Get Your ACT Together Busting Myths About the Dreaded ACT Exam

Myth #1: If you don’t get at least a 21 on the exam you can not go to college.

Fact: Your ACT score is just one thing that colleges look at when deciding on who to accept each year. While you do want to try to get the highest score you can, colleges also look at the following:

⇒ If you are in the top 1/3 of your class (class ranking)
⇒ If you have at least a 2.0 GPA on the KS Qualified Admissions Curriculum (core classes)
⇒ Exceptions to the rules. These are decided on an individual basis by the college

Myth #2: If you don’t get the score you want on the ACT the first time you’re out of luck.

⇒ Fact: You can take the ACT up to 9 times during your junior and senior years of high school. Most students don’t utilize all 9 chances, but many do take the test two or three times. ACT will keep your highest score from all your attempts.
It’s a new school year, start it right!

School is back in session, and it is never too late to turn a new leaf. If you struggled last year, that is okay! Today is a new beginning and you can show those around you that you are serious about your education and your future goals. Here is a top 10 list on how you can start your new school year on the right foot.

1) This is a fresh, brand new school year. Leave all of your troubles, bad grades, grudges, enemies, or fights behind. Start FRESH!

2) Let people know by your actions that this is a new you! Don’t hunch over your books or shuffle with your head down while walking. Stand up straight and proud, body language is more important than what you say.

3) Be friendly in the hall, say hi to your friends, and to new people you recognize from classes.

4) Join new teams or clubs. Have fun, and explore this year. This is a great way to find your interests and hobbies and believe it or not a way to figure out what you want to do in your future!

5) Take notes in class and listen to the teacher! This sounds redundant, but have you ever given it a try?

6) Study. Study. Study. Decide right away that you will put some effort into this school year.

7) Be prepared! Have your books and all the materials you need for every class. Ask questions! If you don’t understand something, ask a teacher or co-student to explain it to you! Chances are there are others who want the same question answered but are not willing to ask.

8) Do NOT panic when you hear, “There will be a test tomorrow on chapters 5-7 in your Math textbook!” If you panic, it will not help. It may just make things worse. Relax and go over your notes and textbook.

9) Treat everyone equally, with respect and dignity - just like you want them to treat you. Don’t let people walk all over you. Be polite, but set your limits.

10) Be open to new friends and experiences. School is all about learning. Part of what you will learn is how to get along with different personalities, and that’s really what life requires you to do. Don’t be upset if old friends drift away as your interest and goals change, this is natural and a normal part of life as we grow up.

Finally, just have fun, and remember that first impressions are often lasting, so make it a goal to start new. My favorite motto is “Start right, Finish Right” you can do this! Have a great 2019-2020 year!

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Hamburger Soup

Ingredients:
- 1 can (46 ounces) V8 juice
- 2 packages (16 ounces each) frozen mixed vegetables
- 1 pound ground beef, cooked and drained
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 2 teaspoons dried minced onion

Instructions: In a 5-qt. slow cooker, combine the first 5 ingredients. Cover and cook on high for 4-5 hours or until heated through. Season with salt and pepper.

1 cup: 125 calories, 5g fat (2g saturated fat), 20mg cholesterol, 494mg sodium, 12g carbohydrate (5g)

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“I’m continually trying to make choices that put me against my own comfort zone. As long as you’re uncomfortable, it means you’re growing.”

- Ashton Kutcher
How to make the most out of your study time? Do you know how to study?

This is by far one of the most important skills to have as you move from high school to college. Here are some effective tips to get the most out of your study time.

1.) Understand your learning style:

Pictured above one example of a learning style, do you know what yours is? Try this quiz and see. [https://www.accreditedschoolsonline.org/resources/learning-styles/](https://www.accreditedschoolsonline.org/resources/learning-styles/) and more info on learning styles [https://www.learning-styles-online.com/overview/](https://www.learning-styles-online.com/overview/)

2.) Try to not over eat or eat a big meal as it makes you sleepy and less likely to concentrate.

3.) Stay hydrated: Drinking a glass of water can actually help you focus, and give you energy.

4.) Take notes, always pay close attention to dates and information in bold script in your text books.

5.) Create a study group, but make sure it is study time and not “friend” time.

6.) Make studying a part of your daily routine, schedule it like you would any appointment, and stick with it.

7.) Proper sleep: Do not pull an all-nighter and expect the best results, when your brain is tired it cannot focus properly. A good night’s sleep will help you understand and remember information better. It is also less stressful to take an exam or attend a class when you feel well rested and alert.

8.) Establish a set work area or study zone, this can be a library or your room, but make sure it is conducive for learning.

9.) If you are feeling sleepy, move or take a short walk before sitting down to study. Stretching, walking or even dancing will help prepare your body and mind to be more receptive to learning.

10.) Make a study plan! Know when the assignment is due, and do not wait until the last minute. Studying is a discipline and the key to making the best grades.
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KKGUSouthCentral KS

Rachel Rhoades  Rachel.Rhoades@wichita.edu  (316) 866-8901
Torisha Shorte’  Torisha.Shorte@wichita.edu  (316) 866-8902
Brittany Robinson  Brittany.Robinson@wichita.edu  (316) 866-8901
Clinton Jones  Clinton.Jones@wichita.edu  (316) 866-8903
Jessica Warren  Jessica.Warren@wichita.edu  (316) 866-8903
Dr. Bonnie Jones- Jackson  Bonnie.Jones- jackson@wichita.edu  (316) 866-8903
Sheri Trotter  Sheri.Trotter@wichita.edu  (316) 866-8900

Rachel Rhoades  Rachel.Rhoades@wichita.edu  (316) 866-8901
Torisha Shorte’  Torisha.Shorte@wichita.edu  (316) 866-8902
Brittany Robinson  Brittany.Robinson@wichita.edu  (316) 866-8901
Clinton Jones  Clinton.Jones@wichita.edu  (316) 866-8903
Jessica Warren  Jessica.Warren@wichita.edu  (316) 866-8903
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Sheri Trotter  Sheri.Trotter@wichita.edu  (316) 866-8900

Kansas Kids @ GEAR UP Region 5
412 S Main Street
Wichita, Ks 67202
(316) 866-8900