CHOPPED! KKGU Style!

In November, KKGU had their “Chopped” series. This was so much fun to see the creativity and tastes of our students. The New York Sliders with corn dip stole the show. Our judges got to tantalize their taste buds with some interesting creations. Just like the show there were some snags. We are so proud of the students’ teamwork and flexibility. We cannot wait to do it again next year. It was a huge hit, and easily one of the students’ favorite events this year. To kick off the holiday season the students shared what they were grateful for, and then they enjoyed a Thanksgiving meal donated by Pig In-Pig Out. We give our deepest gratitude to this establishment and their continued support of our students.

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It's a NEW YEAR! FRESH START!

Let’s talk about those New Year resolutions.

Did you know that thirty-five percent of New Year resolutions fail by the end of January. Here’s the thing—we all can use areas of improvement in our lives. However, New Year’s resolutions are often unrealistic and doomed for failure! Why? Because often in our pursuit of change we become overzealous and we over-commit. As a result, we blame our busy lives for our lack of follow through. Does that mean that all resolutions are doomed to fail? No, it does not! What it means is that one change at a time is easier than tackling them all at once. It is easier to commit to one small thing than several. Make sure that your goal is attainable and that you have enough time and energy to dedicate to it. Try to find someone with a similar goal and be accountable to each other, share your goal and ask others to help you. This helps you to remain accountable and it also gives you a support system when you feel like quitting.

Finally, stay positive about the change, and if you slip one day, that’s ok! Acknowledge that we all slip up and tomorrow is a brand new day! You got this!

Healthy Eating!
Spring Yummies!

Taco Pinwheels

8 oz cream cheese (softened)
2 TBSP taco seasoning
1 cup shredded cheddar cheese
1 cup bacon bits
1/2 cup diced green pepper
1/2 cup red bell pepper
1/4 chopped cilantro
6 tortilla shells

Mix together, spread on flat tortilla, roll into a burrito, chill for at least 1 hour or chill overnight, cut into 1 inch pinwheels and serve.

Garnish with salsa, sour cream, or guacamole. Bon Appetit!

Photo and recipe by Dinner at the ZOO.com
2020 Spring Events

Happy Spring!

Jan 25 – ACT PREP 9-3
Feb 1 – Scholarships and E-Sports 9-3
Feb 15 – ACT PREP 9-3
Feb 17 – Via Christi Medical Tour 9-3
Feb 18 – Butler Community College Culinary Tour 9-3
Feb 29 – Leap into Art; Museum Tour and Workshop 9-3
Mar 6 – WSU Tech 8 –5
March 22 – Hockey Game and College Fair 4p-9p
Mar 17-19 “Adulting Week” 10-3
Mar 28 – Kansas Kids @ GEAR UP Festival 11-4
April 10 – Hutch Community College and Cosmosphere 8-5
April 11 – Aviation Museum 10-3
April 13 – Cloud County Community College 8-5
April 18 – Botanica Gardens 9-3
April 25 – Grocery Games “Balling on a Budget” 9-3
May 2 – Arboretum and Book Nook 9-3

10 Ways to Prepare for Your Freshmen Year of College:

Calling all Seniors! Are you ready for college? The first three things you need to ask yourself are: Have I taken my ACT? Have I filled out my FAFSA? If you have not done either of those things...the good news is you still have time to do so. Please see an adviser ASAP and they can help you! The other thought you may have is what school am I going to and what do I need to do to be prepared? Here is a helpful list:

1. Take a campus tour. Check out dorms or apartments in the area.
2. Read, read, read as much as possible. This will prepare you for the amount of reading you will be doing in college.
3. Research your field of study, introduce yourself to potential professors, peruse your syllabus, get familiar with your classes and schedule.
4. Polish up on your social, people, and soft skills...communicate face to face.
5. Embrace time management. Stay on top of your classes. I cannot stress that enough!
6. Decide if you want to get a job, and what jobs are available on campus or in the area.
7. Create a budget and stick with it.
8. Start networking early, make those contacts and building that resume. It is your most effective tool for career readiness.
9. Make a menu, eating out is expensive. Start looking at quick, easy and healthy recipes. Avoid the freshmen 15 and the freshmen food pyramid.
10. Establish a exercise regiment or something you can do to eliminate stress. College has deadlines, and let’s face it “adulting” is hard! So definitely find some good, healthy ways to relieve stress!

And finally, have fun! It is a whole new world and you are going to love it much more if you are prepared.
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Sign up for our Spring events! We would love to see you!

Kansas Kids @ GEAR UP Region 5
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Contact Us
Give us a call for more information about our services. We would love to hear from you!

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Follow us on:

- KKGU Wichita
- OR

Kansas Kids @ GEAR UP

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