



The TRIO



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UPCOMING CHANGES IN UPWARD BOUND

UB Staff have recently informed students that Upward Bound program requirements will soon be more strictly enforced. Effective January 2011, we will be closely following the guidelines laid out in the Trio Upward Bound grant proposal to the U.S. Department of Education. We will revise our UB Student Handbook and invite all parents and students to be present at the January 22, 2011 D4C meeting to review these requirements with us. Until then, this note describes some of these UB requirements. Please read carefully and ask questions.

It is most important that students note the consequences of not meeting requirements. Past choices to miss activities and failing to meet tutoring and grade report requirements resulted in the consequence of a smaller stipend amount for the month. Starting January 2011, however, **students must fulfill all program requirements in order to remain in the program.** Consequences for not following these rules will be 1. A written warning, 2. Probationary period, and 3. Possible expulsion from the program.

Below are listed the program requirements. Students should:

-Complete either 2 hours of tutoring /or 1 hour of tutoring and 1 After School Meeting /or 2 After School Meetings (if no C or lower grades) EVERY month

-Complete 1 hour per week tutoring if they have a C or lower grade in any class. The student will not be required

to do more than 1 hour of tutoring per week, total. Completing this requirement meets the requirement listed prior.

-Attend all Destined 4 College meetings unless excused. There can be up to 3 excused D4C's per student for the academic year. Excused: school related absence or visit to a college. School-related: the student is involved in a school-sponsored event or activity, not simply attending a school related event. College Visit: The student must bring back information from the college or have a college representative sign the School Related Absence Form.

-Complete at least 30 minutes of meeting with Site Coordinators EVERY month. Weekly check-ins are encouraged if students desire.

Below are listed the four requirements for earning stipend money. (This information has not changed.)

\$20 - Grades, signed by a parent and turned in before or at the monthly D4C. The amount awarded for grades is scaled according to GPA.

\$10 – Attending a Destined 4 College meeting or turning in a School Related Absence Form before the D4C date.

\$5 – 30 minutes of one-on-one meeting time with your Site Coordinator every month

\$5 – 1 hour of tutoring plus 1 After School Meeting or 2 hours of tutoring per month.

KATE'S CORNER

Sometimes, we want to do something special for people or give them gifts when we don't have much money to spend. Here are some gift ideas and thoughtful gestures you can make when money is tight:

Websites to Check Out for Ideas:

<http://familycrafts.about.com/od/giftstomake/tp/HomeMadeGiftIdeas.htm>

www.amazon.com

<http://www.thinkgeek.com/interests/giftsunder20/>

<http://www.getrichslowly.org/blog/2008/11/13/a-do-it-yourself-Christmas-34-great-gifts-you-can-make-yourself/>

[Maptote.com](http://www.maptote.com)

Make something:

Make earrings out of buttons! Wrap ribbons or cords around pens and add rhinestones, paper mache anything, frame an inspirational quote, cover fruit with chocolate, build a gingerbread house with your siblings, make a journal for someone, frame a picture, write a letter including your favorite memories!



Other ideas: Add to a collection someone has already started; buy them a poster of their favorite musician, a book, a wallet, a watch, a scarf, or a magazine subscription!

Your time is precious too: Babysit, go for a walk with a grandparent, run errands for your sister, help a friend with his homework, and take your brother to a school basketball game. All are gifts!

AFTER SCHOOL MEETINGS

Those students who attended the first After School Meeting on November 3rd discussed job interview tips. Some students present had had a job interview before and shared that experience with others. The UB Staff also shared experiences.

One of the tips discussed was proper dress. Students received information about men and women's professional attire, whether or not interviewees should wear jewelry, and appropriate color choices.

One of the activities at this meeting was answering common interview questions. Some students had trouble coming up with answers on their own or did not feel comfortable "bragging" about themselves. To help with this, students gave each other ideas and suggestions for what to say.

The second meeting in November was about time management. Students were asked to fill out a schedule that showed their weekly activities. Then, the students were encouraged to find time in that schedule for tutoring and other college preparatory activities.

One of the most important things to discuss about time management is priorities. Stu-

dents were asked to reflect on their top priorities and make sure they were spending time to make those priorities happen.

Coming up, there will be two December After School Meetings. The first on the 1st has already happened and the last After School Meeting for the year 2010 will be December 15th. The first After School Meeting in 2011 will be January 12th.



UB students fill out a study habits questionnaire at Central's After School Meeting.

NOVEMBER D4C

Upward Bound participants had the opportunity to learn about scholarships, see a Missouri State Bears football game, and attend a Native American Powwow at the Destined 4 College meeting on November 20th. This meeting started later in the day and finished later, as well.

Kelly Evans and Brad Owens from the office of Financial Aid spoke with Upward Bound students about grants, loans, scholarships, and budgeting. Both speakers did an excellent job and the students asked lots of questions.

Joni Brewer from Safe Place also spoke. She informed everyone about what Safe Place is and



handed out some fun key chains as a reminder.

The Football game was a victory for Missouri State, though it was pretty chilly throughout the afternoon. The Powwow was a new experience for most and the students spent a couple of hours browsing the cultural crafts and watching the dancing.

Thanks, everyone, for a great day!

Above: UB Students and staff enjoy a Missouri State Bears football game.

Left: PAC members discuss UB business at the November 2010 meeting.

NOVEMBER/ DECEMBER CALENDAR ANNOUNCEMENTS

- 12/7 Al Hijra—Islamic New Year
- 12/15 ASM for Central, Hillcrest, and Parkview
- 12/16-24 Las Posadas
- 12/22 Winter Solstice
- 12/23-1/3 SPS Winter Break
- 12/24-1/2 MSU Winter Break
- 12/25 Christmas Day
- 12/26 Kwanzaa
- 12/31 New Year’s Eve

-How is tutoring? Do you need another tutor? Let us know!

-Fee waiver forms are available in the UB Office for those taking the ACT.

-STUDENTS: Please remember to always have your parents SIGN your grades before turning them in to Upward Bound.



12/29 Chelsea Rose

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New Opportunities, New Horizons.

We're on the Web:

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GRADUATE ASSISTANTS — 2010 - 2011

Jordan Barker

Riddles:

You throw away the outside and cook the inside, then you eat the outside and throw away the inside. What do you eat?

What can you catch but not throw?

What goes around the world, but stays in a corner?

The man who invented it doesn't want it. The man that buys it doesn't need it. The man who needs it doesn't know it? What is the item?

If you get any of these correct, maybe I'll give you some fruit snacks, but most likely just a high five!



April Stublefield

I always approach Winter Break with mixed feelings. On one hand, I really enjoy the time away from school and work. On the other, the lack of routine sometimes means I do nothing at all.

This year, I want to make sure I use my time wisely and make the most of it. Here is a list of activities that I will be doing and I encourage you to join me!

-Read: pick something you love AND something new to challenge your mind.

-Volunteer: I will be packing food for Kids against Hunger.

-Fellowship: Spend time with people you haven't seen in awhile.

-Rest: There is still half a school year to finish, so let yourself recharge. Personally, I like to go for long walks and play with my cats.

