



From GEAR UP Wyoming | Spring 2023 | Vol. 2.4



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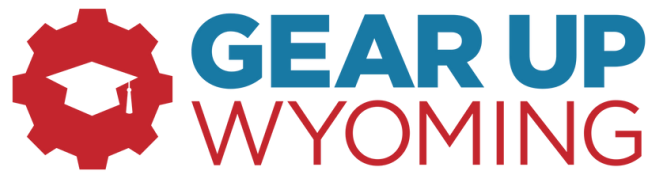
Here at GEAR UP Wyoming we've been busy preparing for the summer. We have a lot coming up, so check out the latest news!

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What is our mission?

GEAR UP Wyoming strives to increase the number of low-income students who graduate high school and enter a post-secondary educational institution to improve their access to career and life opportunities. [Visit our page!](#)

Here are our spring updates:

Calling all Educators!

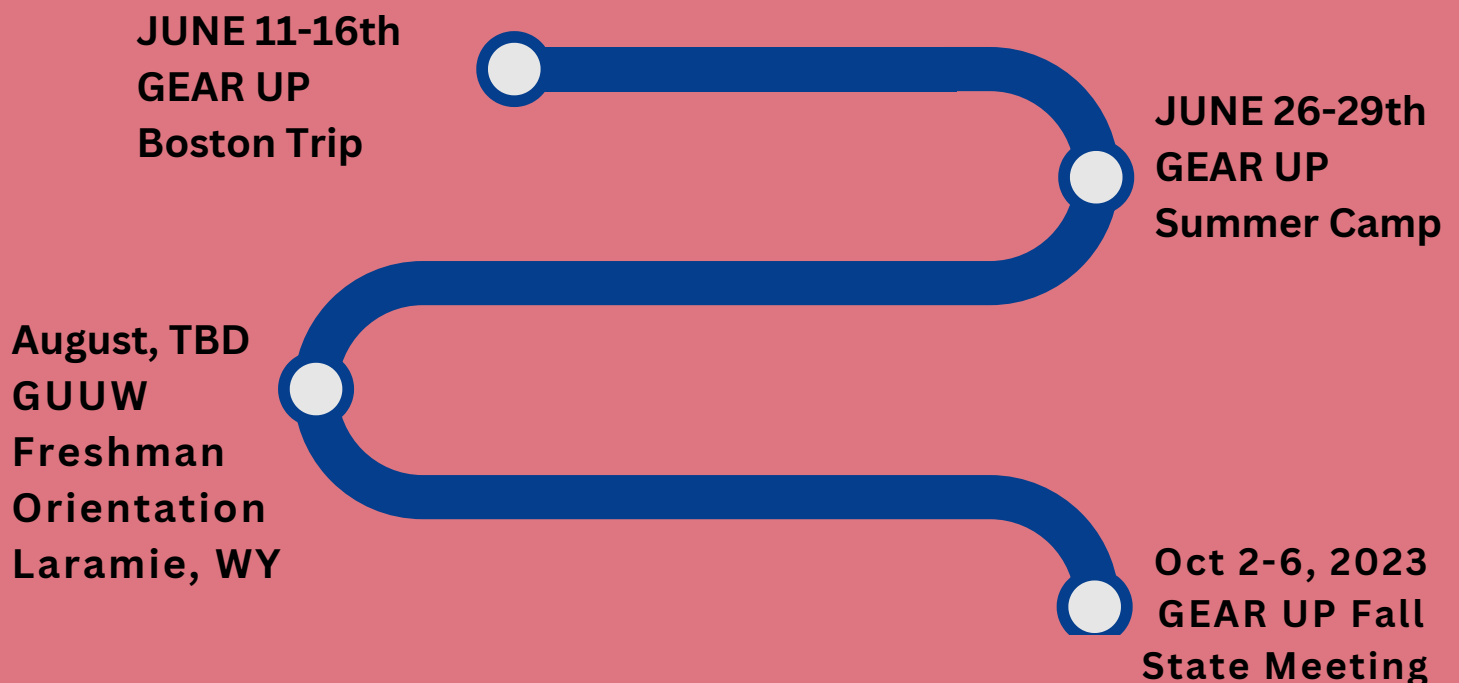
The Wyoming Department of Education is offering a FREE virtual Ethical Test Preparation Training on May 19th and 26th from 9 am-12 pm. This 2-day training event will give you .5 PTSB Credit if you attend both days. In this training, you will understand the role and profound impact large-scale assessment and high stake testing have in students' lives, receive tools and templates to create formative and summative assessments designed to measure student knowledge, and so much more. You can register for the event on the Wyoming Department of Education Website under the Professional Development tab for teachers.

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Timeline of Events

It's a busy time here at GEAR UP Wyoming, with so much coming up it's a little overwhelming to keep track of. Don't fret! Refer to this handy-dandy road map to help you keep track of all of your upcoming GEAR UP events!



GEAR UP Wyoming stays the busiest during the summer. Between student activities and staff conferences our hands sure are full. We have all of this and more coming up soon, so make sure to follow GEAR UP Wyoming on your preferred social media to stay in the loop.

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Brain Break

Did you know that regular exercise improves cognitive function? Well you do now! Studies gathered by the National Center for Biotechnology Information (NCBI) show that physical activity positively affects the body, notably the brain, in a variety of ways.



Moderate to intense activity increases neuroplasticity (your brain's ability to grow, adapt, and make new synaptic connections), increases gray matter in the frontal lobe and hippocampus (the areas of the brain responsible for general cognitive function, learning and memory), and reduces the risk of cognitive decline later in life. This is on top of other well known benefits of exercise such as weight management, decreased cortisol levels (the hormone responsible for stress), and increased levels of dopamine (the “reward” hormone, known to increase feelings of happiness).

While we’re talking about the brain, what about the effect enjoying the outdoors has on your brain? Taking a moment to slow down and enjoy nature acts as a natural medicine for the brain. Researchers have studied the effects of nature on children and adults alike and regardless of your age or gender the results have been the same; stress reduction...

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Brain Break Cont'd

cognitive improvement, and an improved attention span are all benefits of the outdoors cited by the American Psychological Association (APA). During a study on this topic, it was found that even just the sounds of nature can have a positive impact on the brain. That is, participants were given a test and those who listened to audio of sounds from nature out performed participants whose audio consisted of city soundscapes such as traffic or a busy cafe.

Now what is the point in all of this? Well, as spring is coming to a close and summer is just around the corner, now is a better time than ever to take a brain break and improve your cognitive function by getting some exercise outside! Wyoming is known for its natural beauty and land formations, so you might as well put them to use. Use this time to go hiking or rock climbing. Maybe go for a swim in one of Wyoming's many lakes or natural hot springs. Summer always ends faster than you anticipate, so start reaping the benefits of nature around you now so that when summer does inevitably end you'll be relaxed, rejuvenated, and ready to rock the school year!



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Last Call for the GEAR UP Opportunity Scholarship

As the summer approaches it is a good idea to keep last-minute scholarships for the 2023-2024 school year in mind. Although many scholarship applications close at the end of the previous academic year it is important to be aware of scholarships with later deadlines so you don't miss any opportunities for financial support. The Federal GEAR UP Opportunity Scholarship is open until June 1st, so don't miss your chance to apply! This scholarship provides up to \$1200 per semester for the 2023-2024 year. To be eligible for the GEAR UP Opportunity scholarship you must be under the age of 22, eligible to receive federal financial aid, and you must have participated in GEAR UP services offered under the 2017-2024 GEAR UP grant. This is an opportunity you will not want to miss, so check out [our scholarships page](#) to learn more and apply!

NCCEEP Family Engagement Open Lab

Looking for ways to get your parents of GEAR UP students more involved? Or do you have an awesome idea for family engagement that might help others be successful? Then log onto NCCEP's Open Lab: Family Engagement Event to talk with other GEAR UP members on best practices, fun ideas, and networking, taking place on May 25th, at 12 PM MT. Register on the NCCEP website under the "Events" tab.

GEAR UP Wyoming
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