

What's Up in GEAR UP SWV

"Securing a legacy of strength and resilience in Appalachia."



December - Use your break well

Winter break can be a great time to spend with family and loved ones. It can also be a great opportunity for students to catch up on rest, school work or even explore careers.

Make sure you end the school term/semester strong –do not let up until the last bell rings.

Be sure to balance your physical and mental health with the demands of school and/or work. Winter break could be an opportunity for self-care. Rest and recharge with quality sleep and encourage students to do the same. Invest in moments of joy for yourself so you can get back to school rejuvenated and with confidence.

Share some tips for students to balance their physical and mental health with the demands of school, after school activities and precious time with loved ones. Share good study habits and schedule time for breaks and fun.

Featured Articles:

- **December - Use your break well**
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- **Tutor.com and break**
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- **GEAR UP SWV in the News**
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New River Community and Technical College



Inspiring Future Innovators: New River CTC Partners with GEAR UP SWV to Unveil College and Career Pathways to Middle School Students

New River Community and Technical College and GEAR UP Southern West Virginia joined forces to provide an enriching experience for young aspiring students. New River CTC gathered 100 middle school students and nine teachers from five Raleigh County middle schools on New River CTC's campus to travel to the Virginia Tech Science Festival to provide them with the opportunity to explore new campuses and future career opportunities.



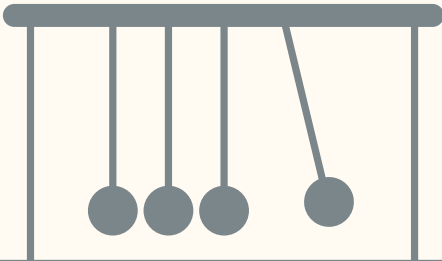
NEW RIVER CTC DONATES STEM SUPPLIES TO MONROE COUNTY GEAR UP SWV STUDENTS



In a powerful demonstration of community support, New River Community and Technical College is enhancing STEM education opportunities for students in Monroe County schools through a generous donation of computers and STEM supplies.

New River CTC donated STEM supplies to Monroe County Schools to be used by the students in the GEAR UP Southern West Virginia (GEAR UP SWV) cohort (7th and 8th grade students). Items included virtual reality headsets, smartphones, Chromebooks, programmable robots, and electronics educational kits. The contribution aims to enhance students' access to digital resources, ensuring a more robust learning environment.

The technology will be split between Mountain View and Peterstown schools in Monroe County. The technology will be used with the GEAR UP SWV cohort to inspire students towards Science and Technology careers.



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GEAR UP SWV

January: Fresh Beginnings

Reconnecting

Start off the new year with new stress management habits. Take small breaks throughout the day to breathe & reconnect with your purpose. Reconnecting with your why can help focus & manage stress.

Being S.M.A.R.T. is easy!

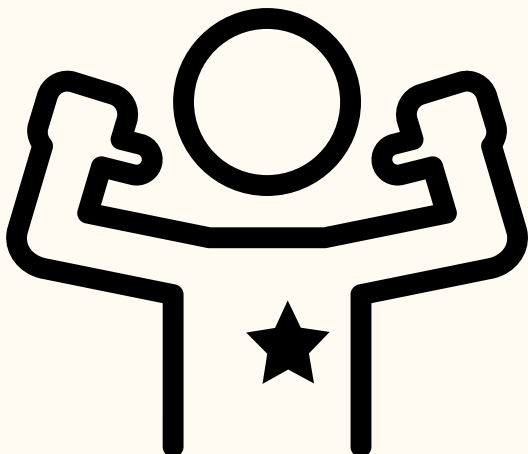
Set Specific, Measurable, Attainable, Relevant, & Time-based goals. This is how to begin to make informed decisions about the future.

It's a new year!

Start the year off by reflecting on goals:

- (1) Help students identify what they want
- (2) Help students develop skills by investing in themselves
- (3) Help students understand communication is important
- (4) Support good work ethics
- (5) Introduce the importance of lifelong learning

Promote yourself!



We challenge students to be proud to show others what they have to offer because we know GEAR UP SWV students matter. Encourage students to ask:

- What are you great at?
- How have you improved your skills over time?
- Write that down and take pride in your work!

Mountain View Middle on the Move!



Fantastic Day Exploring Career Opportunities in Greenbrier County

In six groups, 7th and 8th grade students learned more about cosmetology, barbering, sciences, technology, library resources, welding, and nursing programs at New River Community and Technical College. Students were fascinated with the opportunity to weld and listen to each other's lungs during the nursing demonstration. During the technology session students learned about game design and cyber security with IT specialists. Students solidified the core values of giving to our communities and the principles of empathy and generosity during a visit to Charleston Area Medical Center (CAMC) Greenbrier Valley Labor and Delivery Unit. The students even helped to donate hand knit baby hats.

On this same trip, students learned about different agricultural jobs and learned they don't have to have a farm to be a farmer.

Contact NRCTC's GEAR UP SWV Coordinator and Community Outreach, Tammy Mills, for more information about this trip, tmills@newriver.edu

GEAR UP trip to Willow Bend Demonstration Farm was a success

Mountain View Middle 7th and 8th grade traveled to Willow Bend Farm for a hands-on learning lab. Students learned:

1. Opportunities of the Future Farmers of America and Monroe County Technical Center's Agricultural class
2. Economic impact of agriculture in Monroe County and careers in agriculture
3. How Natural Resources Conservation Sources (NRCS) was formed and what services the government agency offers
4. Soil health and environmental protection
5. The importance of cover crops, what farmers plant in Monroe County as cover crops to improve soil health and reduce erosion
6. How to become a veterinarian, and other careers in the animal health field
7. Much, much more!



Did you know??

The Farm Service Agency makes loans to individual young people to start and operate income-producing projects of modest size. Students just need a sponsor. Is that you? More information on the [USDA Youth Loans page](#).

The Agricultural College of West Virginia was formed in 1867, using a name appropriate for the land-grant act that largely funded it. More on the [WVU website](#).

Future Farmers of America (FFA), is a group that students can be a part of in high school. The group promotes agricultural education.

The Morrill Act of 1862 made it possible for states to establish public colleges funded by the development or sale of associated federal land grants.

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Help Students Make the Best of Break



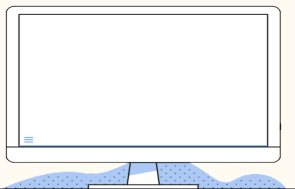
It is never too early to start making moves toward a career. During the holidays, organizations often have more opportunities to volunteer. Share some ideas with teachers, parents/guardians, or coaches about where they can find a place to volunteer. Be specific and think about ways to explore careers without a long-term commitment. This could help a student discover his love for writing, cooking, or something else that helps sharpen their decisions from now on. Help them to make plans before the year ends to make connections and plan to get experience over break!



tutor.com™

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Don't forget to encourage your students to find extra help and stay sharp on break with tutor.com! Tutor.com is now available to GEAR UP SWV students 13-years or older. The service will help bridge the gap between the classroom and learning brought on by the pandemic for the high school classes of 2028 and 2029.



- 1. Visit tutor.com/GEARUPSWV**
- 2. Enter the username, which is the same as the Student ID**
- 3. Enter the password GEARUPSWV**

Please help to share this information with GEAR UP SWV teachers, administrators, students and families. They can access tutor.com by going to www.tutor.com/gearupswv. More information is also available at our website, concord.edu/gearupswv, look under the Parent Resources tab. Students younger than 13 years of age should have their parents/guardians sign and return a paper permission slip before using tutor.com.

STUDENT SUCCESS AGENCY TM

Kick Off!



GEAR UP SWV is proud to announce the launch of empowering initiatives in southern West Virginia with Student Success Agency (SSA). In two weeks, SSA toured 14 schools in southern West Virginia to personally kickoff a comprehensive effort to provide vital support to students in the region, reinforcing GEAR UP SWV's commitment to fostering academic success and personal growth.

"Student Success Agency is ecstatic to partner with GEAR UP Southern West Virginia program to support SWV students through their journey of becoming their best selves and independent economic contributors to society. Today, as eighth graders, they cannot see the peaks they will summit, and the goal for this partnership is to connect students with a near-peer mentor who can relate but engage in a way that allows students to develop and improve their personal belief system of themselves and their ideas. West Virginia has a rich history, and we at SSA are confident that the GEAR UP SWV students in the state will have an even brighter future due to the extended opportunities these students receive, allowing them to write the next chapter for the communities that have supported their growth," SSA CEO E.J. Carrion said.

Student Success Agency partners with schools to provide a bridge between the short school day and after school so that GEAR UP SWV and schools can ensure students receive holistic support that improves their academic, emotional, and economic well-being. With SSA, you guide students around the clock from their electronic devices to ensure that their school time success is not derailed due to out-of-school factors. More at concord.edu/gearup.



**Welcome to the
Agency
Mercer, Wyoming,
and Summers County
8th Graders!**

It's hard to believe that we have been moving towards big goals for more than a year now. In that time, the media has recognized the important things happening in the community that YOU are doing. We have collected links and articles and put them into a neat section you can access on our website, concord.edu/gearup under the "Media" section.



Gear Up Southern West Virginia partners with Student Success Agency – 59 News WVNS – TV

8th grade students to receive mentors through GEAR UP SWV and SSA in three WV counties



Students Autumn Treolo and Collin Blankenship from Glenwood Middle stepped up and into the spotlight to help share the GEAR UP SWV story about the SSA kickoff!

▶ Local Town Newspaper

▶ Regional Radio

▶ Statewide Public Radio

 Concord University receives federal GEAR UP grant totaling more than \$20 million
newsbreak.com



GEAR UP SOUTHERN WEST VIRGINIA
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GEAR UP SOUTHERN WEST VIRGINIA TO HOST AREA MIDDLE SCHOOLERS
FOR KICK OFF EVENT ATHENS, W.Va. – GEAR UP Southern West Virginia will hold a kick-off event for 6th and 7th graders from Mercer, Monroe, Raleigh,...



Online Academic Resources Now Available For Southern W.Va. Students
Students in some southern counties will soon have access to online academic help.



Annabella Frazier, an eighth-grade student, and Student Council President at Pineville Middle was excited to learn about the opportunity not only for herself but for her classmates as well. "Most of the people (students) here have a lot of siblings and play a lot of sports," Frazier said. "It can be hard on the parents, to help them with their time management. I think this is going to be a great."



GEAR UP SOUTHERN
WEST VIRGINIA
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Happy Holidays

***Together we ARE securing
a legacy of strength and
resilience in Appalachia.***