

## Three New Year's resolutions will lead to success in school

It's the start of a new year, and that's a good time to take stock. Are your teen's grades where she--and you--would like them to be? If not, it may be time to make some learning resolutions. Here are a few:

1. Get to class, on time, every day. Teachers can't teach students who aren't in class. And if teens consistently miss a class, or if they arrive late, they're going to miss something important.
2. Read. A study by the National Endowment for the Arts found that on average teens spent exactly seven minutes a day reading outside of school. Not surprisingly, reading scores also fell. So encourage your teen to spend time reading something she likes--a story about sports, a thriller or a magazine. It doesn't matter what she reads, just that she reads.
3. Cut down on screen time. A recent study by the Kaiser Family Foundation found that most teens spend seven or more hours a day on media use. Not surprisingly, those with the highest media usage had the lowest grades. So get your teen to turn off the TV and put the phone on a shelf for an hour or two. Instead, use that time to read, be active or just daydream.

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## DATES TO KNOW

Promise Scholarship is now available  
@ [www.cfwv.com](http://www.cfwv.com)

Deadline to register for the Feb 12 ACT  
January 7, 2011

College Goal Sunday  
February 13, 2011

Fairmont State GEAR UP



## Computer Scholarship Facts

- In the past 5 years, Fairmont State GEAR UP has awarded systems to 678 students.
- Training will be provided for both parents and students at the Computer Scholarship Awards Ceremony on May 15, 2011 at Fairmont State University.
- Each package will include a new Toshiba laptop and a printer.
- Additionally, each computer will be loaded with:
  - ♦ Windows 7
  - ♦ Microsoft Office
  - ♦ a 90 day trial of NetNanny (a parent configured content blocker)
  - ♦ a subscription to MacAfee anti-virus
- Each laptop will also be covered by a warranty.

Return your Computer Scholarship applications as soon as possible to your school's GEAR UP staff before the March deadline to be eligible for this great award!

For further information and to download a new copy of the application in case your original has been lost, visit the GEAR UP website at:

[www.fairmontstate.edu/gearup](http://www.fairmontstate.edu/gearup)

## Free Application for Federal Student Aid (FAFSA)

Now is the time to start filling out your FAFSA. Remember you can do it for FREE at the official FAFSA website:

[www.fafsa.ed.gov](http://www.fafsa.ed.gov)



**Need FREE FAFSA Help? See info on back!**

## Parent Surveys

Thanks to all of the parents who have submitted this year's Parent Survey. If you have not had an opportunity to complete the questionnaire, please call the GEAR UP office at 1-877-385-0896 and a copy will be mailed to you.



## **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**

**Glennville 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!!

**or more information visit:**

[www.collegegoalsundaywv.org](http://www.collegegoalsundaywv.org)

**For directions visit:**

[www.fairmontstate.edu/gearup](http://www.fairmontstate.edu/gearup)

