

**14th Annual
GEAR UP West Conference
1-Day Virtual Event
10.20.20**



**BUILDING HOPE,
EQUITY, & RESILIENCE**

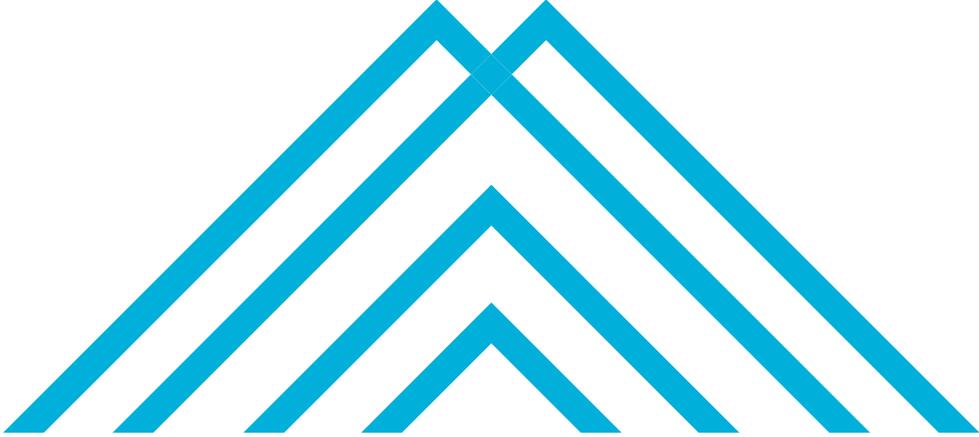
Join us for a special no-cost GEAR UP West virtual event, taking place Tuesday, October 20, 2020. This one-day event will replace our traditional 3-day conference this year and focus on advancing equity and building hope and resiliency in students, families, and ourselves.

ABOUT

GEAR UP West is an annual collaborative regional conference for college access and success practitioners primarily from the Western part of the United States. Participating states have included Arizona, California, Colorado, Hawaii, Idaho, Montana, New Mexico, Nevada, Oregon, Utah, Washington and Wyoming. GEAR UP programs in these states together serve more than 200,000 low income and historically underrepresented students and their families.

Attendees include GEAR UP and other college access program staff, evaluators, higher education professionals, and middle/high school teachers, counselors, and administrators. All those working to help students prepare for and succeed in the postsecondary pathway of their choice are welcome to attend.

<http://bit.ly/GUWest20>



SCHEDULE AT A GLANCE

GEAR UP WEST 2020

**8:30-
9:30 am**

Morning Plenary:
The Science and
Theory of Hope,
Dr. Chan Hellman

**11:30-
12:30 pm**

Luncheon Plenary:
Trauma-Responsive
Practices,
Lara Kain

**9:30-
10:00 am**

Morning Break

**12:30-
1:00 pm**

Afternoon Break

**10:00-
11:00 am**

**Morning
Breakout Sessions**

**1:00-
2:00 pm**

**Afternoon
Breakout Sessions**

**11:00-
11:30 am**

Morning Break

**2:00-
2:15 pm**

Closing

EVENT PROGRAM

8:30- 9:30 AM

MORNING PLENARY

THE SCIENCE AND THEORY OF HOPE

Did you know that hope can be measured? Students who have hope can take more control of their own lives and with the right tools, you can increase the hope a student feels in their future. Join Chan Hellman, Ph.D. from University of , and author of Hope Rising to learn the research base behind hope science and how you can create meaningful pathways for the youth in your community.



DR. CHAN HELLMAN

University of Oklahoma (OK)

Chan M. Hellman is a professor of social work at the University of Oklahoma and Director of The Hope Research Center. He has written more than 150 scientific publications and has presented at numerous national and international conferences worldwide. Chan has also presented his work on hope with TEDx in the Fall of 2020.

Chan's research is focused on hope as a psychological strength helping children and adults overcome trauma and adversity. This research informed the development of the "Hope Centered and Trauma Informed" training program. Chan is the co-author of the award-winning book "Hope Rising: How the Science of Hope Can Change Your Life" with his co-author Casey Gwinn published by Morgan James.

9:30- 10:00 AM

MORNING BREAK

10:00-11:00 AM

MORNING BREAKOUT SESSIONS

FINANCIAL AID SUPPORT DURING REMOTE LEARNING

Christina Winstead, Washington Student Achievement Council (WA)

It's time for the class of 2021 to apply for financial aid. But how will that work in a remote learning environment? In this session we will discuss ways to engage and support remote learning students in the financial aid process. We will cover basic financial aid information, financial aid advising day requirements, and best practices. Participants will leave with digital resources to support their work with students.

SUPPORTING YOUTH EXPERIENCING HOMELESSNESS

Jillian Sitjar, SchoolHouse Connection (DC), & Melinda Dyer, Office of Superintendent of Public Instruction (WA)

Before the COVID-19 pandemic, an estimated 4.2 million youth and young adults experienced homelessness on their own each year. The outbreak and resulting economic crisis have pushed more youth into homelessness, and at the same time, exacerbated the challenges of youth who were homeless prior to the outbreak. Yet higher education remains their best long-term opportunity for economic independence, health, stability, and well-being. Unaccompanied homeless youth face extraordinary challenges filling out the FAFSA. This session will provide an overview of youth experiencing homelessness, the process for filling out the FAFSA as an unaccompanied homeless youth, the barriers these students often face, and tips for removing these challenges.

2020 AND THE PANDEMIC BRAIN

Greg Evans & Justin Boudreau, Seeds Training (CA)

The entire world is living with major adversity and unprecedented challenges right now. Our students are increasingly isolated and having to adapt everything. This can cause chaos and fear, which strangely can be good for brain development. In this session, we will show you how to use Social Emotional Learning to turn this time of trouble into a period of remarkable personal growth for your students.

UNDOCUMENTED & UNDERSERVED: LEARNING HOW TO BEST SUPPORT UNDOCUMENTED STUDENTS & THEIR FAMILIES

Alejandra Pérez & Daniela Murguía, Washington Dream Coalition (WA)

Over 11.5 million undocumented people reside in the United States, with uncertainty of their safety and future. Undocumented students and families live in fear of deportations and are often unable to access community services and education resources. Learn from undocumented folks the history of undocumented students, current events and legislation, and how immigration intersects with education. After this workshop, you will leave with tools that you can use to support undocumented students and families.

SUPPORTING STUDENTS VIA VIRTUAL SCHOOL COUNSELING

Brian Mathieson, Vancouver Public Schools, Gretchen Stiger, Everett High School, Lilia Hueso, Moses Lake High School, & Kim Reykdal, Office of Superintendent of Public Instruction (WA)

Join a panel of accomplished school counselors and a district leader to learn how they've adapted their career and college readiness services for students during the current remote learning experience. Panel members will share their successes with developing virtual and other direct connections with students/families, and their strategies for building hope via high school and beyond planning, outreach to students furthest from education opportunity and justice, and partnering with GEAR UP and other college access staff to best support students' post-high school goals.

11:00-11:30 AM

MORNING BREAK

11:30-12:30 PM

LUNCHEON PLENARY

CREATING TRAUMA-RESPONSIVE SCHOOLS THAT FOSTER RESILIENT ENVIRONMENTS FOR YOUTH AND ADULTS

The trauma-informed schools movement has never been more relevant. Schools committed to cultivating trauma-informed change can successfully buffer the multiple adversities we are collectively facing. We will discuss the phenomenon of collective and individual trauma and tangible ways in which the school community can buffer against these struggles. Protective factors that foster resilience for both students and adults can be cultivated at the school level. They include positive relationships with peers and responsive adults, healthy emotional classroom and school climates, participation in community building activities, empowering youth voices, academic engagement, and emotional regulation among others. Schools that have implemented trauma-informed practices have had significant declines in student illness, absenteeism, and suspension rates. Learn more about this holistic approach, which addresses the head and the heart in equal measure.



LARA KAIN

Lara Kain Consulting, (CA)

Lara is an experienced educator, consultant, and national speaker on implementing trauma-informed practices into schools and building holistic trauma-responsive systems. She brings over two decades of experience at the local, state, and national level which informs her work. Her wide range of experience ranges from supporting individual teachers in the classroom to designing a trauma-informed schools' pilot currently being implemented in 20 schools across the country. She understands the macro and the micro. She has worked both as a teacher and administrator putting the science of building resilience into practice.

12:30- 1:30 PM

AFTERNOON BREAK

1:00-2:00 PM

AFTERNOON BREAKOUT SESSIONS

BEYOND THE BUBBLE BATH: THE IMPORTANCE OF SELF AND COLLECTIVE CARE FOR EDUCATORS

Lara Kain Consulting (CA)

This workshop explores why self and collective care are crucial for all youth-serving adults. As a group, we will explore concepts of trauma, stress, burnout, compassion fatigue. Learn what it means for youth-serving adults to take mental and emotional self-care to effectively support students. Lara will share a framework, which prioritizes both youth and adult resilience and well-being. Participants will walk away with strategies to implement in their own programs and practices for self and collective care.

THE THREE E'S OF VIRTUAL STUDENT ENGAGEMENT

Nina Stemm, Vancouver Public Schools (WA) & Michael Benko, Student Success Agency (TX)

How do we empower and engage students digitally without being overwhelmed? The changing landscape of K12 education has come with many challenges for support service departments. In this presentation, Nina Stemm (District Coordinator, Vancouver Public Schools GEAR UP) and Michael Benko (Co-Founder, Student Success Agency) will share the three E's of digital student engagement and how this can be an added value to you GEAR UP program.

VIRTUAL CAREER EXPO: IMPROVING EQUITY, CONNECTING COMMUNITIES, AND INCREASING PSE AWARENESS

Alex Holmes, William Markham, Ayanna Wheeler, & Jami Henson, K20 Center for Educational and Community Renewal (OK)

Research shows that providing early career opportunities in schools improves student outcomes. Lack of access often limits schools from providing students the opportunity to learn about career options outside of their immediate community. However, by transforming traditional career experiences into virtual ones, your GEAR UP program or school can introduce sustainable events that are easy to implement and promote wide-ranging career exploration. In this interactive virtual session, participants will explore the preparation process, consider implementation, and examine the possible impact of virtual career events within their schools or programs. Participants will leave with a variety of ideas about implementing virtual career experiences in their own GEAR UP programs.

HOW TO BE TIKTOK TRENDY

Dalton Allen, KU GEAR UP Topeka, & Laura Kingston, KU Center for Educational Opportunity Programs (KS)

We all know that TikTok and fast-paced videos are what students consume daily. But did you know, research shows that these short videos with quick information are the most effective? Learn how GEAR UP Topeka has embraced trendy videos across all social media platforms to relay important college-going information during COVID-19.

CAMPUS VISITS GO VIRTUAL: STRATEGIES, LESSONS AND RESOURCES TO TAKE YOUR TOURS ONLINE

Annie Pocklington, Washington Student Achievement Council (WA), Lyndsey Howe & Latrell Armstrong, FOCUS Training (WI)

Join this session to hear about how campus visits are taking place in a virtual environment. We will share best practices from both GEAR UP Washington and FOCUS Training on the implementation and delivery of engaging experiences for students. As part of the program, participants can expect to receive sample activities, curriculum and to connect with others in sharing best practices.

CREATIVE WAYS TO ENGAGE STUDENTS DURING VIRTUAL LEARNING

Hong-Yen Chau & Kristen Yip, GEAR UP Achievers (WA)

Trying to find creative ways to engage students virtually? Come hear how the GEAR UP Achievers of South King County in Washington have utilized social media and virtual office hours to engage students virtually in STEM and college access. Participants will hear about our weekly STEM challenges and STEM club along with how to use platforms like Nearpod and Pear Deck to create fun and engaging office hour sessions for students. We'll also be discussing ways to recruit students and keep them coming back! This session is intended for school-based GEAR UP staff.

2:00-2:15 PM

CLOSING

