

GEAR UP STUDENTS ARE ‘AMAZED’ AT UNC-CHARLOTTE’S ASPIRE! HEALTH CAREERS SUMMER PROGRAM

For the first time, 25 rising 11th grade GEAR UP students from 10 school districts across the state had the opportunity to attend the Aspire! Health Careers summer camp at UNC-Charlotte (UNC-C). The experience provided students insight and exposure to health careers through hands-on demonstrations, guest speakers, and field trips during the week of August 2 – 7, and was praised by students and staff as “an amazing experience.”



GEAR UP UNC-C ASPIRE! Health Careers summer program students as the NASCAR “PIT Crew”

Ken Burrows, Director of Summer Programs at UNC Charlotte, celebrated our GEAR UP students by noting “This group was ‘ready for camp,’ and we attribute that to the GEAR UP program and the families whence they came.” Not only were the GEAR UP students ‘ready for camp’, they were also engaged during every moment of camp. Just ask their counselor, Scotty Kent, who adds, “They were constantly asking questions, participating in the activities, and just in general providing a positive atmosphere for everyone around them.”

The Aspire! Health Career summer camp introduced GEAR UP students to many of the 400 available health careers. Instructors Matthew and Claire Belles provided students with engaging experiences with professionals from various medical fields, who put them on the right track to being a doctor, nurse, athletic trainer, and more. Both Matthew and Claire have been involved with health careers camps at UNC-C for six years and enjoy teaching young students about health careers based on their wide array of professional experiences.

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COLLEGE APPLICATION WEEK ISN’T JUST FOR SENIORS!



Even though College Application Week’s main goal is to help seniors apply online to college using CFNC.org, there are many ways that students of all grades can get involved. Ask your GEAR UP coordinator if there is a College Application Week event at



your current or future high school. You can volunteer leading up to and during the event, or participate in activities to get you ready for senior year College Application Week. As early as 8th grade, you can go to CFNC.org to get ready for college: 1) Set up your CFNC user account, if you have not already done so; 2) Update your High School Planner with classes taken, honors, jobs, and more to keep track of all that you have done leading up to your senior year; and 3) Research your college options using the “College Fair” tab. It is never too early to start planning for college! College Application Week is a state-wide college access event co-sponsored by College Foundation of North Carolina (CFNC) and Carolinas Association of Collegiate Registrars and Admissions Officers (CACRAO).

NAME ME!

WELCOME TO OUR FIRST EDITION OF THE GEAR UP STUDENT NEWSLETTER!

Submit **NAMES** for your GEAR UP student newsletter. Be creative!

Submit **STUDENT VOICES** and write about any GEAR UP activities you accomplish.

Submit **PHOTOS** of GEAR UP activities.

Submit article **SUGGESTIONS** and we may write about it!

Email to:

jeconrad@northcarolina.edu

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GEAR UP STUDENTS ARE 'AMAZED' AT UNC-CHARLOTTE'S ASPIRE! HEALTH CAREERS SUMMER PROGRAM

Not only did GEAR UP students learn about health careers from the professionals they met, but also from the instructors themselves. Matthew is currently a lecturer at UNC-C in the Department of Kinesiology and is a certified Health Fitness Instructor. Claire worked as an exercise physiologist for 10 years and is currently an instructor at Pfeiffer University and Central Piedmont Community College.

Many GEAR UP students came to Aspire! Health Careers summer camp excited about one particular health career such as medicine, and then realized the vast number of opportunities within the field. According to

"I LEARNED SO MUCH ABOUT THE HEALTH FIELDS AND ABOUT LIFE IN GENERAL THAT I NEVER KNEW BEFORE. HEALTH CAREERS ARE SO DIVERSE, AND DURING THE WEEK WE WERE SHOWN HOW SOME OF THESE JOBS CAN TAKE PLACE IN SETTINGS YOU COULD NEVER IMAGINE, LIKE NASCAR."

- KELSEY RECTOR OF LEXINGTON CITY SCHOOLS

Claire, "We strive to expose students to both the 'mainstream' careers such as doctors, nurses, and dentists, as well as other careers that are often overlooked . . . we want them to realize they have options!" Stormy Pledger of Craven County Schools, benefited from this exposure and notes, "Camp had a major effect on my career choices, it has broadened my search for schools, majors, and careers."

The most memorable experience during camp for both 'Ms. Claire,' as the students call her, and Breanna Corey of Beaufort County was the field trip to Performance Instruction Training (PIT) which trains athletes to become pit crew members for NASCAR and houses physical

therapists, athletic trainers, nutritionists, doctors, and coaches. During the visit, the campers were able to try out their talents as a pit crew team member by changing tires and jacking up the cars. According to Claire, "The students really seemed to have a blast all while learning about the importance of the medical field in the auto racing field."

In addition to learning more about health careers at NASCAR, GEAR UP students also had the opportunity to serve as volunteer Emergency Medical Technicians with the MEDIC of Mecklenburg County, learn more about the Tobacco Reality Unfiltered (TRU) team and the harmful effects of smoking on one's health, simulate what it is like to be a patient, and tour the UNC-C health center among other activities. Students also learned what personality strengths and skills are necessary to succeed in the field and focused on the importance of team work, job shadowing, and volunteer work.

Aspire! Health Careers, UNC	
Breanna Corey	Beaufort
Courtney Jennette	Beaufort
Kevin Chapman	Beaufort
Brittany Davis	Cleveland
Kadedra Ussery	Cleveland
Mya London	Cleveland
Jessica Howard	Craven
Lakendra Randell	Craven
Stormy Pledger	Craven
Christopher Dinh	WS/Forsyth
Dillon Patel	WS/Forsyth
Jennifer Wray	Gaston
Lauren Wise	Gaston
Chelsey Farley	Graham
Dylan Rogers	Graham
Lacey Burke	Graham
Camina Williamson	Granville
Katrina Fields	Granville
Phyllicia Barker	Granville
Kelsey Rector	Lexington
Valeria Sotelo	Lexington
Steven Dennie	Newton-Conover
Ye Moua	Newton-Conover
Courtney Price	Union
Osmond Patterson	Union

However, as one GEAR UP student pointed out, "Camp wasn't just about the learning." Students had first-hand experience living in the dorms, walking across campus, and seeing what college classrooms were like. At night, students stayed in a UNC-C dormitory and bonded with other GEAR UP students from across the state over health career activities as well as ice breakers, campus activities, and pick-up basketball games. Breanna Corey of Beaufort County Schools commented, "Being at UNC-C was a great experience . . . It also taught you how to budget your money, how to be responsible while being away from home, and how to meet and live with people you [have] never met before."

As in most successful summer camp programs, GEAR UP students at Aspire! Health Careers summer camp bonded and grew from experiencing the week at UNC-C together. "By far the best thing about camp is the campers themselves. I have gotten to know so many different people and made some amazing friends. I hope I can come back next year with new faces, activities and classes," commented Kelsey Rector. Additionally, the instructors themselves praised the GEAR UP student participants as "interactive, mature, engaged, and fun." Simply put, "I love GEAR UP Aspire! 2009," and "Camp is an experience I'll never forget," says Jessica Howard and Stormy Pledger, respectively, both of Craven County Schools.



Submit YOUR video for the US Department of Education "I Am What I Learn" Contest

Create a video about why education is important to fulfilling your dreams and the steps you will take to make your dreams a reality.

Your video can be a PSA, video blog, music video, animation, documentary, or other.

Videos must: 1) be submitted by active middle, secondary, or college students age 13 or older, 2) Be two minutes in length, 3) Advertise the contest URL in the video.

Be honest. Be creative. Inspire!

Awards: Three winning finalists will each win a \$1,000 award.

Submissions close: November 2, 2009.

For more information and to see Secretary Duncan's "I Am What I Learn" video go to: www.ed.gov/iamwhatilearn/index.html



GEAR UP student participants of UNC-C ASPIRE! Health Careers summer program with the MEDIC of Mecklenburg County

ROLL CALL! GEAR UP SUMMER PROGRAMS AND PARTICIPANTS

Congratulations to student participants of GEAR UP local and on-campus summer enrichment programs! From Elizabeth City State University (ECSU) to UNC-Asheville, we had GEAR UP students participating in summer on-campus programming across North Carolina in 2009. In order to honor the accomplishments of our GEAR UP students who dedicated time this summer to academic and career enrichment programs at colleges and universities, we salute you with a ROLL CALL! To watch a video made by students at the UNC-W program, go to youtube.com and search for "STAR final cut."

Shelton Challenge, NCSU	
Muhammad Sulaiman	Asheboro
Riska Zaharro	Asheboro
Taylor Jackson	Beaufort
Aracely Smith	Cleveland
Michaela Lee	Columbus
Marshai Waiters	Columbus
James Morgan	Gaston
Kayla Ellis	Gaston
Evan Parrott	Granville
Katherine Treacy	Granville
De-Van Atkinson	Johnston
Fereena Bacchus	Lexington
Jade Stewart	Newton-Conover
Quasha Stinson	Newton-Conover
Martinez Dysard	Union
Shawn Holloway	Washington
Tonisha Nixon	Washington
Elaine Stackhouse	WS/Forsyth

Shelton Challenge, NCSU	
Angelica Huelitl	Asheboro
Diana Rosales	Asheboro
Jessica Staley	Asheboro
Jordan Coble	Asheboro
Marcus Staley	Asheboro
Stephanie McLeod	Asheboro
Vanessa Collins	Asheboro
Alexus Spencer	Beaufort
Markell Lodge	Beaufort
Niko Peele	Beaufort
Tanisa Daniels	Beaufort
Deven Morgan	Columbus
Harvey Lesane II	Columbus
Tyler Massey	Graham
Garrett Holloway	Lexington
Justin Burton	Lexington
Kendall Hamm	Newton-Conover
Raven Brooks	Washington
Carolina Jones	WS/Forsyth
Michael Curry	WS/Forsyth

Finance Experience, ECSU	
Jorge Hernandez	Asheboro
Chantesha Johnson	Beaufort
Corey Davis	Beaufort
Diamon Swales	Beaufort
Porche Waters	Beaufort
Akie Ali Graines	Columbus
Shaquille Stephens	Columbus
Ashley Smith	WS/Forsyth
Kaleen Smith	WS/Forsyth
Thomas Washington	WS/Forsyth
Rinika Green	Hyde
Keirrah Burrus	Washington
Tyra Waters	Washington
Anthony Hooks	Wayne
Kamesha Brown	Wayne
Keandra McDaniel	Wayne
Keosha Sutton	Weldon City
Kevon Garner	Weldon City
Sheldon Mba	Weldon City
Toni Holt	Weldon City

STUDENT VOICES "During my stay at Elizabeth City State University for the Finance Camp, I learned a lot of important information that I did not know. I made a lot of new friends. I thought the trip was fun, educational, and exciting. Thank you for such a great time during my stay." — **Diamon Swales, Beaufort County**

Future Teachers Academy, ECU	
Quinzetta Nealy	Columbus
Brienna Swinson	Craven
Antonio Moore	Craven
Christopher Ragin	Craven
Nigel Thomas	Craven
Kristoria Williams	Craven
Kadaja Dudley	Craven
Mia Merritt	WS/Forsyth
Kikoyta Spencer	Hyde
Kia Edgerton	Iredell-Statesville
Tia Edgerton	Iredell-Statesville
Jumas Turner	Iredell-Statesville
Tiante Mo Wever	Iredell-Statesville
Ashley Irvin	Iredell-Statesville
Sortori Summers	Iredell-Statesville
Brenda Romero	Johnston
Michelle Garcia	Johnston
Raj Rooprai	Johnston
Marquan Austin	Rutherford
Briana Boswell	Rutherford
Anna Lockett	Rutherford
Zach Price	Rutherford
D'Yanna Twitty	Rutherford
Ava Boston	Washington
JoCoria Moore	Washington
Trebor Jackson Jr.	Wayne
Lakwaneia Riddick	Wayne
Cierra Adams	Wayne
Coreteiz Sprangle	Wayne
Dezare Brennan	Wayne
Shanese Collins	Wayne
Shakim Lewis	Wayne
Kamesha Brown	Wayne
Timeshia Harvey	Weldon
Marquita Mallory	Weldon

On the Scene, UNC-W	
Quanisha Adams	Asheboro
Andrea Robinson	Asheboro
Janneth Ruiz	Asheboro
Abhishek Sharma	Asheboro
Dimitria McSwain	Asheboro
Amber Beacham	Beaufort
Alishia McCullough	Beaufort
Gregory Squires	Beaufort
Jumel Jones	Columbus
Willie Bennett	Columbus
Breshania Bennett	Iredell-Statesville
Kellie McKinstry	Iredell-Statesville
Natalie Smith	Iredell-Statesville
Michael Williams	Johnston
Samantha Worth	Johnston
Tyesha Robinson	Johnston
Jacob Bess	Lexington
John Coble	Lexington
Nick Hutton	Lexington
Derrick Reid	Lexington
Giezi Zamudio	Lexington
Cindy Flores	Rutherford
Quadry Kelly	Rutherford
Ryan Lynch	Rutherford

Veterinary, NCSU	
Allison Cook	Asheboro
Aracely Arellano	Asheboro
Natalie Herrera	Asheboro
Perla Gonzalez	Asheboro
Yaseline Munoz	Asheboro
Elizabeth Gooden	WS/Forsyth
Loretta Miller	WS/Forsyth
Paul Mirand	WS/Forsyth
Sydney Goode	Gaston
Tori Leigh Stalcup	Gaston
Caitlin Walls	Graham
Savannah Simpson	Graham
Tyler Massey	Graham
Andrew Ragland	Granville
Damian Agers	Granville
Kevin Fields	Granville
Phylicia Barker	Granville
Laura Caldwell	Hyde
Franki Kurczek	Johnston
Heather Mills	Johnston
Marlisa Ann Smith	Johnston
Raj Rooprai	Johnston
Eric Lo	Newton-Conover
Scott McLaughlin	Newton-Conover
Shivam Desai	Newton-Conover
Maya Evans	Union
Taylor Lowery	Union
Vanessa Blake	Union

Math & Science, ECSU	
Tamrah Latham	
Aquilla Gardner	Beaufort
Avondre' Jordon	Beaufort
Sara Moore	Beaufort
Taylor Jackson	Beaufort
Denzel Terrill	Cleveland
Elisha Hartgrove	Cleveland
Jaylee Smarr	Cleveland
John Michael Twiggs	Cleveland
Phil Richards	Cleveland
Shanequal Sanders	Cleveland
Brittany Nobels	Craven
Marquisha Richards	Craven
Megan Campbell	Craven
Nadia Lewis	Craven
Tray Garris	Craven
David Burwell	Granville
Larry Hester	Granville
Shykeisha Garner	Granville
Brianna Little	Martin
Jasmine Griffin	Martin
David Pann	Union
Matthew Smith	Union
Jalen Price	Washington
Aleyah Brown	Wayne
Shacarla Exum	Wayne
Zacchia Cobb	Wayne

Congratulations, GEAR UP summer program participants!!!

Project Pace, UNC-P	
Matthew Bailey	Beaufort
Owen Blanton	Newton-Conover
Danielle Cowan	Weldon City
Markell Lodge	Beaufort
Justin Roundtree	Beaufort
Ryan Smith	Beaufort
Tony Wheeler	Beaufort
Destiny Worsely	Beaufort

Mountain Adventure, UNC-A	
Elizabeth Carson	Asheboro
Sarah Hollingsworth	Asheboro
Danielle McDowell	Asheboro
Judy Yarborough	Asheboro
Alexis Lockhart	Asheboro
Elisha Hartgrove	Cleveland
Mariah Gaston	Cleveland

Mountain Adventure, UNC-A	
Briana McCluney	Cleveland
Kalina Erica Thurman	Cleveland
Jalisa Perry	Cleveland
Dominique Johnson	Craven
Kiandra Lunan	Craven
Jacob Breakfield	Gaston
Dylan Dixon	Gaston
Kaleigh Darty	Iredell-Statesville
Ivy Cordei Morrison	Iredell-Statesville
Nathan White	Iredell-Statesville
Lamia Bishop	Lexington
Jasmine Carter	Lexington
Carmen Jefferson	Lexington
Aleigha Lockhart	Lexington
Ashley Peoples	Lexington
Deja Young	Lexington
Samyra Blakeney	Union
James Covington	Union
Rhianna Smith	Union



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CFNC.ORG
CLICK ON GEAR UP

MESSAGE FROM THE GEAR UP STAFF

Dear GEAR UP students, parents, and colleagues,

Welcome to the start of the 2009-10 school year! We hope you enjoyed your summer and were able to join GEAR UP for some of the fun-filled summer learning programs that were hosted in school districts and on college campuses across the state. We are pleased to share with you our brand new GEAR UP Student Newsletter (submit ideas for the name!). New editions will be sent to GEAR UP schools throughout the year. Our Newsletter is an opportunity to share information and news about upcoming GEAR UP programs and activities with students, parents, and our partner schools. It is also a way for us to highlight and showcase some of the great work that is being done in GEAR UP schools across the state. We hope you enjoy the debut issue of our GEAR UP Newsletter and that you will consider submitting articles and pictures for future editions.

Best wishes for a successful 2009-10 school year!

Melissa Caperton, Director GEAR UP North Carolina

GEAR UP CALENDAR

Programming

- 10/2 – 10/4 College Adventure Weekend at Appalachian State University for GEAR UP 8th graders
 - 10/6 – 10/7 GEAR UP Coordinators' Meeting in Greenville
 - 10/9 Deadline for the Lilly BioDreaming Poster Competition
 - 11/2 Deadline for the US Department of Education "I Am What I Learn" video contest
- For more information: www.ed.gov/iamwhatilearn/index.html

College Access

- 11/16 – 11/20 College Application Week: High Schools register NOW on www.cfnc.org by clicking on "Register for CFNC Events"
- Fall dates vary CACARO Educational Opportunity Programs. See dates and locations at a site near you on www.cacrao.org

College Readiness

PSAT

- 10/14/09 In partnership with NC DPI, GEAR UP 9th, 10th, and 11th graders at participating schools are eligible to take the PSAT FREE. Ask your GEAR UP coordinator for more details. (*Registration closed as of 9/23/09*)

SAT

- 11/2/09 (*Registration closed as of 10/1*)
- 12/5/09 Registration Deadline: 10/30/09

ACT

- 12/12/09 Registration Deadline: 11/6/09 (students can register 2 weeks after the deadline at an additional cost)

Financial Literacy/Chad Foster High School Presentation

- 10/21/09 Graham County Schools
- 11/3/09 Johnston County Schools
- 11/4/09 Columbus County Schools
- 12/15/09 Asheboro City Schools & Lexington City Schools
- 12/16/09 Iredell-Statesville Schools & Newton-Conover City Schools
- 12/17/09 Granville County Schools

More dates to come!



COORDINATORS' CORNER

Congratulations to the **Beaufort County GEAR UP AMBASSADORS for 2009-2010**: Ashanti Ebron, Yamilex Rosado, Reagan Lee, Kiara Smith, Willie Smith, Lucy Wallace who were officially inducted on September 4, 2009. Reagan Lee and Willie Smith are AMBASSADORS for the second year in a row and Reagan has accepted the position of Head AMBASSADOR for PS Jones. The AMBASSADOR motto is service and leadership and GEAR UP AMBASSADORS assist with year-round college-access programming and participate in at least 2 community service projects yearly. Great work, students! Also, congratulations to the **Beaufort County GEAR UP Parent Volunteer of the Year for 2008-2009**, Ms. Betina Dildy. She is truly deserving!

Submit content for the Winter 2009 Edition of the GEAR UP Student Newsletter Coordinators' Corner! Email to: jeconrad@northcarolina.edu.