



March 2010

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## Avoid Being An Overprotective Parent To Teach Independence

Overprotective parents tend to “rescue” kids from problems to protect them from any pain or suffering. Kids often love this kind of parenting—at the time. But overprotection can prevent them from learning the life skills they’ll need as adults.

It’s especially important to avoid overprotecting teens. Teenagers need to learn to take care of themselves, especially as they will probably move away from home in a few years. To make sure you’re not an overprotective parent:

- **Avoid rescuing your teen** from small problems. If he has forgotten his geometry book at school and he has homework to do, he’ll have to figure something out. (Obviously, if your child is dealing with a larger problem, like being bullied, it’s fine to step in and help him.)
- **Give your teen responsibilities** around the house. Knowing how to do his own laundry, how to make doctors’ appointments or how to mow the lawn will definitely come in handy when he’s an adult.

**Source:** Jane Nelsen and Lynn Lott, *Positive Discipline for Teenagers: Resolving Conflict with Your Teenage Son or Daughter*, ISBN: 1-5595-8441-6 (Prima Publishing [www.randomhouse.com/index.pperl](http://www.randomhouse.com/index.pperl)).

## Fairmont State Wants Your Help

Tell FSU what you think about their web site and what you'd like changed. Your input counts!

[www.fairmontstate.edu/wgc/focusgroup](http://www.fairmontstate.edu/wgc/focusgroup)



## POP QUIZ FOR PRIZES

*What four examples of teen issues did we mention in last months newsletter?*

Congratulations to last months winner:

Neil Pitzer from Philip Barbour High School

Mail or e-mail your answer to:

Fairmont State GEAR UP Attn: Pop Quiz for Prizes  
1201 Locust Ave. Fairmont, WV 26554  
Or e-mail: [slindsey@fairmontstate.edu](mailto:slindsey@fairmontstate.edu)

## DATES TO KNOW

**March-April\* 2010**  
Summer Camp Brochures Distributed

**April 10, 2010**  
ACT Test Date (register by March 5th)

**April 24, 2010**  
College Campus Bus Tour

**May 23, 2010**  
Computer Scholarship Banquet

**May 18, 2010**  
Parent of the Year Awards Banquet

**June 12, 2010**  
ACT Test Date (register by May 7th)

**\*Projected Dates**

**NOTE: All dates subject to change and may vary by school.**

## Websites:

**www.cfww.com:**  
*Your Free Source for  
College and Career  
Planning*

**www.fairmontstate.edu/gearup:**  
*GEAR UP website*



# Visit a College Campus!



## Fairmont State & Pierpont Community and Technical College

### **Open House:**

Saturday, October 30, 2010  
To schedule for open house call us at  
(800) 641-5678 or (304) 367-4855.

## Waynesburg University

### **Open House:**

April 10, 2010  
April 24, 2010  
To schedule for open house  
Call 1-724-852-3335 or e-mail  
rmcellig@waynesburg.edu

## West Liberty University

### **Open House:**

April 24, 2010  
To schedule for open house  
Call 1-304-336-8125 or e-mail  
cirwin@westliberty.edu

## Wheeling Jesuit University

### **Open House:**

April 11, 2010  
To schedule for open house  
Call 1-304-243-2318 or e-mail  
jdecker@wju.edu



## Get On Board The College Bus!



GEAR UP is providing FREE visitation trips for Students and their Families to Colleges and Universities around the state. The following trips are still available for Spring:

### **April 24<sup>th</sup>-Waynesburg University & Wheeling Jesuit University**

Waynesburg University is a private, 4-year institution located in Waynesburg, PA. They offer doctoral, graduate and undergraduate programs in more than 70 academic concentrations.

Wheeling Jesuit University is renowned for academic excellence and service to others. It offers a close-knit campus community with excellent facilities and a beautiful campus.

To register, call the GEAR UP office at 304-367-4302 or toll-free at 1-877-385-0896  
Monday—Friday between the hours of 8:30 am and 3:30 pm.

## Upcoming Scholarship Deadline

Participate in the The West Virginia Scholar program and you could receive four years of tuition and fees at West Virginia Wesleyan College. If you are a current high school junior and you participate in the The West Virginia Scholar Program, you will be given the chance to win the four year tuition and fees package at WVWC.

To participate go to [www.wvscholar.com](http://www.wvscholar.com). Click the online entry tab and follow the steps provided. This Scholarship is sponsored by WV MetroNews. For questions regarding the scholarship visit the website at [www.wvscholar.com](http://www.wvscholar.com) or e-mail [info@wvscholar.com](mailto:info@wvscholar.com).