

UB SCOOP

March 2024



Hello Upward Bound! Spring is here! The weather is all over the place, with temperatures too cold to venture out in last week, and abnormally warm temperatures this week!. But our spirit never waivers!

At Upward Bound, we're keeping our spirits up as we plan and prepare for the rest of the Academic year and we are already looking ahead toward Summer!

We are getting so close to the end of the Academic year! We have two more Saturday Academies, on March 22nd and on April 19th. We will hold our Orientations for Summer on May 6th and 7th! More

information will come in via email later. UB is coming to your schools to visit soon, where we'll deliver Summer Forms Packets to you.

Remember, Summer Forms for Upward Bound are due by the April Saturday Academy on the 19th. Summer Session begins on Sunday, June 8th for all non-Bridge students, so get excited UB!!

Now, as we prepare for all our Spring and Summer activities, let's not forget our many newly admitted Upward Bound family members! Upward Bound would like to extend a warm welcome to all of our new participants! You have been selected to join Upward Bound

because you have demonstrated a desire to succeed and a willingness to work hard to prepare a bright future for yourselves.

But it doesn't stop there. Now is the time to show that Upward Bound is a priority by being committed to the activities and services that Upward Bound provides, including active participation in Field Tutoring and Saturday Academies. Active participation will show your dedication, while also expanding your horizons with new, exciting experiences alongside many new friends.

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Special Points of interest:

- Saturday, March 22, 2025
Saturday Academy
- Saturday, March 29, 2025
TRIO Day Celebration
(no Saturday Academy this date)
- Monday, March 31, 2025
UBCARED4 – 6:30-7:30 PM
**Stipend for attendance*
- Saturday, April 19, 2025
Saturday Academy
- Tuesday, May 6, 2025 OR Wednesday, May 7, 2025
Summer Orientation –
Garrett-Strong – Room 2550
6:00-7:30 PM (all students and parents must attend ONE night)

2024-2025 Yearly Upward Bound Checklist

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It is important to always make note of upcoming due dates and deadlines. This especially applies to your Upward Bound Student Checklist. Each grade has their own list of tasks to complete by the end of the academic year in May, with the exception of newly admitted students. If you were just admitted to Upward Bound this year, don't worry, you do not have a Checklist yet. ☺ All checklists for seasoned Ubers are on Canvas.

<https://nwmissouri.instructure.com/login/canvas>

If you have not logged in for a while and you must reset your password, use this link <https://www.nwmissouri.edu/compserv/Passwords/index.htm>. Click the link that has a large key on it and says "Self Service Password Reset", then follow the directions given. Finally, if you need additional help, call the Northwest Helpdesk at **660-562-1634**.

Once you have logged in to Canvas, you will see the main screen, or Dashboard, for your Checklist (class). This main page will show you all assignments for your Checklist, as well as dates that each is due. If you would like to see your progress, click on "Grades" on the left-hand side of the screen. This will show you what has been and what still needs turned in. Keep in mind that there are no Grades in Upward Bound. It's just a way to show that we have seen your checklist item completed.

If you have any questions about completing your Checklists, please contact the UB Director or Coordinator of Counseling.

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Upward Bound is committed to providing the necessary resources for your success, so with those resources, your dedication, and your desire to succeed, you will go far in achieving your goals. As our new Upward Bound students prepare for the journey ahead, we have to remember that Upward Bound families also devote energy and make sacrifices for their child's success. We very much understand and respect the sacrifices being made so students get the best opportunities. There may be trying times for our students, when they may potentially feel overwhelmed or may be dealing with difficulties. If these experiences are seen as growth opportunities and our families can offer support, this can go a long way to helping participants improve themselves on an academic as well as a personal level. Open communication and support are key to ensuring student success both at home and through Upward Bound.

All of our newest Upward Bound members are listed below. Let's welcome and celebrate them as they embark on the journey toward college! Opportunities await! Welcome to Upward Bound!

Bailey Atkins	King City	Bridger Jenson Pleasance	Maryville
Jazmine Bowers	Nodaway-Holt	Dezzy Kimpston	Tarkio
Truman Bracken	King City	Joshua Liehti	Maryville
Alyssa Brion	Rock Port	Finnley McKenzie	Maryville
Thor Cameron	Stanberry	Lex Morriss	Maryville
Zoie Carlson	Nodaway-Holt	Trinity Regalado	Stanberry
Audrey Cook	Stanberry	Cayleigh Spaulding	Stanberry
Jax Davis	Stanberry	Emily Steeve	Maryville
Leo Grimes	Rock Port	Faith Wardlow	Union Star
Sadie Hall	Maryville	Isabella Zabel	King City
Nova Harris	King City		

Things to know for summer!

In order to help our summer to run more smoothly, there are a couple of things that we would like to remind students about. Please read ahead carefully.

1. All summer forms are available on the Upward Bound website. Forms can be found via this link: <http://www.nwmissouri.edu/trio/upwardbound/Forms.htm>

Please note: all forms are due by **APRIL 19, 2025**. If forms are not turned in by April 19, Upward Bound must assume that the student will not be participating in the summer component unless prior communication has occurred. If you are unable to print these documents at home, ask your School Counselor to print them for you, OR you can contact UB staff to have a packet of forms mailed to you.

2. Absences during the summer session must be reported before summer begins. This is done in your summer forms packet. Any additional absences must be reported at least 1 week prior to the time you will be absent during the summer. Deduction of stipend and a Student Incident Report will occur if this process is not followed.

It is very difficult to plan for summer activities and expenditures if students are constantly coming and going without us having prior knowledge of those absences. We understand that things come up that you may not currently be aware of. Communication is a definite must in these cases. Students will need to speak with Sheila or Rachel IN PERSON (not via text) if an unexpected absence will occur.

3. Due to the success of our non-caffeine habit the past several summers, Upward Bound will again encourage healthy habits by encouraging the restriction of consumption caffeine during our Summer Session. Students may bring a personal water bottle if they choose. Drinking a lot of soft drinks (soda, pop, energy drinks, etc.) and coffee is discouraged during academic hours or during on-campus meals. Many students have stated that drinking more water and less caffeine during the summer, they felt better and didn't even miss caffeine after maybe a week. We are excited to continue healthy habits this summer!



IMPORTANT DATES

Summer Orientation May 6 or May 7, 2025

6:00-7:30 PM

Students and parent(s)/guardian(s) must attend ONE orientation night. You may choose either date.

You will need to ensure that all forms for the summer component are turned in to the Upward Bound Office by **April 19, 2025**. Forms can be found on our website.

<http://www.nwmissouri.edu/trio/upwardbound/Forms.htm>

Please bring information on any additional summer absences that have not already been reported.

UBCared4 Merit Trip - May, 2025

Upward Bound is planning a Merit Day-Trip related to our UBCared4 activities. Up to twelve students will be selected to attend. In order to be eligible for the UBCared4 Merit Day-Trip, students must:

1. Attend 2 out of 3 remaining UBCared4 sessions this spring (available session dates are Feb. 24th, Mar. 31st, Apr. 28th)
2. Write an essay with at least 250 words describing how UBCared4 has helped you with your personal self-care habits, as well as why self-care is so important.

This essay will be due by 5pm on Friday, May 2nd, 2025.

Sheila and Rachel will review UBCared4 attendance and essays to select up to 12 students for the UBCared4 Merit trip.

ACT Test Dates

Test Date	Registration Deadline	Late Fee Required
Apr. 5, 2025	Feb. 28, 2025	Mar. 16, 2025
Jun. 14, 2025	May 9, 2025	May 26, 2025
July 12, 2025	June 6, 2025	June 20, 2025

Always use the Upward Bound code: 9713

****Contact Rachel to obtain an ACT Fee Waiver.**

Every student can use up to 4 ACT Fee Waivers throughout high school.

For more information go to <http://www.actstudent.org>

Important Upward Bound Updates

ACT FEE WAIVERS

UB and your school are able to offer FOUR ACT Waivers during a student's high school career. If you are planning to take the ACT, let Rachel know and you may use an ACT Fee Waiver.



2025 UB Summer Session
June 1-July 3

2025 Summer Enrichment Trip
July 7-11

UB Contact Information

Office: 660-562-1630

Email: sharding@nwmissouri.edu
wistrom@nwmissouri.edu
ub.nwmsu@gmail.com

Summer

2025



Summer Calendar 2025

*Locations may change

Week 1 – Bridge Week

Sunday, June 1	Bridge Students Move-in to Residence Hall and Bridge Orientation
Monday, June 2	Bridge Classes Begin
Tuesday, June 3	Bridge Classes
Wednesday, June 4	Bridge Classes and Group Activity Night - TBD
Thursday, June 5	Bridge Classes Check out of the residence halls

Week 2 – All Students

Sunday, June 8	Move-in to the Northwest residence halls (non-Bridge students) 3:00-4:00pm for SAC 4:00-4:45pm for New Students 4:45-5:30pm for Returning Students
Monday, June 9	Family Group Evening Activities
Tuesday, June 10	Tutoring in Hall and Family Visitor Night
Wednesday, June 11	Service Learning Activities
Thursday, June 12	Large Group Activity Night- Henry Doorly Zoo
Friday, June 13	Presentations and workshops Job Shadowing/Work Study Check out of the residence halls (11am-12:30pm)

Week 3

Sunday, June 15	Return to the residence halls for <u>early check-in (5-7pm)</u> Academic Activity
Monday, June 16	Family Group Evening Activities
Tuesday, June 17	Service Learning Activities
Wednesday, June 18	Large Group Activity – Lied Center <u>Early weekly Check Out (4 pm)</u>
Thursday, June 19	No UB – Holiday
Friday, June 20	Virtual Activity (time TBD)

Week 4

Sunday, June 22	Return to the residence halls for check-in (7-9pm)
Monday, June 23	Family Group Evening Activities
Tuesday, June 24	Tutoring in Hall and Visitor Night
Wednesday, June 25	Service Learning Activities
Thursday, June 26	Etiquette Dinner and Dance
Friday, June 27	Presentations and workshops Job Shadowing/Work Study Check out of the residence halls (11am-12:30pm)

Week 5

Sunday, June 29	Return to the residence halls for <u>early check-in (5-7pm)</u> Academic Activity
Monday, June 30	Family Group Evening Activities
Tuesday, July 1	Service Learning Activities
Wednesday, July 2	Bridge Weekly Check In (before 5 pm) Large Group Activity Night – Toys & Miniatures Museum and New Theater
Thursday, July 3	Move-out day & Academic Awards Ceremony - TIMELINE TBD
Friday, July 4	No UB – Holiday

Week 6

Monday, July 7	Leave on Cultural trip
Friday, July 11	Return from Cultural Trip