

# UPWARD & ONWARD

NORTHEASTERN STATE UNIVERSITY UPWARD BOUND NEWSLETTER

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FALL 2020

VOL. 5



Hello students! We hope that you enjoyed your summer break and that school has gone off to a great start. Things have looked a lot different due to COVID- 19,

but we hope that you have remained safe and healthy. We have great things in store for you this year and we cannot wait to begin!

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# Stipend Structure

## Attend Saturday Sessions:

- Actively participate
- Turn in progress report
- Exhibit positive behavior

**\*\*\$25 earned each session\*\***

## Attend Summer Session:

- Actively participate in activities and classes
- exhibit positive behavior
- infraction charges will result in deduction

**\*\*\$20 earned each week\*\***

## Academic Bonus:

- Must maintain 2.5 GPA on semester transcript
- No letter grade below a C
- Must meet Proficient State Testing Standards (juniors and seniors)
  - Math: 21 ACT or 530 SAT or 300 CCRA OPI
  - Language Arts: 37 ACT or 510 SAT or 300 CCRA OPI

**\*\*percentage of funds left in budget\*\***

# Saturday Sessions

**\*\*Spring dates are subject to change\*\***

October (Thursday)	15
November	14
February	20
March	14
April	17



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## Database Student Portal Instructions

This year, we are moving digital! In our database you will be able to see upcoming events, your documents, and you will be able to keep track of the days that you have met with either Lisa or Paige. Below are steps on how to create your account.

1. **Click on registration link in the email that will be sent to you**
2. **Your username will be your email that was given to us by you**
3. **Create a password**

Once you are logged into the database, you can schedule appointments with Lisa or Paige by clicking on the calendar icon. You can also upload documents like your progress report to your profile. Each time you login, you will use this link: **[nsuok.mylacai.com/profile](https://nsuok.mylacai.com/profile)**

A tutorial video will be sent out to you by email. Please contact us if you have any further questions.

# TEN COMMANDMENTS OF FINANCIAL AID

What do you need to know when applying for financial aid? Let these ten commandments of financial aid illuminate your way.



## Thou Shalt...

1

### Apply for financial aid

Even if you don't think you're eligible



2

### Research, apply for scholarships

Unlike loans, you don't have to repay them



3

### Use student loans as a last resort

Exhaust non-repayment options first

4

### Choose federal over private loans

Lower interest rate and flexible repayment plans

5

### Try to negotiate

Send your FAFSA to several colleges you've been considering



6

### Study each college's aid package

Compare multiple schools for the best overall aid



7

### Consider tuition AND avg. financial aid package size

Pick a school that has a high % of needs met

8

### Consider the federal work-study program

Work-study earnings don't count as income

9

### Update the school if circumstances change

New child, divorce, medical bills, job change, etc.



10

### Have multiple family members attend at once

More students means more "financial need"



IN LOVING MEMORY OF

# Elise Oakley

2003 - 2020



We have had to say goodbye to one of our dearest Upward Bound family members. Elise was a junior at Central High School and had hopes to continue her education and play basketball. She lit up the space that she was in and was always a joy to be around. She was a go-getter and was determined to accomplish anything that she set her mind to. We will miss her so much.



# Stay Connected

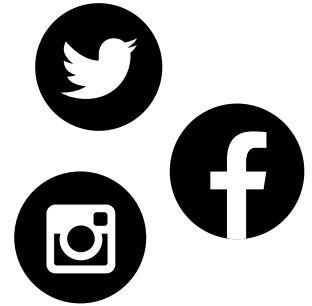
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Download the Band app to stay notified of upcoming events and important information! Once downloaded, you can find the group titled: NSU-Upward Bound. Contact Paige for the code. It is only good for 48 hours.



@NSUOKUB



## Important Contacts

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