



GEAR UP Monthly Minute

News & information about
planning after high school

December 2022



**EVENTS &
ANNOUNCEMENTS**

SENIORS

GEAR UP
Coordinators are
available to help
you with RDS,
college
applications, &
FAFSA!

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.

EXTRA CREDIT:

**Everything You Need to Know About
Community Colleges: FAQ**

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



4 TIPS TO HELP YOUR STUDENTS GET ORGANIZED

Time management, organization and the ability to sit down and concentrate will help your student in high school, college and beyond. Help your student succeed with a few tips:

1. Embrace to-do lists: Encourage your student to create a to-do list each day and tackle the hardest or least enjoyable activity first. Consider a small reward or incentive if a student completes everything on the list.
2. Use calendars: Help your student create a calendar system that works for them – it may be a digital option or a paper version. Use it to track assignments and activities.
3. Establish a homework routine: Where and when does your student work best? It may be at school, the library or at home; it may be in the morning or at night. Create a quiet, well-lit area in your house for studying and homework.
4. Manage files: Help your student create a file for important documents including awards and honors. This will be helpful when applying to colleges and scholarships.

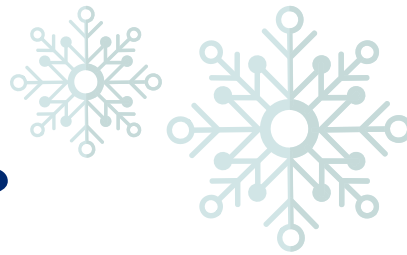
FAMILY CHECKLIST

Encourage your student to talk to college students home on vacation. This is a great way to get a first-hand look at what to expect in the first-year of college. You can also ask questions of their parents.

COLLEGE MYTHS & REALITIES

MYTH: Students are completely on their own once they are in college.

REALITY: Students will need to be responsible for their own time, including attending class, doing homework and getting enough sleep. However, there are many people and offices on campus dedicated to helping students succeed including advisors, counseling centers, tutors and more. Many colleges offer classes to help students learn better study and organization skills as they transition to a college environment.



DID YOU KNOW?



In a survey of first-year college students, 47% struggled with effective time management.

Source: HERI UCLA, 2016

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 to the left.

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COLLEGE

Dream It. Plan It. Do It.