

THE FAMILY TIMES

GEAR UP News from Fairmont State

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Share strategies to help your teen succeed on math tests

Math tests can be difficult to prepare for. After all, there aren't any dates to memorize or essays to write. But you can help your teen do his best by sharing these math test strategies.

Before the test:

- Practice. Redo old homework problems or problems from quizzes. Focus on the problems you had trouble understanding or got wrong, and work on them until you are confident in how to solve them.
- Create a "formula sheet." On one sheet of paper, write down all the formulas you need to memorize.

During the test:

- Write down those formulas as soon as you get your test. That way, you're less likely to forget what you have memorized.
- Read the directions carefully. Don't lose credit for simply forgetting to show your work or circle your answer!
- Estimate. If the problem asks you to subtract 32 from 109, you know the answer should be about 80. So if you get 17, try again!
- Take your time. Remember, a math test isn't a race.

After the test:

- Go back and check your work. Rework any problem you were uncertain about.
- Look for careless errors. Are all of the decimal points in the right place? Did you remember the negative sign?

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DATES TO REMEMBER

November 1st
PROMISE Scholarship Application Opens
www.cfww.com

November 14-18
College Application Week

February 12
College Goal Sunday

Computer Scholarship
TBA

Fairmont State GEAR UP



Websites:

www.cfww.com:
Your FREE Source for
College & Career Planning

www.fairmontstate.edu/gearup:
GEAR UP website

Keep tabs on your teenager's computer & cell phone usage

A recent survey found that teens spend about two hours per day online--80% of which is spent using a social networking site like Facebook. Another study found that half of teens send 50 or more text messages a day--roughly 1,500 each month!

With statistics like these, it's a wonder that teens get any schoolwork completed at all! Make sure that your teen's grades don't fall by setting limits on computer and cell phone use. Here's how:

- Talk to your teen about his computer and cell phone usage. Ask him how much time he thinks he spends on computer tasks that aren't school related, and how many texts he sends a month.
- Check his estimates. You can get his cell phone usage from the phone company. For his computer use, ask him to keep a log of each site he visits, and how long he spends at each one. He might be surprised!
- Be realistic. Your teen really doesn't need his phone while he's supposed to be sleeping. Consider having him "turn in" his phone at bedtime. That simple limit will decrease those texts while improving his quality of sleep. For the computer, think about a simple exchange: For every 30 minutes he reads, your teen can have 30 minutes of computer time to do things not related to schoolwork.

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West Virginia College Day 2011 Comes to United Technical Center in Clarksburg!



Monday, October 10, 2011 6:30 pm-8:30 pm

****See GEAR UP website for directions.****

ALL GEAR UP Students and Parents are welcome to attend!
GEAR UP students who attend the fair will be entered to win
A Fairmont State GEAR UP \$300 Bridge Award!

The following are the upcoming dates and locations for WV College Day 2011 in our Region

<u>West Virginia College Day</u>	<u>Schools/Counties Attending</u>	<u>Location</u>
10/10 6:30 pm-8:30 pm	Open to Harrison Co. and ALL GEAR UP High School students	United Technical Center WVU
10/11 9:00 am	Monongalia, Preston, & Taylor	FSU/PCTC Main Campus
10/12 8:30 am	East Fairmont, Fairmont Senior, & North Marion	Braxton Co. HS
10/27 9:00 am	Braxton	Gilmer Co. HS
10/27 1:00 pm	Gilmer	WV Wesleyan College
10/28 9:00 am	Buckhannon-Upshur, Philip Barbour, & Lewis Co. HS	

Is your teenager ready to have an after-school job?

A part-time job can be a great way for teens to learn responsibility. But it can also overwhelm their ability to focus on schoolwork. Answer yes or no to the questions below to see if your teen is ready for a job:

- ___ 1. Does your teen show you that she can use time responsibly? Are you confident that she can combine a job and school?
- ___ 2. Have you set a limit on the total number of hours your teen can work?
- ___ 3. Have you told your teen that if her grades suffer, she will have to quit her job?
- ___ 4. Have you and your teen developed a plan for how she will spend the money she earns?
- ___ 5. Have you and your teen discussed how she will get back and forth to work without disrupting your entire family?

How well are you doing?

Each yes answer means you and your teen are prepared for her to get a job. For no answers, try those ideas in the quiz.

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****See GEAR UP website for details.****

ASK Your Liaison about:

- ⇒ ACT Prep
- ⇒ Credit Recovery
- ⇒ Dual Enrollment
- ⇒ NetTutoring
- * Nursing now available
- ⇒ Tutoring

