Let’s talk—Senior Year!

Attention Seniors! Be sure you are on track for completing all of your senior year tasks! Are you college ready? Here is a checklist for fall:

⇒ Complete college applications with input from UB staff, counselors, teachers, parents, etc.
⇒ Be sure ALL loose ends are completed with college apps— did you request your high school transcript to be sent to each college you applied to? Did you request an application fee waiver from UB, if necessary? Watch emails for follow-up and/or call the college(s) you applied to for your application status—are you admitted?
⇒ Visit the college(s) you are deciding between. Be sure you feel comfortable on the campus of the college you are planning to live at for the next 4 years of your life!
⇒ Apply to scholarships! Use the UB web page Scholarships/Financial Assistance as a resource guide: http://departments.central.edu/upwardbound/scholarships/
⇒ Re-take the December 14th ACT if you plan to re-take it one more time!
   November 8th is the registration deadline! Ask your UB coordinator for a fee waiver if you have not used 2 waivers total (through junior-senior years).
⇒ STUDY! STAY FOCUSED ON GRADES! Low grades could affect a college’s admission decision for you and/or can affect scholarship $ you are awarded!

New Administrative Assistant

Cara Miedema joined the Upward Bound Team as the new Administrative Assistant for the program on September 2. She is a graduate of Pella Community High School and Central College. She and her husband Jim have four active boys including twins age 17, a 14 yr. old, and a 9 yr. old. She is looking forward to meeting all the UB students over the next few months when touring each of our target high schools.
## Tutoring Options at Target Schools

<table>
<thead>
<tr>
<th>School</th>
<th>Tutoring Options 13-14</th>
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</thead>
<tbody>
<tr>
<td>East</td>
<td>Seniors Only&lt;br&gt;Math tutoring: Math teachers&lt;br&gt;T/TH&lt;br&gt;2:45 – 3:45 p.m.&lt;br&gt;Counseling Office, <a href="mailto:antaysia.cameron@dmschools.org">antaysia.cameron@dmschools.org</a></td>
</tr>
<tr>
<td>E-B-F</td>
<td>Savage Success&lt;br&gt;W/TH 30 minutes&lt;br&gt;Teachers also available before or after school and during their prep time to help students.</td>
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<tr>
<td>Lincoln</td>
<td>Math tutoring&lt;br&gt;T/TH 2:45 – 3:45 p.m. or&lt;br&gt;Wed 6:50 – 7:20 a.m.&lt;br&gt;Room 2080&lt;br&gt;Students at Lincoln can make arrangements with individual teachers at a mutually convenient time to get extra help as well.</td>
</tr>
<tr>
<td>North</td>
<td>Each core area offers homework help at 3:30 on Mon., Tues., &amp; Thurs.</td>
</tr>
<tr>
<td>Oskaloosa</td>
<td>Credit Recovery Teacher&lt;br&gt;T/TH&lt;br&gt;Student Services, <a href="mailto:tabbertm@oskaloosa.k12.ia.us">tabbertm@oskaloosa.k12.ia.us</a>&lt;br&gt;Rotating Teachers&lt;br&gt;Wed 2:30-3:30&lt;br&gt;Main Office, 641-673-3407</td>
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</table>
The Central College Upward Bound (CC UB) program kicked off the 2013-14 school year with an academic workshop held on Sunday, September 29, 2013. Sixty-six (66) CC UB students and parents joined Upward Bound staff (Director, Louise Esveld; Assistant Director, Kelly Kowzan; and Coordinators, Tiffany Berkenes & Nicole Kalkwarf) for lunch and an informational session at Des Moines Lincoln High School. Before lunch, UB Coordinator, Tiffany Berkenes, led parents and students through a presentation on how to successfully navigate their way through a college fair. Students and parents put these tips to work as we headed downtown Des Moines to Hy-Vee Hall and attended the Golden Circle College Fair. The Golden Circle College Fair brought together more than 150 colleges and universities from within the state of Iowa and across the United States. It annually attracts more than 2,000 students and family members, making it the largest annual college fair in Iowa. The fair is hosted by the Iowa College Access Network (ICAN). Thank you to everyone who attended this great opportunity in your college search process!
With a shortened meeting time period of three weeks, our team of sixteen Student Advisory Board Members worked extra hard and enthusiastically to accomplish their goals for their fellow Upward Bound students. Their efforts and strong teamwork resulted in the following successes: a record one-day Stipend Cup donation total of $173.00 on June 25th, which they rewarded donating students with one of the previous year’s UB/UBMS bracelets; a Pizza Ranch Fundraiser for $133.00; the annual Dodge ball Tournament for $124.00; sponsoring a Spirit Week; and a fun-filled Gala night “on the red carpet”! The SAB raised a total of $667.00 in three weeks for a donation to the Council for Opportunity in Education and for textbook stipends for Bridge students. Great work, ladies & gentlemen!

During the summer program, the SAB also voted each week on four students to receive Positivity and Citizenship Awards. Another congratulations to the following recipients on their consistent positive character and generosity within our UB community:

**Positivity:** Chris Boeschart (10th/North), Luchua Vang (12th/Lincoln), Samantha Scott (10th/East), Devin O’Connor (Bridge/East), Erin Shannon (10th/Oskaloosa), Robert Sales (10th/Pella)

**Citizenship:** Efrain Garcia (10th/Oskaloosa), Lizbeth Contreras (11th/Lincoln), Luzy Guerrero (10th/East), Jonathan Trinidad-Coss (11th/Lincoln), Cody Bell (11th/North), Dehkontee Dassin (12th/East)

We announced the newly-elected members of 2013-2014 Student Advisory Board during our Summer Program Orientation, and we would like to recognize them again here with many thanks for their continued leadership:

**President** – Jeilah Seely (Senior, East)

**Vice President** – Izak Yaw (Junior, East)

**Secretary** – Htoo Say (Senior, Lincoln)

**East** – Reannan Barlow (Senior) & Jesse McGregor (Junior)

**E-B-F** – Cheyenna Fisher (Senior) & Faith Starr (Senior)

**Lincoln** – Juan Piña (Senior) & Marilyn Lo (Junior)

**North HS** – Taylor McDaniel (Senior) & Mikolina Lowe (Senior)

**Oskaloosa HS** – Amber Davis (Senior) & Scottie Yang (Senior)

**Sigourney HS** – Jeremiah Green (Senior)

**Bridgers:** A.J. Walker & RazZae DeGeest