

# St. Olaf College TRiO Educational Talent Search and GEAR UP REPORTER

A Quarterly  
Newsletter  
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Fall 2011

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## Summer Camps 2011

By Mai T Vang, GEAR UP Academic Advisor

For many of the TRiO ETS and GEAR UP students, going to camp this summer was their first time being away from home and being away from what was familiar.



Throughout the spring, GEAR UP and ETS advisors worked with many students to help them complete camp applications to various camps. This summer we had many GEAR UP and TRiO ETS students attend Camp MITY, Camp Sunrise, and a mix of Humboldt and Harding Senior High students attended the GEAR UP Internship and Transitions camps at St. Olaf College.

MITY stands for the Minnesota Institute for Talented Youth, which is an academic camp where students spend 2 weeks away from home at Macalester College. During their time at camp, our MITY students took hands-on classes such as CSI: MITY and Photography 101, and also attended many fun evening activities. They were on their feet from sun up to sun down!

At Camp Sunrise, our students had the opportunity to get closer to nature! These students spent a week staying in tents and cabins along the St. Croix River and learned many helpful tips for surviving in the wilderness; they also enjoyed many fun outdoor activities such as fishing and canoeing.

GEAR UP held two camps this summer, the Internship and Transitions camps. At the GEAR UP Internship Camp, students took part in an internship job shadowing a supervisor at an organization at St. Olaf College or in the Northfield community. Students learned to work with new people and build professional skills. At the Transitions Camp, the Class of 2011 learned techniques on how to be successful in the first year of college. These students learned how to navigate the college system, manage their time, explore study skills, and utilize resources to maintain a strong support system in college.

All students who attended camp this summer had the opportunity to get to know new people, learned and experience new things and created many fun memories! Great job this summer!

## A Word From Our Directors

Heidi Gilles, TRiO ETS  
Claudia Perez, GEAR UP

Welcome to the start of the 2011-2012 school year! We hope that you enjoyed your summer break and that your school year is off to a great start.

Our Newsletter is an opportunity to share information and news about upcoming TRiO ETS/GEAR UP programs and activities with students, parents, and our partner schools. It is also a way for us to highlight and showcase some of the great work that is being done in TRiO ETS/GU schools.

This year GEAR UP will continue working with a group of seniors at Harding and Humboldt High School. Senior year can be both exciting and sometimes stressful. It is a time to celebrate your successes, but remain focused on your academics. It is also a time for making important decisions that will impact the next phase of your life. You're almost there! High school graduation is right around the corner! Good luck as you work through the opportunities, challenges, and decisions the coming year has in store.

In TRiO Educational Talent Search news, we would like to welcome Heidi Gilles, ETS program director (see right). TRiO Educational Talent Search will continue to offer services to 6th-12th graders at target schools. TRiO Educational Talent Search will have college visits, mentor program events, and academic advising for all ETS participants.

We have a lot in store for you this year, so make sure you stay tuned! The best way to keep up on all the TRiO ETS/GU happenings is to attend program events at the schools and to watch out for information coming in the mail. We hope you enjoy this issue of our TRiO ETS/GEAR UP Newsletter.

Best wishes for a successful 2011-2012 school year!

## 5 Easy Steps to A Successful Year

By Betty Yang, GEAR UP College Advisor

- 1) Use a planner.  
This will give you an idea on how you're spending your time so you can manage your time wisely.
- 2) Get started on your homework assignments early.  
This will give you plenty of time to plan and do well on your assignments!
- 3) Get enough sleep.  
Go to bed early so you'll be ready to learn as much as you can at school!
- 4) Learn more about yourself by participating in new extra-curricular activities. Who knows, the new activities that you join could be a path to your future career interests—plus, it looks GREAT on your résumé!
- 5) Keep your head up.  
Having a positive attitude will push you to do better.

### St. Olaf TRiO ETS Welcomes A New Program Director



Please join us in welcoming our new Director of St. Olaf TRiO Educational Talent Search, Heidi Gilles! Here is what Heidi has to say:

Hello! I am Heidi Gilles, the new Director of the St. Olaf TRiO Educational Talent Search program. Over the last 10 years, I have worked for TRiO Upward Bound, GEAR UP, TRiO Educational Opportunity Centers, and, for the last 6 years,

TRiO Educational Talent Search.

In addition to work experience, I also have experience as a student. I am proud alum of both the St. Olaf TRiO Upward Bound and TRiO Student Support Services programs. I received my Bachelor's Degree from St. Olaf College and my Master's Degree from Hamline University.

My beginning of the year student advice is to listen to your Academic Advisors, believe in yourself, and take control of your future. I look forward to meeting students and staff at schools and on college visits. Have a great year!

## Alumna Profile: Katelyn Schlieff

By Erik Torgerson, GEAR UP College Advisor

Katelyn Schlieff is a graduate from the GEAR UP Humboldt Class of 2011 who participated from 7th through 12th grade. She took time



out of her busy college schedule to share about her experience at the GEAR UP Transitions Camp this summer. For more about the GEAR UP Transitions Camp, see the story on page one!

### 1. What are your plans for the Fall?

I will be attending Winona State University this fall. My major is going to be Pre-Occupational Therapy. I want to play softball. I plan to try out as a walk on.

### 2. What is your favorite GEAR UP memory?

I loved everything, but I think my favorite was the GEAR UP College Transition Camp.

### 3. What was your favorite part of the GEAR UP College Transition Camp?

I loved the whole camp. GEAR UP always had something for us to do and it was not boring the entire time. We learned about how to deal with our Financial Aid and how to pay for college. We learned how to manage our time. Name anything about college and we talked about it. I loved that after we spent long days of learning about college information, we then would do something fun, such as bowling, movies or even the Como Zoo. I also like that GEAR UP took very good care of us. This program is such a great way to get prepared for college. It taught me so many things that I did not understand. Without this program, I do not think that I would be able to get where I am right now. I feel more confident than I did before I went to this camp. I recommend anyone who is going to be a senior this fall to apply for this camp. You will not be disappointed!

### 5. What was the most important piece of advice or lesson that you learned at the GEAR UP Camp?

I want to go to college so that I will become a better person and open my life up to have better opportunities.

## Thank You, Great Lakes!

By Denice Stocker, ETS/  
GEAR UP Administrative  
Assistant

Great Lakes Higher Education Guaranty Corporation has funded the GEAR UP and TRiO Educational Talent Search (ETS) academic school year college visits. In addition, their generous funding partially supported the TRiO ETS mentoring program. GEAR UP and TRiO ETS would like to take a moment to thank Great Lakes for being a wonderful sponsor for the last three years.

The St. Olaf TRiO ETS

mentoring program is designed to expand services to low-income, first-generation college bound students at Minneapolis Washburn, North High School, Northeast Middle School and St. Paul Humboldt High School. The mentoring program pairs 166 St. Olaf undergraduate students with 352 6th-9th grade TRiO ETS students.

During the academic year, mentors and mentees exchanged letters on a weekly basis and met face to face three times. Last fall, the St. Olaf mentors visited their mentee's school, had lunch, visited classes, and took a tour of the school. Each school took their winter visit at a different location including the Science Museum, Gopher Spot on the St. Paul U of M campus, and the U of M College of Engineering followed by bowling. Finally, in spring the mentees visited St. Olaf College, attended a mini-class taught by a St. Olaf professor, had lunch, toured campus, and attended a college student panel.

Continued on Page 5

# What To Do To Increase Your Studying Savvy

By Lindsey Saunders, ETS Academic Advisor

“Success means having the courage, the determination, and the will to become the person you believe you were meant to be.”  
- George Sheehan

Being a successful student is sometimes stressful, sometimes defeating, and sometimes really exciting. This year, every student will have moments when they feel like a success and moments they feel like a failure. As a student, your job is to WORK HARD and to LEARN FROM YOUR MISTAKES.

Here are some tips to help you study your best and hardest this year:

- **Find your own individual study space.**

Some people study best at the library in peace. Other people like to have music and snacks when they study. Determine what works best for you and make a habit to study in that place.

- **Study in chunks.**

Studying a little bit at a time instead of keeping everything until the last minute is a way better method. If you study three days a week before a test instead of studying all night the day before, you will be more successful.

- **Rank what's important.**

Don't study the easy stuff first. If you study the more difficult material when your brain is fresh, your studying will be more effective.

- **Study with other (positive) people.**

Study groups can really help you think through your work, but make sure you choose a study group that really wants to work. If your group isn't ready to get down to work, this can be distracting and a waste of valuable study time.

- **Set goals.**

What do you want to accomplish each time you study? If you have a goal, you can structure your study time.

- **Use your planner.**

Don't forget what you need to study. Write down which chapters and topics the test is going to be about in your planner. This way, you don't have to spend your brain power on remembering what to study!

- **Don't be afraid to GO TO TUTORING!**

There are all sorts of tutoring opportunities at your schools. Ask your TRiO ETS or GEAR UP Advisor for more information. TRiO ETS or GEAR UP sponsor tutoring the following days and times at the schools:

**Harding:** Tuesdays and Wednesdays After School

**Humboldt:** Thursdays During 7th and 8th Hour

**North:** Tuesdays After School

**Washburn:** Tuesdays After School

If you don't see your school listed, your advisor can connect you with a tutoring program offered by the school.

Good luck and have a successful academic year!

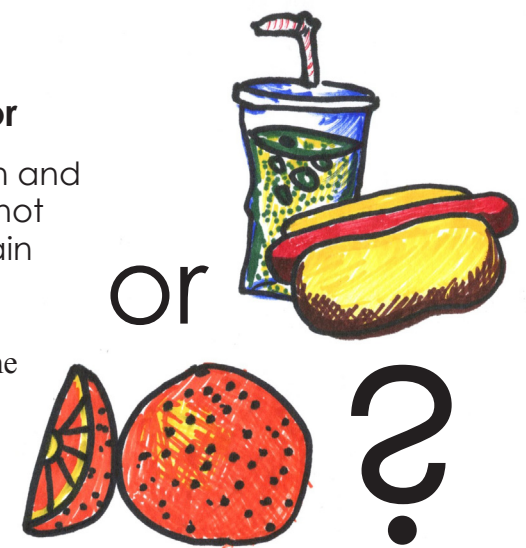
# Healthy Snack Choices

By Kenny Zimmerman, GEAR UP Academic Advisor

The next time I walk into the Holiday gas station on East 7th and Highway 52 in St. Paul, instead of spending my \$5.00 on a hot dog, a cheesy cheddar sausage, and a 52 ounce Mountain Dew, I'm going with two oranges and tap water.

Yes, two oranges and tap water, for several reasons: One, I'd save some money, and two, I'd be eating healthier (see chart below).

I'm not the healthiest eater in the Twin Cities, but I also know we shouldn't fill our tummies with junk food all the time. It's easy though, and cheap, and it usually tastes pretty good, but my grandmother always stressed the importance of keeping your health as you grow older. So, instead of the easy junk food I can buy, I'm going to make sure I select the healthier option, at least sometimes. It doesn't have to be two oranges and tap water, but it shouldn't always be 52 ounces of sugar syrup either.



	Cost	Calories
All Beef Hot Dog	\$1.00	280
Cheesy Cheddar Sausage	\$1.00	280
52 Ounce Mountain Dew	+ \$1.29	+ 715
	\$3.29 + Tax	1275 (plus two buns and toppings)
Two Oranges	\$1.49	62
Tap Water	+ Free	+ 2
	\$1.49 + Tax	124

Above information obtained from a visit to Holiday Gas Station and the following websites: [http://www.pepsicobeveragefacts.com/infobyproduct.php?prod\\_type=1026&prod\\_size=20&brand\\_fam\\_id=1049&brand\\_id=1000&product=Mountain+Dew](http://www.pepsicobeveragefacts.com/infobyproduct.php?prod_type=1026&prod_size=20&brand_fam_id=1049&brand_id=1000&product=Mountain+Dew) & <http://www.caloriesinanorange.com/>

## Thank You, Great Lakes! (Continued)



Through the visits and weekly writing exchanges, St. Olaf mentors were able to assist students in developing the academic skills and motivation needed to prepare for educational and career opportunities after high school.

TRiO ETS and GEAR UP provided over 15 college visits to students during school release days and weekends. The programs were able to expand the college visits offered to the students by exposing them to colleges outside the metro area including Minnesota

State University Mankato, University of Wisconsin Superior, College of St. Scholastica, University of Wisconsin Stout, Winona State University, University of Wisconsin Eau Claire, and St. Olaf College.

At each visit the students had many opportunities to explore, including a tour of the campus, college panels, meeting with a TRiO program, lunch, recreational activities, and an admissions presentation on admissions requirements and financial aid information.

The GEAR UP and TRiO ETS students had many wonderful opportunities this past year. Thanks again to Great Lakes for their support!

# Financial Aid Vocabulary Scrambler

By MK Xiong, ETS Academic Advisor

How much do you know about Financial Aid? Use your knowledge and solve by arranging letters into Financial Aid terms.

- 1. Fasaf** \_\_\_\_\_  
Acronym for the process of applying for financial aid help. (Hint: Free Application for Federal Student Aid)
- 2. Taaeredrtlw** \_\_\_\_\_  
A notice from a college containing specifics about your financial aid award. (Hint: A---d L-tt--)
- 3. Naltrpegl** \_\_\_\_\_  
Provides need-based grants to low-income undergraduate. (Hint P--- G----)
- 4. cfe** \_\_\_\_\_  
Acronym for a phrase that measure your family's financial strength and is calculated according to a formula established by law. (Hint: Expected Family Contribution)
- 5. imiefrofornticva** \_\_\_\_\_  
About 30% each year, selected families will have to prove their earnings on this form in order to receive financial aid. (Hint: V-----t--- F---)
- 6. rustptdtneoeirda** \_\_\_\_\_  
Summarizes all the information you provided on your FAFSA. (Hint: SAR)
- 7. 1nuyrjaa** \_\_\_\_\_  
A specific date when you can begin applying for the financial aid. (Hint: J----y -)
- 8. bnmuneirp** \_\_\_\_\_  
This is a term for the four digits that can act as your signature for the FAFSA. (P-- N----r)
- 9. nucetrrenotimax** \_\_\_\_\_  
Documents stating how much your family income is. You will need them to complete the FAFSA application. (Hint: I----e T-- R---r-)
- 10. tarnsg** \_\_\_\_\_  
Free money given to students base on family income. (Hint: G----t-)
- 11. oanls** \_\_\_\_\_  
Money borrowed in which it gains interest and must be paid back when you leave school. (Hint: L---s)

# It's Time to Apply Yourself!

The time has come for the **Class of 2012** to think about their application strategies for senior year. There is a lot of work that needs to get done, so below are some tips for our seniors and their parents/guardians on what to do now to stay on schedule.

## Tips For Parents/Guardians

By Emily Kramer Torres, GEAR UP Academic Advisor

ETS/GEAR UP can help your student:

1. Research and choose at least **FIVE** colleges to apply to by November 30.
2. Visit with their school counselor to make sure they are on track to graduate on time.
3. Sign up to take or re-take the ACT if needed and if applying to a 4-year college.
4. Write a personal essay for scholarships or private college applications and make edits.
5. Search for scholarships.

How You Can Help:

1. Ask about the three colleges they are applying to. Encourage them to finish applying by November 30.
2. Encourage them to talk with their high school counselor to make sure they will graduate on time.
3. Ask if they have started writing their personal essay and encourage them to let other people read it.
4. Help them search for scholarships. Ask people at work, your place of worship, the bank and in the community if they know of any local scholarships.

Important Vocabulary:

ACT: A test 4-year colleges require students to take.  
Personal Essay: Some 4-year colleges and scholarships require personal essays for admissions.  
Scholarships: Free money that students can apply for to use to pay for college. Usually scholarship applications require an essay.

If your student is in GEAR UP and does not have a social security number:

1. He/she CAN go to college.
2. There are many ways for ALL students to pay for college.

## Tips For Seniors-To-Be

By Jonathan Aldana, ETS Academic Advisor

Getting to college is not easy. In fact, it takes time, effort, and knowledge. Sometimes it may feel impossible for a student to do it alone. Fortunately, there are things that you can do to help you enjoy the college application process and have a worry-free senior year.

Below are steps that will help you during the college application process. This might seem like a lot, but your ETS/GEAR UP advisors are here to help.

September:

1. Pick FIVE colleges that you would like to attend and begin those applications. Visit these colleges.
2. Ask for teacher recommendations.
3. Sign up for the ACT again.

October:

1. Continue working on applications.

2. Visit with admissions counselors who come to your high school.

3. Don't let your schoolwork suffer! Colleges look at your senior year transcript.

November:

1. Finish up your applications - your applications to five colleges should be mailed by **November 30th!**

December:

1. Find out if you qualify for scholarships at each college you have applied to.
2. Winter break gives you lots of time to polish up your essay and résumé, not to mention work on those scholarship applications!

**Remember, we are here to help! Ask your ETS or GEAR UP Advisor for help or call 800-621-7601.**



**TRiO Educational Opportunity Programs  
Educational Talent Search/GEAR UP**

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Northfield, MN 55057-1098

(507) 786-3783 TOLL FREE: (800) 621-7601  
[www.stolaf.edu/services/ets](http://www.stolaf.edu/services/ets)  
[www.stolaf.edu/services/gearup](http://www.stolaf.edu/services/gearup)

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**Gaining Early Awareness and Readiness for Undergraduate Programs (GEAR UP)** is a federally funded program that works in collaboration with teachers, community members, students, and families to significantly increase the number of low-income students who are prepared to enter and succeed in post-secondary education. GEAR UP serves over 850 students in the class of 2011 and 2012 at Humboldt Secondary School and Harding High School in St. Paul, Minnesota. GEAR UP provides college preparatory services such as career and college exploration, college visits, financial aid workshops, tutoring, mentoring, parent/guardian workshops, and other college preparatory activities.



TRiO program funded by the U.S. Department of Education and sponsored by St. Olaf College. The ETS program annually assists 800 middle and high school students as they explore their academic and vocational options and set goals for the future. ETS Academic Advisors, in cooperation with school counselors and teachers, provide college preparatory services through workshops, classroom activities, and group and individual counseling sessions. St. Olaf College Educational Talent Search works at the following four schools: St. Paul Humboldt Secondary School, Minneapolis Northeast Middle School, Minneapolis North Community High School, and Minneapolis Washburn High School.



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