



# The TRIO



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## SUCCESS IN TUTORING

Tutoring has been an integral part of Upward Bound since its inception. The main goal of Upward Bound, as participants know, is to prepare high school students for college. Academics is one of the main areas in which a student should excel in order to graduate high school, get accepted into a college, and then do well in college.

Upward Bound students who have been in the program for several years know the benefits of tutoring. They have seen how grades can change by one or two letters just by having someone encourage, help, and teach them the subject matter a couple hours a month.

Recently, Upward Bound has hired many new tutors and has been encouraging all students to participate in this vital aspect of the program. However, it can sometimes be hard to get started for various reasons. If you are one of those students who is nervous about talking to strangers, feels uncertain about what to say, or just haven't gotten around to it, yet, please consider the tips below.

One way to deal with anxiety is to plan ahead. Before you call your tutor, write down what you plan to say. You should always introduce yourself by name and mention you are an Upward Bound student. Next, write down the times and places during the week that are best for you. Make sure you have multiple options as scheduling conflicts may occur. Below is a possible conversation outline that may help you.

1. Introduction: Name and Upward Bound student
2. List of possible tutoring times and places
3. Confirm next scheduled time and place
4. Confirm tutor's contact information
5. Thank them and hang up.

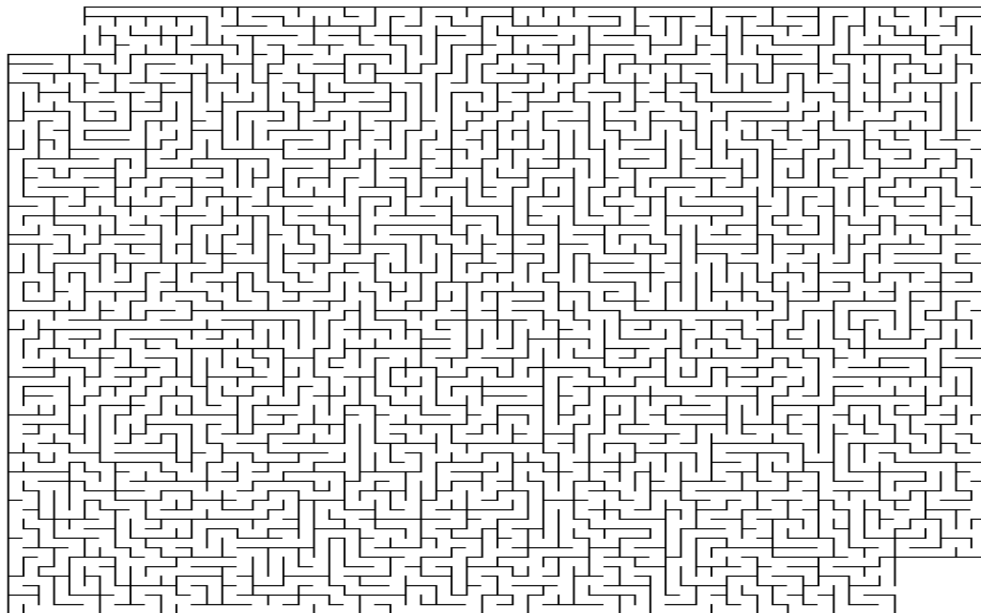
These simple steps will hopefully make the transition into building a tutoring relationship more smooth. As always, contact the Upward Bound office with any questions, concerns, or suggestions that arise.



**Happy Thanksgiving and be safe!**

*-UB Staff*

## KATE'S CORNER



In life, we often face unexpected challenges. Sometimes you will need to look at a problem from a different perspective, and then, you can find your way to the best solution. Life can be frustrating, but there's always going to be a way out of the maze. Remember to see the whole picture!



## AFTER SCHOOL MEETINGS

Upward Bound students gathered at their high schools' After School Meeting on October 27th for a fun time. This meeting focused on getting to know each other and especially the new students.

Some of the activities were a chance for students to work in teams such as the "Make a Monster" game, in which students had to create a "monster" using a certain number of arms and legs either placed on the floor or suspended in the air.

Another activity helped students practice their communication skills. One student verbally described a picture while a second student drew it on a blank piece of paper. The end results were quite humorous.

The first After School meeting in November took place on the third for Central and Parkview and the tenth for Hillcrest. In this meeting, students learned about how to prepare for a job interview. Hand shaking, appropriate dress for men and women, and common interview questions were covered in this meeting.

The second November ASM on the 17th was about time management. Students first played a couple of games that focused on priorities, both silly and serious. Some students found it very difficult to decide which was more important, spending time with friends or excelling in their chosen

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**-Rylea Luckfield**

extra curricular activities. A top priority for all students was academics and preparing for college.

Students used the remaining time to take a close look at how they were currently spending their time outside of school. Blank schedules were provided to help in the process of identifying times for relaxation, homework, tutoring, and other important activities.

Rylea Luckfield, a junior and long-time participant in Upward Bound, had some advice for younger students. She said, "My advice to improve time management is to learn from your mistakes. I used to have trouble with procrastination and have had to learn how to deal with that. Everyone has to figure out what works best for them."

## OCTOBER D4C

College and Career Search was the theme at the October Destined for College meeting. October 9th, students and staff gathered on the Missouri State campus to learn about ways to search college websites, find information about careers, take the Self-Directed Search interest inventory, and learn about Hispanic heritage.

Guest speakers for the meeting included Marjorie Stewart from the Missouri State Career Center. Ms. Stewart led the group in taking the SDS then spent some time helping students understand the results. The SDS is an interest inventory that supplies each taker with a three letter Holland code. This code lists in order of preference the types of activities and personality traits common for that individual. The six letters are S for Social, A for Artistic, I for Investigative, C for Conventional, E for Enterprising, and R for Realistic.

While there is no right or wrong Holland code since it is based on personality, the largest group was clearly the S group. S's

are generally people who feel strongly about help or serving others. Types of careers S's prefer include health services, teaching, and social work. More information about Holland codes and careers can be found online at <http://online.onetcenter.org>.

The second guest speaker was Yolanda Lorge from Grupo Latinoamericano. TRiO Upward Bound was lucky to have Ms. Lorge as September and October are extremely busy months for her due to Hispanic Heritage Month. Ms. Lorge took the last hour of the day to explain the purpose of the group and how living in the U.S. can be very difficult for Hispanics.

The Upward Bound students asked many questions and were encouraged to attend the Hispanic Fashion Show held that evening on the Missouri State Campus. More information about Grupo Latinoamericano can be found at <http://grupolatinoamericano.org/index.html>.

## NOVEMBER/ DECEMBER CALENDAR

## ANNOUNCEMENTS

- 11/20 Destined for College/ PAC Meeting
- 11/24-26 MSU Thanksgiving Break
- 11/25-26 SPS  
Thanksgiving Break
- 12/1 ASM for Central,  
Hillcrest, and Parkview
- 12/4 Destined for College
- 12/15 ASM for Central,  
Hillcrest, and Parkview
- 12/23-1/3 SPS Winter Break
- 12/24-1/2 MSU Winter Break

-UB is happy to introduce our newest members: Chelsea Rose from CHS, Mikayela Robbins from PHS, Lahana page from PHS, and Henry Novack from CHS!

-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.



11/18 Miles Morris

12/29 Chelsea Rose

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*New Opportunities, New Horizons.*

**We're on the Web:**

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

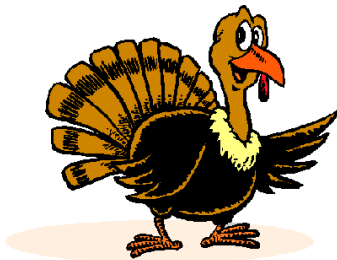
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## GRADUATE ASSISTANTS — 2010 - 2011

*Jordan Barker*

### Turkey Facts!

1. Ben Franklin wanted the wild turkey to be the national bird instead of the bald eagle.
2. Most domestic turkeys are too fat to fly.
3. Turkeys can drown if they look up in the rain.
4. A turkey can run up to 20 miles per hour.
5. A turkey's head changes colors when it becomes excited.



*April Stublefield*

### Harvest Spice Cookies

1. Whisk dry ingredients:
  - 1.5 cups flour
  - 0.25 tsp ginger
  - 1 tsp cinnamon
  - 0.25 tsp clove
  - 0.25 tsp nutmeg
  - 0.25 cup cocoa powder
2. Cream 0.5 cup butter and 0.5 cup brown sugar.
3. Add 0.25 cup honey or molasses to butter/ sugar.
4. Combine 1 tsp baking soda in 1.5 tsp boiling water.
5. Add half the flour mixture and all of the baking soda mixture to the butter/sugar mixture.
6. Add the rest of the flour mixture.
7. Chill for one hour.
8. Bake as cookies at 325 degrees for 13 minutes.

**YUM.**

