

GEAR UP Virginia Times

Volume **01** • Issue **03** • May **2011**



www.gearupva.com

GEAR UP VA STAFF

Gary Krapf
Project Director

Harvey Carmichael
Associate Director

Kimberly Waid
Assistant Director

Deborah Morgan
Administrative Assistant

Christine Kemp
Information Management
Specialist

Alice Funk
Lead Regional Manager
Southwest

Linda Staylor
Regional Manager
Southside

Erin McGrath
Regional Manager
Central

Tierney McAuley
Scholarship Administrator

A Message to Our Students...

Greetings from the SCHEV GEAR UP staff! We trust that you're preparing for a well-deserved summer break, and of course we hope that it will be a safe, productive time for you. We also hope that you will continue thinking about postsecondary opportunities, and about the things that you must do next fall to make that a reality. To help you as you consider next year, remember that the SAT or the ACT must be scheduled and taken early in the year. Your guidance office can provide you with test registration materials. Also, remember to investigate the admissions criteria for schools that you may want to attend. Stay focused for the remainder of this school year and have a wonderful summer break!



Patrick Henry High School
GEAR UP students preparing
for the SAT.

Myths and Realities about College

We've all heard the stories, and now it's time to set the record straight. Let's see if you have heard of the two myths below, and we will do our best to dispel them.

Myth: College is so expensive these days; it may be out of reach.

Reality: Whether it's from a scholarship, grant, low-interest loan, or work-study program, more than 70% of college students in the US receive some kind of financial aid. In the end, the average loan debt of undergraduate students is \$20,000 – about the price of a relatively cheap new car. A car lasts only so many years. A degree will last a lifetime.

Myth: The second semester of a student's senior year in high school doesn't count.

Reality: Colleges will review students' second semester grades from senior year. If a student's GPA has fallen substantially, colleges have the right to withdraw their offer for admission.

Yep, there's an app for that!

If the idea of opening a thick SAT or ACT study guide does not appeal to you, there are now alternatives. With the popularity of smart phones, test prep apps have exploded on the scene. Besides the advantage of being more portable than traditional study guides, test prep apps can be used just about anywhere, anytime.

Here are a few examples: 1) www.adaptster.com - Over 1,000 SAT math questions with tests that focus on the areas where you need the most help, 2) [Princeton Review's SAT Vocab Challenge by Modality](#) - With four different timed games, it tests your knowledge of 250 vocabulary words, and 3) www.etextprep.com - Not an app, but a text-messaging service through which you receive three vocabulary words a day.

Inside this issue...

Save the Dates	2
A Year in Review	2
Regional Highlights	3-4
Make Your Summer Count	5
Famous College Graduates	5
Heads Up! Resources	6

SAVE THE DATES!

July
12

VDOE: From Vision to Practice
July 12-14 ♦ Williamsburg, VA
www.doe.virginia.gov

July
17

NCCEP/GEAR UP Conference
July 17-20 ♦ San Francisco, CA
www.edpartnerships.org

New on the web at www.gearupva.com: GEAR UP Calendar of Events



YOU ARE THE ONE WHO CAN HELP I AM THE ONE

The I am the One campaign is a statewide marketing effort to empower all students to plan for and succeed in education beyond high school. Programs like GEAR UP, that actively reinforce this message, are vital to the success of this statewide campaign.

If you are a GEAR UP Coordinator who would be willing to participate in a telephone group discussion that will help influence the development of new and existing I am the One materials, please send your contact information to paulafisher@schev.edu **by May 6th**.

Because you are the one who helps to shape our children's future.

To learn more about the I am the One campaign, please visit I-am-the-One.com.

A Year in Review: GEAR UP's Performance

Through hard work and dedication, GEAR UP students are moving ever closer to the reality of graduation. The promise of change is around the corner and GEAR UP Virginia will continue to strive for even better outcomes and further achievements in the year to come.

By the Numbers

*Number of GEAR UP Virginia students served
April 2010—March 2011*

2,683

Tutoring & academic enrichment services

1,734

College visits

1,265

PSAT/SAT/ACT readiness

1,879

Career and college exploration

This year there were many successful aspects of the GEAR UP Virginia grant. Below are highlights from the current reporting period:

- ♦ GEAR UP students spent 9,450 hours engaged in GEAR UP-sponsored family events. GEAR UP parents spent 6,806 hours participating in GEAR UP family events.
- ♦ One hundred and five GEAR UP Virginia team members attended a statewide GEAR UP training in Roanoke, VA. Fifty team members attended the Virginia College Access Network (VCAN) conference in Hampton, VA.
- ♦ The revamped GEAR UP Virginia website was launched this past fall. It can be viewed at www.gearupva.com.
- ♦ Forty-five percent of the GEAR UP Virginia student cohort visited a college campus this past year.
- ♦ Approximately 1,300 teachers of GEAR UP Virginia students participated in GEAR UP-sponsored professional development programs.
- ♦ GEAR UP career coaches delivered postsecondary transition services to GEAR UP students via 5,892 hours of group sessions and 1,553 hours providing one-on-one services.

REGIONAL HIGHLIGHTS

Central Region



Sixty businesses, not-for-profit organizations, and government agencies found their way to the Spring Career Fair held at King and Queen Central High School on Friday, April 8. Ms. Clayborne, the mother of a junior GEAR UP student pitched in to help with the hosting details.

Southside Region



Over 100 GEAR UP students from Danville Public Schools traveled to Atlanta, Georgia on March 26 to participate in the Mentors in Medicine Conference. Students gained hands-on experience using medical tools and procedures. Students were also able to speak with and gain insight from practicing physicians and professors currently working in the medical field.

Geared Up for the SAT

Holston High School, Southwest Region

Holston High School GEAR UP students completed an SAT workshop in preparation for taking the SAT on March 12. An SAT preparation class is offered at Virginia Highlands Community College for a nominal charge, but students living in more rural sections of the school district might have to travel more than 30 miles one way to take the VHCC class. GEAR UP coordinators wanted to take a more intimate and cost-saving approach. GEAR UP funds were used to hire a VHCC instructor to teach the workshop at Holston and also to purchase a workbook for each student. The workshop consisted of three 2-hour classes. To support student participation, the class schedule was set with consideration for various extracurricular activities. Student response was favorable as many students said they enjoyed the workshop being held at their home school with students they knew. They felt that this atmosphere allowed them to be more comfortable when asking questions and discussing the material.



Holston students excited about completing their SAT preparation course.

Photos on pages 1, 3-5 used with permission from GEAR UP schools.

GET READY. GET SET.
GO TO COLLEGE.

...Regional Highlights Continued

CENTRAL REGION



Charlottesville High School GEAR UP students participated in a discussion with a Piedmont Virginia Community College representative and a student during their GEAR UP Success Night.



The excitement level was high at Washington and Lee High School as GEAR UP students toured the annual career fair.



Jerry Brown (left), a 2002 King & Queen Central graduate and NBC 12 journalist spoke during GEAR UP's "Creating a Life by Design" event. Also pictured: Principal Davis (middle) and Kym Grimmage, station manager (right).

SOUTHSIDE REGION



Randolph Henry High School GEAR UP students conducted the general session and awards at Longwood's FBLA Spring Conference. Pictured: Regional President (left) and Corresponding Secretary (right).



Prince Edward County High School GEAR UP students attended an open house event at Norfolk State University on March 19th.



Seven Heritage High GEAR UP students participated in DECA's state marketing competition in Norfolk. DECA prepares students for careers in marketing, finance, hospitality, and management.

SOUTHWEST REGION



Nineteen Northwood High School GEAR UP students were inducted into the National Beta Club on April 5th. The Beta Club promotes academic achievement, character, service, and leadership.



Patrick Henry High School's GEAR UP students participated in the Reality Store. Local volunteers donated their time to help students walk through this eye-opening learning experience.

MAKE YOUR SUMMER COUNT!

Things to Do this Summer Before Your Senior Year (From MyCollegeOptions.org)

Study for College Entrance Exams

Even if you already took the SAT or ACT during your junior year, you may want to retake them in the fall to improve your scores.

Visit College Campuses

You've probably already come up with a list of potential colleges and universities and maybe even visited a few. If you haven't had a chance to visit them all, take time to do so this summer.

Narrow Down Your Options

Now that you've visited potential schools, it's time to narrow down your list to schools that you will actually apply to.

Get Started on the College Application Process

You definitely don't want to miss important application deadlines, so use your list of schools to record deadlines and required application materials for each school.

Create a Resume and Draft College Essays

Take some time this summer to work on your resume and draft college essays. Check with your schools to see what topics you may have to cover.

Secure College Recommendations

You will likely need a few recommendations from teachers and other adults to include with your applications. Think about people who know you well and who can represent you favorably.



FAMOUS COLLEGE GRADUATES

From Virginia Schools



Mike Tomlin

- Professional football head coach
- College of William and Mary
- Bachelor's in sociology
- Three-year starter for W & M football



Tina Fey

- Actress, comedian, writer, producer
- University of Virginia
- Bachelor's in drama
- Originally majored in English



Hoda Kotb

- News anchor and TV host
- Virginia Tech
- Bachelor's in broadcast journalism
- Member of Delta Delta Delta Sorority



Jon Stewart

- TV host, writer, comedian
- College of William and Mary
- Bachelor's in psychology
- Member of W & M soccer team



Scott Cooper

- Actor, writer, director, producer
- Hampden-Sydney College
- Bachelor's in economics
- Born in Abingdon, VA



Wanda Sykes

- Comedian and actress
- Hampton University
- Bachelor's degree in marketing
- Born in Portsmouth, VA



Boris Kodjoe

- Actor and former fashion model
- Virginia Commonwealth University
- Bachelor's degree in marketing
- Played tennis on a scholarship



Ryan Zimmerman

- Major league baseball player
- University of Virginia
- Bachelor's in sociology
- Three-year starter for UVA baseball

“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.”

~ Bill Cosby

HEADS UP! Resources

1. College Week Live - Planning on college? Sign-up for College Week Live, the world's largest college fair and online admissions event website. It's free and supported by the U.S. Department of Education Federal Student Aid office. At CollegeWeekLive, you can a) chat live with admissions reps from 300+ colleges, b) find over \$2.5 million in financial aid & scholarships from participating colleges, c) hear what campus life is like via student video webcasts, d) get great admissions advice from experts presenting live via video on topics like “How to write a college application essay” and “How to find scholarships”, and e) be eligible to win a \$10,000 scholarship from CollegeWeekLive just for logging in! Counselors should visit the web address below for materials to distribute to students:

http://www.collegeweeklive.com/en_CA/guest/app-counselors/refcode=MW

2. US News and World Report - Finding the right college for you is just as important as finding the best college. Use our tips, tools, and expert advice to explore your options.

<http://www.usnews.com/education/best-colleges/right-school>

3. StudentAdvisor.com's Top 100 Social Media Colleges ranked by students - StudentAdvisor.com's Top Social Media Colleges ranking compares more than 6,000 federally recognized colleges and universities and postsecondary schools in the United States in terms of their mastery of public social media methods, tools, and websites. The top 100 of those schools are shown in the ranking list, which is regularly updated.

<http://www.studentadvisor.com/top-100-social-media-colleges>

4. US Department of Education – EdBlog - If Your Students Think they Can't Afford College, Point Them to These FAFSA Resources - At the end of their time with us, all teachers want our students to learn more, to go to a college, university, or community college. We want them to have satisfying work and financially secure futures. Pointing them to these resources is one step in the right direction.

<http://1.usa.gov/gRI4kT>

Visit our website for
more resources at
www.gearupva.com.

GEAR UP VA SCHOOLS

Charlottesville High School
Council High School
Cumberland High School
E. C. Glass High School
Freedom High School - Prince William
Galileo Magnet High School
Gate City High School
George Washington High School
Grayson County High School
Grayson Highlands School
Greensville County High School
Gretna Senior High School
Grundy High School
Heritage High School - Lynchburg
Holston High School
Hopewell High School
Hurley High School
J. I. Burton High School
Central High School - King and Queen
Marion Senior High School
Martinsville High School
Meadowbrook High School
Northwood High School
Nottoway County High School
Patrick County High School
Patrick Henry High School - Washington
Petersburg High School
Prince Edward County High School
Pulaski County Senior High School
Randolph Henry High School
Rye Cove High School
Sussex Central High School
Twin Springs High School
Twin Valley High School
Washington and Lee High School
Woodbridge Senior High School