

Virtual Student

workshops

West Valley GEAR UP



BINGO

**TUESDAY, MARCH 31ST
1:30 - 2:15**

Get the Zoom link
to participate by texting:
@2023gearup to 81010

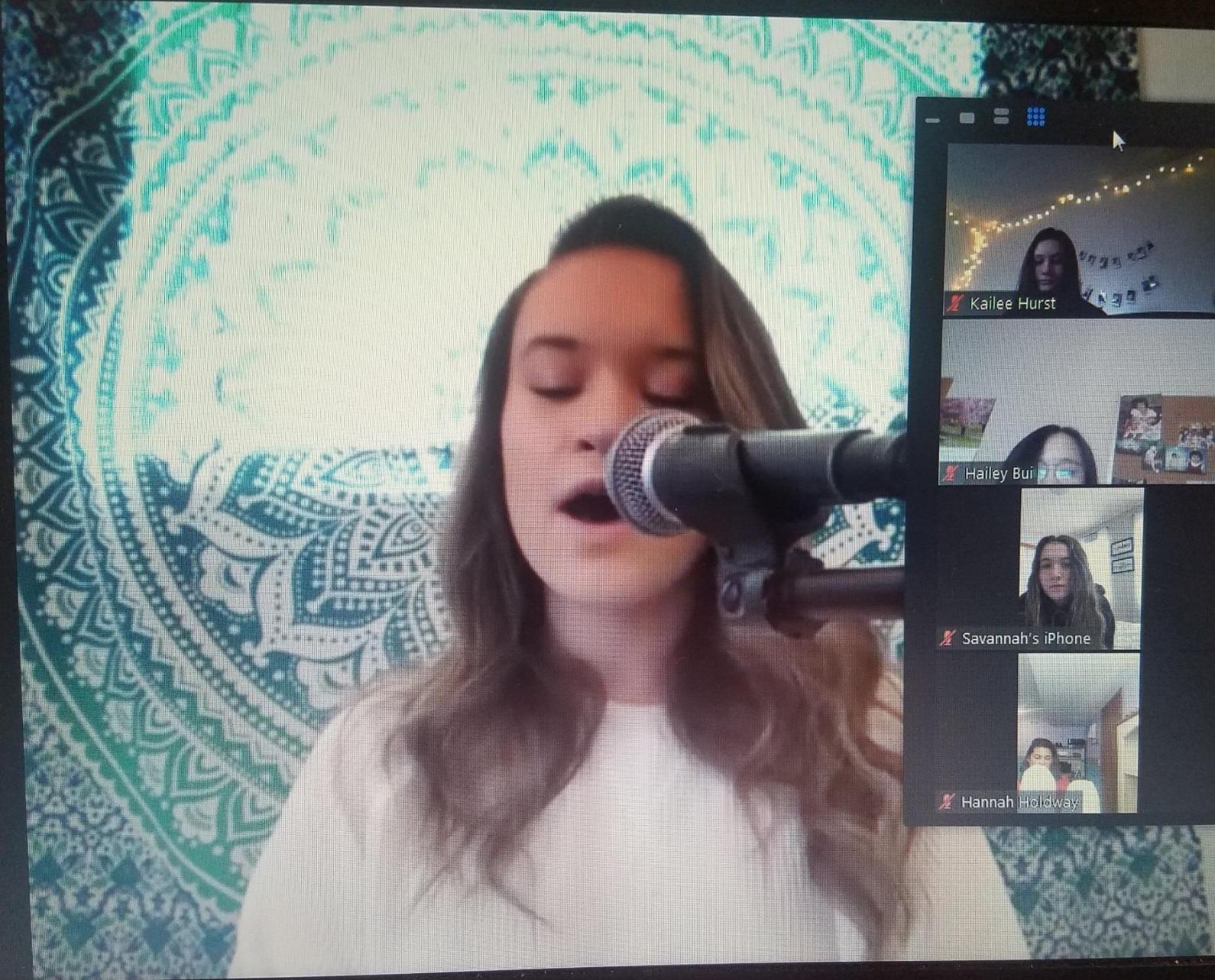
Text @2023gearup to 81010
for the Zoom link to join

CHARADES WITH FRIENDS!

THURSDAY, APRIL 2ND
1:30 - 2:15

INCLUDING MUSICAL PERFORMANCE
BY FAITH S. 

EMAIL MRS. SIGLER WITH QUESTIONS: ROSALIE.SIGLER@WVSD.ORG



Zoom Meeting Participants:

- Kailee Hurst
- Malea
- Hailey Bui
- Kyler Cummins
- Savannah's iPhone
- Stephanie
- Hannah Holdway
- Jenna

DELL

CLASS OF 2023

**LIP READING
CHALLENGE**



THURSDAY, APRIL 16TH

1:30 - 2:15 PM



Art Presentation
by GEAR UP Student: Olivia

**With Special
Presentations**

By:



Studying Abroad in Florence, Italy
by Gonzaga Mentor: Logan

Text @2023gearup to 81010 for Zoom link to join! Questions: rosalie.sigler@wvsvd.org



Rosalie Sigler



Logan Monteith



Izzy waters



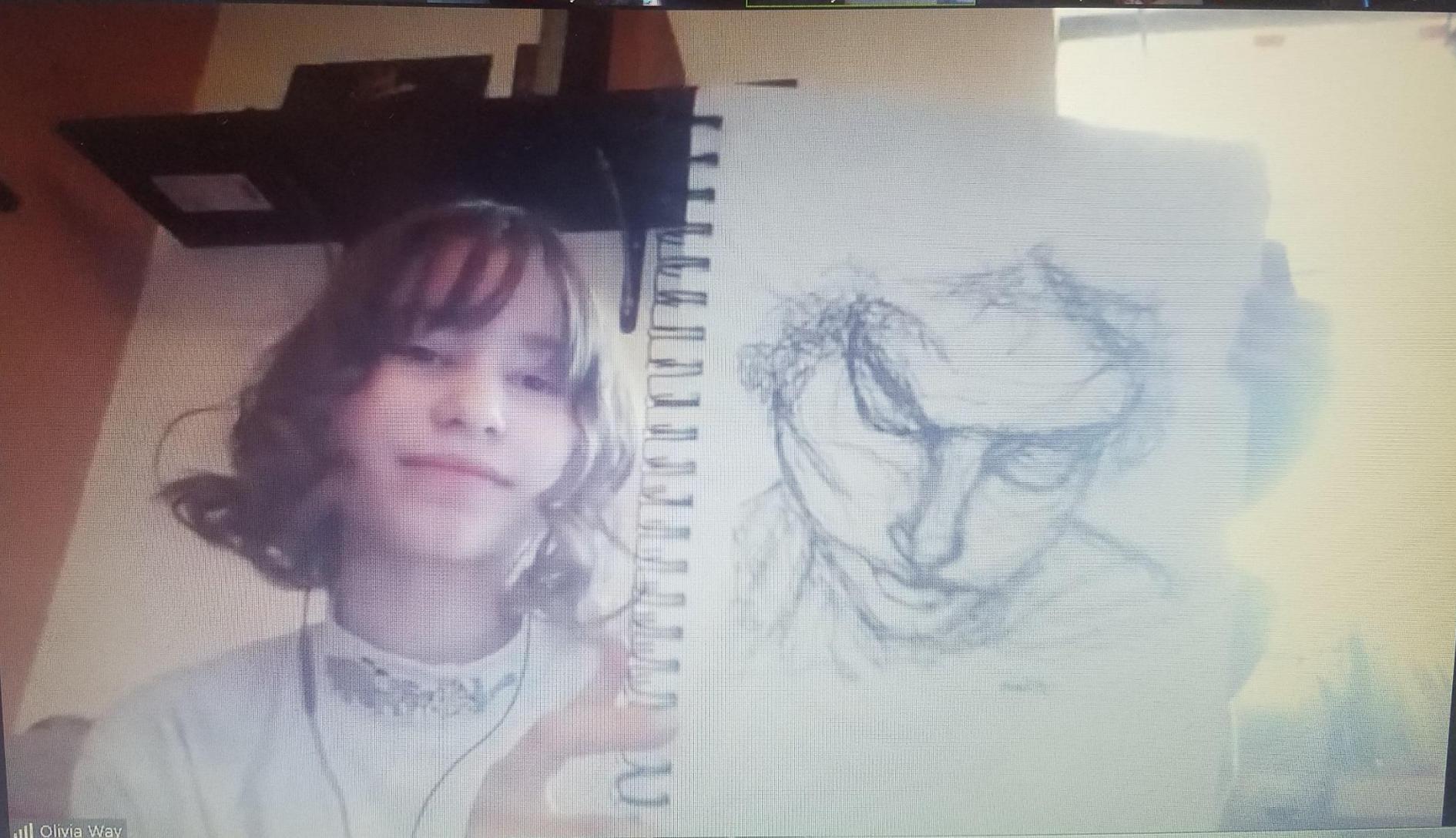
Olivia Way



Kicea Lopes



Christian



Olivia Way





Heads Up!

Tuesday, April 28th 3:00 - 3:45

**PLUS: Tips from classmates on
managing assignments from SIX
Google Classrooms!**

Text: @2023gearup to 81010
for Zoom link to join!

Class of 2023,
join us for...

YOGA!

FOR BEGINNERS

Tuesday
April 14th
1:30 - 2:15

Family
members
are invited
to join us!



Led by
GEAR UP Student,
Hannah H.

Text @2023gearup to 81010 for Zoom Link to join us!

Email Mrs. Sigler with any questions: rosalie.sigler@wvwd.org



Tour Guide
Logan, GEAR UP Mentor



Virtual Campus Tour

Thursday, April 9th, 1:30 - 2:15, via Zoom

Text: @2023gearup to 81010 for link.

Student
Showcase!

**GRAHAM'S
TECHNOLOGY &
CUSTOM SHOES!**



**All 9th - 11th
Graders are
invited!**



Virtual

***CAMPUS VISIT
& STUDENT PANEL***

**Thursday, June 4th, 2020
11:00 a.m.**

Zoom link to participate included in post.

ONLINE TUTORING

IXL

Class of
2023

Math



Friday, May 8th

2:00 - 3:30

Lindsey
GEAR UP Mentor

For Zoom Link to join:

Text @2023gearup to 81010
or email rosalie.sigler@wvsd.org

IXL Search topics and skills

Learning Diagnostic Analytics

Recommendations Math Science

Algebra 1 > 2.8 Multiply two binomials 1/10

You have prizes to reveal! Go to...

Find the product. Simplify your answer.

$(4x - 3)(x + 2)$

Submit

IXL Practice with our app

Untitled - Paint

Home View

Clipboard Image Brushes Shapes Size Color 1 Color 2 Colors Edit colors

$(4x - 3)(x + 2)$

$4x^2 + 8x - 3x - 6$

$+5x$

$4x^2 + 5x - 6$

+ 197,359px 1287 x 606px 100%

We made our

RESUMES

this week!

Reasons to schedule an appointment!

- ✓ **Graduation Requirement**
- ✓ **Job Applications**
- ✓ **Scholarship Applications**
- ✓ **Individual help from GEAR UP!**

Email or text Mrs. Sigler: rosalie.sigler@wvwd.org



"It was nice to have Lindsey (GEAR UP Mentor) help me create a great resume. I recommend it!"



"It was good to start my resume and know what I have done so far in my life."



"I thought it would be long and boring, but it went fast and was very simple."



"Mrs. Sigler made sure I understood how to do it on my own. I think everyone should do it because it is really helpful."



"It was an efficient and helpful way to get my resume together in a matter of minutes."



"I didn't think I had anything to put on my resume, but Lindsey helped me realize I had lots of things!"



"Logan (GEAR UP Mentor) was super helpful and gave great insight on what jobs and colleges are looking for."



"It helped me get ready for life after school and Mrs. Sigler helped me accentuate my skills."



"It was easy and didn't take long. I would do it again anytime!"



"I feel good that I started it now so I'm not overwhelmed in the future. Lindsey was helpful and understanding."



"It was really quick and simple to do and it was nice to get in touch with GEAR UP staff."



"It inspired me to do more for my resume and make it stronger every year. I'm glad I had this opportunity."

Build My Resume

My Progress



67%

Getting Started

To help create your resume, any information stored in your Plan that may be useful for resume creation is automatically shared with the Resume Builder.

Edit Your Resume

Use the arrows to reveal content for the section headings to the right. If you choose to edit the content, the changes will occur, and be saved, in My Plan section and updated in your resume.

Select Sections to Include

[Format & Print](#)

▼ Open All

Section	Options
▼ Career Objectives	<input checked="" type="checkbox"/> Add to Resume
▼ Education History	<input checked="" type="checkbox"/> Add to Resume 
▼ Work Experience	<input checked="" type="checkbox"/> Add to Resume 
▼ Volunteer Experience	<input checked="" type="checkbox"/> Add to Resume 
▼ Awards & Certificates	<input checked="" type="checkbox"/> Add to Resume 
▼ Extracurricular Activities	<input checked="" type="checkbox"/> Add to Resume <input type="checkbox"/> Include Comments 
▼ Hobbies & Interests	<input checked="" type="checkbox"/> Add to Resume <input type="checkbox"/> Include Comments 
▼ Skills & Abilities	<input checked="" type="checkbox"/> Add to Resume <input type="checkbox"/> Include Comments 
▼ Additional Information	<input checked="" type="checkbox"/> Add to Resume

References



XXXX North Vista Ridge Ln
Spokane, WA
509-555-5555
XXXXXXXXX@icloud.com

Graham H

Career Objective I plan on applying to Western Washington University and earning a degree in Biology, then applying to medical school and pursuing a career as a surgeon.

Education Sept. 19 - Present West Valley High School
Diploma
Spokane, Washington
» Cumulative GPA: 4.0

Work Experience Apr. 19 - Apr. 19 Babysitter
Self employed
Spokane, Washington
» Babysat a four-year-old boy. My responsibilities included changing diapers, playing and bathing him.

Volunteer Experiences Mar. 19 - Nov. 19 2nd Harvest Food Bank
Volunteer
Spokane, Washington
» Duties included: sorting canned foods and processed foods.

Awards & Certificates
» Academic Awards (June 19)
» Track & Field Awards (June 19)

Extracurricular Activities Oct. 17 - Present **GEAR UP (Gaining Early Awareness & Readiness for Undergraduate Programs)**
» GEAR UP is a federally funded grant that serves my Class of 2023. The goal of the program is to support students in being successful in middle school and high school and preparing for a post-secondary education pathway by offering tutoring, mentoring, family night presentations, campus visits, academic counseling and support in applying for financial aid

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WE HAVE A RESUME!

Do you?

Text: @2023gearup to 81010
rosalie.sigler@wusd.org



"Logan, our GEAR UP Mentor, helped me understand what colleges are looking for on a resume."



"I feel great that I did it. It was easy to figure out."



"Lindsey, our GEAR UP Mentor, was very helpful and I learned I had a lot to put on my resume. Thanks GEAR UP!"



"It was good to review the things I need on a resume for my future going forward."



"Doing the resume was cool because, for one, it's all about you!"



"It was easy and Lindsey, our GEAR UP Mentor, helped me know how a resume is used."



"I'm glad I had the chance to do my resume with Logan, our GEAR UP Mentor, who helped me."



"It helped me learn about how a resume should look. It went by very fast."



"My resume now has more than just school experiences and I now know what I'm doing."



"It was quick and my GEAR UP Mentor, Lindsey, helped me understand what should be on a resume."



"It was easier than I expected, and it didn't take much time."

Let GEAR UP help you write your

RESUME!

Why?

✓ Graduation Requirement ✓ Job Applications ✓ Scholarship Applications

● Students who completed resumes this week say...



"While doing my resume, I learned how much I have and can accomplish in high school."



"It was quick and simple! Mrs. Sigler knew how to word each of my activities and supported me step-by-step."



"It was very simple and beneficial. I recommend you do it because it's required to graduate and get a job."



"I expected it to be boring, but it was interesting and now I have a nice resume. Each step was easy to understand. 10/10 recommend!"



"Lindsey, our Gonzaga Mentor, was really nice and helpful. I'm confident with what we accomplished."



"It was really helpful. I'm a lot more confident for when it's time to apply for jobs or scholarships!"



"I encourage you to sign up to do it. It was really helpful to know the wording to use and I now have a resume for jobs. Do it!"

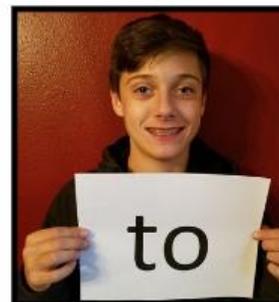


Contact Mrs. Sigler to schedule YOUR appointment. It only takes 45 minutes, no supplies needed!
rosalie.sigler@wvsd.org

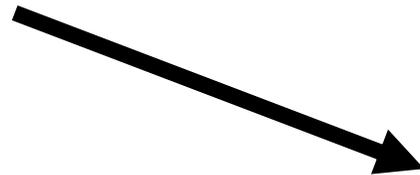
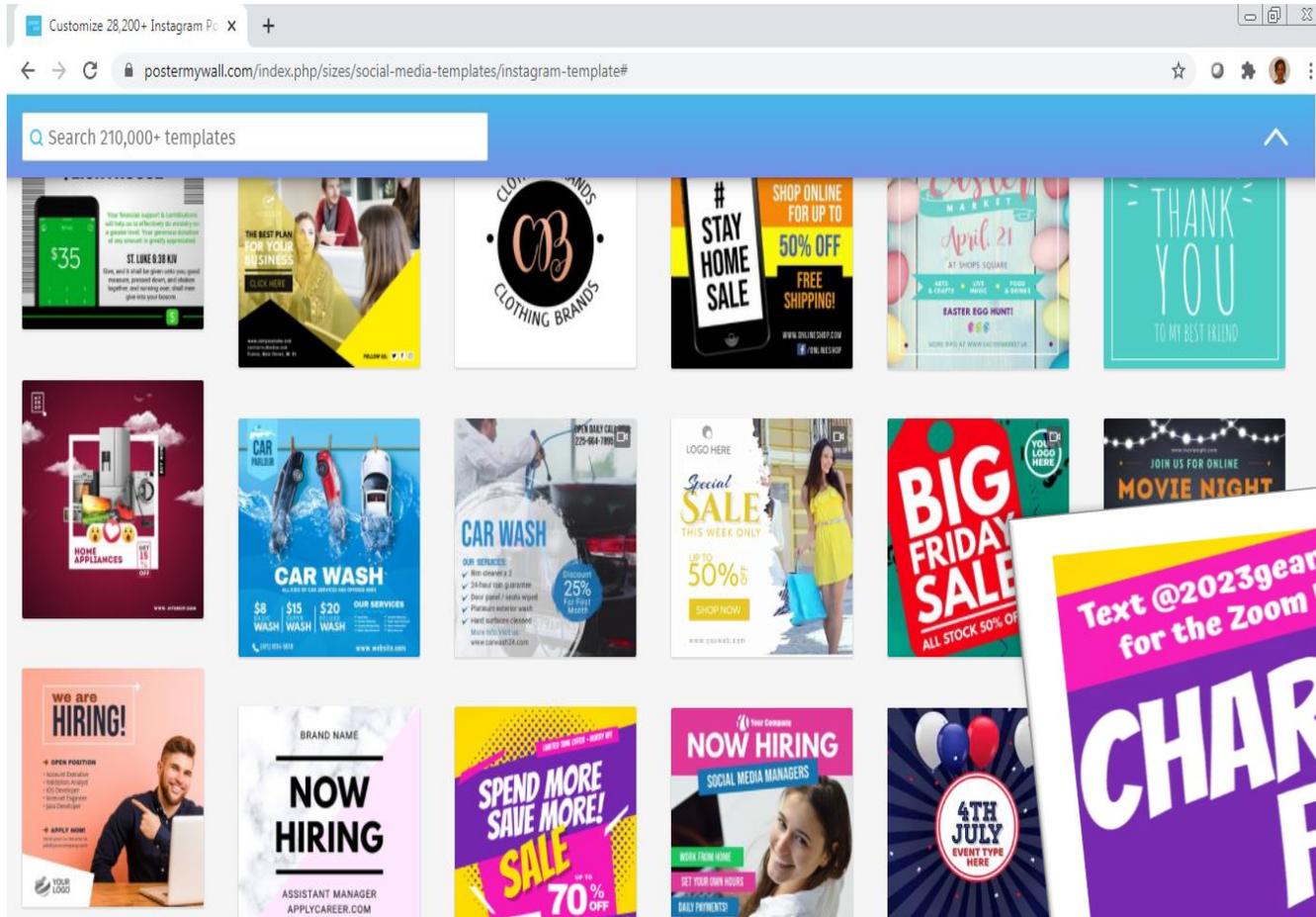
TEACHER APPRECIATION WEEK!



MAY 4 - 8, 2020



Postermywall.com



Workshop or 1:1 Topics

- SAT/PSAT Prep
- Virtual Campus/Job Tours
- Career Speakers
- Scholarship Committee Panel
- GEAR UP Alumni Panel
- High School and Beyond Plan
- Career Exploration
- Tutoring
- Washboard.org
- Scholarship Search
- Transcript Evaluations
- Mock Interviews