

College Insights

MI GEAR UP NEWSLETTER

10-1-13 **MICHIGAN GEAR UP**
Issue #2 **MAKE CHOICES FOR YOUR FUTURE**



A project of the VISTAs (Volunteers in Service to America) and College Positive Volunteers (CPVs) assisting the LSSU MI GEAR UP Program.



Tips to Success

Sleep is incredibly important to a student, a teenager needs on average nine hours of undisturbed sleep every night in order for your brain to be fully prepared and functioning for the day ahead

Source: <http://www.youtube.com/watch?v=LWULB9Aooqc>

Transitions

Moving from school to school or even moving from one grade to another within the same school can be hard and intimidating for a student, especially the move

people have been where you are right now and lived through it, usually.

The reason why this time is so difficult is that it can overwhelm a person, you have no support from friends unless your lucky enough to have a few from last year that moved on with you, you don't know where anything is, and the stress keeps building. The problems people have are really simple to fix when you think about it. You just have to keep going, concentrate and before you know it you'll be right at home in your new environment.

Source: Been There, Survived, Than By: Real Teens

Billions have made it, you can too!



from middle school to high school. You can feel like you've been sent off to a different planet. But trust me, you are by no means alone nor the first to feel this way. Literally billions of

LCAN

Three Campus Visit

Monday, Oct. 14, 2013

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University Center, Gaylord

Northwestern Michigan College, Traverse City

North Central Michigan College, Petoskey

Meals & Bus ride Included

Sign up by Oct. 1st!
Space is limited!

Sign up by phone or e-mail at
(989) 858-6191
eupcadoit@gmail.com

College Visit Tip: When you are travelling around the state and need a moment to stretch your legs—stop in at a college campus. They are marked along the highway, always have lovely grounds and a quick stop will help orient students to the location of the campus in relation to home!

Keys to a successful transition

- ⇒ Make new friends, start conversations with people using common interests and let that snowball into a lasting friendship.
- ⇒ Join clubs and other social groups. It will help you meet people and feel more accepted.
- ⇒ Stay true to yourself, do not change to fit in with everyone else.
- ⇒ Be organized. Write down homework in a planner, keep your textbooks in one place, only carry what you need at any one time.
- ⇒ Don't be afraid to ask for help if you don't understand.

- ⇒ Know your way around. Find all your classes, know where the bathrooms, lunch room and your bus is.



National Gear Up Week Sept. 23-27, 2013

During September LSSU MI GEAR UP students spent time visiting college campuses.

September 21st, 27 students from the five GEAR UP schools traveled to Central Michigan University. They arrived at the LSSU Native American Center as the sun was rising, boarded a Kewadin Travel motor coach and travelled 4 hours south to Mt. Pleasant, Michigan—home of Central Michigan University and the CMU Chippewas football team. We wish to express our thanks to Kewadin Travel for their help with this trip!

Both the high school students and the college student volunteers who accompanied the group had a great time! They were able to meet Mary Henley, the director of the CMU MI GEAR UP program as well as Colleen Green who is the CMU Director of Native American Programs. They spent a few minutes walking the campus and then headed to watch the game with several state leaders of the KCP Initiative.

The following Thursday, students were invited to attend the Eastern Upper Peninsula College Fair at LSSU. Representatives from 25 universities as well as several of the LSSU departments were available to answer student questions about gearing up for college now!



What's Been Going On?

Upcoming College Access Activities

Local College Access Network's Three Campus Visit

Monday—October 14, 2013

University Center, Gaylord, MI
Northwestern Michigan College, Traverse City, MI
Northcentral Michigan College, Petoskey, MI

All in One Day!
Meals and Bus Transportation Included

Departs from St. Ignace Glen's Parking Lot at 7:30 AM
Limited Space—sign up now by calling (989) 858-6191 or
sending an e-mail to eupcandoit@gmail.com

What is LSSU MI GEAR UP?

The LSSU MI GEAR UP program is a jointly funded college access program for a specific cohort of secondary students in targeted secondary schools. The U. S. Department of Education funds GEAR UP, the State of Michigan through the King Chavez Parks Initiative funds College Day and Lake Superior State University funds the LSSU educational outreach endeavor as well as facilitates the existence of the program with additional assistance from collaboration with the LSSU Learning Center, and the LSSU Department of Student Affairs, as well as numerous members of the LSSU faculty, administration and staff. The Michigan Campus Compact supports the engagement of college student volunteers in the program as CPVs, a cornerstone element of the program framework.

The student cohort is identified by their enrollment in targeted schools. The present LSSU MI GEAR UP outreach activity began with the students as 7th graders in 2011-2012 and will move with the students through successive grades over the ensuing 7 years. The program is intentionally designed to help students envision post-secondary education for themselves, whether through vocational, certificate or college programming. We seek to help the students stay focused on their educations while still in middle and high school. We encourage them to seek out learning opportunities and take challenging courses. And we encourage them to remain in school and graduate. In addition to its primary focus on the MI GEAR UP cohort student, the program seeks to facilitate a *ripple effect*, positively impacting on the sources of influence which assist students to be successful in school and pursue post-secondary education.

Services provided to the participating MI GEAR UP students consistently include opportunities to interact with LSSU university students. The college students are known as College Positive Volunteers or CPVs. LSSU CPVs not only share their encouragement of the youth, they also offer students educational enrichment opportunities such as visits to LSSU laboratories or learning facilities.

For more information about the LSSU MI GEAR UP Program please contact the Program Director:

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Michigan Campus Compact