**(Spanish Translation Available)**

**Talk about College Now**

GEAR UP students, Anthony Soto and Nestor Tapia, surveyed 99 juniors about their postsecondary plans and general college knowledge. Students answered five questions, such as “Have your parents talked to you about college?” and “Do you plan on going to college?” The purpose of the survey was to encourage parents to talk with, and advise, their students about their future. Ninety-one students reported that they plan to go to col- lege and 81 students said they have had conversations with their parents about college. The survey also found that, in general, students are not aware of how much college costs and half of them do not know the requirements for the college or university they plan to attend.

It is important to have conversations about college at home. Parents can help students set their mind on going to college and complete a college degree. Parents can help stu- dents achieve greatness and become someone in life. According to ProCon.org more and more jobs are requiring college degrees. Also, on average a college graduate will earn more than people who don’t graduate from college. College is important even if the value is not easily seen; four years of college can impact how you live the rest of your life.

**Upcoming Events**

Sept. 15: ASU Campus Tour

Downtown Phoenix

Oct. 1: FAFSA Application Opens Oct. 15: FAFSA Friday

Join us in the Cafeteria 3:45 - 5 p.m.

Complete your FAFSA. Earn $$ for college.

Nov. 15: Midterms

Nov. 25: Thanksgiving Break Dec: 1: Career Expo.

Details coming soon.



Save the Date: Tues. 9/03/2021 Freshman Kick Off

and... First Taco Tuesday of the Year

Presentations by students Fabulous door prizes Child care available

## Eliminate Stress: Test Prep Tips


#### Show up and pay attention.

Class time also provides a chance to ask questions if you need help. Take notes, too. This helps you retain new material.

#### Study the material.

Next, complete all assigned reading, which is key to learning new material. It takes time, but content from reading assignments

will likely appear on your test. Find a quiet place to study without distractions. If that’s impossible, grab some headphones and plug in (a playlist with no lyrics works best). This will help you focus on the task at hand. Next up, find a study strategy that works for you. Don’t have one? Try the Pomodoro Technique—uninterrupted study for 25 minutes and a 5-minute break, repeat.

#### Get a good night’s sleep.

According to the CDC, 7 out of 10 high school students get less than the recommended 8 – 10 hours of sleep on school nights. While “just one more episode” may sound like a good idea, save it for later, so you’ll be fresh for exam day.

#### Eat a wholesome meal.

Nutrition plays a big role in energy and alertness, so try a whole- some breakfast. One of the best things you can do to prepare for an exam is to go in well-nourished. A wholesome combination of carbs and proteins will keep you fueled and energized throughout the test. Examples include:

* + Oatmeal with low-fat milk and fruit
	+ Whole-grain cereal with low-fat milk
	+ Eggs and toast

Some exams, like the SAT, even give you a snack break. Try and pack a yogurt, apple, or granola bar to help keep you going. Re- member to also stay hydrated and drink your water!

#### Take a moment to relax.

Take a moment to breathe and relax to let go of the unease and anxiety. Walk around the block or close your eyes and take three deep breaths. There are even free apps designed to help you re- lax. If you feel like you could use some help with your stress, ask for help. Check out more tips on how to reduce test anxiety.

Tests may cause stress, but with preparation and support, you can achieve anything!

# FAFSA Ready

Paying for college may cost a lot less than you think, but first you need to fill out the Free Application for Federal Student Aid (FAFSA).

Based on FAFSA applications, students receive over $120 billion of funding each year. The application opens in Octo- ber. Many scholarships and grants, which don't need to be repaid, are based on a first-come, first-served basis, so the earlier you submit your FAFSA, the more money your child may receive.

Here’s what you need to complete the FAFSA:

* Student’s Social Security Number (SSN)
* Parents’ SSN if they have one
* Income information from 2019 tax records
* Information about untaxed income (like child support and interest income)
* Record of savings and checking account balances
* List of colleges that interest the student

#### Dear Parents,

As you know, we meet with every single GEAR UP student each year to check that they are on track for graduation and their own post-secondary plan.

This year, we are talking to students about applying to college/ university/vocational programs, placement testing, financial aid, taking college courses before graduation, scholarships, and so much more.

As we do every year, we are also planning and hosting many different activities with the goal of exposing students and fami- lies to postsecondary options and other opportunities. Students have participated in college and career fairs, university field trips, financial aid workshops, and a college informational workshop held in the evening at AWC so families could attend.

We will continue to work with students throughout the year to provide the information and services they need to success- fully transition to postsecondary education programs after high school. See “Upcoming Events” in this newsletter.

As always, our door is open to parents of junior students. If you have any questions, please feel free to give us a call at XXX.

XXX.XXXX. We are always happy to help you and your student with any questions you might have.

#### Sincerely,

**Mrs. Hammel and Mr. Jenkins Arizona GEAR UP Coaches**

*Fold Here*

*Fold Here Name Mailing Address*

*Mailing Label Here*