

Vermont GEAR UP

Winter 2025
News for GEAR UP Families

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Find your student's OC profile
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www.vsac.org/about/our-outreach-programs/gear-up

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Education.



It's time again for our newsletter! When we send this newsletter out to families, we're including every adult who takes the time to be a part of the lives and growth of students. We're grateful for all the adults who care for and about youth. Contact us anytime with questions or concerns. Thank you for being a youth champion!

It's time for College and Career Pathways 2025!

College and Career Pathways for high school families - how to register

VSAC will be offering a free, public event for high school families on **Saturday, March 8, 1-5pm**. Families can participate in-person at UVM or virtually via Zoom. Find additional details and **the registration link at VSAC.org/ccp** Join us! You'll be so glad you did!

It's never too late to complete the FAFSA!

Is your senior:


- Curious about education or training options after high school?
- Interested in a trades program?
- Interested in a two or four year degree?
- Curious about earning a professional certification?
- Not really sure and doesn't have a firm plan yet?



Your high school senior has so many options!

Completing the FAFSA now can eliminate a scramble to submit it at a later date.

Here are some reasons why you should complete the **FAFSA**:

- It's **FREE!** (www.fafsa.gov)
 - It's **EASY!**
 - It's **FAST!** (it takes most people just 23 minutes to complete)
 - Many Vermont families qualify for aid who never thought they would!
-  Completing the **FAFSA unlocks funding** for education after high school!

2025-2026 FAFSA information,
application, and guidelines



VSAC Assisted Scholarship: Tips for Success

- **Talking about** finances can be uncomfortable. Take a deep breath and push on!
- **Follow-through** and don't be scared off by the competition.
- Don't let financial need requirements keep you from applying.
- Be sure your references **know you enough** to write something individualized.
- Make sure each scholarship is **worth the effort** (consider the size of the applicant pool when applying and make sure the amount of work needed to apply aligns with how much competition you're facing, along with the scholarship prize).
- Search thoroughly to be sure you qualify for the scholarship.
- Don't miss the deadline for submission/postmark deadline of **Wed., February 12, 2025**.

All documents must be received by this deadline.

Find more resources online at vsac.org Email info@vsac.org
Facebook: [@VermontStudentAssistanceCorporation](https://www.facebook.com/VermontStudentAssistanceCorporation) Instagram: [@gearupguide.vt](https://www.instagram.com/gearupguide.vt)

Vermont GEAR UP Parents

Middle School Parent Tips

Set Goals Together

- **Connect & Listen.** Ask questions. Set aside time to connect. Really ask questions that require more than a yes or no. Kids want to do more with their parents and connect. Listen more than you talk!
- **Reveal.** Share your own sense of purpose and passion for things that are important to you. Your energy and enthusiasm is contagious.
- **Notice.** Pay attention to the things your kids are interested in and what they spend time doing. How do the things they enjoy relate to their goals.
- **Coach.** Once you know their goals coach them and help them find things they can start doing now to help them move in that direction.
- **Highlight.** Share examples from friends, family, network, and community. Use good and challenging situations to share learning and growth.
- **Believe.** Be their cheerleader. Let them know you believe they are capable of doing hard things.

11th Grade Parent Tips

Social Capital

Developmental relationships are essential to help young people discover how to become their best selves.

Young people do best when they experience strong, positive relationships in all parts of their lives.

Research has found that young people who experience strong developmental relationships across different parts of their lives; home; school, community, jobs, interests such as clubs, sports, drama; art, are **more likely to show signs of positive development** and emerging responsibility and **reduced engagement in a variety of high-risk behaviors.**

Research also shows that nearly 40% of young people feel lonely. **Together we can help them connect.**

For Vermont specific youth information search for the **Vermont Youth Risk Survey** - you'll find it on the healthvermont.gov site.



BMU students exploring musical opportunities with Peter Wayne Burton

9th/10th Grade Parent Tips

Is your student attending CCP?

Here are some some questions to ask about college and career pathways:

- What was your favorite part of the day?
- What was something you learned and are more curious about?
- Share your career path!

For more career information and exploration go to: www.vsac.org/blog/categories/exploring-career-options

Senior Parent Tips

There's so much to do as you cruise toward the end of senior year. Job? Military? Certificate? Training in the Trades? College? **Stay in constant communication with your student's outreach counselor.** They can help your senior stay on track. Counselor names are on page one of this newsletter down the left side column.

VSAC Outreach Counselor contact info:



Find other helpful resources here:

Vermont's Most Promising Jobs



Senior Year Planning Checklist



GEAR UP Supports Students and Parents through Text Messaging!

We'll send quick & helpful tips through text messaging starting the spring of their **senior year:**

- **You and your student** will receive weekly text reminders about planning after high school
- **Text in your individual questions** to get speedy responses from our GEAR UP counselors
- Texting will continue the year after high school graduation and be **tailored to your student's plan** for after high school
- Texting is the **#1 way students get information and \$\$\$** for books, supplies & summer tuition funding help and tips for success
- If you or your student are NOT receiving messages- **please text into 802-441-6040** and we can get you started!

Save 802-441-6040 in your contacts to make sure messages come through.