



The TRIO



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October 11th is Columbus Day



PAC

The first PAC meeting of the 2010-2011 school year was held September 18th, after the D4C meeting concluded. PAC members in attendance included Winter Hill, Cassie Walters, Jessica Sharp, Darla Vance, Taylor Rees, and Abby Fernandez. UB staff and Site Coordinators were also in attendance.

Topics discussed included PAC members thoughts and suggestions about past D4C and After School Meetings, ideas for future meetings, and suggestions for more PAC involvement in planning meetings and trips.

Parents Meeting

The first Parent Workshop for the 2010-2011 school year was held Thursday, September 23rd, in the Upward Bound office. Several topics were discussed such as questions and concerns about the Upward Bound program, information about the ACT, and ideas for future meetings.

Some parents asked about staffing changes in Upward Bound. The university is in the process of finding a new TRiO Programs Director and then will begin searching for a new Upward Bound Coordinator. In the meantime, Kate Kobe will continue to act as the coordinator and Charlotte Hardin, Assistant Vice-

The meeting concluded with PAC members discussing the future production of the Irregular, a UB student run publication. The next PAC meeting will be held after the October D4C.

Below: Rylea and Winter race to pick up the ball first, in a game at September's DAC.



President of Multicultural Programs at Missouri State, will continue to fill in as Program Director.

UB staff asked parents to fill out a survey about ways UB could better serve students and families. Parents indicated that they would like to receive more information about how students are doing in the program and to receive direct mailings from Upward Bound.

In future. Upward Bound will send reports to parents about student participation and progress. Upward Bound will also mail all calendars and newsletters to parents in the mail.

KATE'S CORNER

Quotes:

"There are advantages to being elected President. The day after I was elected, I had my high school grades classified Top Secret."

~Ronald Reagan

"We are taught you must blame your father, your sisters, your brothers, the school, the teachers - but never blame yourself. It's never your fault. But it's always your fault, because if you wanted to change you're the one who has got to change."

~Katharine Hepburn

"My mother never gave up on me. I messed up in school so much they were sending me home, but my mother sent me right back."

~Denzel Washington

"Education is that whole system of human training within and without the school house walls, which molds and develops men."

~W. E. B. Du Bois



AFTER SCHOOL MEETINGS

The October 6th after school meeting was focused on constructing a résumé. A résumé is a document that contains a summary of relevant job experience education, and skills. This document is commonly used when applying for jobs, internships, some colleges and some scholarships.

The top of a résumé should contain contact information. The person's name should be the most visible part of the résumé. In addition, contact information should consist of local and permanent addresses, a phone number, an email address, and a web page if applicable.

Following the contact information, a résumé should contain an objective statement. This statement should be tailored to the position or achievement that the résumé writer is aiming to obtain. An example objective statement is, "To obtain an internship in the medical field" or "To obtain an entry level position in local food service business."

Education and Work experience should be included in a résumé. The education section could include current and past high school, college, and certification programs. Scholastic achievements and grade point averages can be included to enhance the résumé. Work experience is usually listed in reverse chronological order. This means that the most recent job is listed first followed by the next most

recent and so on. At least three duties should be listed for each position listed.

Skills are a good option to list on a résumé. Skills could include experience with computer programs, typing and 10-key speed, fluency in additional languages, CPR and first aid certification, American sign language, swimming and aquatics skills, and navigation skills. Any skills or abilities relevant to the position that is being applied for should be listed.

Finally, references help to strengthen a résumé. References are people who can verify the credentials listed on the résumé and provide additional information about the applicant. A reference should not be a family member or a friend. Teachers, mentors, past employers are good choices for references. An Upward Bound staff member could make a solid reference as well. Before a reference is listed, that person must first be asked by the resuméewriter. References are not required on résumés, but it is a good idea to compile references because they are often required for applications.

"Résumés are the coolest gosh darn thing in the whole wide world, and I wish that I could write a new one each Friday night of my life!"

-Kate O'Brien

SEPTEMBER D4C

September 21st was a great day for all the students of Upward Bound. It was a beautiful Saturday morning, and nothing could be better. So at 9:00 am on this fine Saturday morning, we all gathered in the Plaster Student Union to take the ACT test! The students were thrilled, and the staff was joyous. Too bad the students can't take the ACT every D4C meeting.

ACT Tips:

1. Answer every question.
2. Pace yourself; don't spend too much time on one question.
3. Trust your instincts. Your first guess is usually right.
4. Check out a prep book from UB.
5. Take practice tests.
6. Get plenty of sleep the night before.
7. English test: the shortest answer is often the correct response.
8. Take the ACT as many times as possible.
9. <http://www.actstudent.org/qotd/>
10. Arrive early.
11. Double check your answers when you finish.

UB Staff gave an anonymous survey at the end of the meeting to receive student responses to the meeting. Most students reported the practice ACT test as helpful, though some wished they had been more ready. Student participation varied from a

level "2" to a level "5" with "1" being little participation and "5" being a lot.

Some students were frustrated that the ACT test was the same version used during the Summer Academy. Unfortunately, though UB staff ordered new tests for the September testing, they did not realize the two tests were the same.

In the future, students indicated they would like UB to help them prepare for the ACT by going over each section individually for more specific help. The two subjects students struggled with the most was Science Reasoning and Math.



Right: Who is excited? Rebecca is!



OCTOBER/ NOVEMBER CALENDAR

ANNOUNCEMENTS

- 10/9 Destined for College PAC Meeting
- 10/23 ACT Testing Date
- 10/27 ASM for Central, Hillcrest, and Parkview
- 11/3 ASM for Central, Hillcrest, and Parkview
- 11/17 ASM for Central, Hillcrest, and Parkview
- 11/20 Destined for College PAC Meeting
- 11/25 Thanksgiving



- 10/9 Casey Rees
- 10/9 Lahana Page
- 10/12 Jordan Barker
- 10/17 Jamie Blair
- 10/19 Rabbecca Hicks
- 10/22 Tabatha Proctor
- 11/2 Kate Kobe
- 11/18 Miles Morris

-UB is happy to introduce our newest members: Aleshia Finley joins from Central HS, Courtney Arnold joins from Central HS, Brandon Redding joins from Central HS, Taylor Harrington joins from Parkview HS, Lahana Page joins from Parkview HS, and Bailey Schulze joins from Parkview HS!

-We are in the process of hiring tutors. Please tell us specifically which classes you want to be tutored in.

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

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New Opportunities, New Horizons.

We're on the Web:

www.missouristate.edu/upwardbound

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GRADUATE ASSISTANTS — 2010 - 2011

Jordan Barker

If I Were A Butterfly— A Poem by Jordan Barker

If I were a butterfly I'd spread my wings,
And I would accomplish all kinds of things,
I'd fly everywhere including the moon.
Don't worry mom, I'll be back by noon.
King of the skies, I'm the man,
Because I'm the butterfly named Jordan.



April Stublefield

I Saw Despair One Mid-Morning

A spider hung in its home, a sighing tree
limb carrying an almost invisible burden,
a web with knots of fluff carried by the wind
and yesterday's leftover hollowed tombs.

A morning rain left the pattern
with threads stretched sideways,
creating holes for insects to fly
through in place of guiding stars.

I pulled the legs from mocking crickets
and sent them to visit the intact crosses,
lonely on that storm tossed filament
and watched their small struggles.

That spider's whole world was shaken
but he made no reception for the gift,
curling away eight legs and hiding all eyes
from life's fruitful offerings.

