Being a student is fun and challenging. At the same time, it is often quite stressful. Here are some ideas for dealing with the stresses so that you have more room for the fun!

1. **Manage yourself.** Most people talk about managing time in order to have more of what life has to offer, but it’s only in managing ourselves that we really see a difference in our lives and are able to handle any stress life throws at us. Manage yourself and other things will fall into place.

2. **Control your environment by controlling who and what is surrounding you.** Life is like a cup. There’s only so much “stuff” that will fit into it. If you fill your cup with the wrong things and the wrong people, you won’t have time for the right things and right people. The wrong things and people bring stress. The right people and things bring joy and contentment. Choose who and what gets your time and attention.

3. **Be good to yourself.** Acknowledge yourself for the good you do! Don’t be too hard on yourself when things don’t go as you might have wanted them to. There are just some things that you can’t control — no matter how much you want to. Love yourself for who you are right now — at this very moment.

4. **Reward yourself.** Leisure activities are otherwise known as recreational activities. When you do things that bring you joy, you are re-creating your spirit. Nurturing your spirit is a great way to help you reduce stress. Take time to do things that reward you, every day.

5. **Exercise your body.** Health and vitality depend on your body’s ability to use oxygen and food effectively. One of the ways to help that happen is through exercise. Exercise also releases endorphins, which have been shown to improve one’s mood, making it a great way to deal with stress! Move your body every day!

6. **Relax yourself.** What do you do to really relax? Do you even take the time, or know how to? Meditation, listening to soothing music, spending time with friends and people you love, conscious breathing… these are all ways to really relax. If your mind is pulled to the things that stress you, you aren’t really relaxed! Take time to be absolutely quiet every day.

7. **Rest yourself.** It’s important to take breaks. There’s a reason why employers give you several during the day. Take them. While you are responsible for your own study schedule, it’s critical to your success that you take time to rest — away from your desk — takes naps if you’re feeling restless! It’s also important to get sufficient sleep. Most people need at least seven hours each night. Good sleep habits include having a set bed time and a set waking time. Did you know that if you don’t get the amount of sleep you need, you can be off (in your ability to think, respond and judge) by as much as 50% the next day? Following a pattern and establishing a rhythm for yourself and your body help you be more relaxed and less stressed during the day. Go to bed! Don’t apologize for wanting to “turn in” early!

8. **Be aware of yourself.** Pay attention to your body. It gives you clues as to what it needs, and when something is wrong with it. Also, know what makes you feel great, and what makes you feel lousy. Being able to recognize them will help you make great decisions for yourself. Also, listen to your intuition. Your wise self never gives you the wrong answers. Your head, on the other hand, will almost always try to talk you out of it. Wake up and pay attention. You learn all sorts of things this way!

9. **Feed yourself and avoid poisoning your body.** Our minds have really been polluted with ideas of what a “healthy” diet looks like, and what “proper” nutrition is. Learn about what things like “low fat” prepared foods, sugar, fat, caffeine and tap water are really doing to your body. Improper nutrition causes stress in the body. It’s not hard to get the right information and make great choices for yourself. Eat good stuff!! Your body will thank you!

**Enjoy yourself.** We’ve all seen stories of people who are diagnosed with some horrible disease and given six months to live who have, in those last months, really developed a love of life — a desire to enjoy it all. Well, forget about the person with only 6 months… what about you? You probably only have 80 or so years if even that… shouldn’t each moment of your life be utterly succulent too? There’s only so much time in this life. Every moment of it is precious. Make it all count. When you do, you’ll find you have less stress, fewer physical problems, and that you’re more productive. Look for the good/sweet/fun/joyous in every situation, even when life seems less than fair.

As always, if you need me, I am here. Please let me know what I can do to ensure your semester ends great!
Missouri Hotel- just another building downtown. But when given the chance to volunteer, your eyes are opened to a completely, new, different experience. TRIO Upward Bound went on a field trip to volunteer there today. I had no clue what we were going to do. It turned out we were going to help out with a Halloween party that was being thrown for the kids. Seeing children's eyes sparkling at the perfect costume for trick-or-treating, or just walking around and feeling like a princess, made this a time where these kids can actually be kids, walking from station to station asking for candy, or attacking cans with bean bags. It made my heart break when some kids couldn't find a costume because it didn't fit, or we had run out of their size. This experience made me realize I had taken my childhood for granted. So blessed with a roof over my head, clothes that fit and that I like, being able to clean myself up whenever needed, being healthy. These little things that seem like everyday life, isn't for someone else. Don't take things for granted, and pray for those who only have what they're wearing. There were one-month olds to grandparents watching their children laughing and smothering their faces with icing and chocolate. That experience has been imprinted onto my heart.

Pictured here are Summer Tapprich and Angela Perez manning the fruit station at the Halloween Block party hosted by the Missouri Hotel.

Thanksgiving

In 1621 the Plymouth Colonists and the Wampanoag Indians shared an autumn harvest feast, that is recognized today as thanksgiving. Reflecting America’s religious practices, Thanksgiving was designated as a time of fasting and giving thanks. Unity and togetherness is usually the theme of thanksgiving. This is a time when family members and friends put their differences aside and gather as one.

The month of November is also recognized as Military family month, Alzheimer’s awareness month and lung cancer awareness month. In the spirit of thanksgiving we should remember the sick and shut in. Also those who are overseas in the Service and are not able to have the company of their loved ones this time of the year. Let us be appreciative of the fact that we are in good health and we have an opportunity to attend school on a consistent basis. Also for programs like Upward Bound which gives you the tools and a good opportunity to one day become a college student. We should also think about what we can do to help those who are in need, whether it is donating items, raising money or giving a helping hand. We are all capable of influencing change and leaving a positive mark on the lives of others.
Our next activity was a trip to Campbell’s Haunted Corn maze. Our students had an adventurous evening. We bonded while roasting s'mores and hotdogs over an open fire. We also participated in karaoke and hayrides and pumpkin decorating.

Our trip to the University of Missouri– Kansas City proved to be beneficial, as there were a lot of freshman students travelling with us. Many of these students had never been on a college visit. They enjoyed learning about college, the different courses of study, extracurricular activities, and departments that are available for student support.

Upward Bound aims to help our students become well-rounded individuals. This has been an active semester thus far. We are currently serving 60 students, of which 50% have taken the ACT since the start of the semester or will have taken the ACT by the end of 2014. Our trip to the University of Missouri– Kansas City proved to be beneficial, as there were a lot of freshman students travelling with us. Many of these students had never been on a college visit. They enjoyed learning about college, the different courses of study, extracurricular activities, and departments that are available for student support.

We volunteered with The Kitchen at the Missouri Hotel, helping them run their Halloween Block party. This was a great experience for the children who attended and also for our students. We engaged in everything from face painting, setting up ‘scary exhibits, helping out in the kitchen, and running various game stations.

Catch Our Students in Action

UMKC Preview Day

October 25th Destined For College Meeting
Meet Our Upward Bound Students

Brenden Adam
School: Parkview
Grade: 9
Goals: Financial Advisor

Jasmine Canady
School: Central
Grade: 12
Goals: Meteorologist

Corey Cline
School: Parkview
Grade: 9
Goals: Unknown

Cheyanne Herrera
School: Central
Grade: 9
Goals: Website Designer

Kristen Hildebrand
School: Central
Grade: 9
Goals: English Teacher

Karl Laursen
School: Hillcrest
Grade: 11
Goals: Dentist, Veterinarian, Medical Assistant

Trinity Jones
School: Parkview
Grade: 9
Goals: Business Owner

Desiree Johnson
School: Central
Grade: 9
Goals: Pediatrician

Tyler McGilvry-James
School: Parkview
Grade: 9
Goals: Theoretical Physicist

Leeanna Morrison
School: Parkview
Grade: 9
Goals: Chef, Artist, Police Officer
Freudenberger House, Lower West Level
901 S. National Ave.
Springfield, MO 65897
Phone: 417-836-6220

UB Staff:
TaJuan Wilson, Director 417-836-3118
Audri Killian, Assistant Director 417-836-3117
Zaleika Goffe, Graduate Assistant 417-837-6177

UB Site Coordinators:
CHS: Jen Simmons 523-2667
HHS: Lynn Schirk 523-8042
PHS: Ruth Ann Maynard 523-9262

November 2014 Calendar

November 10, 2014: PHS After School Meeting
November 12, 2014: CHS After School Meeting
November 13, 2014: HHS After School Meeting
November 17, 2014: PHS After School Meeting
November 19, 2014: CHS After School Meeting
November 20, 2014: HHS After School Meeting
November 22, 2014: Destined for College Meeting
November 26-27, 2014: Thanksgiving Break

Birthdays

November 3rd - Corey Cline
November 4th - Ruthann Maynard
November 6th – Javier Banuelos
November 10th - BriAnn Martinez
November 17th - Manuel Ledesma
November 18th - Marcus Bullard
November 18th - Zaleika Goffe
November 21th - Matthew Louk