Upward Bound Updates:

- New student recruitment is taking place at schools
- Spring College Visits will be taking place March 22-23—students signed up in the fall and need to be registered in order to attend
- Upward Bound students will be staying in Birch Hall on the BSU campus this summer
- All Juniors should be registered to take the ACT on April 13th—please help remind your student

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Banking Benefits

Visiting with students over the course of the last month Upward Bound staff have been talking with students about financial planning with college in mind. While Federal Financial Aid is something UB works will all students to apply for and will likely contribute a significant amount toward our students’ education, it is important that there isn’t a reliance solely on aid. Even if financial aid covers all of a student’s educational expenses, there are other necessities that may not be covered by aid (an oil change or toiletries for example). College can be stressful enough without having to worry about money, so we strongly encourage students to start saving NOW! We encourage students to look for on-campus employment once they arrive on campus, but the hours must not be too taxing or students’ academics pay the ultimate price. The cushion that students are able to build up while in high school will help to reduce some of the pressure to work long hours during the week.

Throughout our conversations with students we have been discussing the importance of savings accounts. The money deposited in the account should be thought of as money “for college only” so that the balance continues to increase and there is less temptation to make withdrawals. Something else to keep in mind is that all financial aid is disbursed through direct deposit which requires students to have a bank account of some sort. Why not get started now and become familiar with the idea of banking? Please support your student by getting an account set up and work toward setting aside some money, even if it is just a little at a time.

A list of some banks and their phone numbers are listed below. Most banks charge nothing to open an account and only a minimal amount of money (similar in amount to UB stipend checks) is needed to start an account. Many require 2 forms of identification to open an account. Contact an individual bank and inquire about their minimum balance and valid forms of ID to prior to visiting.

**Bagley**
- First National Bank 218-694-6233
- River Wood Bank 218-694-6153

**Blackduck**
- Deerwood Bank 218-835-1234
- Wells Fargo Bank 218-835-4232

**Park Rapids**
- Northwoods Bank 218-237-1120
- State Bank of Park Rapids 218-732-3366
- Citizen National Bank 218-732-3393

**Bemidji / Red Lake**
- First National Bank 218-333-4370
- Deerwood Bank 218-759-6919
- Wells Fargo Bank 218-751-3757

**Cass Lake**
- Western Bank 218-335-4131

**Mahnomen**
- First National Bank 218-935-5251
Social Media & Your Student

The presence of Social Media is becoming increasingly prevalent in the lives of students. Between Facebook & Twitter, many students have adopted a venue in which to express themselves online. There are multiple benefits to the access students have to these online settings.

Benefits include:
* Keeping in touch with family and friends
* Support for students who have unique interests
* Familiarity with technology
* Gains in social confidence
* Further exploration of specific interests
* Developing connections with those similar AND different from themselves

As with anything, there are also areas for concern. An increasing concern regarding social media is students feeling disconnected from what they are actually posting on these sites. There is often a false sense of privacy accompanying the creation of a profile that prevents users from filtering what is being publicly announced. Users of the sites are finding that their profiles are not only for those they have friended, but are also being scoped out by potential employers at all levels to determine maturity and social awareness when making hiring decisions.

The bottom line when using these sites is to keep in mind while a thought or feeling can be fleeting, a written post is a more permanent statement that is not as easily retracted. Encourage your student to use caution when using these sites. Ask them to think about this: What would someone who didn’t know about me learn about me if they looked at my profile? Is that the image I want to project?

Back-to-Campus Schedule

There has been a date change!

The April Back-to-Campus will now be April 6th from 1:15pm - 4:30pm

May 5, 2013: End-of-the-Year Banquet
(2 family members welcome to attend)

Summer Program Dates:

June 9th: Move-in Day
July 4th & 5th: Holiday Break
July 14th-18th: Chicago Trip!

Northern TRiO Day @ BSU