

Washington State GEAR UP Year 6 Kickoff Workshop

August 16-17, 2022 | Leavenworth



Day One

Welcome & Introductions

Annie Pocklington, Assistant Director

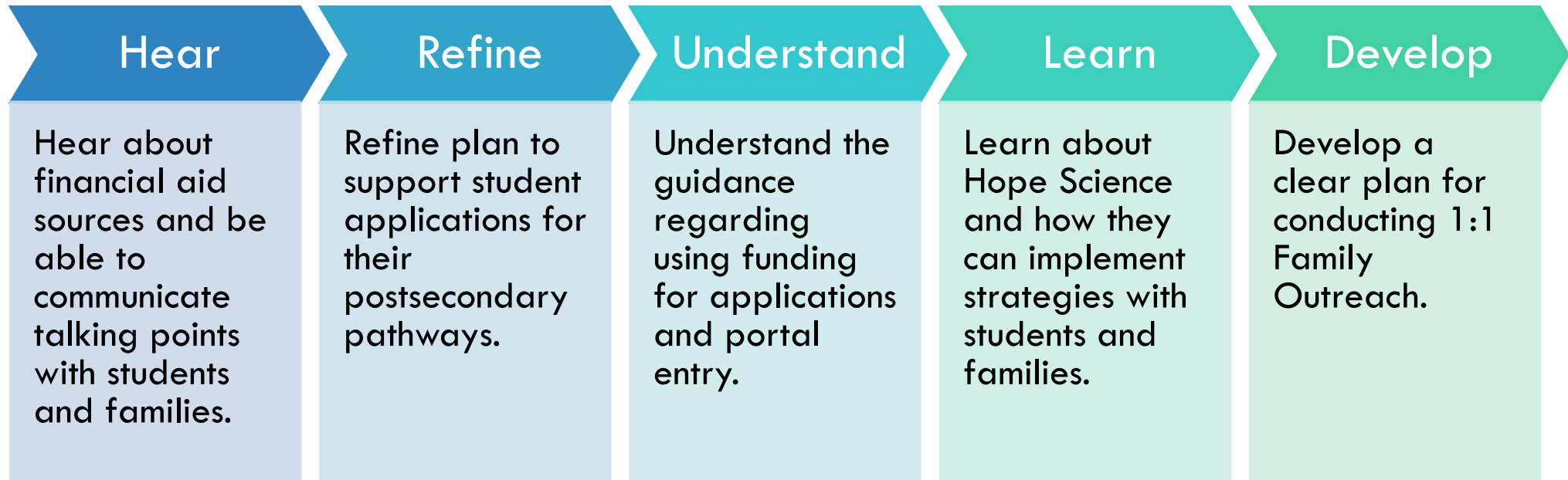
Christina Winstead, Assistant Director for Outreach

Dan Ashe, Associate Director

Kelly Keeney, Program Manager

Marcie Mills, Director

Objectives



Land Acknowledgement

We respectfully acknowledge that we are on traditional, ancestral territories. Truth and acknowledgment are critical to building mutual respect and connection across all barriers of heritage and difference. We begin this effort to acknowledge what has been buried by honoring the truth. We honor today the ancestral lands of the 12 bands of the Colville Confederated Tribes specifically the lands of the Wenatchi, Entiat, Chelan and Yakama peoples.

We pay respects to their elders past and present and recognize the many legacies, inspiring and challenging, that bring us together today and every day.

Housekeeping

- Restrooms.
- Clock hours – sign in both days.
- Registration – sign in once.
- Invitation
- Breaks
- Lunch

Introductions

- ▶ **GEAR UP**
Coordinators,
please introduce
your new team
members.



Warm Up Activity

DAN



Hope Science





STATION
#3
PIPE LINE

Hope Science Matters

Why, What, How, What If?





OUTCOMES

- 1. List parts of Hope Triad**
- 2. Practice using Tool**
- 3. Become Hope Navigator**

AGENDA

- 1. Science and Theory**
- 2. Integrate Hope into GEAR UP**
- 3. Explain the Tools**
- 4. Practice Using Tools**

ABUSE



Physical



Emotional



Sexual

3

NEGLECT



Physical



Emotional

types of ACEs

Adverse Childhood Experiences

HOUSEHOLD DYSFUNCTION



Incarcerated
relative



Divorce



Mother treated
violently



Substance
abuse



Mental illness

Additional Layers

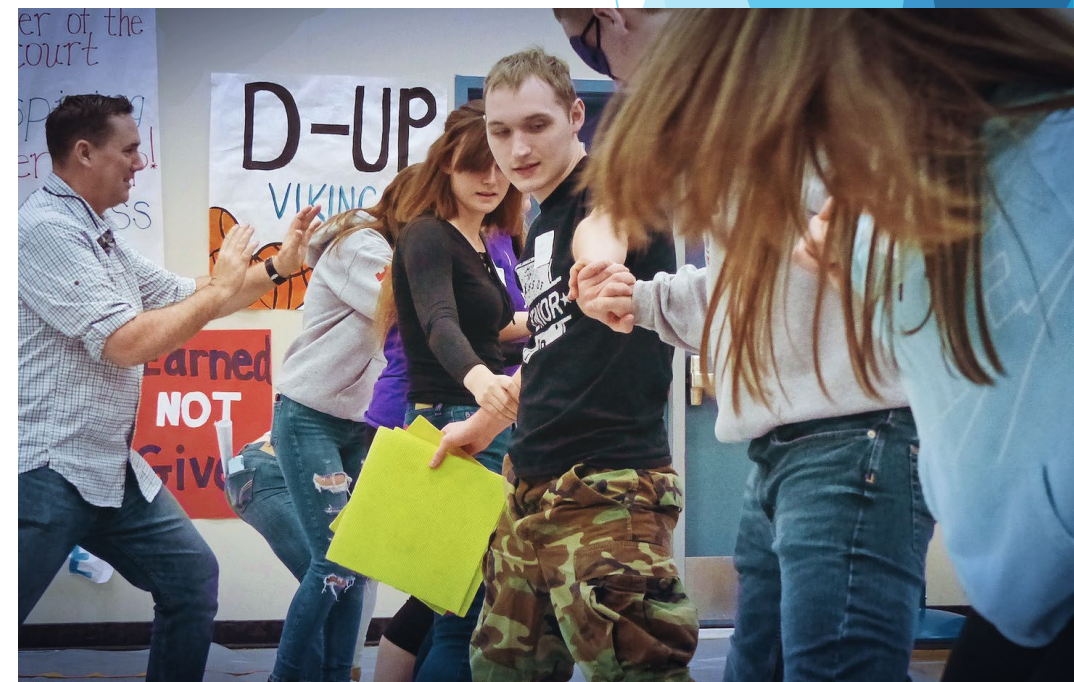
- COVID
- Staffing changes
- Unknowns





PACEs

Positive Childhood Experiences



to be
point of view.

Hope [hōp] n. v.
emotional state
a positive out
circumstance

to be
point of view.

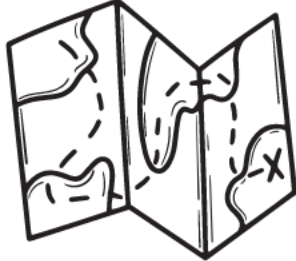
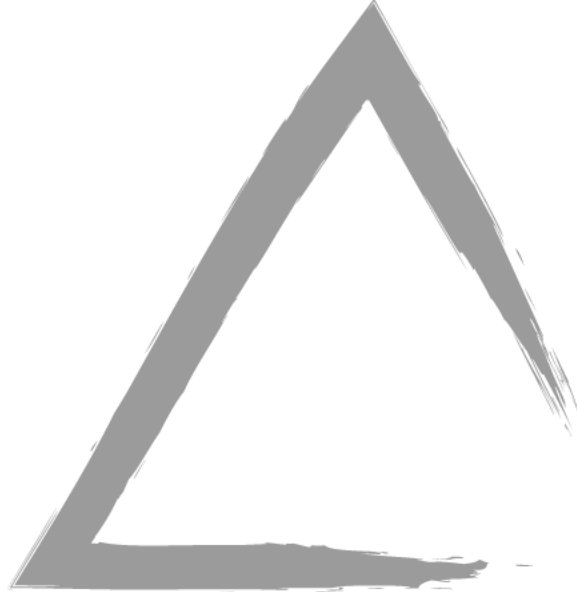
**Hope is the belief that your future will
be better than today and that you
have the power to make it so!**

a positive
circumstance

Hope Triangle



The Big Goal



Pathways

Waypower



Agency

Willpower

The Problem with Willpower



Hope



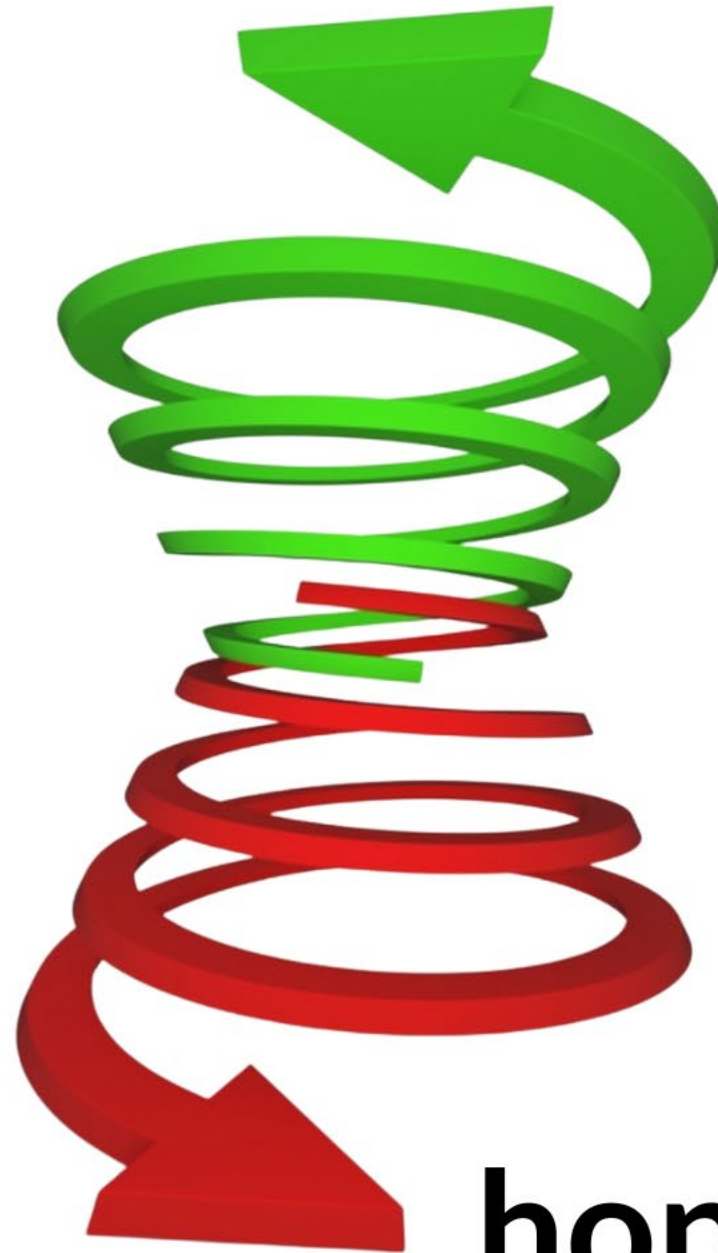
anger



despair



apathy



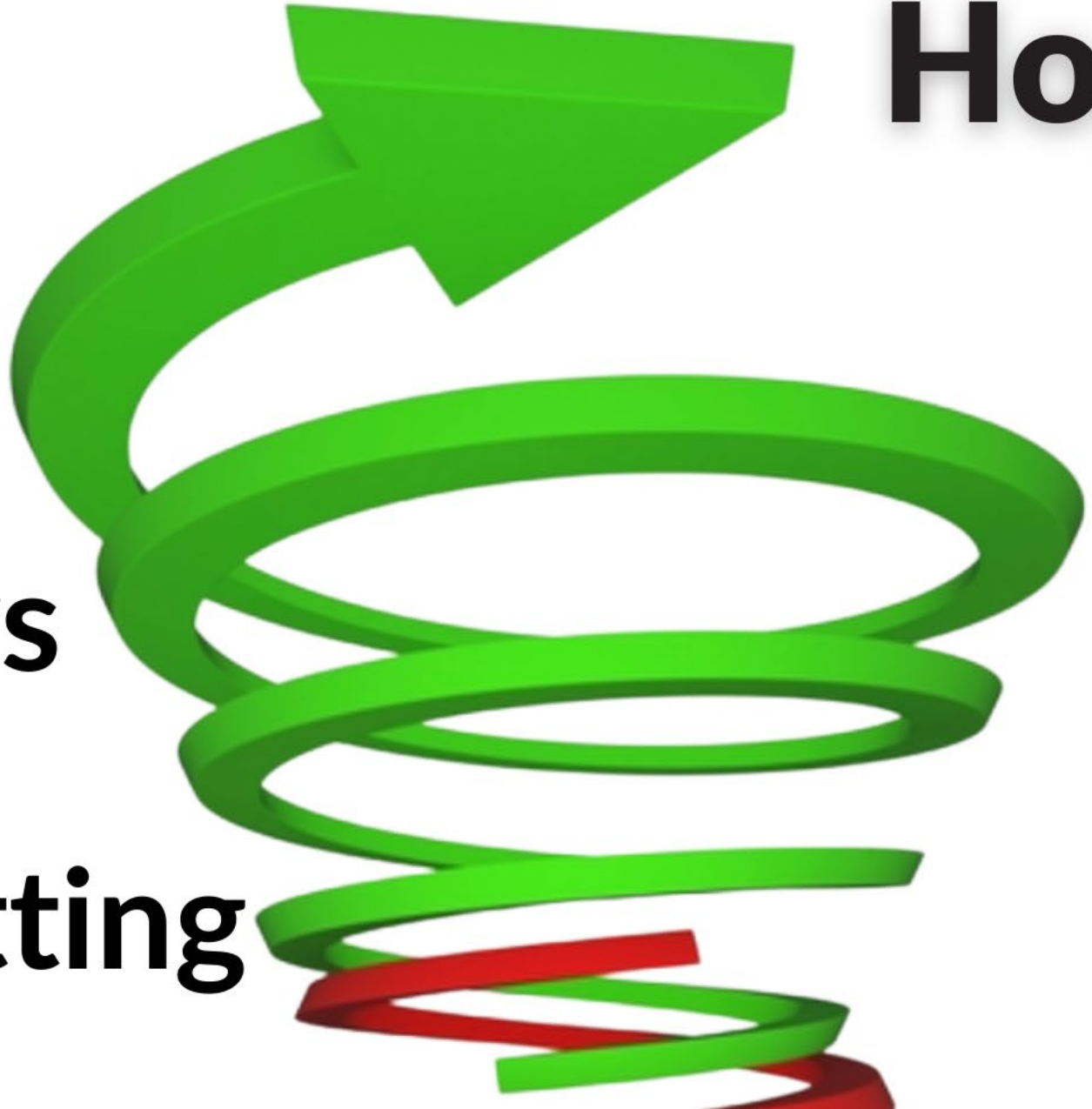
hopeless

Hope

 **small wins**

 **pathways**

 **goal setting**





Introduce Hope Science

Goal Setting

Pathways

Willpower

Use Goal Setting Tool Worksheet

Solution Finding

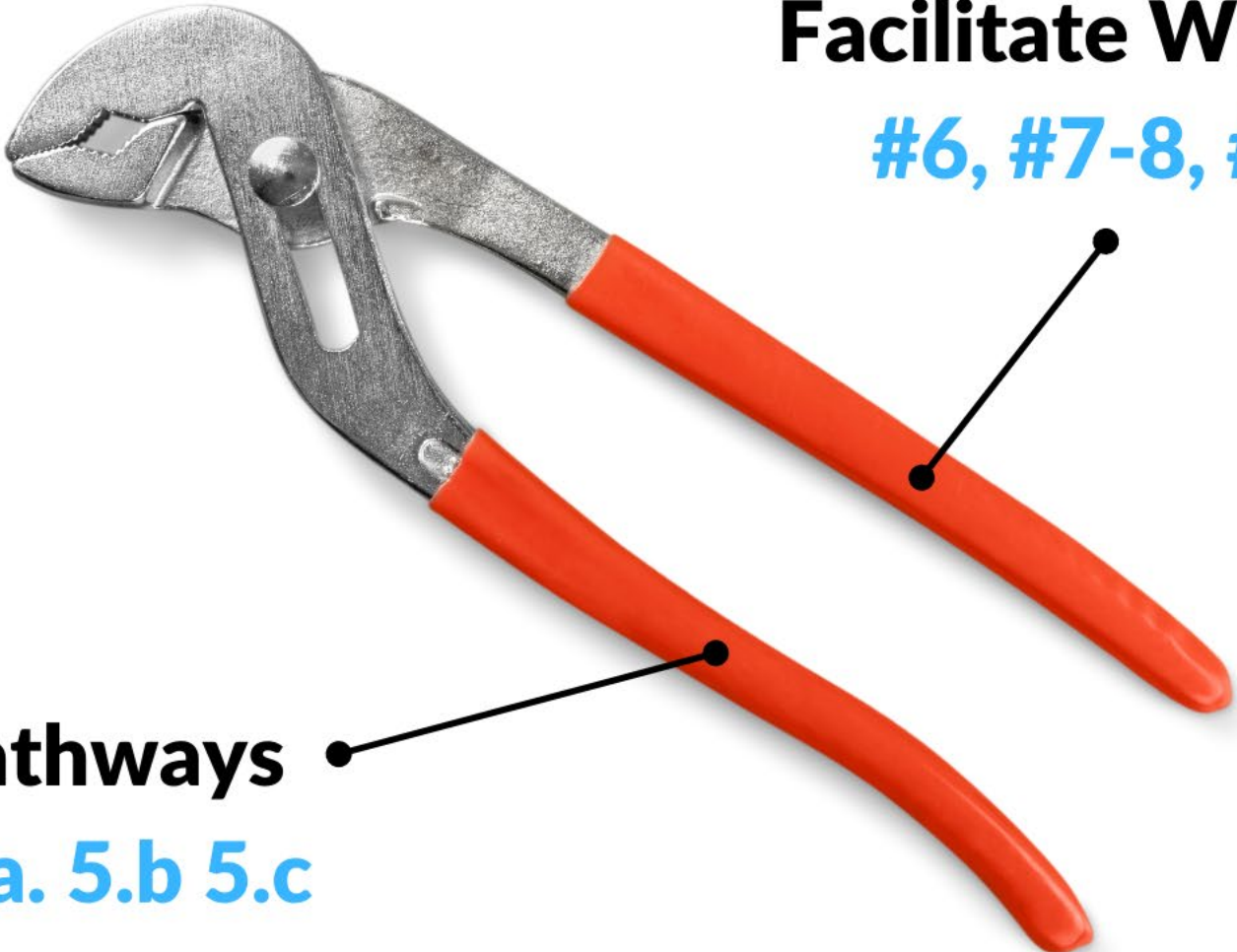
Re-Goal

Relationships



Hope Goal Setting Process/Worksheet

**Clarify
the Goal**
#1-2, #3-4



Facilitate Willpower
#6, #7-8, #9-10



Pathways
#5a. 5.b 5.c



1. Your Big GOAL *Write out the single overarching goal you hope to achieve.*

2. What is your "LEVEL OF DESIRE" to achieve this goal? *Min* (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) *Max*

3. Your PURPOSE *What's your WHY? Describe why or what is motivating you to achieve this goal.*

4. You Will Be PROUD *Just imagine how you will feel when you accomplish this goal. What will you think? How will it affect others?*

Pathway 1 _____

Pathway 2 _____

Pathway 3 _____

5.b. PROBLEMS *Identify what barriers you might face along each pathway.*

Pathway 1 Potential Barrier _____

Pathway 2 Potential Barrier _____

Pathway 2 Potential Barrier _____

5.c. Your Choice, Your PLAN *After reviewing your PATHWAYS and PROBLEMS listed above, choose the best PATHWAY and describe how you will overcome the barriers or problems on that pathway.*

6. Your PAST PERFORMANCE & PERSEVERANCE Recall how you achieved a difficult goal and overcame barriers in the past.

7. STEPPING STONES to Your Big Goal Describe all the mini-steps in order, that you will need to accomplish to reach your goal.

STEP A _____

STEP B _____

STEP C _____

STEP D _____

STEP E _____

8. PEOPLE & RESOURCES List who and what you will need for support along the way.

People

Resources

_____	_____
_____	_____
_____	_____
_____	_____

9. What Powers-up your PASSION Think about something that motivates you like a song, a movie, a person, etc. and think how you can use this inspiration to help you stay focused on your mini-steps while pursuing your goal.

10. Your PREDICTION Now that you have a detailed plan for **Your Big GOAL**, predict how successful you think you will be in reaching the goal you set.

Min ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ Max

A black and white photograph of a group of students lying on their stomachs on a wooden floor in a classroom. They are arranged in a line, with some looking towards the camera and others looking down. The students are wearing casual clothing, including a baseball cap and a hoodie. The background shows rows of folding chairs.

PRACTICE

1. 10 minutes of solo work
2. Select your own goal
3. Complete goal sheet

STAND UP WHEN FINISHED

1. What did you like?
2. What would you change?
3. How could you use this tool in GEAR UP?

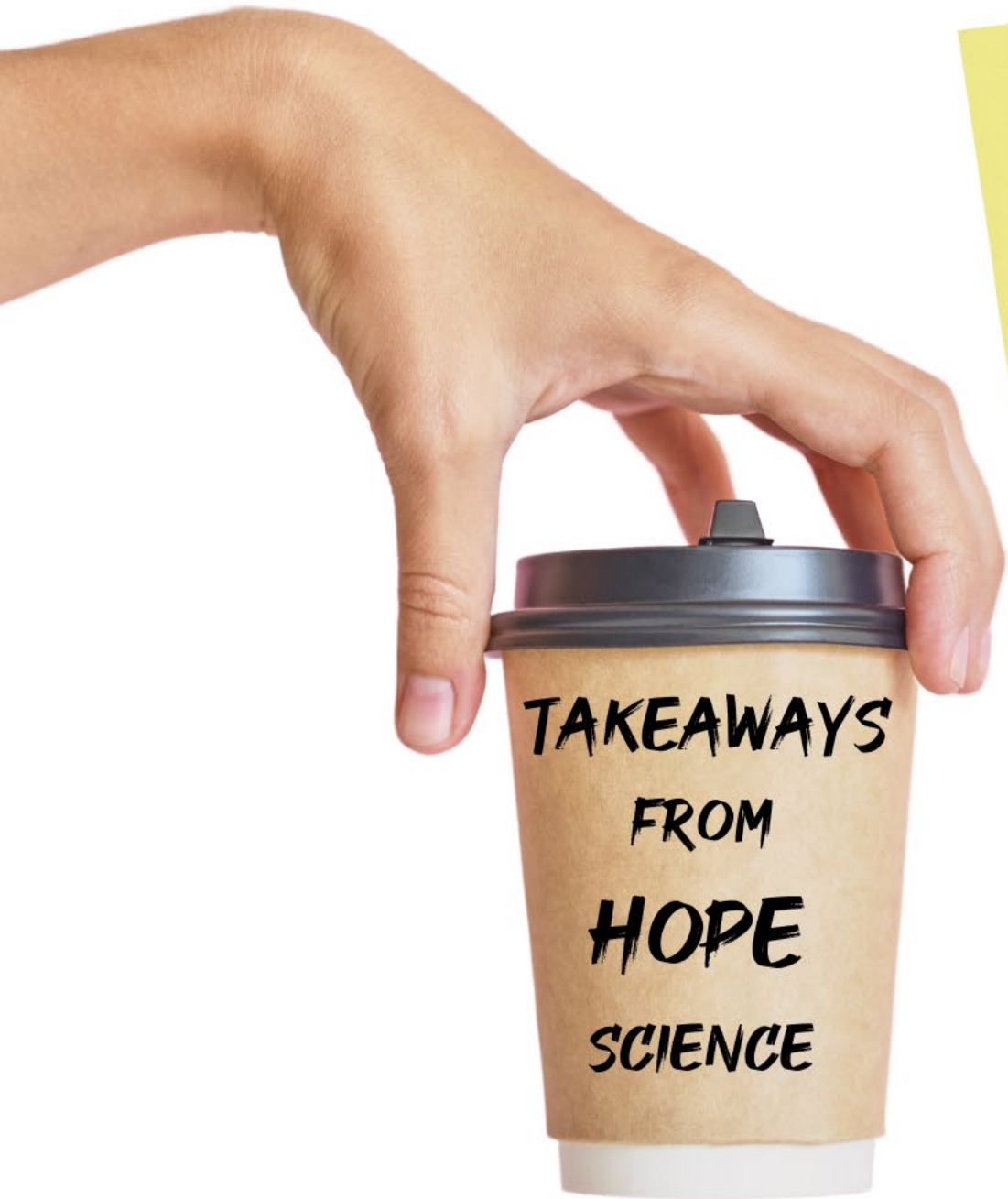
How to Make Hope Happen



**Create excitement
about the future**

**Knock down
obstacles**


Re-establish goals



What do I
want to **START**
doing more?

What do I
need to **STOP**
doing?

What do I
want to **LEARN**
MORE about
Hope Science?

A low-angle photograph of a tree with sunlight filtering through the leaves against a green sky. The sun is visible as a bright spot in the upper left quadrant, creating a lens flare effect. The leaves are dark green and silhouetted against the lighter sky. The overall mood is serene and hopeful.

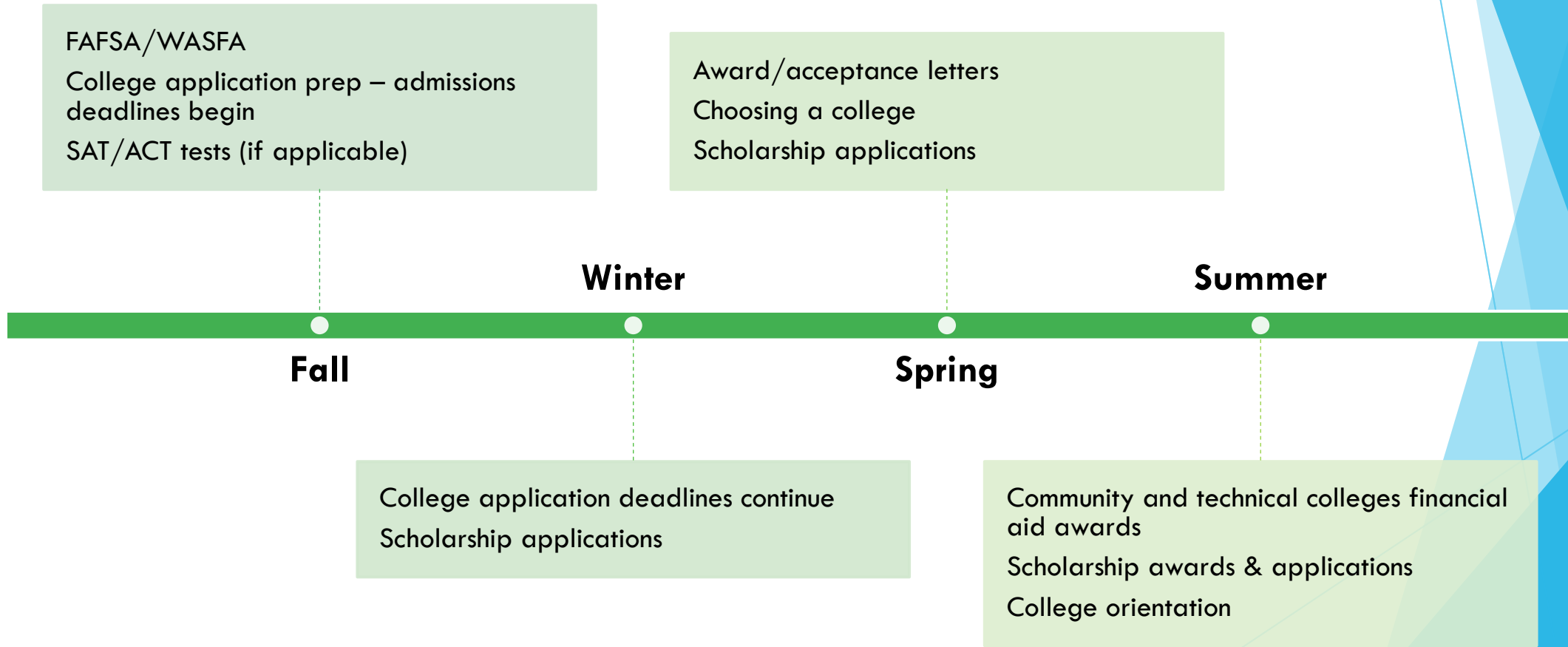
**Perseverance is not a long race;
it is many short races one after the other.**

Walter Elliot

Break

10:30-10:45

Senior Year Milestones





Student Panel

- ▶ **Penelope** - Hudson's Bay
- ▶ **Dianna** - East Valley
- ▶ **Yulizeth** - Everett
- ▶ **Oliver** - CHOICE alum
- ▶ **Poppy** - Ocean Beach
- ▶ **Jennifer** - Squalicum
- ▶ **Montaniel** - Everett
- ▶ **Hannah** - Blaine
- ▶ **Alejandro** - Hudson's Bay
- ▶ **Justin** - Blaine
- ▶ **Evellina** - Blaine

Postsecondary Pathways: Admissions & Financial Aid

- ▶ **Chantel Black**
 - ▶ Director of Admissions & Registration at Spokane Community College
- ▶ **Cezar Mesquita**
 - ▶ Director of Admissions at Western Washington University
- ▶ **Maria Navarette**
 - ▶ Director of Financial Aid at Wenatchee Valley College

Lunch & NCCEP Gallery Walk

12:15 -1:15 PM

- ▶ Objective: GEAR UP staff will understand Washington State and Federal financial aid programs and be comfortable talking about them to students and families.

State and Federal Financial Aid Programs

State and Federal Financial Aid Programs

Small Group Activity:

- 2 to 3 per group.
- Each program will have 2 groups.
- Research.
- Complete the Worksheet.

- ▶ Find your partner group and create a poster of your findings.
- ▶ Audience: Students and Families.
- ▶ Present: 3 Minutes Per Group.

State and Federal Financial Aid Programs

Break

2:15-2:30

12th Year Campaign

▶ The 12th Year Campaign boosts college and financial aid application rates in Washington by helping those working with high school seniors and their families complete applications for college admissions and financial aid.



**Financial Aid
Advising Day**



12th Year Campaign Fall Events and Information Sessions

https://wsac.wa.gov/actionplan', and lists three dates: 'Wednesday, 10/19/22 5:30-7:30pm', 'Wednesday 11/9/22 5:30-7:30pm', and 'Wednesday, 10/16/22 5:30-7:30pm'."/>

You can't get
FINANCIAL AID
if you don't
APPLY

**Get free expert help completing
the FAFSA or WASFA**

Register in Advance <https://wsac.wa.gov/actionplan>

Wednesday, 10/19/22 5:30-7:30pm
Wednesday 11/9/22 5:30-7:30pm
Wednesday, 10/16/22 5:30-7:30pm



12th Year Campaign Fall Events and Information Sessions



WASHINGTON STUDENT ACHIEVEMENT COUNCIL
12th Year Campaign

FINANCIAL AID 101 FOR PARENTS AND CAREGIVERS

September 27, 2022 5:30-6:30 PM on Zoom

Join us as we talk about types of financial aid, how students apply, and the parent's role in the application process.

To register scan the QR code or go to <https://bit.ly/ParentFinAid101>



Aim Higher Washington Trainings

Financial Aid Basics September 29th 10-11:00am

- ▶ Participants will learn the basics of financial aid. We will cover federal and state aid programs including grants, scholarships, work study and loans. We will also discuss when and where to apply for financial aid. Participants will leave with a better understanding of postsecondary funding. This session will prepare participants to help with basic financial aid questions.

Financial Aid Navigation October 6th 10:00am-12:00pm

- ▶ Participants will learn about the financial aid process and how to help others navigate applying for financial aid. We will cover how to apply for postsecondary funding with the FAFSA and the WASFA. We will also discuss common challenges and errors as well as next steps. Participants will leave with a better understanding of how to help others with this important process. This session will prepare participants to assist students as they apply for financial aid and train others.





This partnership is a strategy central to our efforts to achieve racial equity in higher education. In alignment with each of our own organization's Equity, Diversity, and Inclusion commitments, the Aim Higher Training initiative is a step in the direction to providing all of Washington students with access to financial aid resources, information and support.



Aim Higher Survey

- ▶ Complete reflection as a team.




Sister School/Team Time

Team Time - Reflection and Planning

- Feel free to partner with another school for this conversation.



How can you use the information presented to best support students and families with their plan to pay for college?



Review your Work Plan – Do you need to adjust?

Questions?

Portal Training with Kelly – This room.
Want help understanding college
application entries? Stay here.

**7th Year Regional Coordinators –
Wedge Room.**

▶ Adjourn

Day Two

Welcome, Agenda Overview, Quick Check-In

Marcie

Tyler Monk, Post High School Pathways, Strategies, and

▶ Engagement

8:30-10:00

Junior Survey Results

College Going Aspirations

- ▶ **56.7%** expect to achieve some level of college education.
 - ▶ **40.5%** BA/BS
 - ▶ **11.8%** AA/AS
 - ▶ **12.4%** Apprentice/Less than 2Y/Tech Program
 - ▶ **17.4%** **UNDECIDED**

Support Needed

- ▶ Completing college applications
- ▶ Financial aid applications
- ▶ Deciding where to attend
- ▶ College/career visits
- ▶ Reviewing options with family
- ▶ Understanding differences in options

Other Lessons

- ▶ **56.7%** don't know they can use gearup.wa.gov.
- ▶ **83%** said someone has talked to them about post-high school opportunities

Educator Survey Results

College Going Aspirations

- ▶ **74.4%** said all students are capable of going to college.
- ▶ **33%** believe students will complete a postsecondary degree.
 - ▶ **23%** AA/AS
 - ▶ **9%** BA/BS or higher
- ▶ **44%** believe students will attend a college but not obtain a degree.

College Going Culture Score

- ▶ **22.9/40 (57.3%) overall average**
- ▶ **51%** believe their school works to create a culture that all students are told they should complete some kind of PSE – but only **40%** believe they are personally responsible for doing so.

Pro-Dev Interests

- ▶ Job Training/Apprenticeship
- ▶ SEL Programming
- ▶ Family Engagement & Outreach



▶ Break

10:15-10:30



Building Better Family Engagement



What is your preference for communicating with parents?

4.Face-to-Face

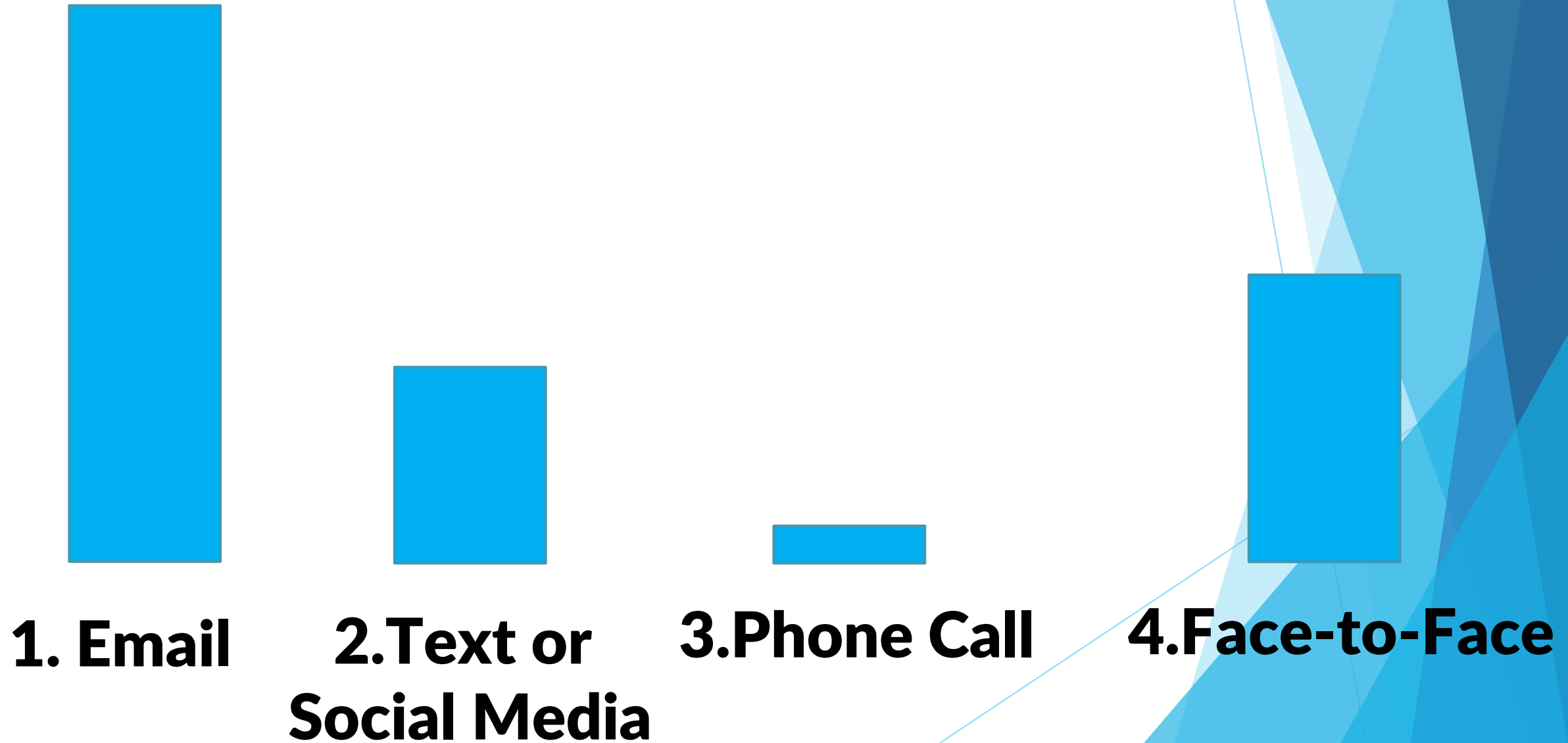
3.Phone Call



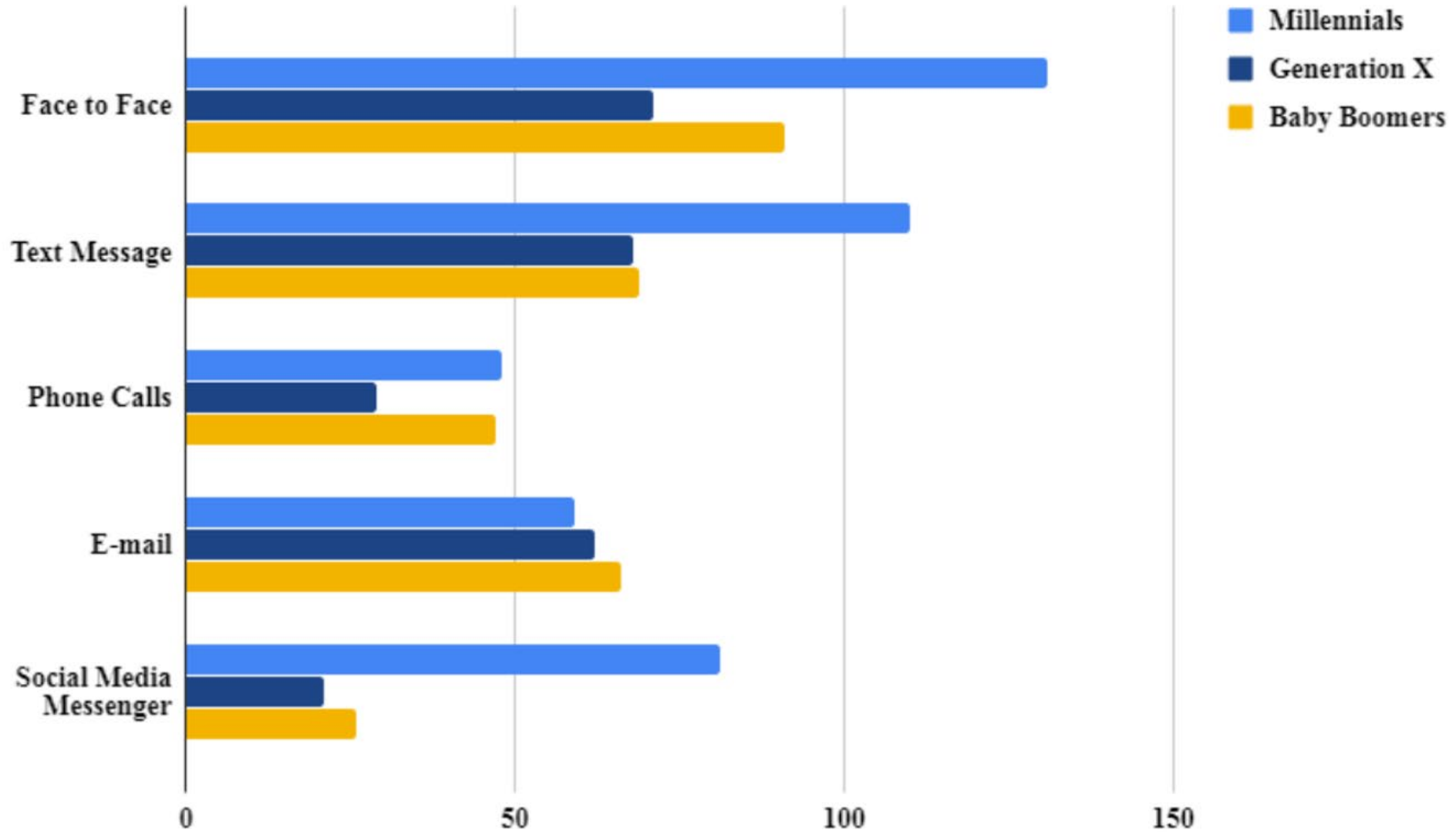
1. Email

**2.Text or
Social Media**

Prediction



Communication Methods





**What Are Some Implications
of this Data for GEAR UP?**

Better Family Engagement

Why, What, How, What If?



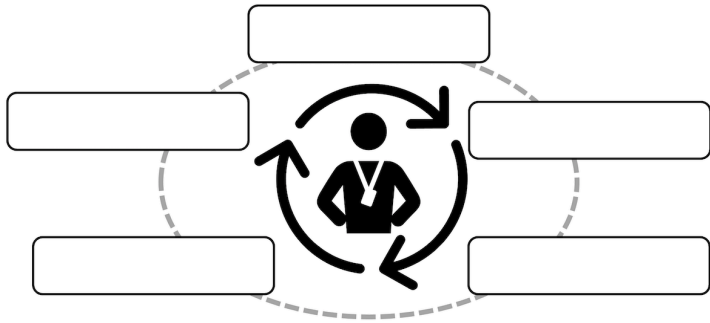
OUTCOMES

- 1. More "practiced" at using the phone to commo.**
- 2. Practice using Dialogue Commo Tool**
- 3. Increased Family Engagement**

AGENDA

- 1. Science and Theory**
- 2. Integrate Commo across GEAR UP**
- 3. Explain the Tools**
- 4. Practice Using Tools**

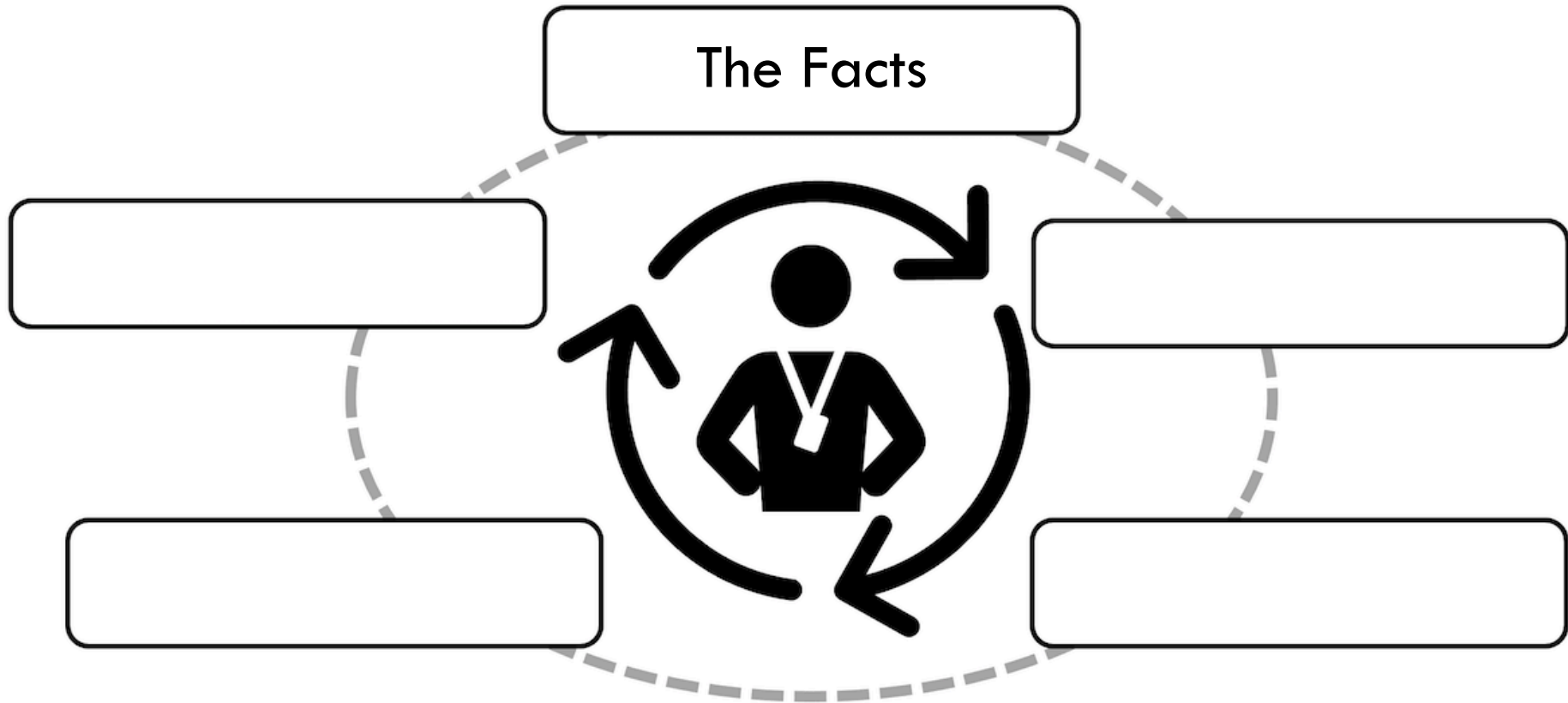
Circle of Assumption



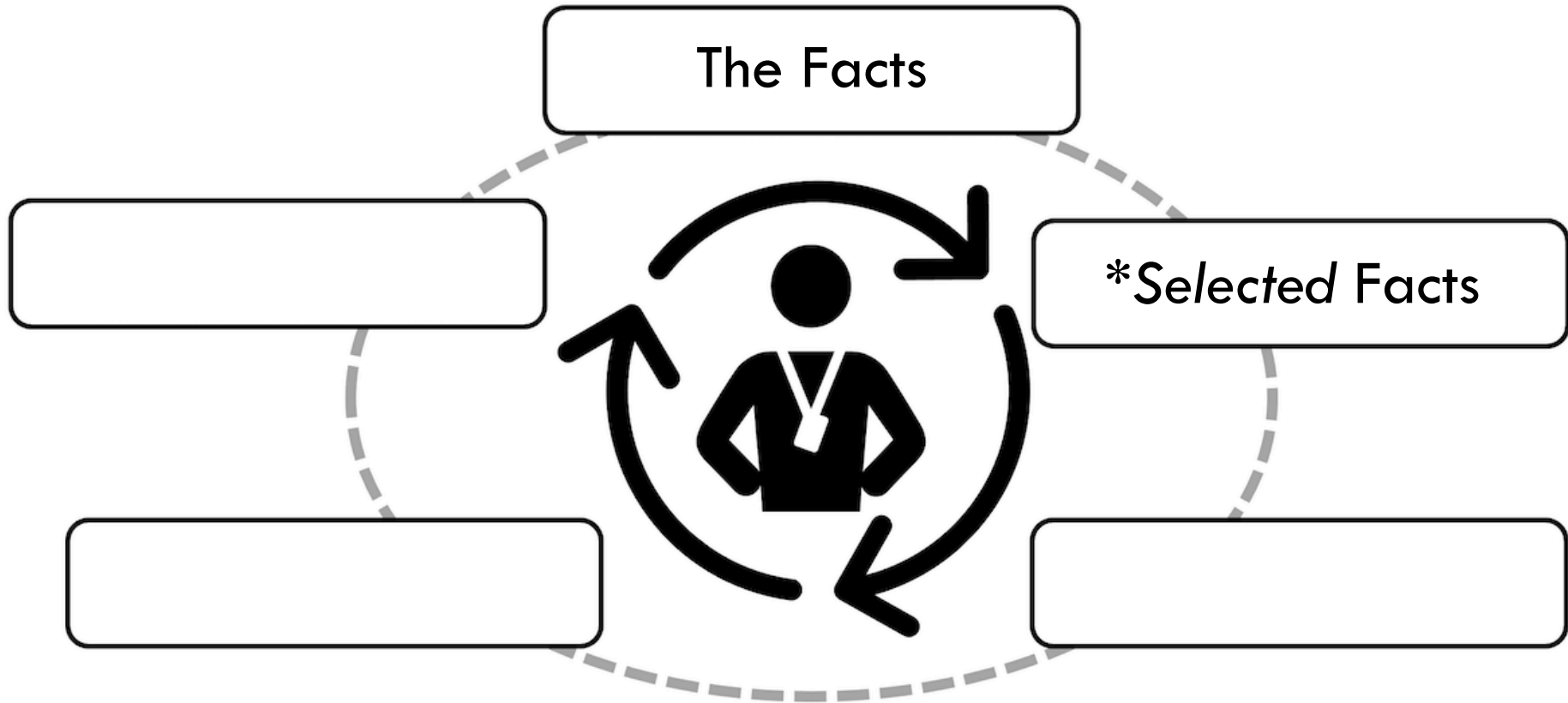
Circle of Assumption



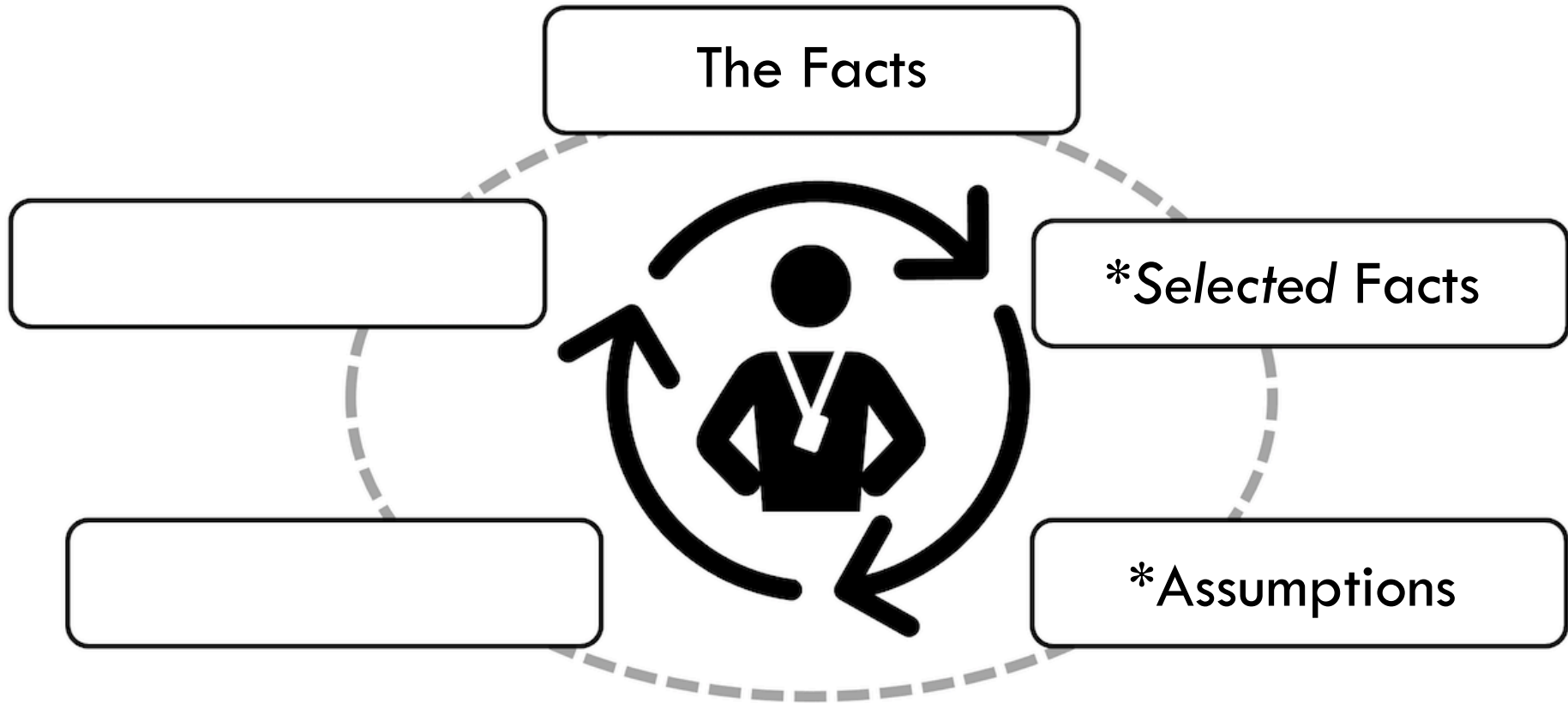
Circle of Assumption



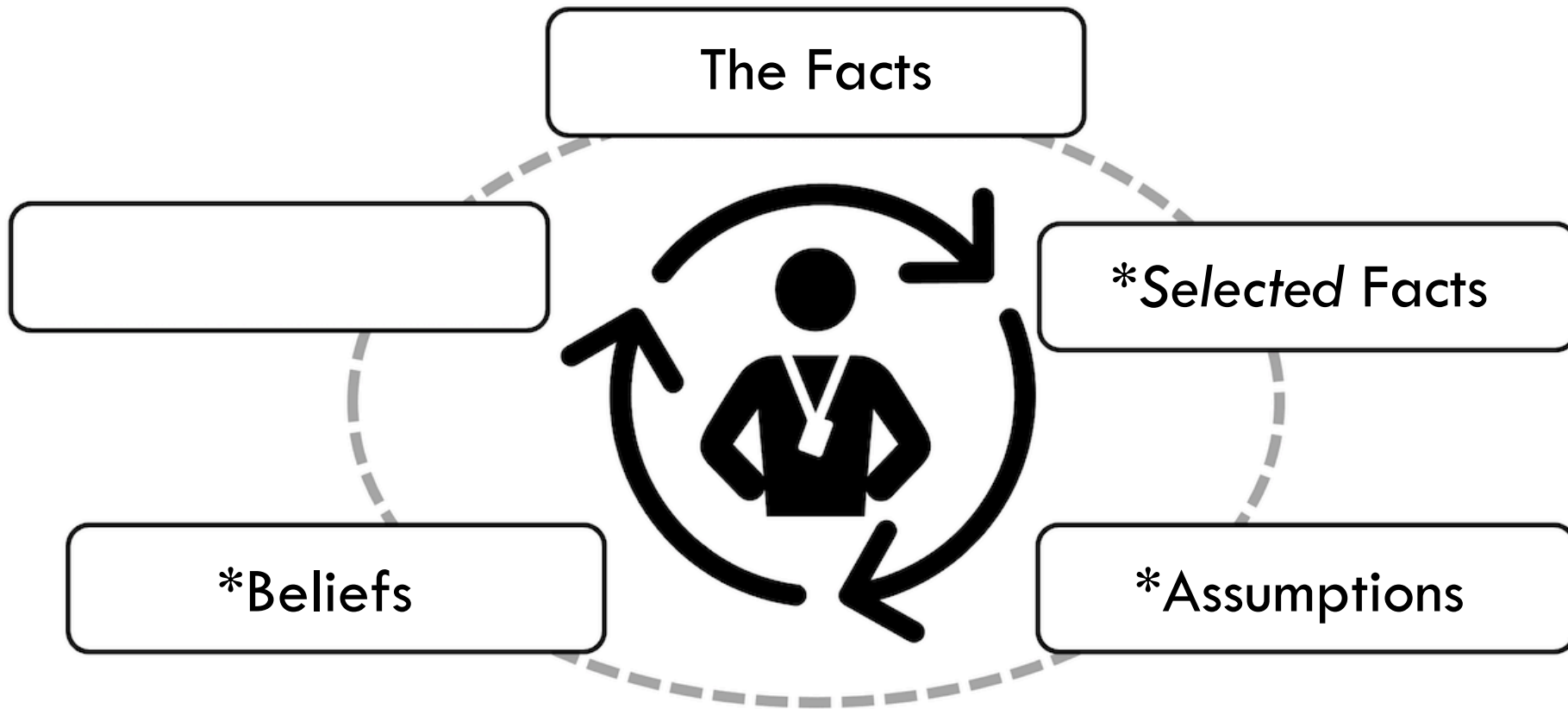
Circle of Assumption



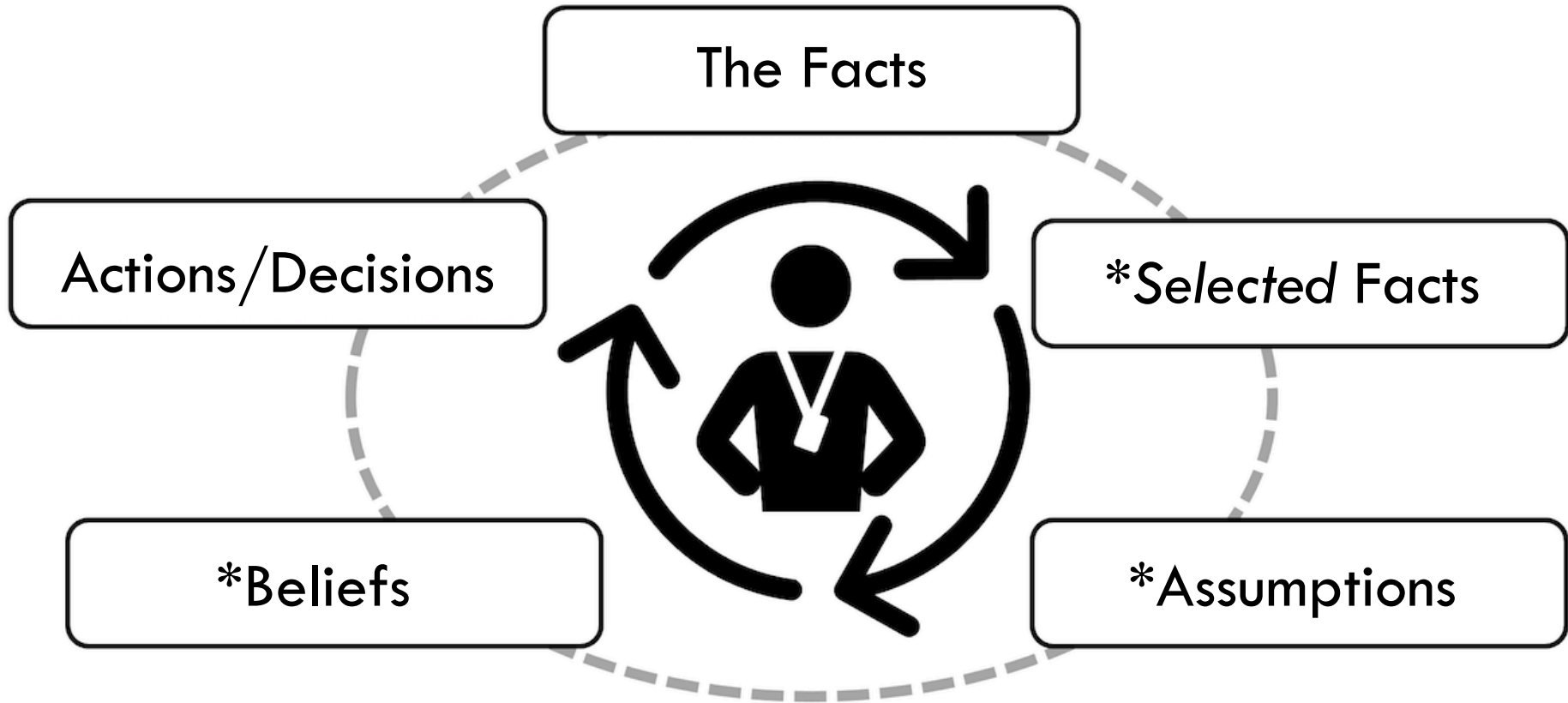
Circle of Assumption



Circle of Assumption



Circle of Assumption



Circle of Competence



Circle of Competence

Be Aware



Beware

Circle of Competence

We tend to give ourselves a lot of **CREDIT**, but hand out little **GRACE** to others.



**Don't be a
Me Monster.**

Talking to Parents/Guardians



FOCUS

Purpose for Communicating

- Connecting
- Networking
- Building Trust
- Informing
- Inquiring
- Advocating

FOCUS

Purpose for Following Up

- Re-Connecting
- Building Trust
- Gaining Credibility
- Caring
- Courteous
- Professional

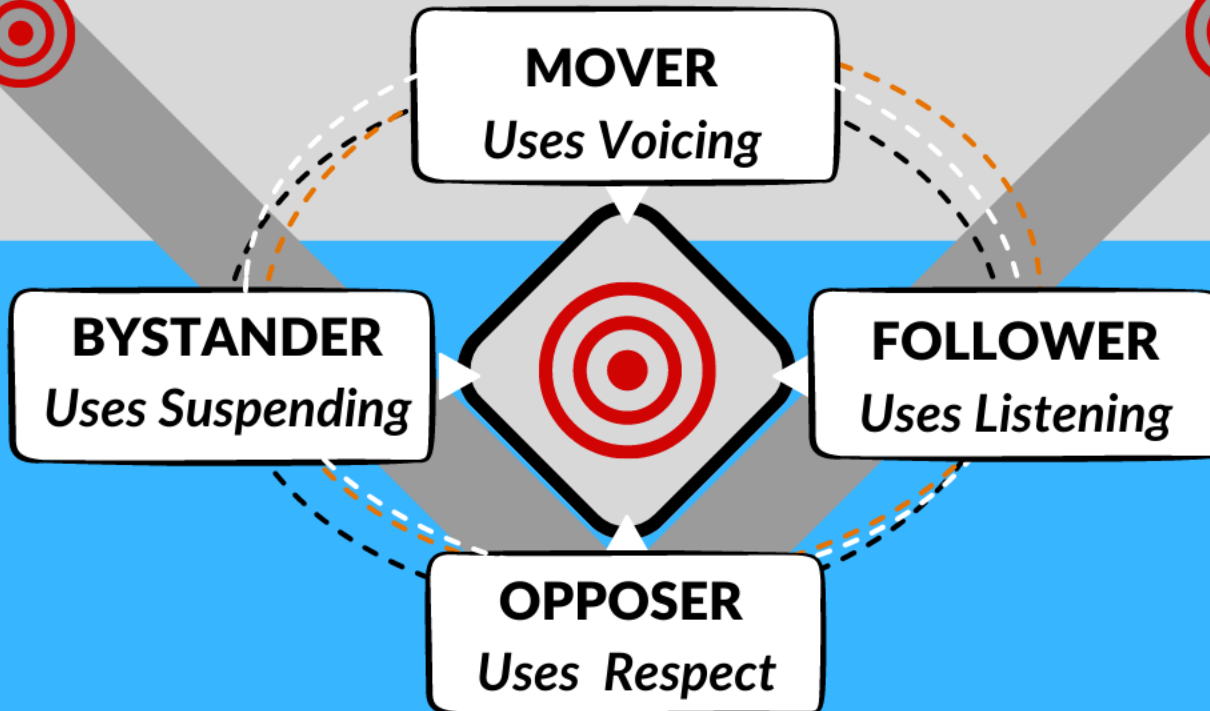
Time
Energy
Emotion



Time
Energy
Emotion



Dialogue
Techniques



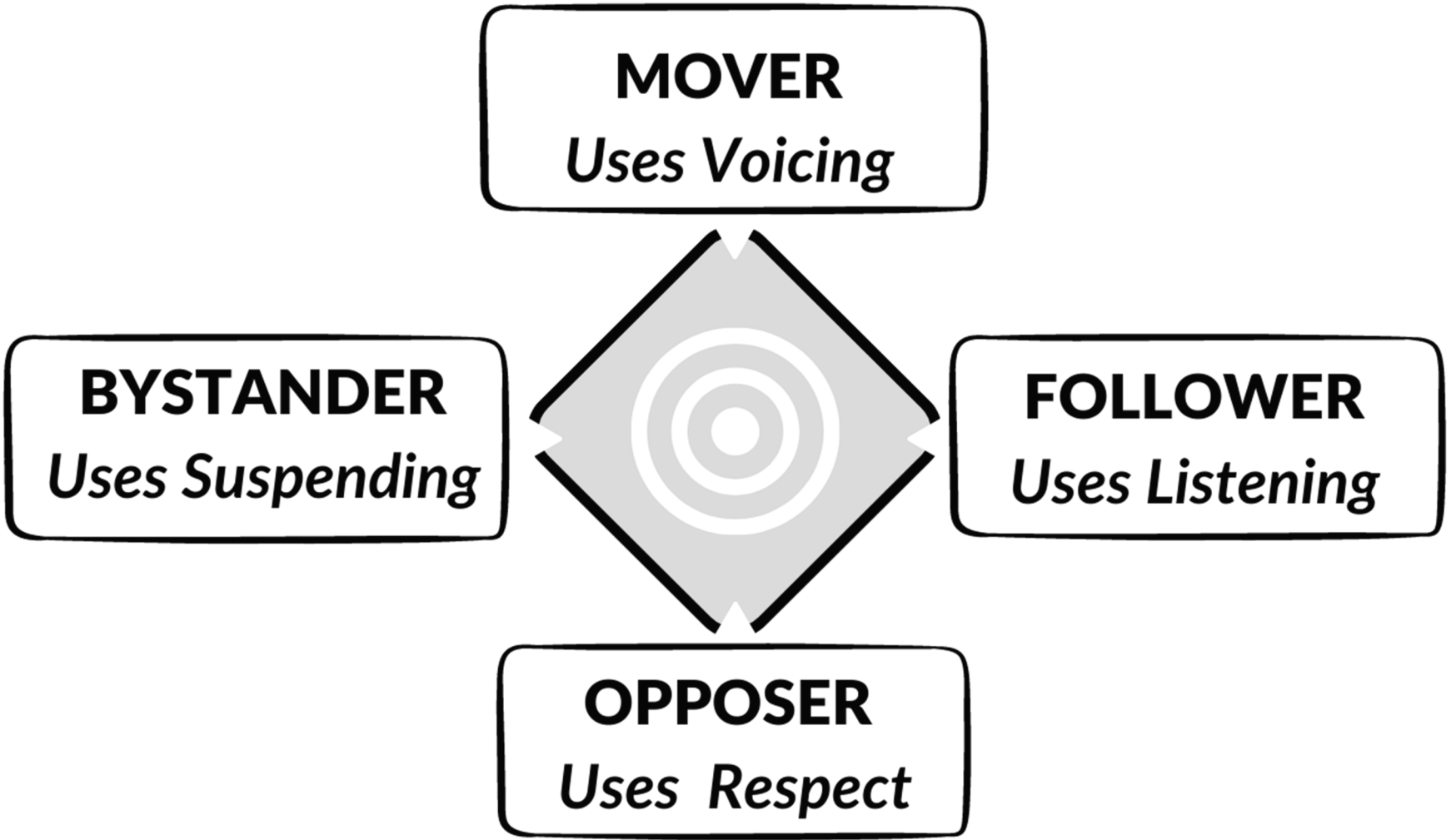
PRE-COMMO



DURING-COMMO



POST-COMMO





PRACTICE

1. _____ minutes
2. Which roles?
3. Try **OTHER** roles

AFTERWARDS

1. What did you notice?
2. Is this doable for you?
3. How can you use this tool in other **GEAR UP** interactions?

Take Aways



WSAC Updates

Marcie

Synthesize

Marcie



▶ Lunch & Team Time

12:00-1:30 PM

Final Share Out

Dan



Final Table Share / Large Group

- ▶ One reason why you are glad you came...
- ▶ Biggest new nugget you want to use this year...
- ▶ Name someone who added value to your experience, and tell why...
- ▶ One word that sums up your overall time over the past two days...

+ /EBI, Evaluation

Marcie

Evaluation

- ▶ <https://survey.alchemer.com/s3/6949106/GEAR-UP-Year-6-Kickoff-Workshop>



**Thank you for coming.
Safe travels to all!**