**Family Workshop: GEAR UP 101**

**DESCRIPTION**

This presentation covers what GEAR UP is and why it’s important. It covers the basics of college information, and then goes over what students and parents should to prepare for college while in middle school.

**SUGGESTED MONTH**

September/October

**SUGGESTED AUDIENCE**

Parents & 8-9th grade students

**MATERIALS**

Blank Paper

Markers

GEAR UP 101 Power Point

**HANDOUTS**

* Gearing Up: Helping Your Student Prepare for College and Career *(available in English and Spanish)*
* [Big Future Parent Action Plans by Grade](https://bigfuture.collegeboard.org/get-started/for-parents) https://bigfuture.collegeboard.org/communities-events/for-parents/parent-action-plans#
* [ECMC College Tips for Parents](https://www.ecmc.org/students/resource-guides.html) *(available in English and Spanish) Preparing for college Workbook* [*https://www.ecmc.org/students/documents/2022-2023-Ntnl-Opps-Book.pdf*](https://www.ecmc.org/students/documents/2022-2023-Ntnl-Opps-Book.pdf)
* ECMC student resources https://www.ecmc.org/students/student-resources.html
* [Federal Student Aid College Preparation Checklist](https://financialaidtoolkit.ed.gov/tk/search)
* [My Future, My Way: First Steps Toward College](https://financialaidtoolkit.ed.gov/tk/search) ( FASFA info and steps)

**AGENDA**

First 5 minutes General Welcome

Next 15 minutes Icebreaker: Have every parent and student draw a picture of where they see their student/themselves in 10 years. Encourage students and parents to share their pictures with each other. (gear\_up\_games\_and\_activities 2023 )

Next 25 minutes Present **GEAR UP 101** power point. Allow time for questions.

Final 5 minutes Send the participants off with the following Action Steps:  
1) Encourage parents to have a conversation with their student about their future plans  
2) Distribute handout(s)  
3) Reminder about next event