

## Research shows it's important for teens to get enough sleep

Sleepy students have trouble learning, are less likely to join sports teams and are more likely to feel depressed. Research shows it's just as important to get a good night's rest after a day of learning as it is the night before a test--learning continues to take place while you sleep!

But the sleepest students--teens--have trouble getting enough sleep. Their natural rhythm is to sleep late and stay up later--the exact opposite of the typical school day.

That doesn't mean your tired teen is doomed to yawning until he's thirty. Here's what you can do to re-set that clock and help your teen wake up ready to learn:

- Encourage your teen to stick to a bedtime routine. Experts say dimming the lights at night and avoiding computers right before bed can make it easier to fall asleep.
- Don't let your teen sleep all weekend. Your teen shouldn't sleep more than two hours past his normal wake-up time. His body will be too confused when he has to wake up early again on Monday--and that'll kick off another weary week.
- Suggest exercise. Sports, running and other activities--at least a few hours before bedtime--will help your teen sleep soundly.

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## DATES TO KNOW

- November 1st**  
Promise Scholarship application available at [cfwv.com](http://cfwv.com)
- November 5th**  
Registration Deadline for December 4th SAT Test and December 11th ACT test.
- November 15th-19th**  
College Application Week

## Fairmont State GEAR UP



## 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](http://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.



Applications  
Degree programs  
Major and Minor

## College Application Week

November 15-19 | Start exploring colleges now at [cfwv.com](http://cfwv.com).

College Application Week is coming soon! Seniors can take this opportunity to have some fun learning about their options for education and training beyond high school. Plus, participating seniors have a chance to win some great prizes including an Apple iPad or 1 of 4 \$300 Bridge Awards! Start exploring colleges and careers at [cfwv.com](http://cfwv.com) today!



## Websites:

Your Free Source for  
College and Career  
Planning  
[www.cfwv.com](http://www.cfwv.com):

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

# Get On Board The College Bus!



**On November 11th GEAR UP will be sponsoring a family tour of  
Potomac State College And Shepherd University!**

**Potomac State College of West Virginia University** is a great place to "Start Smart" and begin your higher educational career. As a two-year residential division of West Virginia University, Potomac State College offers the prestige of a major school with the friendliness of a small campus. You get the best of both places: A curriculum designed at a well-respected research university delivered in a smaller classroom setting.

**Shepherd University** is a state-supported institution within the West Virginia system of higher education. From its beginnings over 130 years ago, the University has evolved into a comprehensive center of higher learning. Shepherd University is situated in the Shenandoah Valley, on the banks of the Potomac River, in historic Shepherdstown, West Virginia.

- \*Bus will pick up in Bridgeport & Morgantown
- \*Lunch will be provided
- \*We will stop at the Hagerstown Outlets on the way home

**Hurry! Registration ends November 1st!**

To register your family, 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.

For more information, contact Andrew Carter  
at the GEAR UP Office.

