



GEAR UP Monthly Minute

News & information about
planning after high school

December 2022



**EVENTS &
ANNOUNCEMENTS**

STAY PRODUCTIVE OVER WINTER BREAK

- Keep a sleep schedule
- Read at least one book
- Keep an eye on your emails
- Check FAFSA and college applications
- Winter break is for resting but it is good to stay productive.



GRIT: ONE KEY TO STUDENT SUCCESS

Students who succeed in school aren't just good at memorizing facts or reading quickly. New research shows that "non-cognitive skills" – things like perseverance and self-regulation – might be just as important in helping students in the classroom and in the real world.

These skills include:

RESILIENCE: The ability to recover from setbacks and cope effectively with stress.

GRIT: Perseverance and passion for long-term goals.

CONSCIENTIOUSNESS: A tendency to be orderly, self controlled, industrious, responsible, and willing to delay gratification.

CREATIVITY: The willingness to break with convention, challenge the status quo, and come up with new ideas.

FOCUS: The ability to zero in on one thing at a time and tune out distractions.

SELF-REGULATION: An awareness of what matters and the discipline to avoid temptations and see a task through.

These traits are especially important when a student goes to college and then enters a career: time management is essential when attendance might not be required at a class and good communication skills are critical to deal with difficult roommates or ask for help from a professor. You can help your student help develop these now by providing challenges (and support), setting goals, sharing expectations and encouraging persistence.

EXTRA CREDIT: Everything You Need to Know About Community Colleges: FAQ

<https://www.usnews.com/education/community-colleges/articles/frequently-asked-questions-community-college>

FAMILY CHECKLIST

Help your student set goals for academic and personal interests. Start by setting goals for personal interests (in sports, extracurricular activities, etc.), then help set ones for academic achievements. Ask your student to envision both the benefits and the obstacles in achieving each goal.

COLLEGE MYTHS & REALITIES

MYTH: Colleges are only concerned with my student's intellectual and academic development.

REALITY: Many colleges pride themselves on their ability to "develop the whole person." Some of this personal development comes from requiring a broad-based general education that contributes to an understanding of the world and our society. Some takes place in residence halls where students learn things like tolerance and how to get along with different kinds of people. There are also services for students on time management, developing relationships, choosing a career and community service.



DID YOU KNOW?



Intelligence is like a muscle: the brain changes based on one's experiences and efforts. When students understand this "growth mindset" – that they can develop and improve their intelligence and abilities – they show greater motivation, better grades and higher test scores.

TUTOR.COM

Fa-la-la-la-la into strong study habits by using Tutor.com whenever you need help. Log in for FREE today!

All you have to do is to log into: 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!

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!



COLLEGE

Dream It. Plan It. Do It.