

The Path



From GEAR UP Wyoming | Winter 2023 | Vol. 2.3



GEAR UP WYOMING IS FUNDED THROUGH A GRANT FROM THE U.S. DEPARTMENT OF EDUCATION TOTALING \$3,430,000 ANNUALLY, WITH AN ADDITIONAL \$3,430,000 ANNUALLY PROVIDED BY IN-KIND & SCHOLARSHIP CONTRIBUTIONS

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GEAR UP Wyoming stays busy all year serving our participants. 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 winter updates:

Free Professional Development Opportunity

Are you an educator looking for an additional professional development opportunity? If so, GEAR UP Wyoming has just the event for you. This April, GEAR UP Wyoming is excited to host Leadership Speaker and Trainer Aric Bostick for a day of informative and powerful presentations.

With 23 years of experience in education and corporate leadership speaking and training Aric Bostick is well versed in the ways of the classroom. He has spoken to over half a million people all throughout the United States and Canada all in pursuit of a unified goal of becoming the best versions of themselves for their students. With his professional interest in leadership and workplace relationships, Aric Bostick is excited to present his research regarding attachment informed leadership.

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Free Professional Development Opportunity Cont'd

With ever changing pressures and expectations put onto educators it is no wonder why we are as a nation facing record setting levels of teacher burnout and turnover. Motivated and passionate teachers are losing sight of what sparked their initial fire for teaching. Fired Up 2.0 is a presentation designed to reignite that spark and keep that fire burning throughout the year. Presented to over half a million people from diverse backgrounds over an 18 year period, Bostick's program was developed with the interest of welfare of school principals, superintendents as well as the distinctive needs of rural educators in mind.



For his second presentation, Bostick will present on the Power of Showing Up. Being an educator can be demanding in a variety of ways. Whether you are struggling with student misbehavior, difficult work conditions, challenging relationship dynamics between students, parents, and other school staff, or simply struggling to keep up in such an emotionally draining profession Aric's presentation hopes to aid in reducing these stressors. Backed by the latest child developmental research, this presentation explains that in-school success starts with secure attachment. Learn how to be a secure base, create a safe haven in your classroom, and how to show up for your students through this powerful presentation.

If you are an educator looking to develop new skills to better yourself and your classroom, please join GEAR UP Wyoming on April 24, 2023 for a free professional development opportunity (.5 PTSB credit available). This professional development experience will be held at the Hilton Garden Inn in Casper from 8am to 4:30pm. We hope to see you all there!

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GEAR UP Summer Academy



GEAR UP Wyoming is excited to announce that planning is underway for our 2023 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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ACT Tips and Tricks for Success

It's that time of the year again folks, it's testing time. Testing can be nerve wracking. With the ACT test coming up it is important to show up prepared to help ease that test anxiety we all know so well. Employ these few tips and tricks to score high this testing season!

Work out of order. Remember that there are a lot of questions to get through, and it's best to answer as many questions as possible. The math section of the ACT is 60 questions long in 60 minutes, one minute per question. If you find yourself spending more than a minute on a question it might be time to move on. The test is not organized from least to most difficult, and you might find that by moving past the more difficult questions there are easier questions throughout the rest of the section.

Use the process of elimination. If you have no idea where to start to solve a problem, start by determining which answers can't be correct. Typically, one of the answers is incredibly silly which makes it glaringly obvious that it isn't the correct answer. Now you only have three questions left. Just by eliminating one of the four answers, you've increased your likelihood of selecting the correct answer by 8%. If you're able to eliminate two of the four answers you have a 50% chance of randomly guessing the correct answer. Guessing isn't ideal, but remember that the ACT is graded based on correct answers; incorrect answers don't affect your overall score. So, even if you aren't sure, answer as many questions as possible.

Keep track of the time. The testing moderator will call out 5 minutes before the time is up, but that is the only time announcement required of them. While testing rooms often have clocks on the wall they can be in inconvenient locations or far away making them difficult to read. Take time into your own hands, and come prepared with a silent analog watch. This way you can keep track of how long you've spent on a question and will know when it's time to move on.

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ACT Tips and Tricks for Success Cont'd

Towards the end of the exam look at how many questions you have left unanswered. If you have 5 minutes left in the exam and 20 questions to answer, pick a letter and fill in the rest of the questions. If you end up with a little time leftover you can always review and double check your work.

Use provided prep resources. Make an effort to come prepared by studying. Many schools and school libraries have access to ACT prep books and practice tests. ACT.org also offers free ACT prep tests. Ask your guidance counselor for help finding resources available at your school. Did you know GEAR UP purchased an ACT prep plan for our students? Every GEAR UP student has access to Magoosh, an online ACT prep and tip program. Ask your GEAR UP representative how you might access this resource.

The Boston Experience

Are you a current 10th grade student looking for a fun and exciting experience this upcoming summer? GEAR UP has just the opportunity for you! GEAR UP Wyoming is excited to announce our Summer 2023 Boston Experience.

Active GEAR UP participants will have the opportunity of a lifetime with this all-inclusive free Boston trip. Selected students will spend four days, June 11-17th (subject to change), touring colleges and historical sights around the Boston, MA area. All costs, travel arrangements, meals, and chaperoning will be provided by GEAR UP.

Ask your local GEAR UP representative how to apply for this opportunity you won't want to miss!

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Seeking Opportunities:

Current or Past GEAR UP participants:

GEAR UP Wyoming is seeking current or previous GEAR UP participants with a story to tell to feature on our recurring segment “Student Spotlight”. The “Student Spotlight” segment aims to highlight inspiring stories of strength, overcoming adversity, and success to remind others that success is possible and hope is powerful. If you have a story to share, email the [GEAR UP Student Ambassador](#) to arrange an interview online or in person at the University of Wyoming.

GUWY Grant Manager:

The GEAR UP Wyoming Grant Manager Position is still open! The Grant Manager Position is responsible for ensuring the success of the GEAR UP Wyoming by developing and managing the annual budget, monitoring project operations including record keeping of participant files and data management, and ensuring compliance with federal regulations. This job requires organization, problem solving, and consistency. Master’s degree and experience are required of applicants. Check out the full job listing and apply [here!](#)

GEAR UP Wyoming
uwyo.edu/gearup/

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GEAR UP Wyoming | Dept 3808, 1000 E University Ave, Laramie, WY 82071