

Heart of Texas GEAR UP



TEXAS A&M
UNIVERSITY



Hearne
Independent School District

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WHAT IS GEAR UP?

The Heart of Texas GEAR UP program is a grant project funded through the U.S. Department of Education. The goal of this project is to support and **empower** the Class of 2026 to fulfill their potential and lead them to a **successful** future. At GEAR UP we believe in the importance of **postsecondary education** and we work towards guiding students to a life full of personal and educational success.

GEAR UP LEADERSHIP



Director and Principal Investigator

Dr. Linda Castillo

Professor - Counseling Psychology Academic Program Area. Department of Educational Psychology, School of Education and Human Development, Texas A&M University



Co-Director

Dr. Marcia Montague

Clinical Assistant Professor - Special Ed. Academic Program Area. Department of Educational Psychology, School of Education and Human Development, Texas A&M University

GEAR UP STAFF SPOTLIGHT

Heart of Texas GEAR UP employees are devoted to empowering students to fulfill their potential to achieve post-high school success. Our staff consists of a range of area coordinators, site managers for Hearne and Bryan ISD, on-campus outreach specialists, and student workers. Each GEAR UP team member plays an essential role in creating relationships and opportunities for the class of 2026.



Kelli Armstrong is a valuable part of our GEAR UP team! She is the Bryan ISD Gear Up Coordinator. Kelli has a wealth of experience as an administrator, instructional coach, and classroom teacher across various Texas districts and has been with our team since June 2021!

Kelli's advice to current students: "As long as you continue to put forth the effort and try new things, you will accomplish great things!"

Thank you for all you do, Kelli!

GET INVOLVED WITH GEAR UP!

Aggie Homework Helpline (AHH)

Zoom-based tutoring is offered in partnership with cohort teachers serving the class of 2026 in Bryan and Hearne ISDs.

Mentoring

Group and one-to-one mentoring is provided to students to help keep them on track towards graduation.

College Visits / Educational Field Trips

Increase student awareness and exposures to post-high-school options including college visits, college fairs, and educational experiences.

College Readiness / Career Activities

Activities take place throughout the year to prepare students for after high school by increasing self-advocacy, self-determination, financial literacy, college knowledge, and goal setting.

Work-Based Learning

Students have the opportunity to gain valuable work skills through: volunteerism, job shadowing, internships, etc.

Counseling and Advising

GEAR UP staff is on campus to offer counseling and advising to all GEAR UP students throughout the year.



FINANCIAL LITERACY

Consumer Awareness

Consumer awareness is about understanding purchasing options, risks of scams and fraud, as well as options for resolving a consumer problem

Wise consumer buying starts with a plan. Stay informed and choose carefully.

Comparison Shopping:
Research product quality and compare pricing at multiple retailers

When you do finally decide what you want to buy, you'll notice that you usually have a few options, such as name brands or generic items. Most of the time, there is no significant difference between the two items besides price. Generic items are usually less expensive - making them a great savings opportunity.

PARENTS' CORNER

BE A PARENT LEADER!

- **Encourage** other parents to take on leadership roles.
- Passionately **represent** the needs and perspectives of all parents.
- Acquire the knowledge and skills needed to have a **meaningful voice** without being in a staff role at the school.
- Become **role models** for family engagement, **advocating** not only on behalf of your own teens, but for other families as well.

WAYS TO BE MORE INVOLVED



- Monitor your teen's grades & attendance through PARENT PORTAL/HAC
- Monitor your teen's tutorial attendance
- Meet with your teen's teachers and prioritize Parent-Teacher Conferences/GEAR UP personal visits
- Be your teen's encourager and role model
- Ask your teen how his/her day went at school
- Get to know your teen's friends
- Encourage your teen to join extra curricular activities of his/her interest
- Encourage your teen to be a self-advocate
- Help your teen set goals and make deadlines for those goals

COLLEGE PEP RALLY

“WHY COLLEGE MATTERS”



GEAR UP hosted a “Why College Matters” Pep Rally on September 26 at the Legends Event Center in Bryan. TAMU and BISD groups performed and students and educators had the opportunity to hear from keynote speaker, Mikado Hinson, TAMU Director of Football Player Development!

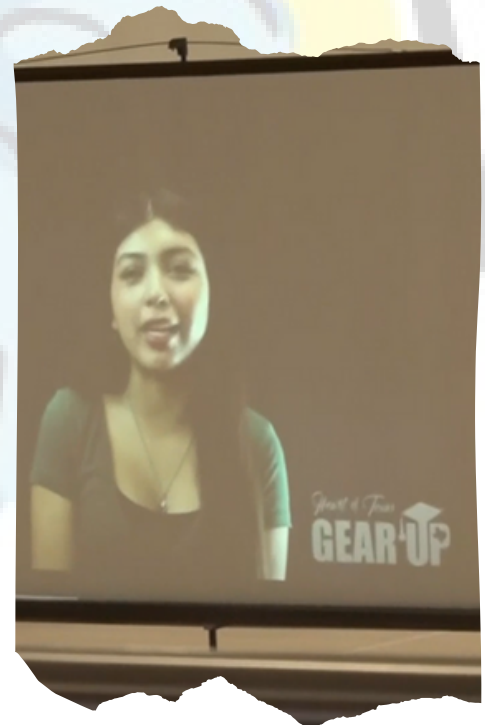
WE ASKED OUR STUDENT WHY COLLEGE MATTERS TO THEM. HERE’S WHAT THEY SHARED:

“College will help you gain deep knowledge and expand your horizons”

“[College] makes better adults that the world needs”

“You can get more money, a job you enjoy, improve your social and leadership skills, and invest long-term”

“[College] gives more room for opportunity in the future for any career that I choose”



AVID

ADVANCEMENT VIA INDIVIDUAL DETERMINATION

AVID's mission is to close the opportunity gap by preparing all students for college and career readiness and success in a global society

The AVID Elective course provides additional educational, professional, and social support to students. Whether it be in the form of challenging student's core beliefs about their abilities or teaching managerial skills, the AVID course is designed to bring out the best in students and help them on their journey towards higher education.

**THIS YEAR OUR GEAR UP
STAFF HAD THE
OPPORTUNITY TO TEACH
AVID IN THE BRYAN
SCHOOL DISTRICT**



RESUME BUILDING

A resume is short document that lists your qualifications and experiences for the school or job position you are applying for.

Pro Tip: It helps to start early on this document and add items as you go, instead of waiting until the last minute to create one.

PARTS OF A RESUME

Personal Information

This includes your name, credentials, and contact information.

Objective

A statement about the purpose of your application.

Education

Highest level of education you have completed. Include rank, GPA, and honors.

Awards/Honors

Awards you have gained, scholarships, etc. Provide a short description if necessary.

Experience(s)

Work and/or volunteer experiences. In short, clear snippets, describe what you did and where.

Skills

Include what valuable skills you have learned over time.

References

3 professional references for the reviewer to contact for more information.

For more information visit: <https://www.indeed.com/career-advice/resumes-cover-letters/resume-examples-for-teens>

RACIAL TRAUMA

Racial trauma is the emotional and mental harm caused by experiences of racial or ethnic bias, prejudice, and racism.

Black, Indigenous People of Color (BIPOC) are the most affected in the United States

Racial trauma can come from direct experiences of race-based mistreatment and from a wider systemic racism

Where does it come from?

Black and Brown students' educational trauma

Black and Brown students are often perceived as older and more culpable for their actions than their white counterparts - this is a phenomenon called "adultification"

The *adultification* of Black and Brown students can lead to disproportionate punishment which can push students out of the classroom and create additional educational barriers as well as perpetuate the school-to-prison pipeline

Effects on BIPOC students

What can we do?

Notice your personal biases. Speak out. Advocate for justice. Educate yourself. Ask for help. Let your voice be heard.

Source: Mental Health America (mhanational.org/racial-trauma)

EMOTIONAL SELF-REGULATION

WHAT IS IT?

The ability to manage our emotions & behaviors in goal-directed ways

WHY IS IT NEEDED?

To gain awareness of our own emotions and of others' emotions and to navigate conflict productively

Emotional Awareness

The adolescent years are some of the most emotionally difficult and tiresome years of life. As the body and mind grow, it can be difficult to know how to adjust to your environment.

The Anger Iceberg



It is easy to categorize all heightened emotions as “anger” but it is important to know that not all negative responses are a product of anger

Explore your emotions and be mindful of what your emotional responses are a product of in order to know how to manage them.

STAY IN TOUCH

Sign up to receive updates from GEAR UP right on your phone! Use the QR code or text the message @fh73b2 to the number 81010 or (424) 835 - 7453.

The updates will include information regarding college knowledge, college terms, career readiness, as well as general reminders and motivational texts.

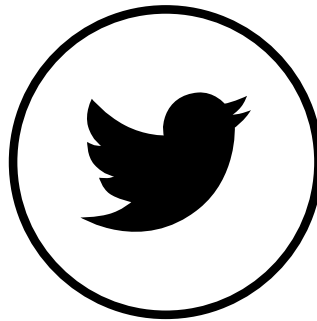


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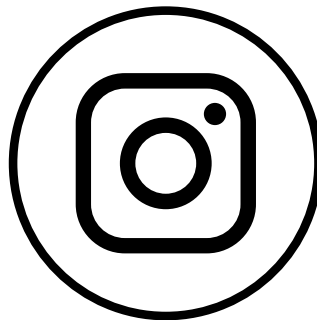


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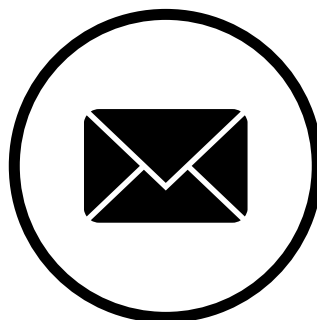
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