

Do you know how much your teenager texts?

Did you know that 75 percent of teen cell phone users have plans that include unlimited texting? These teens send an average of 70 texts per day--that's around 2,100 each month! And one in three teens sends more than 100 texts per day--or over 3,000 each month!

In addition, fully two-thirds of teens say they are more likely to use their cell phones to text their friends than talk to them by phone.

While it's good that teens are communicating with their friends, it's important that you:

Set limits on phone use. Make sure your teen isn't texting when she should be sleeping or doing homework.

- Support school rules on cell phone use--and teachers' specific classroom rules.
- Encourage your teen to talk to friends face-to-face. This uses important social skills. Teens will be unable to text their way through job interviews.

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DATES TO KNOW

Promise Scholarship is now available @ www.cfwv.com

December-Please look for the following information throughout December:

Online Tutoring Information

Computer Scholarship Applications

Fairmont State GEAR UP



Find us on Facebook



FSUGEARUP

Were you the first?

Tell us about it!

Fairmont State GEAR UP is collecting stories from first generation college students of how earning a post-secondary education positively has impacted your life.



For more information, please visit the GEAR UP website:

www.fairmontstate.edu/gearup/yourstories



Online Tutoring



Please watch for news in the future with information about FREE online tutoring services that will be offered to GEAR UP students.



Websites:

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

GEAR UP website
www.fairmontstate.edu/gearup

Parent Surveys

If you have not submitted your Parent Survey, please do so at your earliest convenience. Mail the form to Fairmont State GEAR UP, 1201 Locust Avenue, Fairmont WV 26554.



DON'T MISS COLLEGE GOAL SUNDAY!

Get Expert Help to Pay for College
Sunday, February 13, 2011
1:00 pm – 5:00 pm

Fairmont State
Gaston Caperton Center

Davis & Elkins College

Higher Education Center
Braxton County High School

West Virginia University

Glenville State College

Get Expert Help with the FAFSA...

At College Goal Sunday, students and parents can get FREE expert help in filling out the Free Application for Federal Student Aid (FAFSA). The FAFSA is a critical first step for students who plan to pay for college with the help of grants, scholarships, student employment, and student loans.

Who Should Attend?

Anyone who needs financial assistance in paying for college.
Parents should attend too!!

For more information visit:

www.collegegoalsundaywv.org

For directions visit:

www.fairmontstate.edu/gearup

