for yourself, and stop at nothing to reach them. This is a clean slate, make the most of it. Make smart decisions because even if you are just a sophomore everything you do then will help or hurt you senior year when you actually start to plan your future! I hope you all have a great year and push yourself and remember of all things Be Upward Bound! Good Luck!

SAC Article

“What UB Has Taught Me” By: Cami Heath

I have been putting off writing this article thinking that it will take me two seconds to randomly come up with something awesome! But since school has started I realized that procrastination is a really bad idea! School has started and we all know what that means, we get to see our friends again! I have tons of homework! I look forward to Friday night football games, awkward school dances, and those yummy school lunches we all love! *cough cough*...anyway back to procrastination. During school it is really easy to get side tracked and not do a homework assignment or skip a practice because you don't "feel" like it. You need to stay focused! It will help you in the long run. I really think Upward Bound has taught me to get organized and get ready for the school year.

The structure of Upward Bound has helped pave the way for my organizational skills. From having to wake up at 6am and plan a balanced meal so the RAs didn't send you back, to getting to classes on time, to making sure you get all your assignments turned in, and even learning to live within a structured social timeline...all these things have made me more aware that time is a precious commodity.

Being in Upward Bound also taught me how to interact with people, like from having a roommate and having to share a space to going to social events...in other words, we all have to learn to live, work, and interact with other people.

Upward Bound is an invaluable experience, especially if you go into it with an open mind and a willingness to learn.

Field Tutoring Schedule

School	Regular Tutoring	Supplemental Tutoring
King City	Monday—3 pm	TBA
Maryville	Thursday—3pm	TBA
Nodaway Holt	TBA	TBA
Northeast Nodaway	Wednesday—3pm	TBA
Rock Port	Tuesday—3pm	Wednesday—3pm
Stanberry	Tuesday—7:30 am & Thursday—3pm	TBA
Tarkio	Wednesday - 7am	TBA
West Nodaway	Tuesday—3pm	Tuesday & Wednesday—7:30 am

Saturday Sessions

Saturday Session Dates 2011-2012

Upward Bound Saturday Sessions take place from 8:30 am - 12:00 pm on the 3rd floor of the Administration Building on the campus of Northwest Missouri State University.

September 17	College Visit (Park Univ.)
October 8	Regular Session (Visitors Welcome)
October 29	Regular Session (Visitors Welcome) UB Parent Day
November 12	Regular Session (Visitors Welcome)
December 3	Regular Session

January 14	Regular Session
February 4	Regular Session
February 25	Regular Session (TRiO Day)
March 10	Regular Session
March 31	Regular Session
April 28	Regular Session

Saturday Bus Schedule

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
Arrive NWMSU	8:30 a.m.		Administration Bldg.
Leave NWMSU	**12:15 p.m.		

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

SAC Article

“Procrastination” By: Trevor Luke

Here it is again, the school year--the drama, the sports, the homework, and the stress that comes with it all. Now, I don't know about you, but I know I have difficult classes this year. I am also a member in a few organizations, such as choir, FCCLA and NHS. I am also a SAC member for the 2011-2012 year of Upward Bound, and I would like to tell you that I am excited for another awesome and exciting year of Upward Bound!

I got on Facebook one day and saw that I have a message from Jackie Ekle; the message contained information about who would be writing their SAC articles and at what time to have them finished. I saw I was scheduled for the very first September article and I wondered, what should I write about? My decision was “procrastination,” and the reason for this choice is that I have been procrastinating writing this article, and because I could easily incorporate it into school.

I would say that I am a professional procrastinator; I am able to just walk from my homework or doing anything in general. I get “distracted” easily and just say, “Oh I can do this tomorrow!” Well, that is exactly what I did on this article also. I knew that I should start working on it since August 17, and I am finally doing it now, August 29. That is ridiculous, right? Finally, today I thought, “Okay, I have to get this article done and out of the way today when I don't have homework in almost every subject.”

What I am ultimately getting at is that you should NOT be like me! Don't procrastinate on doing homework; finish it, and do it to the best of your ability! I wouldn't want to miss out on seeing any of you wonderful people during the summer session!

SAC Article Due Dates

September Newsletter	(due Sept. 1 st)	Britnee, Trevor, Cami
October Newsletter	(due Oct. 1 st)	Tanner, Jolene, Ethan, Corey
November Newsletter	(due Nov. 1 st)	Britnee, Trevor, Cami
December Newsletter	(due Dec. 1 st)	Tanner, Jolene, Ethan, Corey
January Newsletter	(due Jan. 1 st)	Britnee, Trevor, Cami
February Newsletter	(due Feb. 1 st)	Tanner, Jolene, Ethan, Corey
March Newsletter	(due Mar. 1 st)	Britnee, Trevor, Cami
April Newsletter	(due Apr. 1 st)	Tanner, Jolene, Ethan, Corey

Kudos!! — Upward Bound Award Winners

ACT Prep

ACT Most Preppy—Drake Johnson

ACT Most Preppy—Rachel Summa

Spanish

Most Enthusiastic—Nicole Blea

La Trabajadora—Rachel Summa

English

Outstanding English Student—Lydia Rauch

Outstanding English Student—Devin Vinzant

Math

Hardest Worker—Cami Heath

Problem Solving Queen—Chey Marrison

Science

Einstein Award—Drake Johnson

Franklin Award—Jessica Wilmes

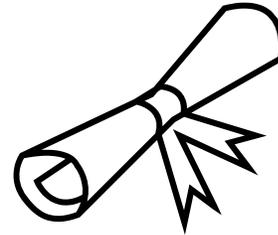
Social Science

Kardashian Award—Laci Wooten

World Diplomat—Korbin Jones

Overall Academic Award

Nick Collins



Kudos!!

Congratulations!!

- ★ Laci Wooten was selected to be a member of National Honor Society.
- ★ Laci Wooten was placed on the Superintendents Academic Honor Roll.

If anyone has recently been recognized for any great accomplishments either academically or in their extracurricular activities, please let us know and we'll include them in the newsletter.

UB Reminders & Announcements!!

ACT Test Dates

ACT Test Date 2011 — 2012	Registration Deadline (Late fee after this date)
September 10, 2011	August 12, 2011
October 22, 2011	September 16, 2011
December 10, 2011	November 4, 2011
February 11, 2012	January 13, 2012
April 14, 2012	March 9, 2012
June 9, 2012	May 4, 2012

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

Drake Johnson—6
Morgan Porter—8
Mikki Owens—9
Kylie Beggs—10

October

Jolene Harbin—5
Korbin Jones—10
Zuri Vang—14

August

Tina Rebel—7
Cody Henry—10

November

December
Nick Smith—12
Kristen Dodge—20
Chey Marrison—28
Rachel Summa—29
Jessica Wilmes—31

September

Kaitlyn Vang—7
Tanner Rickabaugh—12
Katarina Bennett—30

Saturday Session Schedule

September 17	College Visit (Park University)
October 8	Reg. Session / Visitors Welcome
October 29	Reg. Session / Visitors Welcome
November 12	Reg. Session / Visitors Welcome
December 3	Reg. Session / New members announced
January 14	Regular Session
February 4	Regular Session
February 25	Regular Session (TRIO Day)
March 10	Regular Session
March 31	Regular Session
April 28	Regular Session

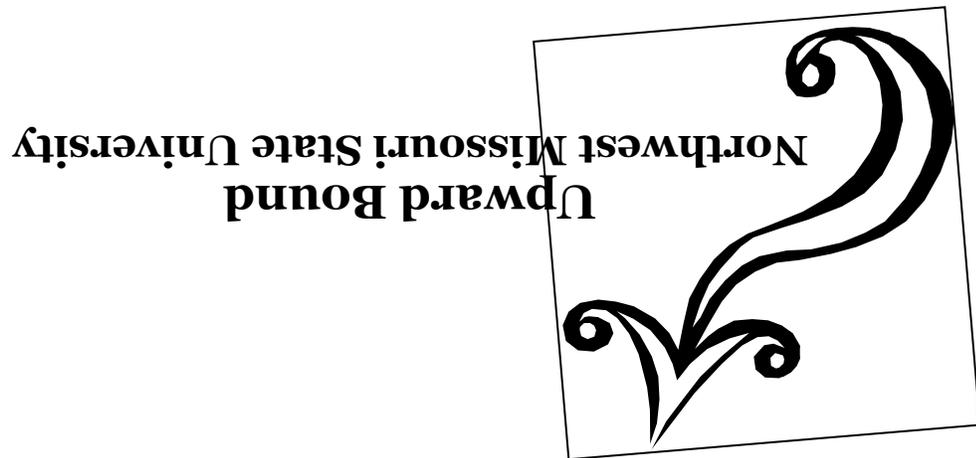
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