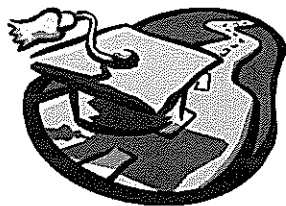




February 2010

Volume 10 Issue 6



Expectations are road maps for your teen

Setting high expectations for your teen is the only way to be certain she will succeed in school. Think of your expectations like a road map--without the map, there's no guarantee your teen will end up at the final destination (or even know what it is). With the map, she'll be able to successfully find her way.

To make sure your expectations for your teen are clear:

- Talk about future goals. Help your teen make plans for the future and figure out how to make those plans a reality.
- Discuss the link between effort and outcome. Assure your teen that you are more concerned that she give her best effort than that she get all A's.
- Make time to talk about school and schoolwork. Your teen will feel that you are interested in her education.
- Have your teen set routines for homework and chores. This shows your teen that you are confident in her abilities to get the "little things" done by herself--and will prepare her to tackle larger goals.

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DATES TO KNOW

Dec. 2009 - Jan.* 2010
Computer Scholarship Application
Forms Available

February 6, 2010
ACT Test Date (register by January 5th)

February 27, 2010
Annual FAMILY DAY!

March-April* 2010
Summer Camp Brochures Distributed

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

May* 2010
Computer Scholarship Banquet

May* 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.

POP QUIZ FOR PRIZES

What is one of the first signs that a student is planning to drop out of school?

**Congratulations to last months winner:
Cathy Mahoney of 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
dderagon@fairmontstate.edu

Be sure to include: the GEAR UP student's name, school, and grade along with a phone and mailing address.

**and you will be entered to win a prize
from a local college!**



**Complete
your
computer
scholarship
application to
apply for a free
laptop!**

Visit a College Campus!

Alderson Broaddus College

Register on their website: www.admissions.ab.edu

Fairmont State

Campus Visitation Days – open houses for prospective students & families

Saturday, March 27, 2010

or set up your own one-on-one tour, call us at (800) 641-5678 or (304) 367-4855.

Glenville State College:

Campus Visits:

Monday—Friday 10:00 am and 1:00 pm

Please call to make reservations: 1-800-924-2010

University of Charleston

Campus Visits: Monday—Friday 9am to 3pm,
Saturday by appointment

Register online: www.ucwv.edu/admissions/visit_campus, or call 1-800-995-4682

West Virginia University

Open House:

March 20, 2010

WVU Visitors Resource Center gives tours twice a day Monday-Saturday.

To make a tour reservation please call 304-293-3489 or schedule online:

www.admissions.wvu.edu

WV Wesleyan

contact us at 800-722-9933

Wheeling Jesuit

Schedule a campus visit on their website:

www.wju.edu

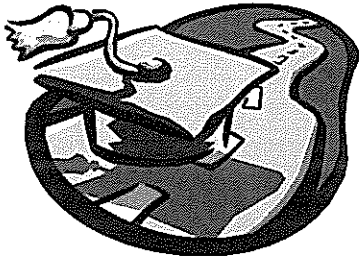


Parent Pointers

Calendar

High School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Make a list of things your teen loves. Choose two or three and do them this month.	2 If your teen fails at something, find at least one thing she can learn from the experience.	3 Tucked into a pocket or a backpack, index cards can help your teen grab a few extra study minutes.	4 Emphasize the importance of regular school attendance. It's important in every job.	5 When you talk with your teen, who does most of the talking? After 30 seconds, stop and wait for him to respond.	6 Find out whether your teen's school offers a college test preparation course. Encourage your teen to sign up.
7 Teach your teen how to sew on a button.	8 Visit the library. Have your teen check out a book about African American history.	9 Have your teen teach you how to program your DVR or use the Internet. He'll be building his self-esteem.	10 Post a favorite quote on the mirror your teen uses. Look for inspirational quotes that will motivate your teen.	11 Mail your teen a Valentine so it will arrive in the mail for her tomorrow.	12 Make sure your teen knows Internet safety rules. Never give out personal information, never meet in person.	13 Help your teen learn how to "force" bulbs so they'll bloom indoors. Enjoy an early spring.
14 Serve your teen's favorite dinner today "just because I love you."	15 When valentines go on sale, buy several to send to your teen throughout the year. Teens love getting mail.	16 Each day, 3,000 teens start smoking. One in three will die prematurely from a smoking-related illness.	17 Is your teen facing a problem at school? Help him brainstorm on how he could solve it—without your help.	18 Start a family savings plan for a special goal. Plan the goal together and talk about how all will contribute.	19 Compliment your teen on something about his appearance today.	20 Enjoy a long walk with your teen. Talk about one long-term goal. How can you work together to achieve it?
21 Teach your teen how to change a tire or use tools to make a simple repair.	22 Visit the library. Look for a biography on a person your teen admires.	23 Is your teen choosing courses for next year? A "B" in a tougher course is better than an "A" in an easy course.	24 Dig out a favorite children's book and read it together. You may find there are still lessons to be learned.	25 Listen to music with your teen. Take turns choosing the artists. You may both expand your musical horizons.	26 If your teen is reading a classic for English, see if there's a movie version. Watch it together and compare.	27 Girls who participate in sports have higher self-esteem and higher college entrance scores than those who don't.
28 Plan a "grownup" day out with your teen. Visit a museum together, then have coffee or tea.	<h1>February 2010</h1>					



Family Day 2010

Saturday, February 27th

On the Road to College!

Spend the whole day on the campus of Fairmont State University with your family and enjoy:

Register TODAY by calling the GEAR UP office
by February 15th at 1-877-385-0896 or (304) 367-4302
Monday-Friday between 8:30 am and 3:30 pm.

Please be ready with students' first and second career choices
when you call to register.

Additional information will be sent in the mail to those who register.

Career Fair and Campus Tours

Families will attend a career/ major fair featuring all of the different college majors that students may be interested in. You will have a chance to talk with faculty and students about each program and take a tour of the Fairmont State campus.

Student Workshops

Students and siblings that are high school aged will participate in several workshops, exploring their career of interest as well as what to expect in applying to and attending college. A full list of workshops can be found on the back of this flyer.



Parent Presentation:

Launching Your Child to College and Beyond

Join Annette Reiter and Barbara Rhode from Transitions & You for an interactive presentation that will help you understand your teenagers thinking, help your child transition into adulthood, help your child learn responsibility and accountability, and manage and decrease your stress!

Student Career Workshops

Available in:

Business
Criminal Justice and Forensics
Education and Social Sciences
Engineering
Fine Arts
Graphic Design
Health Careers and Pre Med
JOURNALISM AND Marketing
Liberal Arts
Sports Management and Physical Therapy
Sciences (Chemistry, Biology, and Pre Pharmacy)
Theatre
Veterinarian Technician
Undeclared

Also: Enjoy Breakfast
Lunch and Dinner on
Campus and a Men's
Basketball game against
Seton Hill, as a family!

