



March 2008

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## Family Day 2008 *Careers for the future*

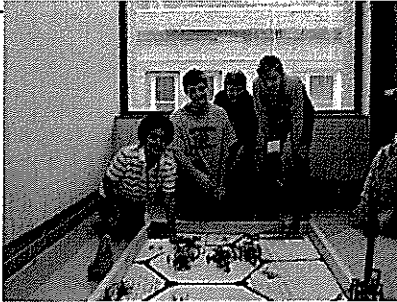
Ninety-three families for a total of 282 Individuals participated in Family Day this year.

Students were able to explore a career of their choice in activities including: programming a robot, crafting an air-plane, designing a room, learning sign language, planning an evacuation from natural disaster, designing a business plan, scrimshawing, speaking with professionals and students from many different careers and much more.

Parents participated in workshops on talking to their teen about tough issues, card making, dealing with stress, college access, meal planning, computer skills and understanding their credit.

Everyone had the opportunity to attend the men's basketball game and a play as well. Family Day was a great opportunity for the whole family to learn some new skills and have an evening together.

If you weren't there this year, make sure you don't miss this event next year! Family Day is in February each year.



Derrick Shahan, Clark Boyles, Brian Ackerman & Matthew Corwin (left to right) from Westwood middle school show off their work in the Robotics workshop at Family Day 2008.

### DATES TO KNOW

March-April\* 2008  
Summer Camp Brochures Distributed  
\*May 18, 2008  
Computer Scholarship Banquet  
\*June 23, 24, 25, 2008  
SUMMER BASH!

\*Projected Dates

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

WIN, WIN, WIN!

### POP QUIZ FOR PRIZES

*What is the best way to motivate your teen to do well in school?*

Mail to:  
Fairmont State GEAR UP  
Attn: POP Quiz for Prizes  
1201 Locust Ave.  
Fairmont, WV 26554

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!**

## Work with the school by making sure your teen is ready to learn

You're undoubtedly aware of the importance of working with your teen's school. You attend the parent-teacher conferences, read notices from school and join the parent-teacher organization. Working with your teen's school as a team in these ways contributes to his success.

There's another way you can work with your teen's school—without leaving your home. It's by sending your teen to school "ready to learn." Here's how:

- Make sure your teen gets enough sleep. He's probably very busy with homework and activities, but getting enough sleep (eight or more hours) will ensure that his brain is awake when he gets to school.
- Insist on breakfast. Studies have shown that students who eat breakfast are more alert and achieve more than students who skip the "most important meal of the day."
- Monitor homework. It's difficult to help with homework in high school, especially in advanced science and math classes. But you can make sure your teen is completing homework by asking to look it over when he's finished. Also provide a quiet, well-lit place for him to study.
- Talk about school. Simply talking about what your teen learned at school each day shows him that you think school is important. Knowing you care about school will affect how he feels about it. He may try harder as a result.

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## Summer Camps 2008

GEAR UP offers free admission to several summer camps including arts, history, math and science. Be sure to check out the summer camp brochure to see all of the options!

**Brochures will be available at the end of March!**

Fairmont State University is an Equal Opportunity Affirmative Action Institution. The Fairmont State University GEAR UP Partnership is funded by a grant from the U.S. Department of Education.

# What's Happening on College Campuses in March?

## Fairmont State University

- 3/1/08 and 3/2/08 – FSU Baseball vs Indiana (Pa), 1:00 pm/3:30 pm (Double-Header)
- 3/4/08 – Wind Ensemble Concert, 8:00 pm, Turley Center Ballroom.
- 3/6/08 – Gergely Exhibition Opening Reception, 7:00 pm, Brooks Gallery, Wallman Hall  
(Exhibition runs through March 28<sup>th</sup>)
- 3/16/08 – FSU Softball vs Bloomsburg, 12:00 pm/2:00 pm (Double-Header)
- 3/21/08 – FSU Softball vs Edinboro, 12:00 pm/2:00 pm (Double-Header)
- 3/21/08 – FSU Baseball vs Davis & Elkins, 1:00 pm/3:30 pm (Double-Header)
- 3/22/08 – FSU Baseball vs Davis & Elkins, 1:00 pm/3:30 pm (Double-Header)

## Alderson Broaddus

- 3/8/08 - AB Baseball vs. Bluefield State College, 1:00 pm/3:30 pm (Double-Header)
- 3/9/08 – AB Baseball vs. Bluefield State College, 1:00 pm/3:30 pm (Double-Header)
- 3/12/08 - AB Baseball vs. West Virginia State, 2:00 pm
- 3/16/08 - AB Softball vs. West Virginia State, 2:00 pm
- 3/29/08 - AB Softball vs. Glenville State College, 1:00 pm
- 3/29/08 - AB Baseball vs. Salem International, 1:00 pm/3:30 pm (Double-Header)
- 3/30/08 - AB Baseball vs. Salem International, 1:00 pm/3:30 pm (Double-Header)

## Davis & Elkins

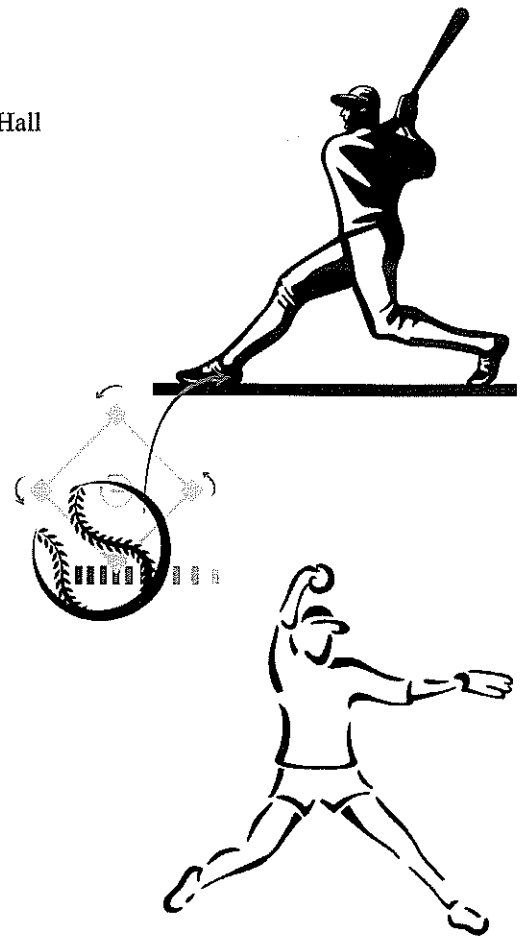
- 3/4/08 – D&E Music Department Wind Ensemble in Concert, 7:30 pm
- 3/5/08 – D&E Softball vs Salem International, 1:00 pm
- 3/27/08 – D&E Softball vs Fairmont State, 1:00 pm
- 3/29/08 – D&E Softball vs Ohio Valley, 1:00 pm

## Glenville State College

- 3/27/08 – Glenville Softball vs Wheeling Jesuit, 4:00 pm
- 3/30/08 – Glenville Softball vs Ohio Valley, 1:00 pm

## WVU

- 3/8/08 – *Hairspray*, 3:00 pm/7:30 pm at the Creative Arts Center
- 3/14/08 – *The Peking Acrobats*, 7:30 pm at the Creative Arts Center



# Parent Pointers

## Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March 2008</b>						<p><b>1</b> It's not that teens can't read—it's that most don't. Challenge your teen to read more this month.</p>
<p><b>2</b> Teach your teen: "A Goal is a Dream With a Deadline."</p>	<p><b>3</b> It's Women's History Month. Visit the library and check out a book about a woman your teen admires.</p>	<p><b>4</b> Have your child quiz YOU on a homework assignment. Thinking up questions will help him learn.</p>	<p><b>5</b> Don't use problems with homework as an excuse to criticize your teen or to argue about other issues.</p>	<p><b>6</b> The next time you drop your teen off at practice or rehearsal, stay a few minutes and watch.</p>	<p><b>7</b> Volunteer to host your teen's team/church/club dinner. You will realize how typical she is for her age!</p>	<p><b>8</b> Is your teen choosing courses for next year? A "B" in a tougher course is better than an "A" in an easy course.</p>
<p><b>9</b> Most teens aren't up on what's going on in the world. Make it a point to watch the news and discuss it.</p>	<p><b>10</b> When was the last time you told your teen you love him? Tell him today.</p>	<p><b>11</b> Skim over your child's homework assignment and ask her questions to help her review.</p>	<p><b>12</b> Emphasize the importance of regular school attendance. It can be a problem for some teens in the spring.</p>	<p><b>13</b> Big test coming up? Make a list of possible questions (and answers). It's a good way to review.</p>	<p><b>14</b> Notice and talk about the good qualities of your teen's friends.</p>	<p><b>15</b> Faced with a thorny situation? Try talking with other parents. Teachers can also be a good source of advice.</p>
<p><b>16</b> When you watch TV, talk about choices the characters make. What are the consequences?</p>	<p><b>17</b> Have your teen type and proofread his résumé. It should be updated twice a year.</p>	<p><b>18</b> Share ideas about the best ways to remember facts for a test with your teen.</p>	<p><b>19</b> If your teen makes a mistake, separate the deed from the doer. The choice was bad, not the child.</p>	<p><b>20</b> Is your teen a visual learner? Have her make posters or flash cards to help with memorizing.</p>	<p><b>21</b> If your teen has a cell phone, make sure it has the numbers of people he can contact in case of an emergency.</p>	<p><b>22</b> Invite your teen to bring a friend to the movies. Allow them to sit by themselves. Discuss the film afterwards.</p>
<p><b>23</b> Read together as a family tonight.</p>	<p><b>24</b> Do a crossword puzzle together.</p>	<p><b>25</b> When studying for a big test, set the timer for five minutes. Many short reviews work better than one long review.</p>	<p><b>26</b> Whether your teen is a freshman or a senior, he should be using the career planning services at school.</p>	<p><b>27</b> If your teen breaks the rules, avoid setting punishment in the heat of the moment.</p>	<p><b>28</b> Prepare an old family recipe with your teen. Talk about the special dishes handed down through the years.</p>	<p><b>29</b> The weather is getting warmer. Get some outdoor exercise with your teen.</p>
<p><b>30</b> Talk about a mistake you once made.</p>	<p><b>31</b> Talk with your teen about friendship.</p>					