



# The TRIO



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## Upward Bounders Visit Mizzou

On January 14th, Upward Bounders rose with the sun and bundled in hoodies and stocking caps to travel to Columbia, MO to tour the University of Missouri—Columbia. Those who chose to attend were treated to a presentation about the university, free lunch in the cafeteria, and a tour of the campus.



### Type of School

- Missouri's largest public research university

### Degrees Offered



- Bachelor's: 92
- Master's: 96
- Certificates: 17
- First Professional: 3
- Education Specialist: 6
- Doctoral: 71
- Online degree options: 46

### Setting

- College Town
- Population: 102,324

### Size

- Total undergrads: 24,901
- Total graduate: 6,317

### Cost

- Missouri resident total: \$21,280
- Non-resident total: \$32,470

### **Visitor Information**

104 Jesse Hall  
Phone: 573-882-6333  
Toll-free: 800-856-2181  
[visitus.missouri.edu](http://visitus.missouri.edu)



## KATE'S CORNER

The January D4C Meeting focuses on making our Trio Upward Bound (UB) group a more comprehensive group. April, Jordan, and I have learned a lot about our program's guidelines and expectations since our Director left in August. The Site Coordinators (counselors) have shared in our learning experience. Learning the ins-and-outs of a federally-funded program such as UB takes time. We, now, have a much fuller understanding of what it means to run this program than we did in August. We designed the morning portion of our January D4C Meeting so students and parents can better understand what it means to be a part of this program and a member of the MSU community.

Trio Upward Bound is funded by the U.S. Department of Education (DOE) through grant funding. As such, there are certain rules set forth in the grant and by the DOE that UB staff must enforce. When using federal taxpayers' money, citizens who benefit (all UB staff + students) need to be very responsible in how money is spent as well as how it's documented. The meetings

we hold each month, the topics we cover, our tutoring requirements, Summer Academy, the Bridge Program, and the trips we take are either all listed in the grant proposal to the DOE or they meet a goal outlined in the proposal.

Our goal with UB is helping students succeed in high school while also preparing for a college career. Everything we do is intended to help you as an individual and as a member of a supportive group.



The requirements we cover at the D4C Meeting are not new requirements, but they have not always been enforced. We introduced these requirements to you at your UB interview and this D4C will serve as a reminder and a chance to more fully explain each expectation. As always, if you have any questions, please do not hesitate to ask a Trio staff member.

## AFTER SCHOOL MEETINGS

The December 15th After School Meeting was focused on dropout prevention. Students were divided into groups to brainstorm why people drop out of high school, and why they should remain enrolled in school. They were given specific difficult teen and school scenarios, and presented to everybody how the student can effectively respond to the issue without dropping out of school.

Dropouts are more likely to be:

- unemployed
- in prison
- living in poverty
- receiving government assistance
- less healthy
- divorced
- single parents

At the January 4th After School Meeting, each school brainstormed possible ideas for a student led activity for the March D4C meeting. Each school will be in charge of planning and running an activity of their choice. There were many great ideas, but continue to think of what you want your school to focus on. Also, Upward Bound students got a break from work and played some games. These included ninja, inside basket-

ball pig, ah soh koh, and charades.

Remember that After School Meetings will often be on Tuesdays this semester. Our Next meetings will be on January 25th, February 2nd for Hillcrest only, February 8th for Central and Parkview only, and February 22nd. We hope to see all of you there!



*What does it take to be a ninja champion? Try asking Henry, Jamie, or Rebecca.*

# DECEMBER D4C

For the December D4C, Upward Bound went to Joplin for a tour of Missouri Southern State University. Students got to see a suite style dormitory, academic classrooms, the library, dining area, and fitness center. Also, Upward Bound sat in on a presentation from admissions about the campus and general college application advice.

## Type of School

- Public
- Liberal Arts College
- Four-year
- Coed



## Setting

- Rural setting
- Large town (10,000 - 49,999)

## Size

- Total undergrads: 5,639
- First-time degree-seeking freshmen: 855
- Degree-seeking undergrads: 5,195



*Above: It was a cold day, but we were determined to see the campus.*

*Left: Free Textbooks! Abigail and Lahana love to learn!*

## JANUARY CALENDAR

- 1/22 January D4C Meeting
- 1/25 After School Meeting
- 1/25 UB Parent Meeting
- 2/1 African American History Month Kickoff Ceremony-Student Union Theatre @ 7 pm
- 2/2 After School Meeting for **Hillcrest**
- 2/8 After School Meeting for **Central and Parkview**
- 2/12 ACT Testing Date
- 2/21 President's Day

## ANNOUNCEMENTS

- 2/22 After School Meeting
- 2/26 February D4C Meeting



- 1/1 Shyann's Birthday!
- 1/3 Jessica's Birthday!
- 1/13 Nick's Birthday!
- 1/26 Taylor H's Birthday!
- 1/27 Zoe's Birthday!

**TRIO UPWARD BOUND**  
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*New Opportunities, New Horizons.*

**We're on the Web:**

**[www.missouristate.edu/upwardbound](http://www.missouristate.edu/upwardbound)**

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## GRADUATE ASSISTANTS — 2010 - 2011

*Jordan Barker*

Do you have a New Year's resolution for 2011? If not, it is not too late. It is important to continuously grow and set new goals to strive toward. Simply making the goal will help you motivate and hold yourself accountable moving toward achieving what you want to accomplish.

When developing a New Year's resolution, start simply by asking yourself what you want to do differently or what you want to accomplish this year. This can be anything. It could be a physical, mental, or lifestyle change. Do not limit yourself to what others expect of you. Your resolution could simply be to have more fun or make your Senior year as memorable as possible.

If you are struggling trying to figure out a resolution for yourself, think about exercising, academic achievements, getting a job, getting a driver's license, going on a trip, or being more positive. The more specific the resolution, the better. Also, try writing it down!



*April Stublefield*

The spring semester always seems so much busier and stressful than the fall. Maybe it's the slushy weather, the "Springing forward" of daylight savings, or the fast approaching deadlines of graduation and summer jobs.

Every January, I promise to myself that I will be more organized and more in control so I can get everything done. Not this year. At the start of 2011, I made a resolution that can be summed up in two words: "Be nice."

I don't think I'm a mean person, but I do think people in general are often moving too fast to be as considerate to others and especially to themselves as they should be. My challenge to you is to think about ways you can make your life more pleasant by letting go of what's holding you back.

Let go of some unnecessary expectations. Give yourself and others the benefit of the doubt. Be kind, thoughtful, and deliberate.

Happy New Year!

