

College Insights

MI GEAR UP NEWSLETTER

01-1-14 **MICHIGAN GEAR UP**
Issue #5 



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



High School Compared to College

You may hear often from people that College is very different from High School. But what does that exactly mean? And if it is so different, how does one prepare themselves? One method is the old-fashioned way: talking to people who are or have experienced college. Pretty much every college student will understand your questions and will be willing to explain how the transition to college felt, what they needed, and most importantly, how they handled it. Try talking to more than one person if you can, getting multiple points of view and examples to help you get a general idea of what the move will

be like. It is also likely that these individuals will provide you with their own advice, and they will be able to relate with you because they have been in the same exact place you are in now! Most challenges boil down to having the right mindset to tackle them. Communicating with others and expressing your feelings, thoughts, and questions are how you achieve the right mindset.

The internet, of course, is another great resource. Even a simple Google search can answer your questions, plus some you haven't even thought of yet! Internet access is also useful if you are unable to talk to someone

face-to-face because of distance or availability, in which case you can email them. It is also possible to chat verbally via webcam with services like Skype.

CHECK IT OUT

The Buick Achievers Scholarship Program

will award up to \$25,000 per year for 100 students. The application period is open at this time and will remain so until February 28th, 2014.

See www.buickachievers.com for more information.

H.S. Habits to Break

1. Don't worry about being late for class. In all honesty, nobody will care so just find a seat.
2. In college "popular" people don't really exist. Everyone is on the same level socially.
3. Don't make excuses for late work, it's pointless.
4. Snide comments don't come off as funny to the class or professor. It will just seem disrespectful.

These changes can seem daunting or harsh. But remember that you can adapt. You will find that embracing these differences work to your advantage in the long run.

Thoughts from your GEAR UP VISTA:



Hello, I'm Casey Johnson, your GEAR UP VISTA! I would like to share some thoughts about the topic of

this newsletter. As a college student I have some catching up to do. I did poorly in my first year of college, and as a consequence, my grades were not what they needed to be. I stepped away from college. For about seven months I reflected on my actions and what they meant. I realized that I had the wrong idea about college going, and therefore my mindset wasn't the way it should have been. I needed to focus on time management, my goals, and the

steps to achieve them. This influenced my work ethic and values, and it was difficult enough to the point where I considered not going back to school. After a lot of reflection and some personal growth, I decided to reapply to college and I was readmitted! Now I feel more enthusiastic than ever about my education and I've been working hard to stay on the right track. My point is that understanding how and why college is different from high school is crucial to how you face it. I feel much more confident and my outlook has changed for the better. Trust yourself, stay informed, and communicate with others. Even if you trip, you can always get back on your feet!

Word for the day: Trifle (Noun) Something insignificant, of no consequence, of little meaning.

Helpful Website Links

<http://smu.edu/alec/transition.asp>

<http://www.fastweb.com/student-life/articles/3866-the-differences-between-high-school-and-college>



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A Semester Exam is Your Friend!

As students get back from the holidays, many will have semester exams for each of their classes. A semester exam is an opportunity to add points to your overall course grade and become accustomed to the practice of taking culminating exams. You will take these kinds of exams in education programs after high school, whether for a university or college program or for a certificate program, so it is a good idea to learn more about what kind of preparation works best for you. We all learn a little differently, and we like to use strategies that best fit our learning preferences. Some students like to read and take notes, others make flashcards, some will walk around the room—reciting what they need to remember aloud.

Students who prefer visual learning, like to SEE what they need to learn. Students who prefer HEARING what they need to learn may be auditory learners. READ/WRITE learners are those who take lots of notes while learning but may not use them to prepare for an exam, because the process of writing the notes helped them remember what they needed and KINESTHETIC learners need to move around to really take in what they need to learn.

You can take a short quiz at www.vark-learn.com in order to identify how you prefer to learn and get tips on how to structure your study practice to match your learning preferences!

<http://www.vark-learn.com/english/page.asp?p=questionnaire>

What's Been Going On?



Upcoming Activity

Michigan Technological University
Campus Visit
January 16 & 17, 2014

Participants from the 5 MI GEAR UP schools which are part of the LSSU program will be meeting MI GEAR UP students from the program at Michigan Technological University. They will engage in a campus tour, a team building activity and orientation activities to some of the majors offered at Michigan Tech. Watch for information about the outcomes of this overnight visit to Michigan Technological University in our next newsletter.

We will be visiting more college campuses over the next three years—so when you see one that peaks your interest be sure to sign up!

Remember that all activities with MI GEAR UP are free of charge.

Participation is limited to 9th Grade MI GEAR UP Students.

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