



NEWS & INFORMATION ABOUT
PLANNING FOR AFTER HIGH SCHOOL

The GEAR UP Gazette

DECEMBER

FOR PARENTS OF 11TH & 12TH GRADE STUDENTS

4 TIPS TO HELP YOUR STUDENT GET ORGANIZED



Time management, organization and the ability to sit down and concentrate will help your student in high school, college and beyond. Help your student succeed with a few tips:

1. **Embrace to-do lists:** Encourage your student to create a to-do list each day and tackle the hardest or least enjoyable activity first. Consider a small reward or incentive if a student completes everything on the list.
2. **Use calendars:** Help your student create a calendar system that works for them – it may be a digital option or a paper version. Use it to track assignments and activities.
3. **Establish a homework routine:** Where and when does your student work best? It may be at school, the library or at home; it may be in the morning or at night. Create a quiet, well-lit area in your house for studying and homework.
4. **Manage files:** Help your student create a file for important documents including awards and honors. This will be helpful when applying to colleges and scholarships.

DID YOU KNOW?

In a survey of first-year college students, 47% struggled with effective time management.

Source: [HERI UCLA, 2016](#)

COLLEGE MYTHS (AND REALITIES)

MYTH: Students are completely on their own once they are in college.

REALITY: Students will need to be responsible for their own time, including attending class, doing homework and getting enough sleep. However, there are many people and offices on campus dedicated to helping students succeed including advisors, counseling centers, tutors and more. Many colleges offer classes to help students learn better study and organization skills as they transition to a college environment.

PARENT CHECKLIST

- Encourage your student to talk to college students home on vacation.** This is a great way to get a first-hand look at what to expect in the first-year of college. You can also ask questions of their parents.
- SENIORS – Finish applying to colleges.** Make sure your student has submitted all of the required information to colleges. Use the winter break to catch up on details!
- SENIORS – Confirm FAFSA information.** The Student Aid Report is a summary of what your student filled out on the FAFSA – offer to go over the information to make sure that everything is correct and make any changes if necessary.

EVENTS & ANNOUNCEMENTS



GEAR UP stands for Gaining Early Awareness and Readiness for Undergraduate Programs and is a federally-funded program that helps rural, low-income middle and high schools prepare students for education after high school.

Visit oregongearup.org to learn more and access resources to help your students make a plan. © 2016 Oregon GEAR UP

COLLEGE. It's not a dream, it's a plan.