

# The Path from GEAR UP Wyoming

Winter 2022 | Vol. 1.3

## GEAR UP across Wyoming

Wyomingites get moving in winter, and GEAR UP is no exception! Responses to college and scholarship applications start coming in, and students weigh difficult decisions with spring semester coursework. This newsletter aims to provide GEAR UP participants and partners throughout Wyoming with critical information to think about as they enjoy our beautiful, albeit long winter season.



## Are You on The Path?

GEAR UP Wyoming delivers academic success and college access services to middle and high schoolers through local community college programs across Wyoming. There's likely a program in your backyard. [Click here](#) to learn more.

Here are our winter updates:

## Student Spotlight: Christian Cabral

We wanted to sit down with some GEAR UP alumni to learn more about their stories. Continuing our interview series, we had the opportunity to speak with Christian Cabral, a former GEAR UP student who is now a GEAR UP student ambassador. Here are the highlights from our interview:

### Please introduce yourself.

Hi, my name is Christian, I'm majoring in Spanish with a minor in French, and I began my GEAR UP journey with GEAR UP at Gillette Community College. GEAR UP is what helped me get to where I am today not only as a student but as a GEAR UP ambassador so it's good to be here.

### Since you have come to the University of Wyoming how has your experience been?

It has been pretty smooth actually. My freshman year was 2020 so that was in the midst of the pandemic, but I had people around me that helped to make the transition a little smoother. I had a lot of people helping me find scholarships, like my Daniels Fund scholarship. There were not a lot of problems financially that I have run into since I have started college. It has been a really good experience.



*(Continued)*

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## Student Spotlight (Continued)

### What do you think things would be like if you hadn't gotten the Daniels Scholarship?

The main thing that the Daniels Fund helps me out with specifically is that I don't have to worry about housing cost and food. All the money that I make at work I get to put that in savings which is not something that a lot of college age students get to have, and I'm very lucky in that way.

### What was it like applying for the Daniels Fund scholarship? How did you hear about it, how did you even go about getting that started?

Kristen Young at GEAR UP told me about it. When you start applying for the Daniels Fund you have to write three separate essays, but they're not very long or difficult. The Daniels Fund is looking for people who are going to be able to help the community they live in once they finish college so I just wrote about how the community has helped me and how I wanted to help the community. Then they would review the essays, decide if you were a right fit and then there was an interview process.

### What was the interview like?

It was a really simple interview. We went to this big convention hotel, and they just took a picture of you like a nice headshot. They ask you a few questions very similar to the essay questions just to see what kind of person you are. The Daniels Fund is more about morals. They really just care about making sure that the people they are giving money to are good people that will help support the community.

### Do you have anything else that you would like to tell GEAR UP participants in the program?

The best piece of advice that I can give is just to apply for every scholarship that you can find. The worst thing they can do is tell you that you didn't receive the scholarship so it's always worth trying.

You can view the full video interview [here](#). Or, you can check out the [GEAR UP Wyoming YouTube channel](#).

## GEAR UP Winter/Spring ACT Workshops

[Registration is open](#) for ACT workshops next month. Following a virtual workshop held last December, GEAR UP Wyoming is hosting two virtual "ACT Ninja" workshops in partnership with [Teton Educational Services](#) for all participants in March/April, as well as a make-up workshop in April for participants who missed a session. Here are the details:

### 1st Workshop:

Monday | 3/14/22 | 6 PM - 8:30 PM  
Wednesday | 3/16/22 | 6 PM - 8:30 PM  
Saturday | 3/19/22 | 9 AM - 12:00 PM

### 2nd Workshop:

Monday | 3/28/22 | 6 PM - 8:30 PM  
Wednesday | 3/30/22 | 6 PM - 8:30 PM  
Saturday | 4/2/22 | 9 AM - 12 PM

### Makeup Workshop:

Monday | 4/11/22 | 6 PM - 8:30 PM  
Wednesday | 4/13/22 | 6 PM - 8:30 PM  
Saturday | 4/16/22 | 9 AM - 12 PM



**(Continued)**

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## GEAR UP Winter/Spring ACT Workshops (Continued)

During the ACT Ninja Workshops, Nick Grenoble will dissect the ACT exam and explain each of the subtests (English, Math, Science, Reading, and the optional Essay), as well as dive into the strategies to maximize your score and minimize your stress. Data from the last few years suggest that these workshops significantly raise scores. Higher ACT scores often mean better scholarship opportunities when applying to college, especially when it comes to the [Wyoming Hathaway Scholarship](#).

These workshops are free to all GEAR UP Wyoming participants. We will also be using the popular premium test prep website [Magoosh](#). Any participant not already set up with an account will be provided one before the workshop begins.

You can register for the workshop up to the day it starts by filling out this [Google form](#): <https://forms.gle/38AKqH1sqrqLx1Hw5>

We hope to see you there!

## GEAR UP Summer Academy Planned for June 2022

GEAR UP Wyoming is excited to announce that planning is underway for our [2022 Summer Academy](#). While we can't share too many details just yet (these will come later this spring from multiple channels), we wanted to take a little time to explain the Summer Academy and ask families and participants to consider attending:

### What is the summer academy?

The GEAR UP summer academy is a free, multi-day summer program hosted at the University of Wyoming. Students from GEAR UP programs across Wyoming are brought to the university to stay in the dorms and participate in classes and activities to 1) learn more about college options and financial aid, 2) explore careers and opportunities in Wyoming, and 3) *have fun!*

### Who is invited to attend?

All GEAR UP Wyoming high school participants entering 10th, 11th, or 12th grade are invited to attend, although some exceptions can be made. There may be other summer activities available to younger participants in middle school.

### Why should I consider attending?

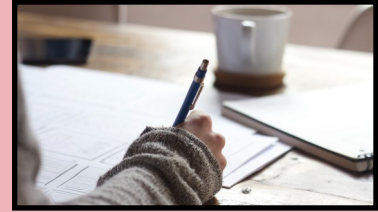
Well, the camp is designed to be fun and informative. Plus, it's a great way to get a sneak peek at what college life is like — living in the dorms, eating at the dining hall, attending classes and activities around campus... But, beyond that, if you are applying for GEAR UP scholarships, attending camp is a great way to demonstrate active participation in the program, which is a requirement for certain scholarships like the [GEAR UP UW Institutional Award](#).



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## The 5 Ss for Student Successes

As we begin another busy semester here in Wyoming, GEAR UP would like to offer some tips for students, families, and educators to keep in mind for academic success:



### Sleep

We all love sleep, but in the hustle and bustle of modern life it is often difficult to prioritize. What is a good amount to sleep? Dr. Edward Pace-Schott says to understand how much sleep you need, start by observing how much you sleep when you don't have anywhere to be: "If you're sleeping eight or nine hours when you don't have any reason to get up, then chances are you need that amount or close to that amount of sleep." To learn more about the merits of sleep, check out [this article](#) by Harvard Summer School.

### Study Skills

I'm sure you've heard time and time again about the importance of good studying skills, but what do good studying skills look like? Penn State University defines study skills as "a complex set of skills such as note taking, test taking, etc. that must be practiced in order for you to become a good student." Many study skills can easily be self taught. Testing yourself on course material to ensure that you have understood the content and reviewing course material prior to or following class are great steps in taking your studying skills into your own hands. Teaming up with classmates is also a great way to bolster your notes. To take a more in-depth look at what good study skills look like and how to study, visit [this article](#) from Penn State.

### Stress Relief

While not all stress is bad, and can even be a helpful motivator, it is important to make sure that you manage your stress in healthy ways. How can you manage your stress? It is important to remember to treat yourself with kindness. Cornell University lists taking care of yourself, letting go of perfectionism, and connecting with others among their list of [tips for managing stress](#). Remembering to be kind to yourself and allowing yourself brain breaks can also go a long way in terms of maintaining your mental health. It can sometimes be difficult to tell if stress is causing more problems. For an idea about how stress is potentially affecting your life, take a look at this [Mental Health America Stress Screener](#).

### Setting Academic Goals

Goal setting is an incredibly useful tool for clarifying what you want to take from a class, what grades you want to maintain, and more! The question you might find yourself asking is how do I set a goal? Many colleges including the University of Massachusetts Dartmouth recommend planning S.M.A.R.T. goals. These are specific, measurable, achievable, relevant, and time-bound goals. Writing your goals down in a visible or frequently checked location also helps remind you what you hope to achieve.

### Scheduling

Scheduling or planning your day is often thought of as a tedious but useful task. If you've ever forgotten to do an assignment, planned overlapping events, or simply want to feel more organized, planners and/or scheduling might be for you. For those wondering how do I create a schedule, there are many ways to create a schedule. In fact, many online platforms you're likely already using such as Google, Outlook, and most smartphones have a built-in calendar feature that can very quickly be reformed into a digital planner. With the press of a button you can add or delete events or due date reminders. Dartmouth College recommends a "minimum time schedule," or a schedule that accounts only for the necessities, with additions made at leisure. For more scheduling tips and tricks visit Dartmouth's Academic Skills Center [here](#).



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## Scholarship Reminders

Some scholarship deadlines have passed and finalists have been announced (like for the UW Trustees' Scholars Award or the [Daniels Fund Scholarship](#), for which several GEAR UP participants were finalists.) However, there is still a lot of potential aid for students hoping to attend college in fall 2022. Here are a few things to keep in mind this winter:

### Complete Your FAFSA

This is GEAR UP Wyoming's favorite refrain: complete your FAFSA! NCAN (National College Attainment Network) reported that [\\$3.75 Billion in Pell Grants went unclaimed](#) for the high school class of 2021. As we discussed in our last issue, [Pell Grants are not loans](#). They do not need to be repaid. So, if you haven't already, please go to [studentaid.gov](http://studentaid.gov) and complete your 2022 FAFSA application for next fall.

Applications for GEAR UP Wyoming institutional scholarships also remain open until April/June:

### GEAR UP Federal Opportunity Award

Award Amount: Up to \$800 per semester (depending on how many courses you take)

Deadlines: Opens October 1 - Closes June 1

[Click here](#) to apply for the GEAR UP Federal Opportunity Award.

### GEAR UP University of Wyoming (UW) Institutional Award

Award Amount: Up to \$5,500 per semester (depending on how many courses you take)

Deadlines: Opens October 1 - Closes April 1

[Click here](#) to apply for the GEAR UP UW Institutional Award.

### GEAR UP Community College Institutional Awards

Wyoming's seven community colleges set aside extra scholarships just for GEAR UP students. For some colleges, all you have to do is mark that you were in GEAR UP when applying for all financial aid. Ask your [local GEAR UP coordinator](#), or click one of the links below to learn more:

[Casper College](#)

[Central Wyoming College](#)

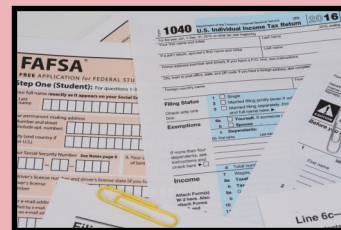
[Eastern Wyoming College](#)

[Laramie County Community College](#)

[Northwest College](#)

[Northern Wyoming Community College District](#)

[Western Wyoming Community College](#)



Have questions? Send them to us at [gearupwy@uwyo.edu](mailto:gearupwy@uwyo.edu). With the right planning, GEAR UP participants have the opportunity to get a good education with little to no debt. That's definitely a path worth taking.

**GEAR UP Wyoming**  
[uwyo.edu/gearup](http://uwyo.edu/gearup)

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