

## My GEAR UP Student Activities Guide

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*From research and experience, we have compiled a list of activities that increase the likelihood that you will enroll and succeed in college. As a GEAR UP student, some of these activities are necessary in order for you to maintain your GEAR UP status and eligibility for the college scholarship; the rest of these activities are "recommended activities". Many of these activities require your parents' support or permission, so be sure to keep them informed. We do not require you to take part in these activities, but encourage you to do so, as they can help you in your preparations for college success! Congratulations and best wishes on your path to college and beyond!*

You may check the box next to the activities you have completed and add the list to your learning portfolio.

**Annual Activities:** Please complete the following activities **each year** in order to maintain your GEAR UP status and eligibility for the college scholarship.

8<sup>th</sup> 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> 12<sup>th</sup>

- With the support of school staff and my parents, I will develop and carry out a GEAR UP learning and action plan as part of my annual goals in my learning portfolio that will identify steps that I will take and what I need to learn and do in order to meet my goals to go to college.
- I will study hard in my classes and work towards at least a B average each year.
- I will participate actively in a wide variety of school activities.
- I will maintain excellent attendance.
- I will participate in part-time work, community service, volunteer activities, and service learning projects.
- I will seek out help from my teachers, parent(s) or guidance counselor if I find I'm struggling in my classes.

**Recommended Activities:** We suggest you complete the following activities each year.

8<sup>th</sup> 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> 12<sup>th</sup>

- Be sure your GEAR UP Learning and Action Plan includes at least 3 college-ready components
- Create a Portfolio to demonstrate your learning and the goals you accomplished this year
- Participate in at least one extra-curricular activity
- Peer tutor/mentor younger students
- Volunteer in your community
- Participate in planning a community event (such as a walk-a-thon)
- Job shadow a professional
- Attend a college summer program
- Attend all college-ready activities offered by your school
- Take a virtual college tour on-line
- Complete at least 3 suggested GEAR UP activities or college-going activities approved by your school advisor.
- Talk with your parents about the things they have to do to help you get into college.
- Research potential careers
- Research potential post-secondary schools
- Participate in a mentoring program at your school
- Utilize a career planning tool such as ConnectEdu, Career Futures, Choices, My Road, etc.
- Ask your parents how they planned their careers
- Visit the GEAR UP website at [www.gearupme.org](http://www.gearupme.org)

Recommended Activities (by grade level): Additional suggested activities organized by grade level.

8th Grade	<ul style="list-style-type: none"> <li><input type="checkbox"/> Participate in activities which support your transition to high school</li> <li><input type="checkbox"/> Research and write about a career in which you are interested</li> <li><input type="checkbox"/> Identify which AP courses will be available to you in high school and find out what you need to do to be eligible for the course(s)</li> <li><input type="checkbox"/> Pass your Algebra class</li> <li><input type="checkbox"/> Attend Expanding Your Horizons program at UMaine (for girls), or a similar program</li> <li><input type="checkbox"/> Interview your family and neighbors about their jobs</li> <li><input type="checkbox"/> Assess your study skills and identify a plan for support</li> <li><input type="checkbox"/> Meet with your guidance counselor to learn about all of the college-going initiatives available</li> <li><input type="checkbox"/> Take an interest inventory</li> <li><input type="checkbox"/> Take a career assessment inventory</li> </ul>
9th Grade	<ul style="list-style-type: none"> <li><input type="checkbox"/> Identify which AP courses are available for you and find out what you need to do to be eligible for the course(s)</li> <li><input type="checkbox"/> Work at an after school or summer job</li> <li><input type="checkbox"/> Pass a foreign language class</li> <li><input type="checkbox"/> Interview your family and neighbors about their jobs</li> <li><input type="checkbox"/> Utilize your free access to online SAT prep</li> <li><input type="checkbox"/> Write a letter to a college of your choice requesting more information</li> </ul>
10th Grade	<ul style="list-style-type: none"> <li><input type="checkbox"/> Take an AP Science, Math, and/or English Class</li> <li><input type="checkbox"/> Take an AP exam for your AP Class</li> <li><input type="checkbox"/> Pass a foreign language class</li> <li><input type="checkbox"/> Work at an after school or summer job</li> </ul>

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Research scholarship opportunities</li> <li><input type="checkbox"/> Complete an on-campus tour</li> <li><input type="checkbox"/> Explore My Road online: take a personality survey, choose a college, explore careers, and make a plan</li> <li><input type="checkbox"/> Utilize your free access to online SAT prep</li> <li><input type="checkbox"/> Take the PSAT</li> </ul>
11th Grade	<ul style="list-style-type: none"> <li><input type="checkbox"/> Take an AP Science, Math, and/or English Class</li> <li><input type="checkbox"/> Take an AP exam for your AP Class</li> <li><input type="checkbox"/> Take an on-line course</li> <li><input type="checkbox"/> Take a college course through an early college program</li> <li><input type="checkbox"/> Utilize your free access to online SAT prep</li> <li><input type="checkbox"/> Take an SAT practice test</li> <li><input type="checkbox"/> Work at an after school or summer job</li> <li><input type="checkbox"/> Pass a foreign language class</li> <li><input type="checkbox"/> Research scholarship opportunities</li> <li><input type="checkbox"/> Complete an on-campus tour</li> <li><input type="checkbox"/> Identify and contact six colleges/universities of interest</li> <li><input type="checkbox"/> Identify and ask your references if they would write a letter of support for you when you are ready to apply for college</li> <li><input type="checkbox"/> Talk with your parents about the financial aid process. Complete the FAFSA4caster and get your FAFSA PIN with them.</li> </ul>
12th Grade	<ul style="list-style-type: none"> <li><input type="checkbox"/> Take an AP Science, Math, and/or English Class</li> <li><input type="checkbox"/> Take an AP exam for your AP Class</li> <li><input type="checkbox"/> Utilize your free access to online SAT prep</li> <li><input type="checkbox"/> Take a SAT practice test</li> </ul>

- Take the SAT and report your scores to the colleges to which you are applying
- Work at an after school or summer job
- Pass a foreign language class
- Take an online course
- Take a college course through an early college program
- Research scholarship opportunities
- Complete at least three applications to colleges/universities of interest
- Complete the common application
- Attend College Goal Sunday with your parent/guardian
- Complete the FAFSA as early as possible with your parents, but no later than March 1st
- Develop a learning plan for college