



GEAR UP Monthly Minute

News & information about
planning after high school



EXTRACURRICULARS & COLLEGE ADMISSIONS

Getting involved in clubs, sports, work or other pursuits outside the classroom can give your student new skills, help build self-confidence and self-esteem, and provide hours of fun! In addition, extracurricular activities can play a role in college admission and scholarship applications.

Colleges want to know about your student beyond what grades and test scores can tell them, and what your student does in his free time can showcase important personal qualities.

For example:

- Serving in student government shows leadership skills. Being on the track team through high school shows long-term commitment.
- Doing volunteer work at a hospital shows dedication to helping others.
- Working a part-time job while keeping grades up shows responsibility and time management.

April 2022

EVENTS & ANNOUNCEMENTS



FAFSA REMINDER

[Click here to start your FAFSA form](#)

The new 2022-23 FAFSA form is here! Some states and schools have limited funds, so don't delay!

To begin your application, select the "START HERE" button on the FAFSA homepage.

Questions? Ask us!

Do you have questions about financial aid, college admissions, graduation requirements, or anything else related to your student's postsecondary success?

Ask us using the link below!

[**Click Here**](#)

The number one rule for extracurricular activities for students: DO WHAT YOU LOVE (or at least what you're interested in). Freshmen and sophomores should try out many different activities to get a taste of what they enjoy, and then focus on a few key activities (perhaps even taking a leadership role) during the rest of high school.

FAMILY CHECKLIST



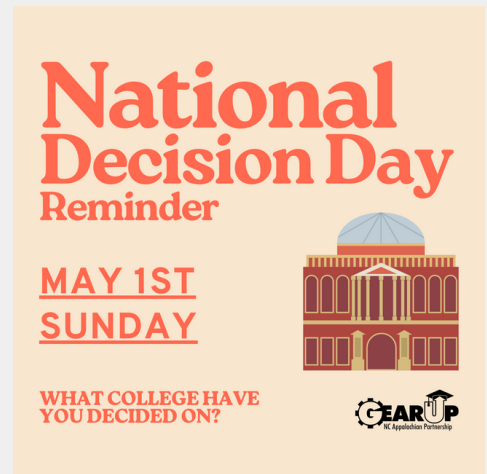
- Explore interests with your student and encourage involvement.
- Talk to your student about the kinds of activities they are interested in - it doesn't have to be sports or an academically-related club.
- Consider potential careers and try to find activities related to fields he is interested in. Consider activities outside of school as well, like in the community or at church. Remember! It's quality over quantity.
- Remind students that school still comes first. Extracurricular activities are important - but doing well in classes trumps sports or clubs. Make sure your student understands your expectations for good grades.

COLLEGE MYTHS & REALITIES:

MYTH: If my student didn't do an activity in high school, she won't be able to do it in college.

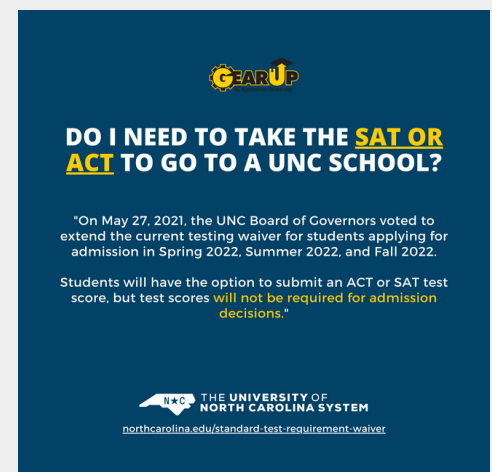
REALITY: College is a time to explore interests and try out different activities. Every college has a multitude of clubs, entry-level or noncredit classes, and fun ways to try something new. For example, even if your student has never taken a dance class, she can learn the latest steps at a salsa class. Encourage your student to try out a new sport, volunteer with an organization and see what's right for her!

INSTAGRAM



On average students apply to 7 to 10 colleges, this can be hard to narrow down what school is best for you.

But don't worry, seniors, you have a few more weeks to make your decision. National Decision Day is May 1st! Who is ready?



Due to the impact of COVID-19 on standardized test availability and the likelihood of additional testing date cancellations the UNC Board of Governors has waived the standardized test requirements. More information in the link in our bio labeled "SAT/ACT Test Requirement Waiver"

We'd love for you to follow us on social media!

GEAR UP Appalachian shares important college-access information, important study tips, scholarship opportunities, and more. Stay in the know by clicking below and connecting with us!



This FREE tutoring service can be accessed from any Internet-ready device so you can have access to a tutor when and where you need one.

Log in for FREE today! All you have to do is log in to: www.tutor.com/appstate and use your Powerschool ID as your username, and 'gearup' as your password. Get live help from online tutors today!

The Appalachian State GEAR UP program offers you 24/7 tutoring assistance in math, science, social studies, English, writing and more! You can also upload a paper, and within 24 hours, receive a critique of your paper with suggestions on how to improve it!

DID YOU KNOW:



Getting good grades in challenging classes is critical in becoming admitted to college, but extracurricular activities may help a student's chance at being admitted or being eligible for scholarships.

EXTRA CREDIT:

[Income Share Agreements:](#)
[What to Know](#)

COLLEGE

Dream It. Plan It. Do It.