

UPCOMING EVENTS

JANUARY 23 & APRIL 17
Snow College Snow Day Campus Visits

JANUARY 29-30
Utah Tech Blazer Blast (UVU Regions)

FEBRUARY 1-4
National GEAR UP Academy

FEBRUARY 27
ACT Jumpstart



DIRECTOR'S MESSAGE

The Power of Showing Up: Consistency Matters

As we continue with another year of GEAR UP Utah programming, I want to highlight the importance of consistently checking in with students. **Student check-ins** are not a one-time event; they are an ongoing opportunity to build relationships, establish trust, and provide support (The PECP is a great tool to keep track of this).

We all encounter students who may not be ready to engage or respond to our outreach. It can be challenging to keep reaching out when we don't see an immediate impact. However, a student's lack of response today does not mean our efforts are not making a difference. Sometimes, engagement is a matter of timing. A student who is not receptive today may be ready to connect weeks or months from now. A simple greeting, a question about how things are going, or a reminder that someone is available to help can keep the door open for future conversations.

As GEAR UP Utah staff and mentors, we have an opportunity to be a consistent source of encouragement and support. We may not always see the results of our efforts right away, but the relationships we build matter. (Outcomes)

As we move through the year, let's remember that our work is not just about reaching students; it's about continuing to reach out to them. Thank you for your patience, persistence, and commitment to the students we serve.

Ruben Rocha

GEAR UP Utah Program Director

THIS MONTH AT A GLANCE

STATEWIDE
Statewide Training–Nov 11
9AM Mandatory meeting for all GEAR UP staff. Reach out to Zylia.L@uvu.edu for an invite.

UVU REGIONS
Staff Meeting–Nov 4
Thanksgiving Holiday – Nov 26-27

ALPINE-Candy Castillo
School Workshops

WEBER-Shironda Culpepper
College Field Trips to Weber State University
FAFSA Family Nights at Northridge & Bonneville High Schools

San Juan-Lisa Carr
UVU Campus Visit-Nov 3 Includes a Woman's Basketball Game

REMINDERS

Cost Share documents must be uploaded into Compass for both Year 1 and 2025-2026 by November 13. The review of Cost Share documents will take place after this date.

Work with seniors to help them receive 3 services before they graduate so that they qualify for the GEAR UP scholarship.

Remind students they need to provide a personal email address and NOT their high school email address to us

Be fully active in CompassText by January 1, 2027. To support this goal, we are requesting that **all Cadence usage end by December 31, 2026**.

Remind Junior and Senior students to prepare for upcoming ACT dates and the option for them to use a waiver to take the test again. The waiver also provides access to the test guide on ACT.org for free.

REGIONAL ROUNDUP

Region 8 - Nebo

A special shoutout to Jessica, one of our newer mentors, who has already built amazing connections at Springville High School.

She knew almost all of the students and has done a wonderful job building relationships and creating a welcoming environment.

It's exciting to see these connections growing and the positive impact our mentors are making!

Students had fun working together, testing their college knowledge, and learning more about planning for their future.



Nebo's Family Feud: College Knowledge Edition Lunch Workshop

DATA DOWNLOAD

Statewide Student Enrollment Numbers by Grade

7th	8th	9th	10th	11th	12th
136	213	371	609	817	969

MONEY MATTERS

CTE SCHOLARSHIP & TUITION AWARDS

The Career and Technical Education (CTE) Scholarships and Tuition Awards are for outstanding CTE students in Utah. The scholarships/awards are sponsored by the Utah State Board of Education (USBE) with funds provided at participating higher education institutions. The award amount varies by institution. **The application opens Monday, November 2, and they offer a webinar on November 9 to help students fill out the application**. More information can be found here.

GEAR UP UTAH SCHOLARSHIP

GEAR UP Utah Scholarship–Remind seniors about the GEAR UP scholarship and help them complete the initial application correctly. Also remind students to use their personal email addresses and not their school email address for all scholarship applications.

Making Every Measure Matter



USU-E Campus tour of UVU

College campus tours help students picture themselves in college and see firsthand what their future could look like. Visiting a campus gives students the opportunity to explore academic programs, student life, support services, and campus resources while asking questions and connecting what they are learning in school to their future goals.

For GEAR UP Utah, campus tours are also an important grant measure because they provide meaningful college exposure and help students make informed decisions about their education after high school.



USU-E Campus tour of Colorado Mesa University

Research suggests that college visits can help students feel more confident about pursuing higher education, particularly students who may not otherwise have opportunities to visit a campus. While a visit alone does not guarantee college enrollment, it can make college feel more familiar, accessible, and achievable.

UVU Region's Mentor Gathering

Oct 15



The GEAR UP Utah Mentor Gathering was a great opportunity for mentors to connect, build social capital, and learn from one another.

Mentors strengthened relationships, discovered new resources, and gained knowledge they can use to better support their students. Most importantly, they had the chance to grow together, get to know one another, and have some fun along the way!





Speed Networking



Betty Paugh Ortiz from NCCEP shared valuable insights



Gioey Alisa shared information about student resources available at UVU



Peni Mounga stopped by to discuss Concurrent Enrollment

GEAR UP GOES VIRAL



Have a social media trend you want to see on the GEAR UP Utah page? Let Leisa Monahan know, so we can do our best to keep up with the trends!

MINDFULNESS MINUTE

Are you laughing enough at work? Do you joke around with your co-workers and help lift up the mood of the office together?

Laughter is a natural way to relieve stress at work, and it's also a great way to build rapport and get to know those that you work with. Studies have shown that laughter can decrease stress hormones in your body up to 37%, and it releases the feel-good chemicals to improve your mood too. Check out more here.

RESOURCE ROUNDUP

AI Gateway
UVU has created a centralized dashboard featuring approved AI tools, including ChatGPT, Copilot, and more. Please use this dashboard as your primary AI resource for GEAR UP–related work.

FAFSA Walkthrough Videos
Be set up for success when completing the FAFSA

The Daniels Scholarship
Up to $25,000 scholarship. Application is open September 1 through October 15.

Keys to Success
Connects students with scholarships, internships, careers, CTE pathways, and other opportunities.

Utahmajors.org
Helps students explore Utah college majors and connect interests to future careers.

USHE
Provides support to help students with college admissions, financial aid and scholarship opportunities, FAFSA, and concurrent enrollment resources.

ACT Student Fee Waiver
Helps eligible students cover ACT costs and access free test prep and score reports.

Got Something to Share?

Help us keep GEAR UP in the loop! Use the submission form to share **upcoming events, staff updates, student success stories, photos, helpful resources, or ideas** you'd like featured in the newsletter. Submissions are due by the **20th of each month** to be considered for the following month's newsletter.

Submission Form

FOLLOW US ON SOCIAL MEDIA!

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