

Upward Bound Math & Science

October/November 2017

Volume 6, Issue 3

Northwest Missouri State University, Maryville, MO 64468

TRIO

UPWARD BOUND MATH/SCIENCE

ACT Test Dates

Test: Dec. 9, 2017
Registration: Nov. 3, 2017

Test: Feb. 10, 2018
Registration: Jan. 12, 2018

Contact us for your ACT fee waiver today!

Make sure you have your Test Scores sent to TRIO using Code 9713



From: www.ACT.org

In the standard (x,y) coordinate plane, the graph of $(x + 3)^2 + (y + 5)^2 = 16$ is a circle. What is the circumference of the circle, expressed in coordinate units?

- a. 4π
- b. 5π
- c. 3π
- d. 8π
- e. 25π

(Answer on page 4)



Saturday Academy Schedule – Time: 8:30 am- 12:30 pm

November 4, 2017 – NW Maryville Campus
February 23 or 24, 2018 – TRIO Day -
NW Maryville Campus –(time to be determined)
March 17, 2018 – NW Kansas City Center



Assistant Director's Corner

Do I Really Need to Read All This Material?

Why would teachers give you an assignment if he/she did not expect you to do the assignment? Reading material is an assignment like any other. A teacher does not have time to teach you everything that is contained in the textbook! Therefore, you are asked to read it as an assignment.

But how should you read? Did you know there is a method called SQ4R? This reading method capitalizes on the predictable format in most traditional content textbooks and assists students in retaining, and enjoying, what they are reading. A new year, a new way to reading, let us do this reading method together!

Survey: Before you read, survey the chapter text, including the table of contents. Read titles, subtitles, introductions, conclusions and review any graphics.

Questions: Write questions for the key points you have identified in your survey. Turn heading and subheadings into questions. Ask who, what, where, when, and why.

Read: Now, read through the chapter from beginning to end, pausing at the end of each section to answer the questions you have created. Highlight key points in the text

as you read, or make brief notes.

Recite: Answer the questions out loud to reinforce your learning, or teach another person what you have learned. Make a list of key facts or terms you need to know. Try this step after each section in the text.

Record: Write down the main idea and important points. Be sure to include supporting details. Also, record the answers to questions you just created and at the end of the chapter.

Review: Reviewing is an ongoing process. Review the concepts in the text after you are finished reading and reciting each section, and come back to it periodically over a few days. Summarize difficult passages and rewrite the major points in your own words.

Tanya

*"The more you read
the more things you know.
The more that you learn
the more places you'll go."
-Dr. Seuss*

College Choice Iffy? Quiz Time— from Education Quest Foundation – www.educationquest.org

Junior year of high school is an ideal time to start narrowing college choices. Here are some questions, coupled with tips, to jump-start the process and move a little closer to a decision that will have an impact on a family's finances, scholarships, and financial aid.

What Do You Want to Study? Research schools that offer programs in that area. If you don't know what to study, it's OK-- many students begin college undeclared.

What Kind of School Do You Want to Attend? Do you prefer a large university, a small college or a community college? What kind of student-teacher ratio do you want?

Don't limit your search to familiar institutions. The fact that parents or siblings went to a certain college doesn't mean it's right for you.

What Can You Afford? Consider the overall cost of tuition, room and board, books, transportation and recreation. Determine what you and your parents can afford to pay out-of-pocket, and plan to apply for

scholarships, grants and loans to make up the difference.

Don't limit your search to colleges you think you can afford. The more expensive the school, the more financial aid you may be eligible to receive.

Where Do You See Yourself? Do you want to live close to home and commute? Do you want to be in a major city or a small town? How big a factor is out-of-state tuition? If you want to go out of state, investigate reciprocity programs such as the Midwest Student Exchange Program.

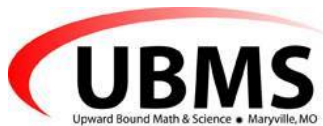
Don't choose a college because your boyfriend or girlfriend is near it. The school may not be a good match for you. Or your relationship might end. Then what?

Finally, don't insist on an out-of-state school just because you want to "get away". Even if you attend college in your hometown, you can stay on campus most weekends.





October- College Planning Tips - *from ICAN*



Sophomores:

*Talk with your parents about your college and career goals and what you can do to attain them.

*Visit with your mentor about the college search process.

*Visit ACTprofile.org and take or update your career assessment. Use the results to help plan your high school courses and activities.

*Don't forget to log into College Greenlight

Seniors:

* Know priority dates for filing the FAFSA at the colleges you're applying to. Submit your completed FAFSA after Oct. 1 but before the priority date.

*Continue submitting your admission applications to the colleges you're most interested in. Be aware of deadlines! Try to have your applications submitted by Nov. 1.

*If you decide to retake the ACT or SAT to try for a higher score, visit with your high school counselor first.

*Don't forget to log into College Greenlight.

-From: Iowa College Access Network

College:

Starting college can feel like you were dropped off on another planet. The surroundings are different, the people are different, the culture is different, nothing is the same as what you're used to. How can you turn your new environment into your new home? Check out these tips:

Meet new people. The start of the school year is a great time to meet people. It may feel uncomfortable to meet so many new people at once, but you can't make new friends without making new acquaintances first. If you are friendly and welcoming, you will find friends.

Check out new places. Gather some of your new friends and get out there!

Juniors:

*Colleges receive thousands of admission applications each year. Be sure to meet with your high school counselor to help yours stand out from the crowd!

*Have you started to gather information on the colleges you may want to attend? Meet with college representatives if they visit your school.

*Fall college fairs are nearing an end. Check with your counselor to find remaining fairs.

*Don't forget to log into College Greenlight.

Parents:

*Work with your student to set clear goals before you visit colleges. Work together to create a list of targeted questions for your student to ask during the tour. Your child's college selection criteria may not be the same as yours, so talk about those differences before the tour. Let the student set up the visit. A big mistake is to take over the process.

-From: Iowa College Access Network



Experience new things. You don't have to completely reinvent yourself in college (nor should you), but college is also a great opportunity to do things you've never done before. You probably won't love everything you try, but you're bound to try at least one new thing that you love—and meet some new friends along the way.

Give it time. You won't become completely comfortable at college overnight. It's OK to feel lost, lonely, or like you have no idea what you're doing. It is a great idea to reach out to your family or high school friends when you need a pick-me-up.

Starting college is not easy, but it can be an unforgettable experience.

By Allison Ourada in College Life on September 7, 2017

-From: Educationquest.org





Career: Advanced-Practice Nurse- from bigfuture.collegeboard.org

You wake up one morning with awful flu symptoms and call your doctor. Unfortunately, she's out of town, but the nurse practitioner (NP) is available instead. The NP examines you, cultures your throat, writes a prescription, and sends you on your way to recovery.

Today's advanced-practice nurses (including NPs) perform tasks once reserved for medical doctors. They assist other medical professionals and manage patient care. And some specialize in fields such as pediatrics (working with children and teens) and oncology (working with cancer patients).

Advanced-practice nurses diagnose and treat illnesses and provide health care. Most are also certified to prescribe medication.

"I can't call the doctors at the hospital for every decision I need to make. I was hired to make these decisions by myself." Joan, NP



Did You Know...?

Certified registered nurse anesthetists are advanced-practice nurses who give anesthesia to patients, ensuring that they feel no pain or discomfort during surgery.

Outlook

Government economists expect jobs for **Advanced-Practice Nurses** to grow faster than the average for all careers through 2020. And because registered nursing is such a large profession, it should add more new jobs than any other career.

Job opportunities for advanced-practice nurses should be excellent, especially in rural and low-income area, which have a hard time attracting doctors and nurses.

Compensation

The U.S. Bureau of Labor Statistics estimates that in 2011 the average yearly salary of:

***Advanced-Practice Nurse:**
between \$82,101 and 103,722

Did you know?

Nurse-midwives are advanced-practice nurses who specialize in delivering babies.

Did you know?

The United Network for Organ Sharing uses a database to match donated hearts, lungs, and other body organs to the people who need them.

Are you ready to...?

- * Take an extra two or three years of postgraduate study to specialize
- * Pass a specialty test in addition to the National Council Licensure Exam
- * Examine and counsel patients
- * Diagnose health problems
- * Write prescriptions
- * Observe rigid guidelines to protect yourself and others against disease and work-related dangers
- * Possibly start your own practice

It helps to be...

Caring, sympathetic, detail oriented, and able to make quick, logical decisions. You must be able to cope with emergencies, stress, and suffering—and remain levelheaded all the while. You'll encourage patients to get well and, sometimes, help them to let go.



Advanced-Practice Nurses at work.



Make High School Count

Preparation is the key to any career. To become an **Advanced-Practice Nurse**, you should:

- * Take plenty of challenging math and science courses all through high school.
- * Enhance your communication skills through English composition, drama, and speech classes.
- * Study a foreign language so you'll be able to reach out and communicate with different communities and patients.
- * Volunteer at a health clinic, a hospital, a women's clinic, or an eldercare facility.

Education:

To become an advanced-practice nurse, you'll need to earn a graduate degree in nursing. Generally, graduate programs accept only applicants with a bachelor's degree in nursing.

-bigfuture: by the 2017 The College Board





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We're on the Web!

See us at:
www.nwmissouri.edu/trio/ubms

Vocabulary Practice

From: testprepreview.com

The bouncer's countenance discouraged brawls. Countenance means...

- A. Message
- B. Presence
- C. Expression
- D. Strength

Answer: C

www.ACT.org

For
Question on page 1

Answer: D

5 Stress Busters — by Melinda Keenan, World-Herald Staff Writer

Find a work-life balance. Take care of your life by following a weekly schedule. Chart time for all areas of life: school, job, friends, time alone, spiritual reflection, exercise, family.

Practice self-care. Take care of yourself. Eat, exercise, sleep and spend time with family and friends. Put aside time to be by yourself and do whatever relaxes you or brings you joy. That could be yoga, jogging, meditation, music, prayer or journaling.

Lean on your support system. Talk with friends. Talk with parents. Talk with siblings. Talk with

roommates. Open up about stresses and listen to their helpful suggestions to resolving your issues.

Communicate with parents. Relationships go through change as children mature into college students and spend all their time on campus. Parents and students must agree on how and when they will check in on each other to keep their relationship from becoming strained.

See a Counselor. If none of these suggestions helps and anxiety is impeding daily routines, it might be time to see a professional. Anxiety can keep a student from sleeping, eating, socializing or going to classes.

Omaha World-Herald -Sunday, September 24, 2017

Managing Your Money – 9 Tips to Achieving Financial Wellness – www.cmu.edu



1. **Know where your money goes.** Review some of the items you spend your money on to find areas to cut back.

2. **Develop a budget.** Plan for your expenditures and live within your means based on monthly income.

3. **Include savings in your budget.** Pay yourself first.

4. **Plan for major purchases.** Build savings for your next major purchase without using credit.

5. **Save for emergencies.** While this goal will take time to achieve, it is important to strive for it so you are prepared.

6. **Plan for retirement.** Take advantage of your company's retirement plans, such as 401(k). Put away a few dollars each month at least.

7. **Get tax advice.** Seek advice from a professional.

8. **Protect your credit.** Use your credit wisely and ensure your reports are accurate.

9. **Keep good financial records.** Utilize online tools as well as paper copies of receipts to keep records of your pay stubs, banking information, taxes, insurance, and other documents.

From: nelnet Education Loan Servicing-2011

October Mentor Reports are due on October 30. Please remind your mentor to send in the report noting the number of times met in the last three months.

About Our Organization...

Who are we?

A life-enhancing college-prep program that provides opportunities for capable and motivated high school students to gain the academic and life skills necessary to enter and succeed in post-secondary education.

* 100% funded by a grant from the U.S. Department of Education

* Serving high school students from Iowa, Nebraska, Kansas, and Missouri since 1992

