

## Definitions of Services Provided to Students/Families/Staff

### College Entrance/Placement Test Prep

- Assisting with placement tests such as EXPLORE, PLAN, PSAT, SAT, ACT, IP, AP, ASVAB or similar tests.

### College Prep/Other Workshops

- Workshops are services that include interactive informational classroom-level or large- or small-group sessions that involve hands-on experience for each student in the workshop. Workshops are offered to groups of students (and/or parents and family members) on topics like secondary school success, college awareness/entrance requirements, college preparation, and general elements of college readiness such as study skills, self-monitoring, goal-setting, time management, and problem-solving. This includes guest speakers that motivate students and highlight careers. Workshops are informational in nature and are not intended to provide direct counseling or guidance to individual or small groups of students. Please record the subject area in the event description.
- Workshops may be in person or virtual.

### College Visit/College Student Shadowing

- Student and parent/family college visit/college student shadowing services take place on college campuses or virtually, and may also include college fairs.
  - College visit: A physical visit to a college campus by a student and/or family member, facilitated/supervised/led by GEAR UP staff, teachers, college representatives, or other school staff. College visits should include an official tour, presentation(s) by admissions, financial aid, academic departments, athletics, student affairs, residence life, multicultural affairs, or other college departments.
  - College student shadowing: A one-on-one experience in which a middle or high school student spends time on a college campus with an undergraduate student seeing typical college life.
  - Virtual college visit: Includes services that are provided via remote access through the internet or other means. Virtual college visits must be facilitated/supervised/led by GEAR UP staff, teachers, or other school staff and include the same elements as a physical college visit.

### Counseling/Advising/Academic Planning/Career Counseling

- Counseling/advising/academic planning/career counseling services span a spectrum of activities with individual students or small groups of students. Services may be in person or virtual.
  - Parent/family counseling/advising can include one-on-one or small group advising for parents/guardians/adult family members designed to meet the specific needs of the individuals engaged in the activity. These services include when a parent/guardian or adult family member meets with the GEAR UP school staff or counselor, with or without a student, to discuss student's academic goals, college plans, school progress, etc.
  - Counseling: Discussing student's personal growth issues such as decision making, problem solving, goal setting, attendance, behavior concerns, family issues, home visits, etc.
  - Advising: Providing assistance on course selection (secondary or postsecondary), college and/or career choices, college and/ or career planning, financial aid planning, etc.
  - Academic planning: Providing assistance on coursework selection, course of study choices, college major selection, and assessment advising or interpretation of scores.
  - Career counseling: Providing assistance about career choices, career planning, internships, or career interests, including career fairs and programs such as CIS.

### **Educational field trips**

- Educational field trips are services during which students leave their school or travel to another location, and include an academic component that is linked to classroom activities. Examples would include a science demonstration on a college campus (the purpose of the event was the science demonstration not a college visit), a class trip to attend a science or history museum linked to curriculum, academic competitions, cultural experiences such as performing arts, museums, or similar activity, and field trips that complement or enhance existing curriculum in key content areas.
- Please record the subject area in the event description.

### **Family/Cultural events**

- Family events are services in which parents or families participate. These services involve GEAR UP students and their families/guardians or just their parents/guardians. Family events include GEAR UP activities that recognize the role of families in student success, and are not defined under a different category. Examples include family nights, and awards and recognition events.
- Cultural Events are activities that relate to or teach GEAR UP students about a common and distinctive racial, national, religious, linguistic, or ethnic heritage. Examples: Native American Days, Navidad Celebration, Mexican traditions, traditional foods.

### **Financial Aid Counseling/Advising/Workshops**

- Financial aid counseling/advising services assist students in understanding and navigating the complexities of financial aid, including providing hands-on assistance with the FAFSA and scholarship applications, presentations on financial aid or literacy, using financial aid or literacy curriculum, and the benefits and how-to's of participation in college savings plans.
- Financial aid workshops may include informational sessions for students and/or parents/family members.
- Services may be in person or virtual.

### **GEAR UP Club/Orientation**

- Examples include GEAR UP clubs, rallies, or assemblies that don't fit into other service categories.

### **Job Site Visit/Job Shadowing**

- Job site visit/job shadowing services offer students exposure to the workplace in an occupational area of interest and reinforces the link between classroom learning, work requirements, and the need for postsecondary education. Students witness the work environment, employability and occupational skills in practice, the value of professional training, and potential career options.
  - Job site visit: A physical visit to a local business/work environment facilitated/supervised/led by GEAR UP staff, teachers, or other school staff. Job site visits should include visits to local businesses, employers, and agencies to explore different professions or career selections, as well as the skills and education required. These can be followed by job shadowing.
  - Job shadowing: A one-on-one experience in which a middle or high school student spends time at a business or work environment with an employee seeing typical job duties.
  - Virtual job site visit: Includes services that are provided via remote access through the internet or other means. Virtual job visits must be facilitated/supervised/led by GEAR UP staff, teachers, or other school staff and include the same elements as a physical job visit.

## **Mentoring**

- Comprehensive Mentoring are programs and initiatives that offer GEAR UP students the knowledge, skills, abilities and perspectives to foster their personal and academic growth.
- Comprehensive mentoring services are provided when GEAR UP staff, teachers, or other school staff identifies students who would benefit from an ongoing supportive relationship with a trained, caring adult or older student, i.e., “mentor.” Mentors meet regularly with their assigned student(s). Meetings may be on or off campus and either during or outside of the school day. Typical issues addressed during mentoring meetings include academic, social, organization or life skill development. Services may be in person or virtual.
- Per the 2008 HEOA, comprehensive mentoring must provide students with financial aid information, and encourage students to stay in school, enroll in rigorous and challenging coursework, apply for postsecondary education, and, if applicable, the GEAR UP scholarship.
- Mentoring Programs may include:
  - Traditional mentoring programs that match one youth and one adult.
  - Group mentoring that links one adult with a small group of young people.
  - Team mentoring that involves several adults working with small groups of young people, ideally with a ratio of no more than four youth to one adult.
  - Peer mentoring that connects caring youth with other adolescents.
  - E-mentoring that functions via email and the internet.

## **Professional Development for Teachers/Counselors**

- GEAR UP Sponsored professional development or district sponsored professional development conducted in support of GEAR UP and is above and beyond previous activities.

## **Rigorous Academic Curricula**

- Rigorous Academic Curricula are courses in core academic subjects aligned with college based curricula that prepare all students for postsecondary education upon graduating from high school.
- Examples include: Advanced Placement (College Board) courses, honors course work that is above grade level, college level coursework, AVID, International Baccalaureate, or Magnet Academy/Career Technical Academy Programs of Study.

## **Student-Led/Peer Leadership Activities**

- Examples include Link crew, and high school students presenting GEAR UP related topics to middle school students.

## **Summer Programs**

- Summer programs are services that include an experience over one or multiple days during the summer (or other non-school year time, i.e., for year round schools). Summer programs could be a statewide GEAR UP summer camp, a local summer camp funded by GEAR UP, a residential GEAR UP program hosted by a college/university/community organization, or another camp attended by a GEAR UP student that supports the GEAR UP mission. These programs include academic enrichment, college preparatory programs/camp experience, credit recovery, summer school, and/or remediation programs.

## Tutoring/Homework Assistance/Academic Enrichment

- Tutoring/homework assistance services provide additional academic instruction designed to increase the academic achievement of students. Tutoring can occur one-on-one or in small groups before school, during school, after school, during study or lunch breaks, or on weekends and be provided by GEAR UP staff, hired tutors, teachers, trained peers, and/or volunteers. Services may be in person or virtual.
- Academic enrichment services include topical presentations made to students during the academic year, academic presentations by university faculty members, Saturday programs on an academic subject, or special in-class or after-school presentations that are sponsored by GEAR UP.
- Please record the subject area in the event description.

The Oregon GEAR UP service definitions are based on those from a collaboration between the College and Career Readiness Evaluation Consortium and the National Council for Community and Education Partnerships:

<http://www.edpartnerships.org/college-and-career-readiness-evaluation-consortium-ccrec>

## Example events

Category	Example Events
College Visit/ College Student Shadowing	<ul style="list-style-type: none"> <li>• A guided physical or virtual tour of a college campus</li> <li>• College Fair</li> </ul>
Counseling/advising/ academic planning	<ul style="list-style-type: none"> <li>• Direct counseling/guidance to individuals or small group</li> <li>• Teacher college posters; door wars; student research on colleges</li> <li>• CIS</li> <li>• Career Fair</li> </ul>
Educational Field Trips	<ul style="list-style-type: none"> <li>• Community Service</li> </ul>
GEAR UP Club/Orientation	<ul style="list-style-type: none"> <li>• GEAR UP kickoff events, or information events</li> </ul>
Job Site Visit/Job Shadowing	<ul style="list-style-type: none"> <li>• A guided physical or virtual tour of a company/workplace.</li> <li>• NOT career speakers, that should be under "Workshops"</li> </ul>
Mentoring	<ul style="list-style-type: none"> <li>• GU coordinators meet with college students</li> <li>• GU school alumni come back to the HS and talk with students</li> <li>• Beaver Hangouts, Skype with College Students</li> <li>• Help with social/life skills/future plans. Purely academic = Tutoring.</li> </ul>
Professional Development	<ul style="list-style-type: none"> <li>• Poverty Training</li> <li>• Workshops/classes on AP, PBIS, curriculum alignment</li> <li>• National, Regional, and Statewide GEAR UP meetings</li> </ul>
Student Peer Activities	<ul style="list-style-type: none"> <li>• Student Posters about which college they went to</li> </ul>
Rigorous Curriculum	<ul style="list-style-type: none"> <li>• Class focused on a specific career</li> <li>• AVID</li> <li>• College-level courses</li> </ul>
Summer programs	<ul style="list-style-type: none"> <li>• Summer School</li> <li>• Academic or college readiness summer camp</li> </ul>
Tutoring/ Homework Assistance/ Academic Enrichment	<ul style="list-style-type: none"> <li>• Advisory with Supportive Services/study hall</li> <li>• Academic/Attendance awards, Attendance support</li> </ul>
Workshops	<ul style="list-style-type: none"> <li>• Guest Speakers (e.g. motivational, careers)</li> </ul>