



Upward Bound Alumni Newsletter

April 2016

The media coverage is more and more intense as November approaches. Is it really important to vote? Does it really matter if we do our research before we go to the polls? As we are inundated with information, some reliable and some not, it is even more important to do our own research. Remember, if you go to the polls uninformed, you potentially cancel an informed voter's vote. President Andrew Jackson stated on August 19, 1841 that "THE PEOPLE are the government, administering it by their agents; they are the government, the SOVEREIGN POWER." Will we take our freedom to vote for granted or will we study up on the candidates, look at their voting records, and make a well-informed decision? Should we take the "sovereign power" paid for by untold lives lightly?

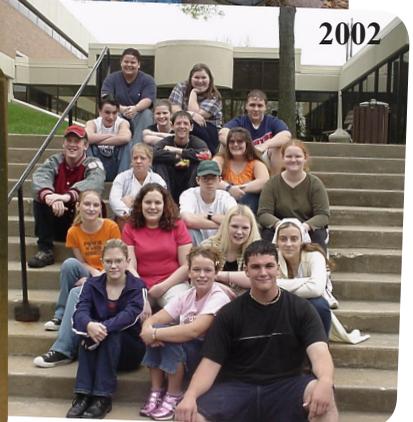
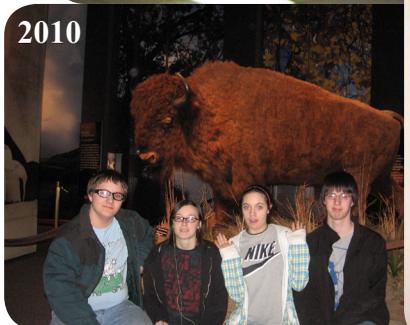
Rebecca



SOME OF OUR 2015 ALUMNI - BEST IN YOUR FUTURE!

Left to right - Kristi Hulsey, Sam Young, Joshua Hall, Blair Moeller, Grace Fiedler, Nicholas Andrade, Kayla Clapp, Taylor Bayer, Austin Sago, Lucas White, Deaven Boyer, Deaven Coleman (picture was taken at the summer program Award Ceremony in 2014)

Photos from the past



Where are they now? Sherry Ritter - 2001 UB Alumni



Sherry graduated from Ste. Genevieve High School in 2001 and went to Truman State University for her undergraduate degree. After completing her bachelor's degree in biology in 2006, she went on to the University of Missouri-Columbia where she earned her medical degree in 2011. Today, Sherry is an internal medicine physician at Ste. Genevieve County Memorial Hospital and she sees patients in clinic, nursing homes, and in the hospital.

When she is not working, Sherry enjoys singing, playing the piano and the flute, walking her two dogs, hiking, and spending time with her extended family. She also has three cats that she cares for.

When asked about her favorite UB memory, Sherry stated, "There are so many, but a couple are the mixed up fairy tale play we wrote and performed as part of our drama class and Nena bringing a birthday cake her mom made for me during the summer program."

Upward Bound taught Sherry that, "finishing college is not only possible, but it's ok to dream beyond the bachelor's degree." She states, "If not for UB, I imagine my life would have turned out very different."

Congratulations to Sherry and to all of our successful UB alumni! For those of you who have not finished your degree, let Sherry's story inspire you to continue.

UB in the News...

Summer 2016 plans are under way. Our theme is "Blaze the Trail for Your Future...College Bound or Bust!" The summer trip will be to St. Joe, MO, home to the Pony Express and where most

wagon trains stopped off before heading west. We plan to spend some time in Kansas City as well. Yee-haw and circle your wagons!!!

Friend UB at MAC on Facebook to see more pictures, videos, and find your old UB friends! Search for "Upward Bound at MAC."



8 JOB SEARCH TIPS

- 1) Accept responsibility - Go with the attitude you can achieve your goal.
- 2) Know yourself - Think about your strengths and where you want to be.
- 3) Find a mentor - Volunteer with someone in the industry and get to know them.
- 4) Own a niche - Become an expert at your strengths.
- 5) Brand yourself - Do some on-line house cleaning because most employers are looking at social media sites before they hire.
- 6) Network daily - Become involved in your community and get to know people.
- 7) Join the free agent economy - Short term employment, part-time, or flexible jobs may be a great way to start.
- 8) Be persistent - Job hunting may take time so don't give up the search. Make sure and follow up after the resume is sent.

Quote

"Our lives begin to end when we become silent about the things that matter."

...Martin Luther King Jr.

<http://www.crown.org/MediaNews/CrownMedia/tabid/124/entryid/14/lets-get-to-work-eight-proven-tips-to-find-your-dream-job-this-year.aspx>



2015

UB Reunion

Effective Email Communication: What you need to know!

In our technology-based world, much of what we read, hear, and say is done via some type of electronic device, such as computer, tablet, or cell phone. Electronic communications make it easy to become complacent in our spelling, grammar, and organization. When texting a friend, this may not be a big deal, however, if you are emailing a teacher, professor, or potential employer, a poorly written email could make an unintended negative impression. Below are a few tips on how to make sure you are communicating effectively:

- Make sure email is the most appropriate form of communication for what you are wanting to say. Email may not be appropriate if your message is long and complicated, if it is highly confidential, or if it is emotionally charged.
- Identify your audience. Is it a casual email to a friend? Is it a professor/teacher? Is it a potential employer? This will help you determine how to address the recipient in the greeting line, as well as how to close the email.
- Think about the message before you write it. Do not send emails too quickly. Proofread, proofread, proofread your email and check for spelling and grammatical errors, such as punctuation and capitalization.
- Be clear in what you write. State your purpose for the email. Separate thoughts with paragraphs, and state your desired outcome.
- Reflect on the tone of your message. Email communication is not supported by gestures, voice inflections, or other cues. Sarcasm and jokes can be misinterpreted in emails.

Writingcenter.unc.edu

From the Archives

What on earth were we doing here? This innocent group of 2001-2002 UB students were doing a “fun” get to know you activity in the North College Center. I believe the idea was that the whole group would be simultaneously sitting at the same time. Although there are many activities we have repeated, to my knowledge this one never was.



**Contact Information
Upward Bound
Mineral Area College
P.O. Box 1000
Park Hills, MO 63601-1000
573-518-2156
Fax: 573-518-2168
www.MineralArea.edu/UpwardBound**

Rebecca Neighbors, Director UB I & UB II
rneighbo@MineralArea.edu
Connie Hester, Administrative Assist.
chester@MineralArea.edu
Michelle Dane, Academic Advisor UB I
mdane@MineralArea.edu
Chad Majeske, Academic Advisor UB I
cmajeske@MineralArea.edu
Melissa Stetina, Academic Advisor UB II
mstetina@MineralArea.edu

TRiO A Federally
Funded Program

The mission of Upward Bound at Mineral Area College is to serve eligible high school students by providing academic enrichment, cultural experiences, and a support network to ensure their success in attaining a four year college degree.

The Mineral Area College Upward Bound I program is a TRIO program funded with a five-year, grant from the U.S. Department of Education. This represents 100% of the program cost. Mineral Area College provides 25% of indirect costs to support the program.

The Mineral Area College Upward Bound II program is a TRIO program funded with a five-year grant from the U.S. Department of Education. This represents 100% of the program cost. Mineral Area College provides \$3,000 of indirect costs to support the program.

Upward Bound is one of five programs established by Congress to help low-income, first-generation students enter college and graduate. These programs are referred to as the TRIO programs.

For more information on Upward Bound I or II or for information on how to apply, contact the Upward Bound office located at Mineral Area College, (573) 518-2156. Office hours are 8 a.m. to 4 p.m., Monday through Friday.

Mineral Area College does not discriminate on the basis of race, color, national origin, gender, disability, age, religion, creed, or marital or parental status. For more information, call the Title VI, Title IX, Section 504 or U.S. Department of Education, Office of Civil Rights.

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