

## GEAR UP ACTIVITY IDEA

# HIGH SCHOOL 101



### Objective

To inform incoming freshmen and their parents about high school expectations, resources, and support systems.

| Procedure |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                             |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
|           | <ol style="list-style-type: none"> <li><b>Preparation (4:45-5:00 PM)</b> Greet students and parents at the entrance. Have GEAR UP rosters ready for sign-in. Ensure all attendees have signed in before the event starts.</li> <li><b>Opening Session (5:00-5:15 PM)</b> GU Staff will welcome all attending families. Explain the role of the GEAR UP grant. Define GEAR UP and its mission. Introduce the staff for a discussion on the College Bound program. Explain the structure and flow of the evening.</li> <li><b>Student and Parent Panels (5:20-5:50 PM)</b> <ol style="list-style-type: none"> <li><b>Student Panel (Cafeteria):</b> Led by senior AVID students, GU staff will facilitate. Students will ask seniors questions about their high school experience.</li> <li><b>Parent Panel:</b> Families discuss their experiences and answer questions from fellow parents.</li> </ol> </li> <li><b>Combined Session (5:50-6:20 PM):</b> GU staff present strategies for incoming freshmen on how to succeed in high school. Discuss student portfolios and preparing for the senior project.</li> <li><b>Whole Group-High School Session.</b> Thank the parents for attending. Introduce the high school staff. GU staff provide an overview of the high school mission and available programs.</li> <li><b>Dinner Service:</b> GU and HS staff will serve dinner to attendees.</li> <li><b>Final Thank You (7:00 PM).</b> Thank families for their participation.</li> </ol> | Themes                                                                                                                                      |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Counseling & Advising, Transitions                                                                                                          |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Audience</b>                                                                                                                             |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | All GU students                                                                                                                             |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Grade Level(s)</b>                                                                                                                       |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Middle School                                                                                                                               |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Cost</b>                                                                                                                                 |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Meal/Snacks                                                                                                                                 |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Required Materials</b>                                                                                                                   |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <ul style="list-style-type: none"> <li>- Meeting and dining spaces</li> <li>- GU and CBS brochures</li> <li>-Presentation setups</li> </ul> |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Prep Time</b>                                                                                                                            |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Planning meetings                                                                                                                           |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Additional Notes</b>                                                                                                                     |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Contributed by Blaine MS.                                                                                                                   |