National GEAR UP Day

PARADIGM SHIFT & ALEX SHEEN SPEAK AT GEAR UP DAY

This fall GEAR UP students in Western Kansas were given a unique opportunity to participate in the National GEAR UP Day. Students traveled to the day-long event held at the Century II and Expo Hall in Wichita, Kansas on September 25th.

The event provided the students with a variety of fun activities which encouraged students to look at their future with a positive attitude. Students were able to chose workshops on dressing for success, mock job and college interviews, and community service. There was also a special presentation done by Paradigm Shift who encouraged students to address differences in individuals and to accept themselves.

The main GEAR UP speaker was Alex Sheen, the founder of Because I Said I Would, a social movement dedicated to the betterment of humanity through promises made and kept. Sparked by the loss of his father, Alex began sending promise cards to anyone who requested them at no cost. Since his father’s passing on September 4, 2012, over 11.3 million Promise Cards have been sent to more than 150 countries. Alex’s commitment to the betterment of humanity has inspired millions and promises have been shared virally around the world.

During the presentation many students shared their own stories of loss and commitment. Alex encouraged everyone to make promises that would improve themselves and their community and even humanity. Students had a great experience at this workshop and many left feeling inspired to follow through with their own promises.

BECAUSE I SAID I WOULD

- Because I Said I Would works to inspire others to keep their promises. The movement has grown into something far greater than its origin – which was just a promise from Alex Sheen to his father.

- Because I Said I Would has programs to bridge the gap between intention and action through:
  - Charter Education programming for school-aged children
  - Local Chapters of High School volunteer teams
  - Awareness campaigns with global reach

- Contact them at: https://becauseisaidiwould.org/
**Tiger Day** was a hit with GEAR UP students in Region 4. More than 40 students from all over the region attended the annual recruitment event at Fort Hays State University (FHSU), which is the only 4-year university in the West Region of Kansas. Tiger Day provided prospective students with information and insight into all aspects of life at FHSU, from academics, scholarships, and residential living to student organizations. The morning kicked off with a welcome and informational session where students were able to browse among booths from academic departments and student organizations. This was followed by a student panel discussion which consisted of GEAR UP students asking a group of FHSU students questions. The questions ranged from classwork, to good places to eat, what students need to in the dorms, to questions about money and financial aid.

The Dodge City office participated in the **Dodge City Community College Senior Day** on September 19th. The students participated in a college tour which included a view of the nursing laboratory filled with advanced medical equipment, a professional equipped diesel repair shop stocked with integrated diagnostic setup, a view of a construction and drafting room with integrated computer drafting programming, and even a view of the horse and cattle buying program for local livestock. Students were offered opportunities to interact one-on-one with the instructors. A $1,000 scholarship to attend the community college was offered to all who attended.

The Garden City office participated in the **Garden City Community College Exploration Day** on November 13th. The GEAR UP students explored various fields of study while attending the campus visit. Full tours of the campus were provided with particular attention to the Animal Science and Agriculture Meat Science program which integrates with the local beef packing economy. Students also toured the laboratory facilities offered by the Nursing and Allied Health program, the welding shop, and the various physical education and sport facilities offered by the Health/Physical Education/Athletic Training program. The community college held a drawing during lunch time for various scholarships to the college.

The Great Bend office participated in the **Barton County Community College Senior Day** on November 13th. Students were able to tour the campus and the dorm housing complex. Students were offered sessions with college advisors to meet one-on-one about their career goals. The most enjoyable part of the day was the opportunity for the students to meet all the campus clubs and student groups. A drawing was held at the end of the day for the students to win (2) $1,000 scholarships to the community college.

The Hays office participated in a GEAR UP tour day of **Colby Community College** in Nov 2019. The students participated in a campus tour which included a visit to the admission and financial aid office. The students had particular interest in the Vet Tech Nursing Program and the Nursing Program and the students were able to meet with the program advisors in those programs.
Jack Kilby’s world-changing creative inventions began with one small spark of curiosity!

He started out in the rural western Kansas and became a Nobel Prize winner in Physics.
SENIOR IMPORTANT

UPCOMING DATES

**FAFSA** ... Students can start filling out the 2020-2021 FAFSA after OCTOBER 1st. You can apply and get more information by checking out the FREE website: [www.fafsa.gov](http://www.fafsa.gov)

Please contact your GEAR UP representative if you need assistance.

**FAFSA Priority Deadline for 2020-2021** – most public universities have their priority deadline as DECEMBER 1st.

**Private Scholarship Deadlines** – most private foundation offering scholarship have March & April deadlines – make sure you check those scholarships you are thinking about applying.

UPCOMING GEAR UP ACTIVITIES IN REGION 4

**Dodge City Area Activities**

- Teen Tech with DC Library – 2nd Tuesday of the each month
- Senior Day @DCHS - 2nd Wed of the month
- Adventure with Children – careers in child care 2/20/20
- Dillion Lecture Series 3/10/20
- Auto Restoration Day 3/6/20
- 3I Show High School Ag Career Day 3/20/20
- Kansas State Polytechnic Day – 3/28/19
- Formal & Work Day Etiquette 4/4/20
- Spring Fashion Day 4/7/20
- Arbor Day 4/24/20
- Math & English Night at Dodge City Middle School – TBA
- Exploring the Night Sky – with DC3 – TBA

**Hays Area Activities**

- Career Speakers – Hays HS – 3 times/month
- Hays Public Library STEM activities – TBA
- Duane G. Hansen Museum – 2/29/20
- Cheyenne Bottoms Refuge Educational Tour 3/14/20
- Kansas State Polytechnic Day – 3/28/19
- Barton Community College STEM days – several times a month
- Formal & Work Day Etiquette 4/4/20
- Earth Day/Arbor Day – 4/25/20

SPRING 2020 GEAR UP CAMPUS VISITS

- Hutchinson Community College 3/10/20
- Dodge City Community College - Junior Day 3/12/19
- Shocker Saturday — Wichita State University 3/14/20
- Emporia State University - Black & Gold Day 3/20/20
- Kansas State Salina Polytechnic Day 3/28/20
- Tiger Mania Day - Fort Hays State University 4/1/20
- Colby Community College 4/8/20
- Johnson County Community College 4/17/20
- Engineering Open House - Wichita State University 5/9/20
NEW GEAR UP STAFF IN REGION 4

COLLEGE ACCESS ADVISOR ADDED TO HAYS OFFICE.
GEAR UP welcomes Mark Ricketts as the new College Access Advisor based in Hays. Mark has worked in schools as an At-Risk Aide Tutor, and a Paraeducator. Before coming to work with GEAR UP he worked with a TRIO Educational Opportunity Center Program.

Mark has a B.S. degree in Middle Childhood Education from Ohio State University in Columbus, Ohio. He also attended Fort Hays State University for Community / School Counseling.

COLLEGE ACCESS MENTOR ADDED TO DODGE CITY OFFICE
GEAR UP welcomes Lori Lindeman as the new College Access Mentor/Database Coordinator for Region 4 in Dodge City. Lori taught elementary school for 12 years in Missouri and 5 years in Kansas. She has taught from 2nd to 5th grade.

Lori has an Associate Degree in General Education from the Garden City Community College and a Bachelor’s Degree in Elementary Education from Kansas State University. She also has taken EOSL courses and has worked with immigrant families.

She has a passion to give back to the community and volunteers with several groups. She is active in Ladies Auxiliary Group for Veterans and helps serve meals to underprivileged individuals with the Friendship Feast. Her passion is helping women in domestic violence situations and volunteers at Crisis Center for Dodge City.

In our democracy every young person should have an equal opportunity to obtain a higher education regardless of his station in life or financial means.
President John F. Kennedy
GET COLLEGE READY NOW

AVOID REMEDIAL COURSES LATER

Working hard in high school is important is because it prepares you for college-level courses. At many colleges, accepted students must take placement tests in subjects such as reading, writing and math to see if they’re ready for college-level work in those areas.

Placement test results may allow a student to skip some introductory courses. Or they may show that more preparation is needed for college work. If this is the case, the college may require the student to take remedial courses.

What Are Remedial Courses?

Remedial courses are catch-up courses, also called developmental or basic-skills courses. They don’t provide credits that count toward a degree. But they do provide the opportunity to improve skills so a student can tackle college-level work and succeed.

Save Time and Money

If remedial courses are not needed, it saves time and money. Students can start right away taking classes that are interesting and that count towards a degree. This means a student is more likely to graduate on time and save money on tuition costs.

How to Get College Ready

How to avoid taking remedial classes? To start, talk to a high school counselor as a freshman and find out which classes colleges are needed.

Then take college-prep classes in a variety of subjects. While key subjects like English and math are important, colleges also value classes such as foreign languages and computer science.

College is a Pathway to Opportunity

In a global economy where the most valuable skill you can sell is your knowledge, a good education is no longer just a pathway to opportunity – it is a prerequisite.

President Barack Obama