



# GEAR UP WEEK

## Sept. 25-29, 2023

**National GEAR UP Week is a chance to highlight GEAR UP's positive impact in your community.**

It's a time to engage all your stakeholders (*students, school faculty and staff, parents, community partners, elected officials and media*), share accomplishments and encourage involvement with your services to students and families.

Hold a GEAR UP Week at your school to kick off the year with activities that encourage a college-going culture in your school and community. Use these materials during National GEAR UP Week or any time that works for you. This toolkit has ideas designed to get the word out about GEAR UP and the importance of going to college.

Remember to share your events on social media and with Oklahoma GEAR UP staff so we can help celebrate around the state (and country)!

Use these hashtags on social media: **#GEARUPworks** and **#IheartGEARUP**

Oklahoma GEAR UP's social media sites:



@OklahomaGEARUP






@okGearUp



@okgearup

# ACTIVITIES

## KEY

-  Student activity
-  Staff activity
-  All activity

## FAMILY NIGHT

Host a virtual family event during GEAR UP week to get more information out about Oklahoma GEAR UP.

## SCHOOL ANNOUNCEMENTS

Include fun facts about college in the daily announcements or on school televisions. Examples are included in this packet.

## COLLEGE SPIRIT DAY



Have faculty, staff and students wear college gear or colors.

Have students write anything college-related on the side-walks using chalk.

Have college reps available virtually during lunch to talk to

## COLLEGE APPLICATION DAY



Host a college application day for your seniors.

It can ensure that all students have the opportunity to receive hands-on assistance as they take the first big step toward continuing their

## MEDIA OUTREACH



Inform local radio stations, television stations and newspapers about GEAR UP Week. A sample press release is included in this packet.

Highlight an event taking place at your school.


## "I WENT TO COLLEGE" SIGNS

**I WENT TO COLLEGE.  
ASK ME HOW.**

Name: \_\_\_\_\_

College: \_\_\_\_\_

Degree: \_\_\_\_\_



You **CAN** attend college!  
GEAR UP can help you get there!

Have teachers, counselors and other school staff complete "I Went to College" signs and hang the signs next to their doors. A ready-to-use template is included.

## CONTACT YOUR LEADERS



Thank your Congressional delegates for supporting GEAR UP by having students sign the enclosed poster. Please give it to your GEAR UP school specialist, and we will take care of mailing it.

Get GEAR UP on your school board's agenda.

Host a forum for professors, recruiters, or even the president, from your local college.

## COLLEGE TRIVIA

OKLAHOMA  
GEAR UP

**College Trivia Questions  
- Questions -**

1. In what city is the University of Central Oklahoma located?
2. At what type of college can you earn an associate degree?
3. What is the oldest institution of higher education in Oklahoma?
4. What university has a state of the art animation department that has graduates working with Disney and Pixar films?
5. What is the name of a test you must take to be admitted into college?
6. Which public two-year college is located in El Reno, Okla.?
7. The federal financial aid application a college student completes to receive grants, work study and/or student loans is called the \_\_\_\_\_.
8. What college did Carrie Underwood graduate from?
9. Name a college that has a rodeo team.
10. What university was once named the Oklahoma Military Academy?
11. What part of a financial aid award must be paid back?
12. What is the mascot for Southeastern Oklahoma State University?
13. Which college in Oklahoma has graduated the most Miss Americas?
14. What is the program that allows 8th, 9th, or 10th grade students from families with an income of \$50,000 or less to earn a college tuition scholarship?
15. Which Oklahoma community college has the most students?

Give out college trivia sheets during lunch or advisory. Students with the most correct answers may receive a prize. An example of a trivia sheet with the answers is included.



# MORE ACTIVITIES

## COLLEGE PEP RALLY



Invite a guest speaker from the community to share their educational journey and why college is important. Reach out to past GEAR UP Iowa students and have them share their experiences with GEAR UP and college life.

## DOOR WARS



Have students and teachers decorate their homeroom or advisory classroom doors with the college of their choice.

## COMMUNITY PARTNERS



Send students out to businesses in the community to share information about the positive impact GEAR UP has on their lives. Ask them to hang the enclosed poster to show their support.

## DREAM WALL



Cover a classroom or hallway wall with paper and write "Our GEAR UP Dreams" across the center. Ask students to write their academic, professional and personal goals on the wall.

Send a picture of your students next to the sign to your Congressional delegation.

## COLLEGE SHARE-AND-TELL

OKLAHOMA GEAR UP COLLEGE MATCH WORKSHEET	
Fill out the worksheet below and compare your options to find the best fit for you. The following resources can aid you in finding this information: <b>OKCOLLEGESTART.ORG</b> offers detailed information about all Oklahoma colleges and universities. <b>COLLEGE WEBSITES</b> visit the college website you are researching for more information.	
NAME OF COLLEGE:	IS THIS COLLEGE ACCREDITED? <input type="checkbox"/> yes <input type="checkbox"/> no
DOES THIS COLLEGE OFFER MY MAJOR/AREA OF STUDY? <input type="checkbox"/> yes <input type="checkbox"/> no	LOCATION:
APPLICATION DEADLINE:	TYPE: <input type="checkbox"/> public <input type="checkbox"/> private, non-profit <input type="checkbox"/> private, for-profit
FOCUS: <input type="checkbox"/> trade/career <input type="checkbox"/> 2-year <input type="checkbox"/> 4-year	AVG. # OF FRESHMAN STUDENTS:
TOTAL # OF STUDENTS:	AVG. % OF STUDENTS WHO RETURN 2ND YEAR:
AVG. % OF STUDENTS WHO RETURN 2ND YEAR:	AVG. 4-YEAR GRADUATION RATE:
% OF APPLICANTS ADMITTED ANNUALLY:	AVG. ACT/SAT SCORES OF ADMITTED STUDENTS:
AVG. GPA OF ADMITTED STUDENTS:	IN-STATE TUITION AND FEES \$:
ON-CAMPUS HOUSING AVAILABLE: <input type="checkbox"/> yes <input type="checkbox"/> no	OUT-OF-STATE TUITION AND FEES \$:
SCHOLARSHIPS OFFERED BY THIS COLLEGE THAT I MIGHT RECEIVE AND THEIR DEADLINES:	

Have students reach out to a college of their choice and request materials. Open the materials as a class or group and share the received information.

Also, have students fill out a college match worksheet and share their findings with their

## STUDENT VOICES



Help students find the power in their stories. Create a school-wide #IHeartGEARUP campaign on social media; create a video competition about why college matters; have students write letters to their future-selves about what they hope to achieve in school, college and beyond!

Let us know what your school is planning and how we can help! Contact your GEAR UP school specialist with questions, updates or comments.

The U.S. Department of Education awarded Oklahoma with a state GEAR UP grant totaling \$20.5 million in 1999. The grant was supplemented with a one-year extension of \$4.4 million in 2004. Oklahoma received additional GEAR UP grants totaling \$20.6 million in 2005 and \$34.9 million in 2011. In September 2017, the State Regents were awarded a fourth, consecutive GEAR UP grant in the amount of \$24 million over the next seven years.



# WHY GO TO COLLEGE?

## SET “*FUTURE YOU*” UP FOR SUCCESS



**70%**  
OF JOBS  
REQUIRE  
HIGHER ED



**90%**  
EMPLOYMENT  
FOR GRADS



**75%**  
MEDIAN  
HIGHER  
EARNINGS



**1/3**  
OF YOUR LIFE  
IS SPENT  
AT WORK

### MORE OPPORTUNITIES

**A college degree will expand your job possibilities and increase your likelihood of employment.**

- In the next 10 years, 70% of jobs in Oklahoma will require some kind of education or training beyond a high school diploma.
- Nearly 90% of Oklahoma residents who earn an undergraduate degree are employed in the state a year after graduating.

### JOB SECURITY

**A college degree in your field will protect you and your job during upcoming technology advancement.**

- By 2025, 30% of work activities in Oklahoma could be automated.
- Jobs in fields such as sales, office administration, and transportation have a high potential of being replaced by artificial intelligence.

### INCREASED EARNINGS

**A college degree can make a huge impact on your earnings and quality of life.**

- The average yearly salary of a high school graduate is just under \$32,000 (\$3,000 lower than the average cost of living in Oklahoma, at \$35,000).
- Associate's and bachelor's degree holders earn a median income 25% and 75% higher, respectively, than those with only a high school diploma.

### JOB SATISFACTION

**A college degree is the first building block to qualify you for the career and life you're striving for.**

- The average person spends about one third of their life at work, so doing what you love is vital.
- College graduates are also more likely to receive better retirement matching benefits, health savings accounts, tuition reimbursement, free childcare, and travel reimbursement from their jobs.

Data sourced from Oklahoma State Regents for Higher Education, OklahomaCommerce.gov, and Gettysburg College.

### NOW WHAT?

**No matter what your needs are, there is a place for you in higher education.** Get the most out of your college experience by picking the right college for you. Consider factors such as school size, location, cost, and culture when making your selection. Learn how to find your right fit at [okcollegestart.org](https://okcollegestart.org) and explore just how far a college degree could take you.

### GEAR UP IS HERE FOR YOU

**GEAR UP aims to help students like you make the transition from high school to college.** From ACT prep to the college application process and everything in between, GEAR UP is here for you. Reach out to us today at [okgearup.org/contact](https://okgearup.org/contact) with any questions you have about finding a college that works for you.





# Daily Announcements

## MONDAY

Good morning, students - it's GEAR UP Week! This week will feature college awareness activities to help prepare and educate you about the possibilities following high school graduation. Get involved and ask questions - college is for YOU! Be sure to post photos on Facebook and Twitter of GEAR UP Week activities and check out what other schools are doing by using #OKGEARUP. Here is a summary of this week's activities:

Monday -

Tuesday -

Wednesday -

Thursday -

Friday -

## TUESDAY

It's Day 2 of National GEAR UP Week! Today we are (insert Tuesday's activity). Did you know that there are 25 public colleges and universities located in Oklahoma? We have 2 research universities, 10 regional universities, 1 public liberal arts university, and 12 community colleges. You can learn what these types of schools mean by visiting [OKcollegestart.org](http://OKcollegestart.org).

## WEDNESDAY

We're halfway through the week and we've already had a lot of fun. Don't forget to participate in \_\_\_\_\_ that is happening today. Today's 411 is brought to you by the Free Application for Federal Student Aid, or FAFSA for short. This is a FREE application for you to apply for college student aid. There are three types of federal student aid: grants, loans and work-study. Visit [fafsa.ed.gov](http://fafsa.ed.gov) to learn more.

## THURSDAY

Happy Thursday everyone! Today we have lined up \_\_\_\_\_ for National GEAR UP Week. Still unsure if college is right for you? According to CollegeBoard, bachelor's degree recipients tend to earn about 66% more during their career life than a high school graduate.

## FRIDAY

The end to National GEAR UP Week is here. Thank you for participating in this week's activities. Congratulations to our (insert # of students) seniors who have applied to college this week! As we're wrapping up, do not forget you can visit [OKcollegestart.org](http://OKcollegestart.org) to view college planning checklists for 7th - 12th grade to keep you on track for your college goals.

# OKLAHOMA GEAR UP

## COLLEGE MATCH WORKSHEET



Fill out the worksheet below and compare your options to find the best fit for you. The following resources can aid you in finding this information:

**OKCOLLEGESTART.ORG:** offers detailed information about all Oklahoma colleges and universities.

**COLLEGE WEBSITES:** visit the college website you are researching for more information.

NAME OF COLLEGE: \_\_\_\_\_

DOES THIS COLLEGE OFFER MY MAJOR/AREA OF STUDY?

☐ yes ☐ no

IS THIS COLLEGE ACCREDITED?

☐ yes ☐ no

LOCATION: \_\_\_\_\_

APPLICATION DEADLINE(S): \_\_\_\_\_

FOCUS: ☐ trade/career ☐ 2-year ☐ 4-year

TYPE: ☐ public ☐ private, not-for-profit ☐ private, for-profit

TOTAL # OF STUDENTS \_\_\_\_\_

AVG. # OF FRESHMAN STUDENTS: \_\_\_\_\_

AVG. % OF STUDENTS WHO RETURN 2ND YEAR: \_\_\_\_\_

AVG. 4-YEAR GRADUATION RATE: \_\_\_\_\_

% OF APPLICANTS ADMITTED ANNUALLY: \_\_\_\_\_

AVG. ACT/SAT SCORES OF ADMITTED STUDENTS: \_\_\_\_\_

AVG. GPA OF ADMITTED STUDENTS: \_\_\_\_\_

IN-STATE TUITION AND FEES \$ \_\_\_\_\_

ON-CAMPUS HOUSING AVAILABLE: ☐ yes ☐ no

OUT-OF-STATE TUITION AND FEES \$ \_\_\_\_\_

SCHOLARSHIPS OFFERED BY THIS COLLEGE THAT I MIGHT RECEIVE AND THEIR DEADLINES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

ACTIVITIES/SERVICES OR OTHER ASPECTS OF CAMPUS THAT INTEREST ME: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

HAVE I VISITED THE CAMPUS?

☐ Yes ☐ No

HOW LIKELY AM I TO GO HERE?

☐ Very likely ☐ Likely ☐ Not likely ☐ Definitely not likely

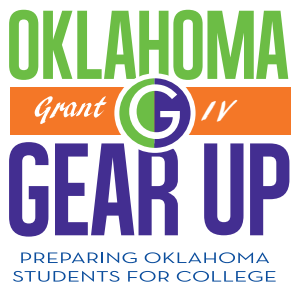


# I WENT TO COLLEGE. ASK ME HOW.

Name: \_\_\_\_\_

College: \_\_\_\_\_

Degree: \_\_\_\_\_



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You **CAN** attend college!  
GEAR UP can help you get there!

# College Trivia Questions

## - Questions -

1. In what city is the University of Central Oklahoma located?
2. At what type of college can you earn an associate degree?
3. What is the oldest institution of higher education in Oklahoma?
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8. What college did Carrie Underwood graduate from?
9. Name a college that has a rodeo team.
10. What university was once named the Oklahoma Military Academy?
11. What part of a financial aid award must be paid back?
12. What is the mascot for Southeastern Oklahoma State University?
13. Which college in Oklahoma has graduated the most Miss Americas?
14. What is the program that allows 8th, 9th, 10th or 11th grade students from families with an income of \$60,000 or less to earn a college tuition scholarship?
15. Which Oklahoma community college has the most students?
16. How many Native American languages are taught at OU?
17. How many public colleges and universities are there in Oklahoma?
18. What is Oklahoma's land grant university?
19. What is the only public liberal arts university in Oklahoma?
20. What is the program that allows juniors and seniors to earn college credit while still in high school?



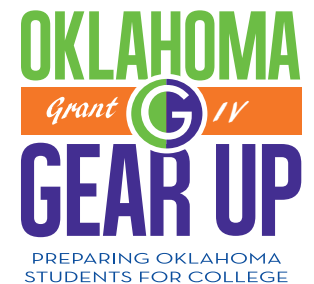
# College Trivia Questions

## - Answers -

1. Edmond
2. Community College
3. Bacone College
4. Oklahoma Panhandle State University (OPSU)
5. ACT or SAT
6. Redlands Community College (RCC)
7. Free Application for Federal Student Aid (FAFSA)
8. Northeastern State University (NSU)
9. Oklahoma Panhandle State University (OPSU), Southwestern Oklahoma State University (SWOSU), Connors State College (CSC), Oklahoma State University (OSU), Western Oklahoma State College (WOSC), Northwestern Oklahoma State University (NWOSU), Southeastern Oklahoma State University (SEOSU), Northeastern Oklahoma A&M College (NEO) - Some other colleges have rodeo student organizations
10. Rogers State University (RSU)
11. Loan
12. Savage Storm
13. Oklahoma City University (Jane Jayroe '67, Susan Powell '81, Shawntel Smith '96)
14. Oklahoma's Promise
15. Oklahoma City Community College (OCCC)
16. 4 (Cherokee, Choctaw, Creek, Kiowa; More than any other college in the country)
17. 25
18. Oklahoma State University (OSU)
19. University of Science and Arts of Oklahoma (USAO)
20. Concurrent Enrollment

*Congresswoman Bice,*  
**THANK YOU** *for supporting*  
*Oklahoma GEAR UP!*

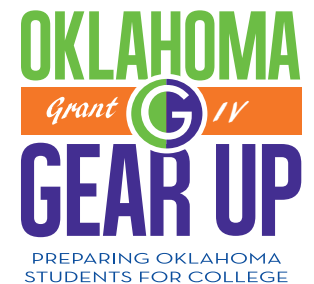
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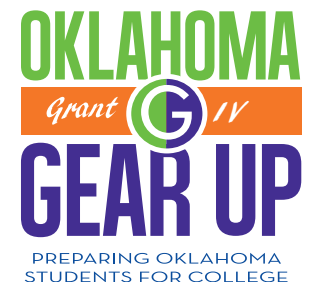
*Congressman Brecheen,*  
**THANK YOU** *for supporting*  
*Oklahoma GEAR UP!*

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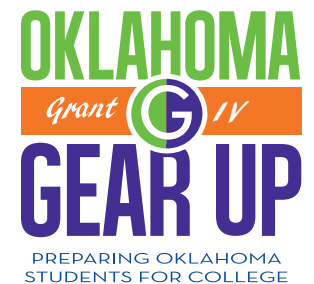
*Congressman Cole,*  
**THANK YOU** *for supporting*  
*Oklahoma GEAR UP!*

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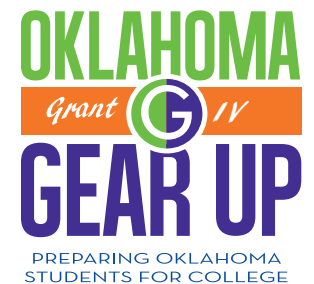
*Congressman Hern,*  
**THANK YOU** *for supporting*  
*Oklahoma GEAR UP!*

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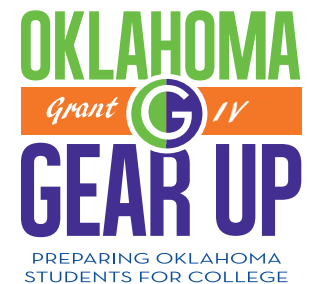
*Senator Lankford,*  
**THANK YOU** *for supporting*  
*Oklahoma GEAR UP!*

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*Congressman Lucas,*  
**THANK YOU** *for supporting*  
*Oklahoma GEAR UP!*

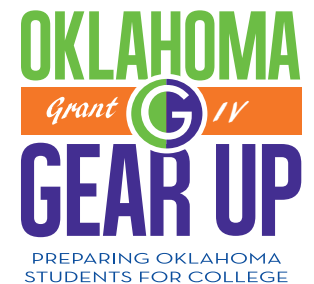
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*Senator Mullin,*  
**THANK YOU** *for supporting*  
*Oklahoma GEAR UP!*

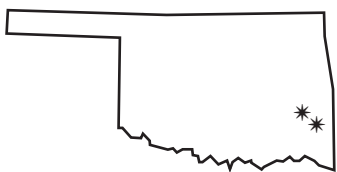
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# DID YOU KNOW

**\$10.9**

scholarships, grants, financial aid



CARL ALBERT  
STATE COLLEGE

**27**  
majors

carl albert  
**state**  
college

**2-year**  
community college

[carlalbert.edu/admissions](http://carlalbert.edu/admissions)



YOUR NAME, Class of \_\_\_\_\_

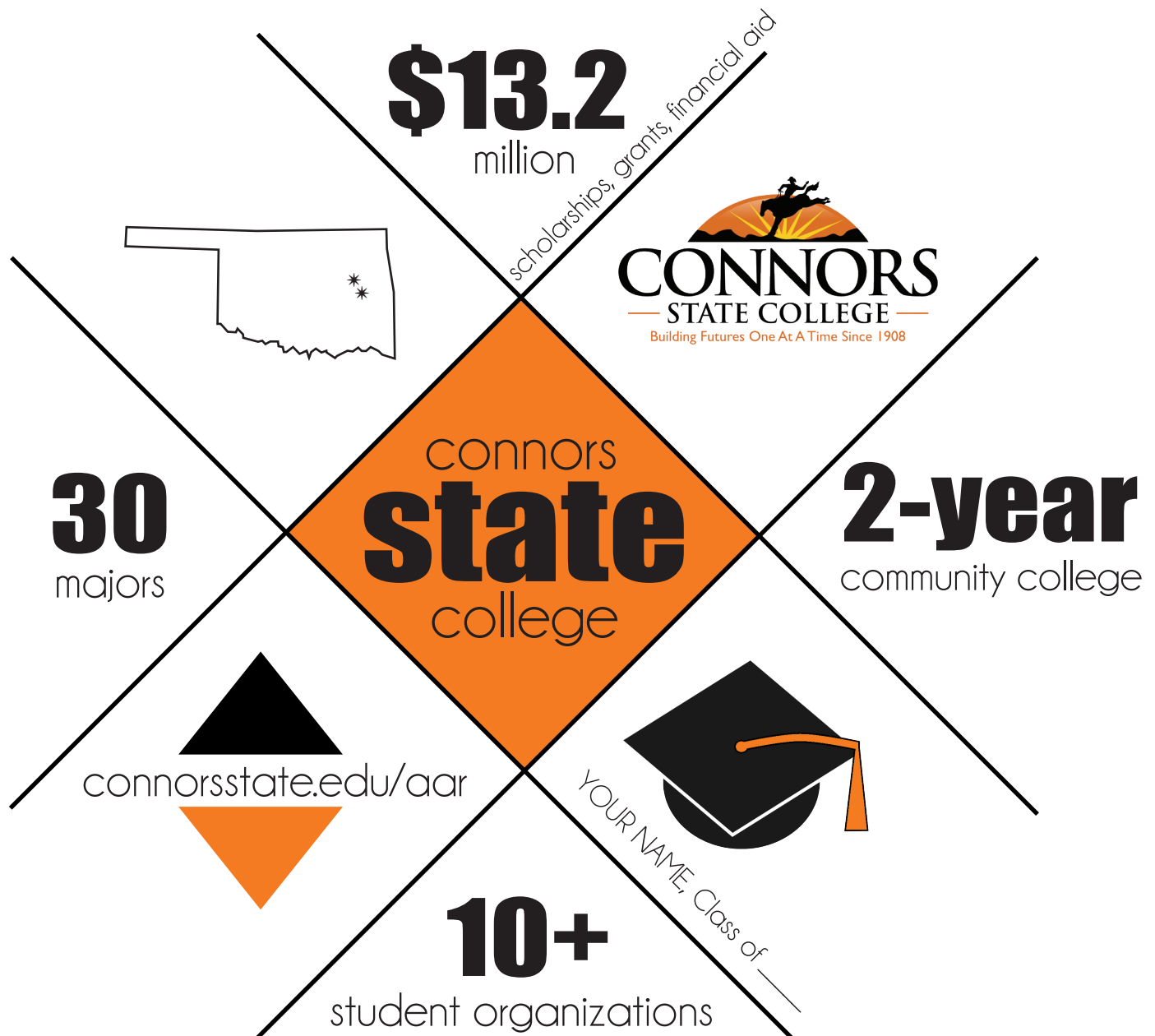
**20**

student organizations

## admission tip

Be sure to read all instructions on the application and bring required documents when you come to enroll.

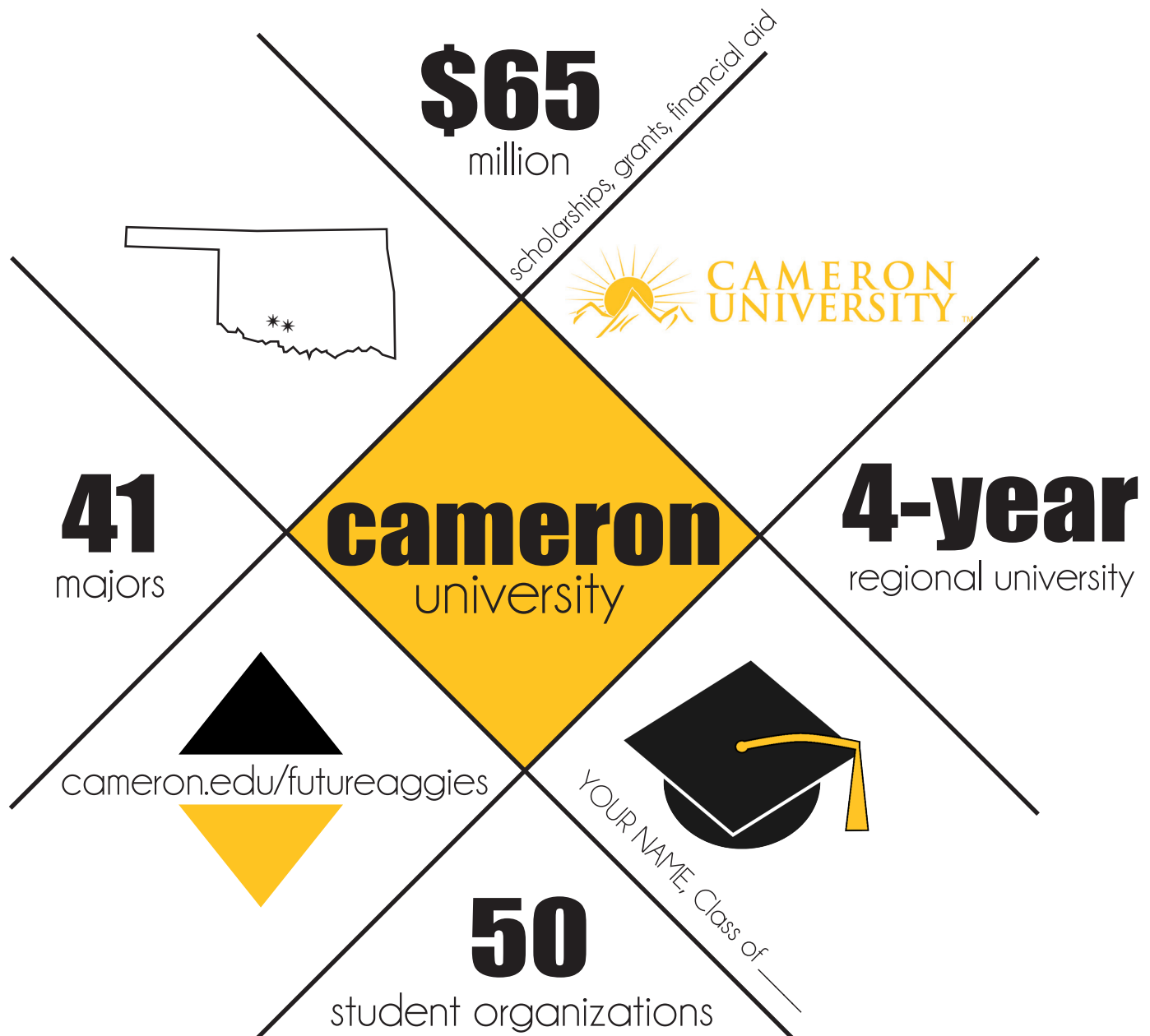
# DID YOU KNOW



## admission tip

Be proactive to make sure all deadlines are met and all necessary documents are turned in by using the college checklist! Please visit [www.connorsstate.edu/recruit](http://www.connorsstate.edu/recruit) for checklist.

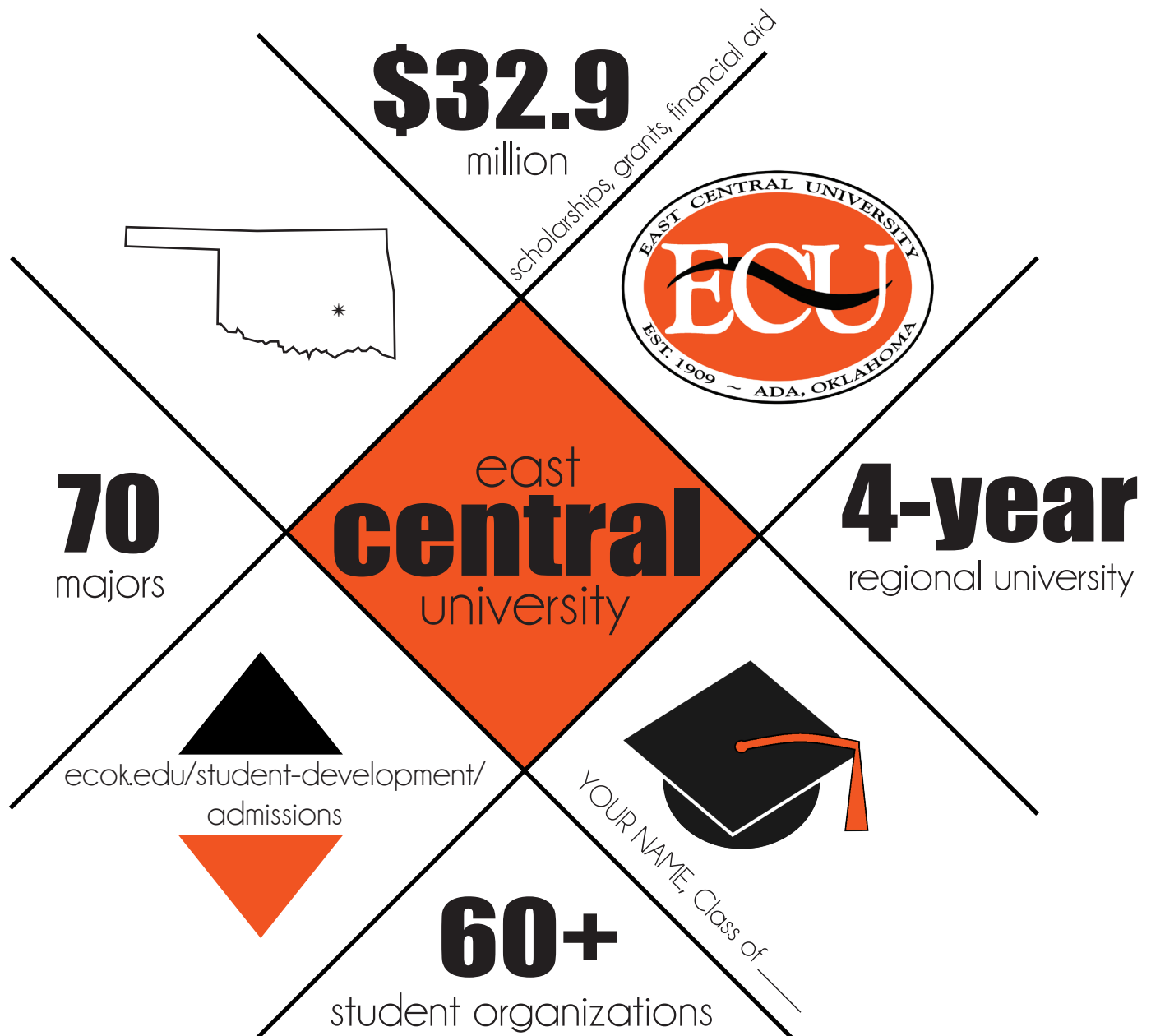
# DID YOU KNOW



## admission tip

Apply early and follow up supporting documents. The admission application opens the door to the college process and allows you to apply for scholarships, register for classes, and attend orientation. Don't delay, apply today!

# DID YOU KNOW

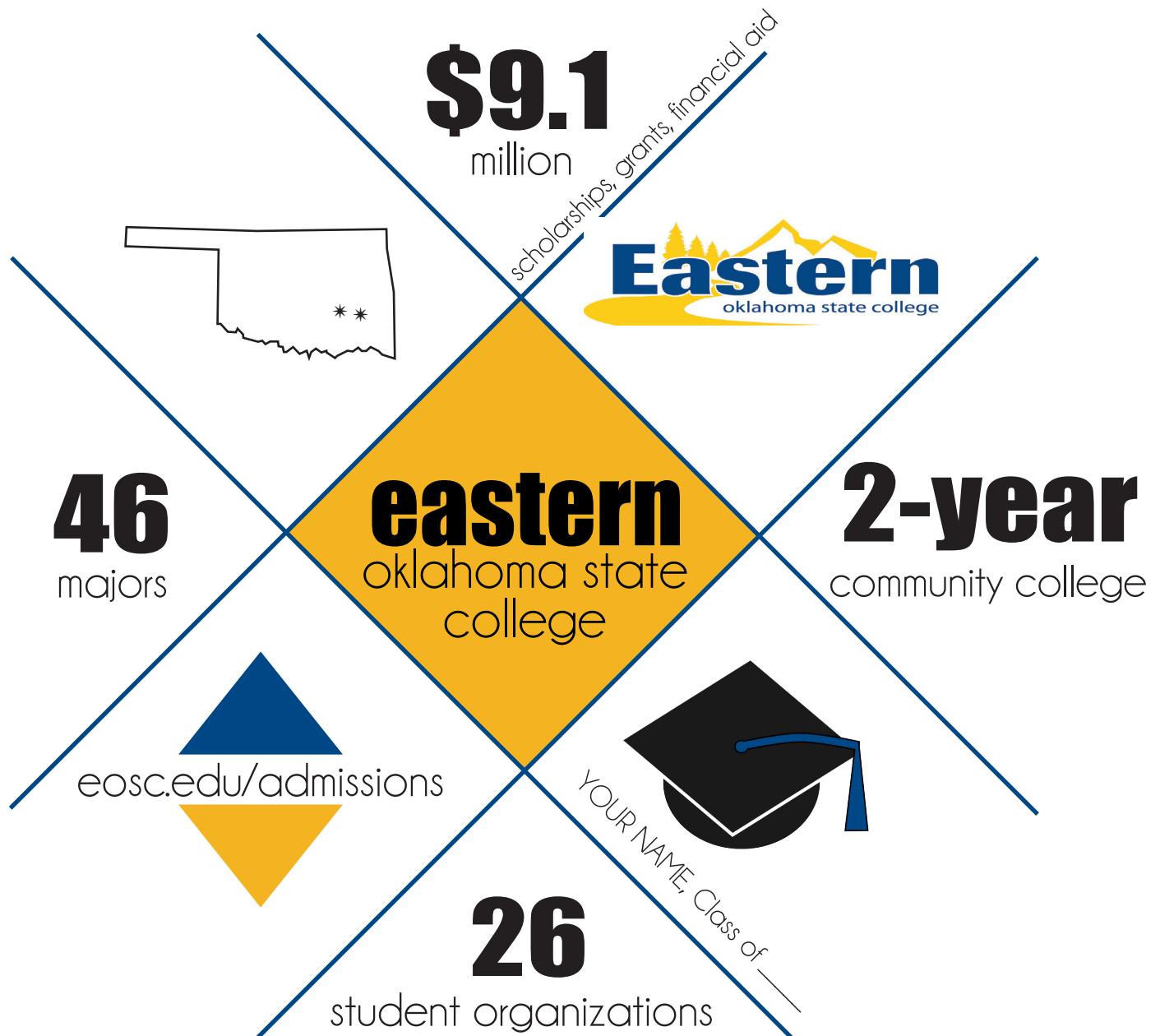


## admission tip

East Central University is an academic-driven university. Be sure to study hard and pay close attention to your ACT test and scores.



# DID YOU KNOW



## admission tip


Start the admission process by completing the online Admission Application. All necessary admission/enrollment information can be found on Eastern's website. If you can't find what you are looking for, contact any member of the staff. We are all here to assist you and help make this a wonderful experience for you.

# DID YOU KNOW

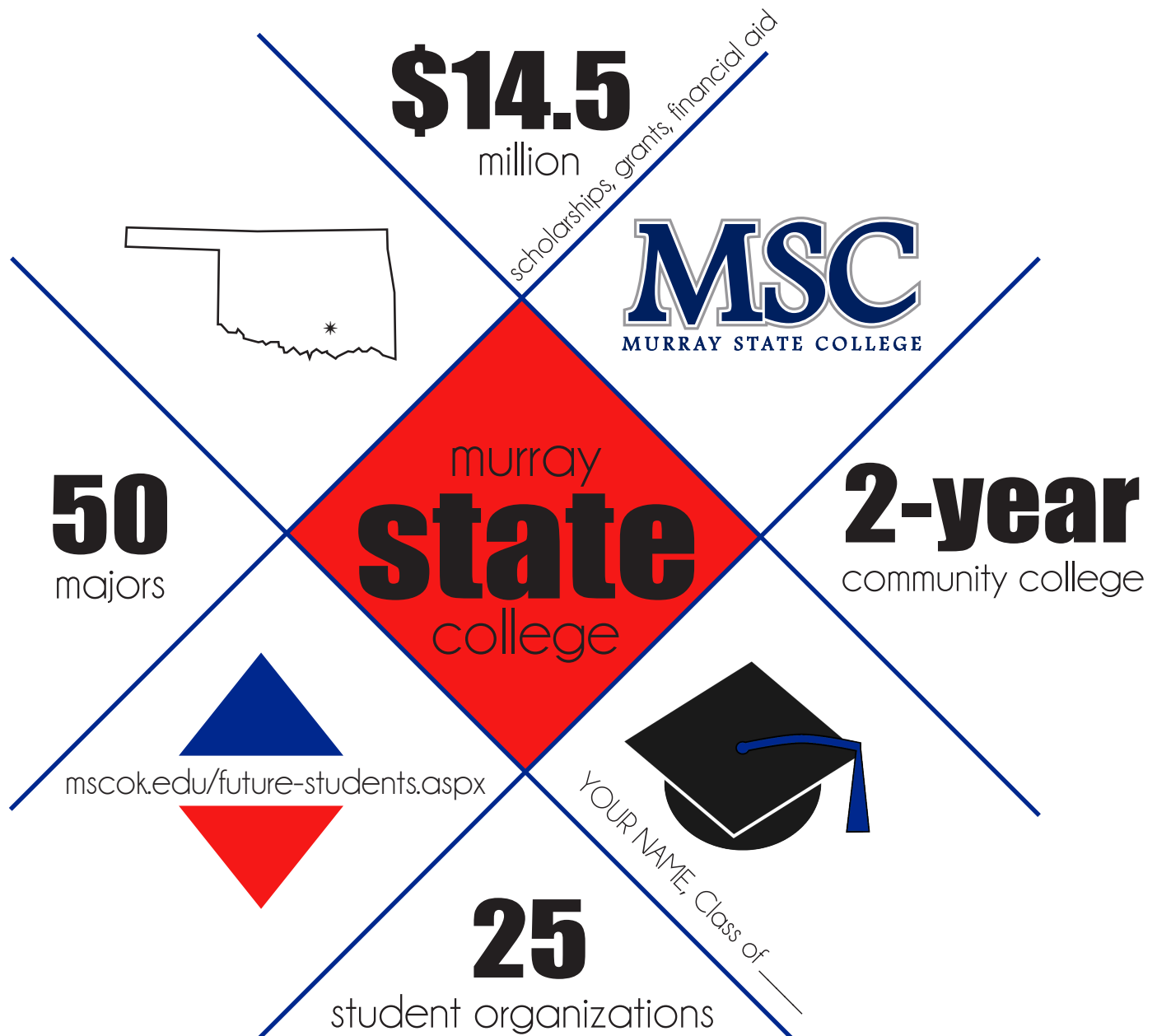


## admission tip

Before you step onto campus for your first semester, take part in Lion Camp. Lion Camp helps prepare you for college to make the transition from high school to college a positive experience.

**OKLAHOMA**  
Grant  **IV**  
**GEAR UP**  
PREPARING OKLAHOMA  
STUDENTS FOR COLLEGE

# DID YOU KNOW



## admission tip

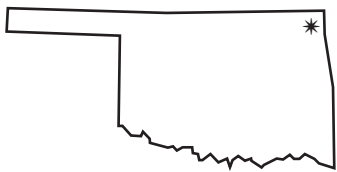
You will make many important decisions in your lifetime. One of the most significant will be that of choosing the college that is right for you. We feel college should be one of your most exciting and memorable experiences.

~ Murray State College Outreach Team

# DID YOU KNOW

**\$2.4+**  
million

annual scholarships

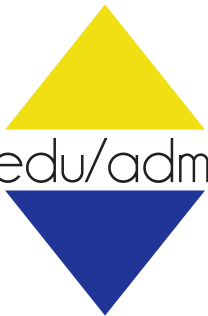


**48**  
majors

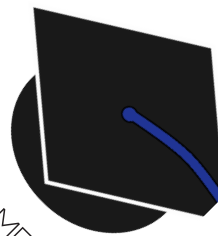
**northeastern**  
oklahoma a&m  
college

**2-year**  
community college

[neo.edu/admissions](http://neo.edu/admissions)



YOUR NAME, Class of \_\_\_\_\_

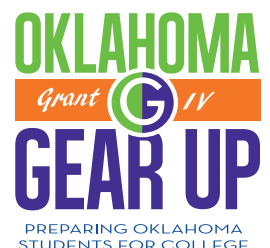


**40+**

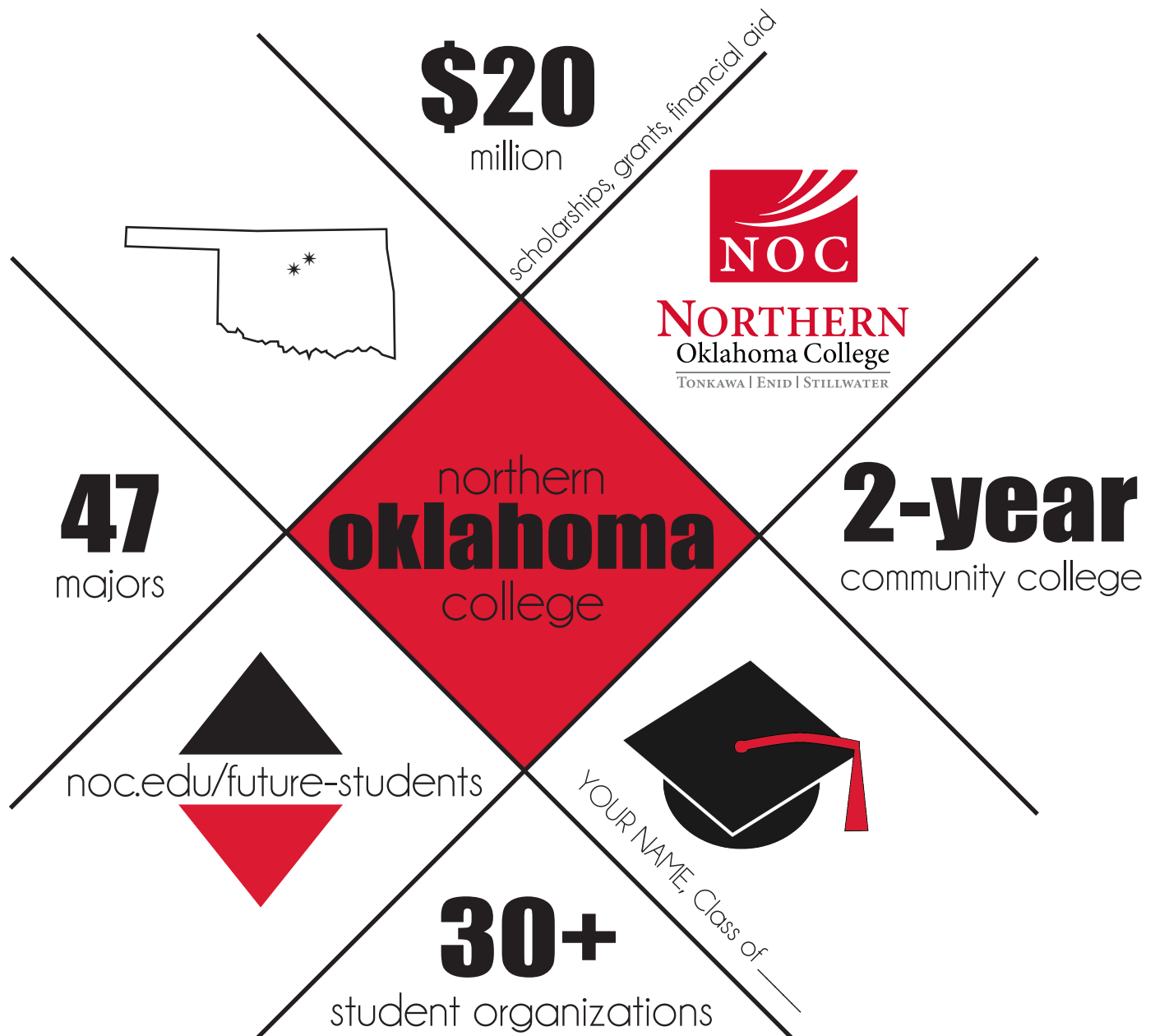
student organizations

## admission tip

Fill out your FAFSA early, apply to the college early, apply for scholarships early and keep in mind that NEO gives a free dorm room to Oklahoma's Promise students.

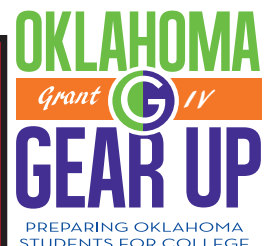


# DID YOU KNOW



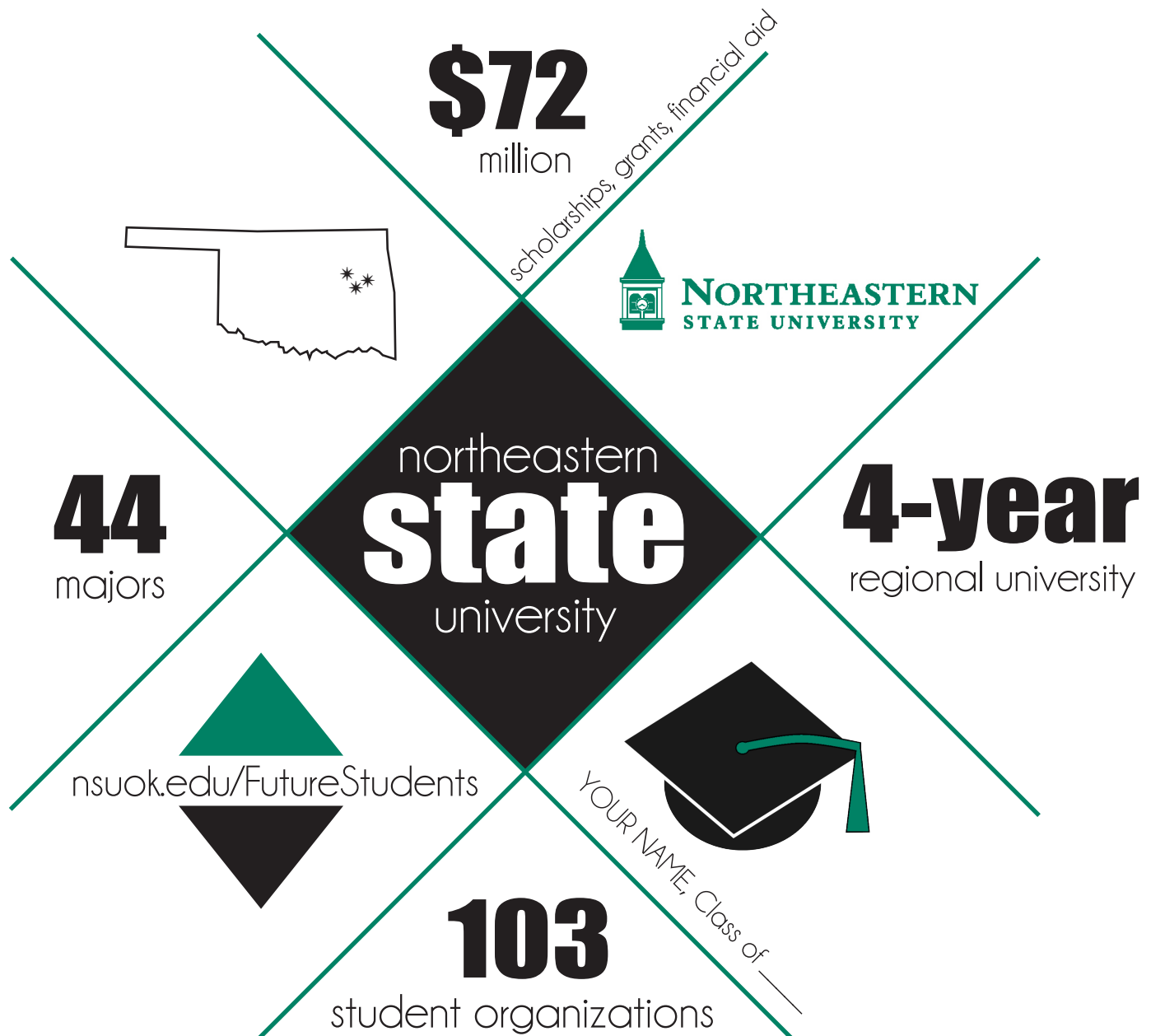
## admission tip

Do not let someone tell you that you aren't smart enough or financially able to attend college. If you want to get a degree, you can! NOC is an affordable, two-year college with small class sizes, low costs, and provides a great transition to a four-year university or right into the workforce.





# DID YOU KNOW



## admission tip

Attending NSU's two-day orientation program "Rookie Bridge Camp" is one of the best ways to start making friends, get great tips on how to have a successful (and fun!) time in college, and makes it easy for you to get involved on campus.

# DID YOU KNOW

**90%**  
students

scholarships, grants, financial aid



**Northwestern**  
OKLAHOMA STATE UNIVERSITY

**40+**  
majors

**northwestern**  
oklahoma state  
university

**4-year**  
regional university

[nwosu.edu/future-students](http://nwosu.edu/future-students)



YOUR NAME, Class of \_\_\_\_\_

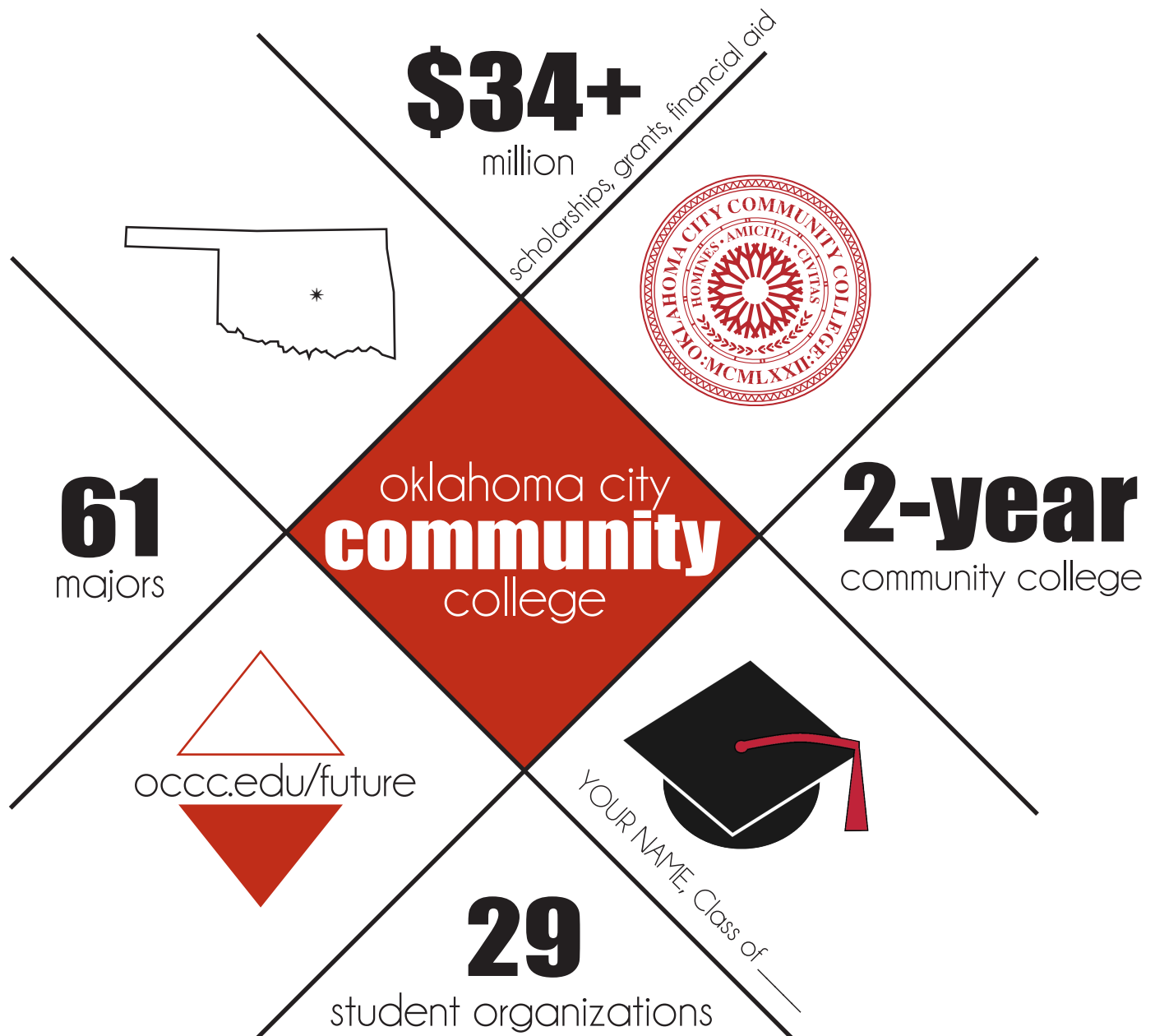
**50+**

student organizations

## admission tip

Do not stress and make decisions based off of one attribute. Picking a college is like buying a new pair of pants; you might like the way they look, but they might not be the right fit for you. Find a school that is the right fit for you.

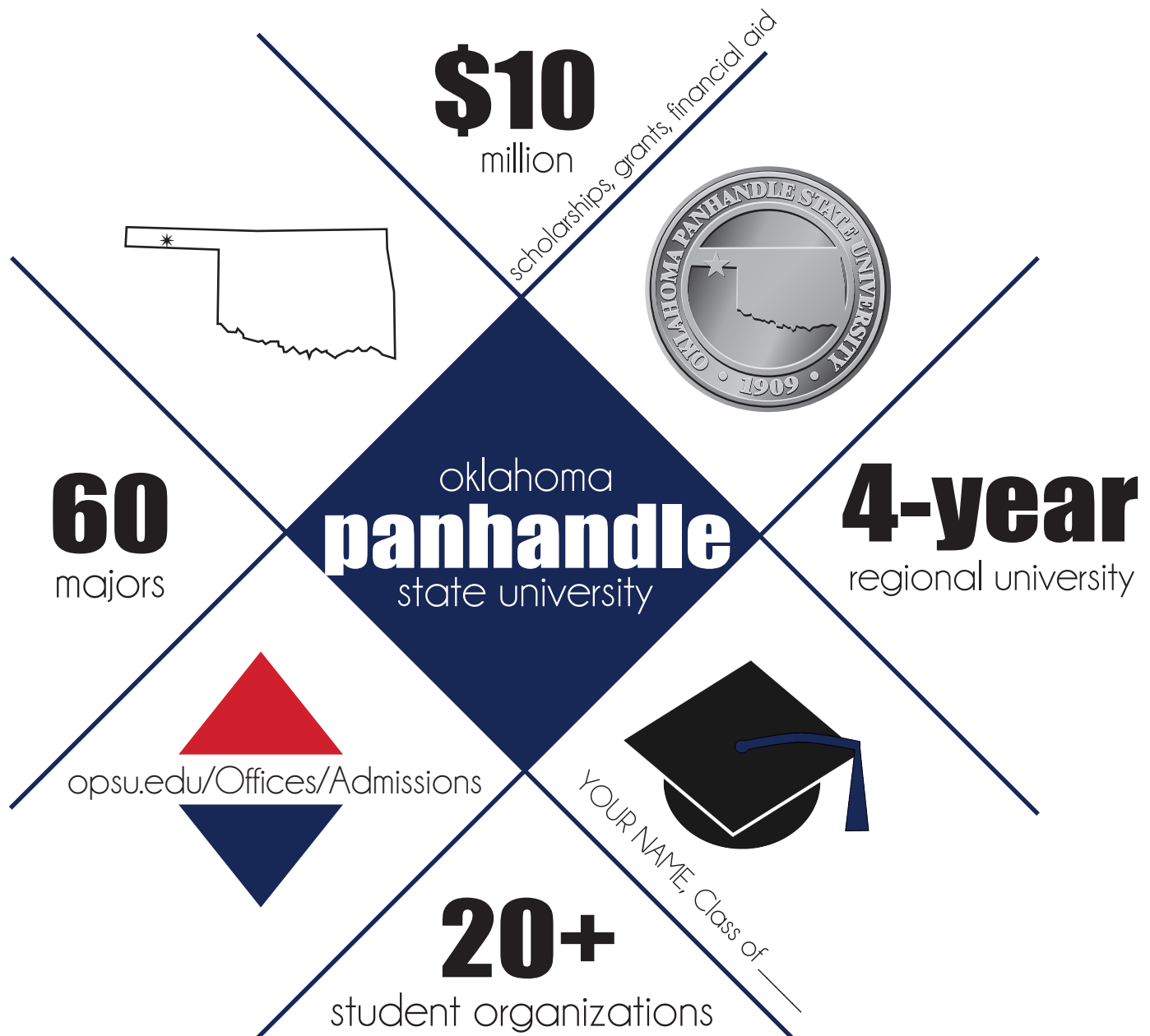
# DID YOU KNOW



## admission tip

Apply and submit your transcripts early so that you can complete your admissions process as soon as possible.

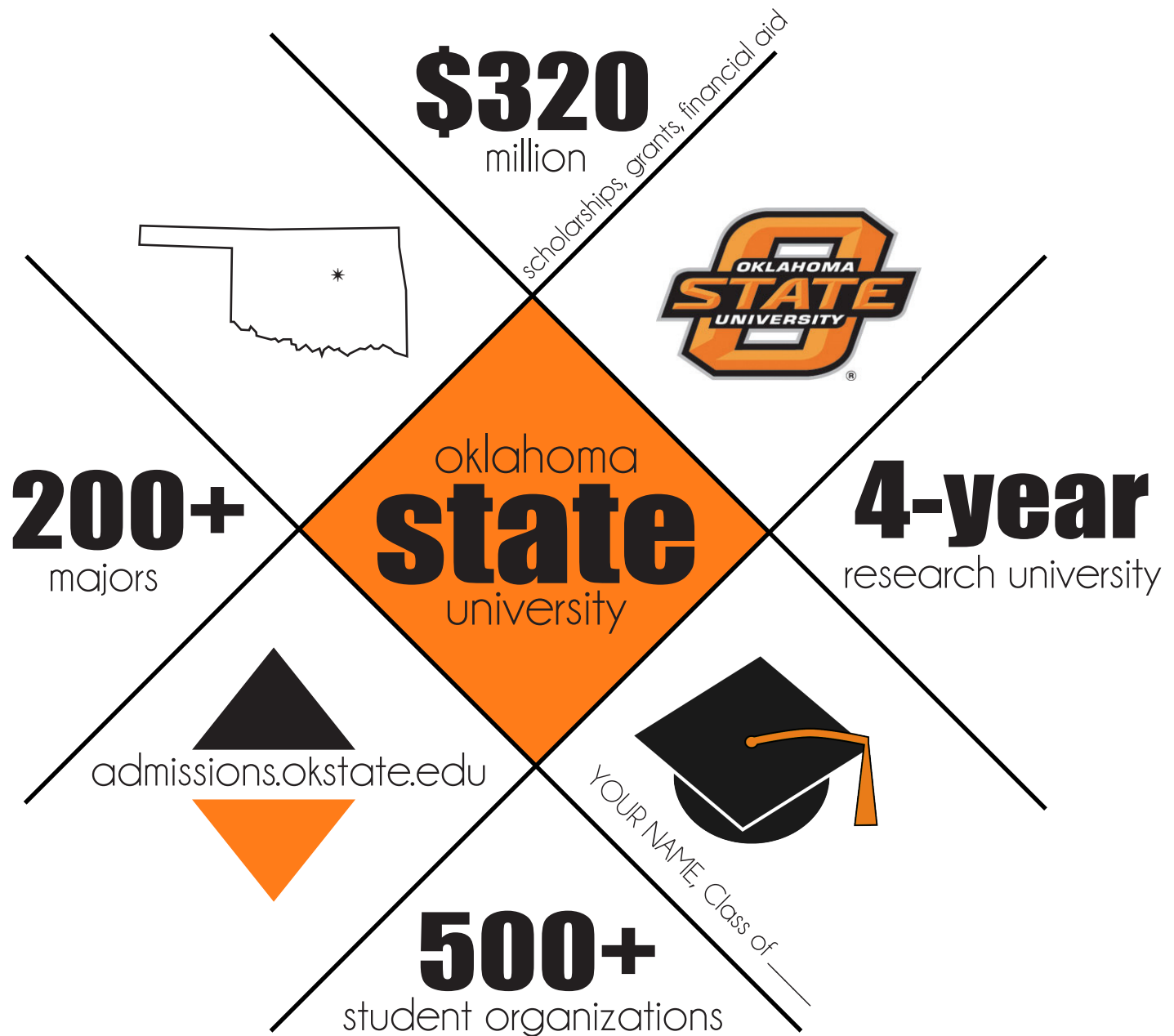
# DID YOU KNOW



## admission tip

It's never too late to enroll in college. Oklahoma Panhandle State University wants to work with you no matter your circumstances.

# DID YOU KNOW

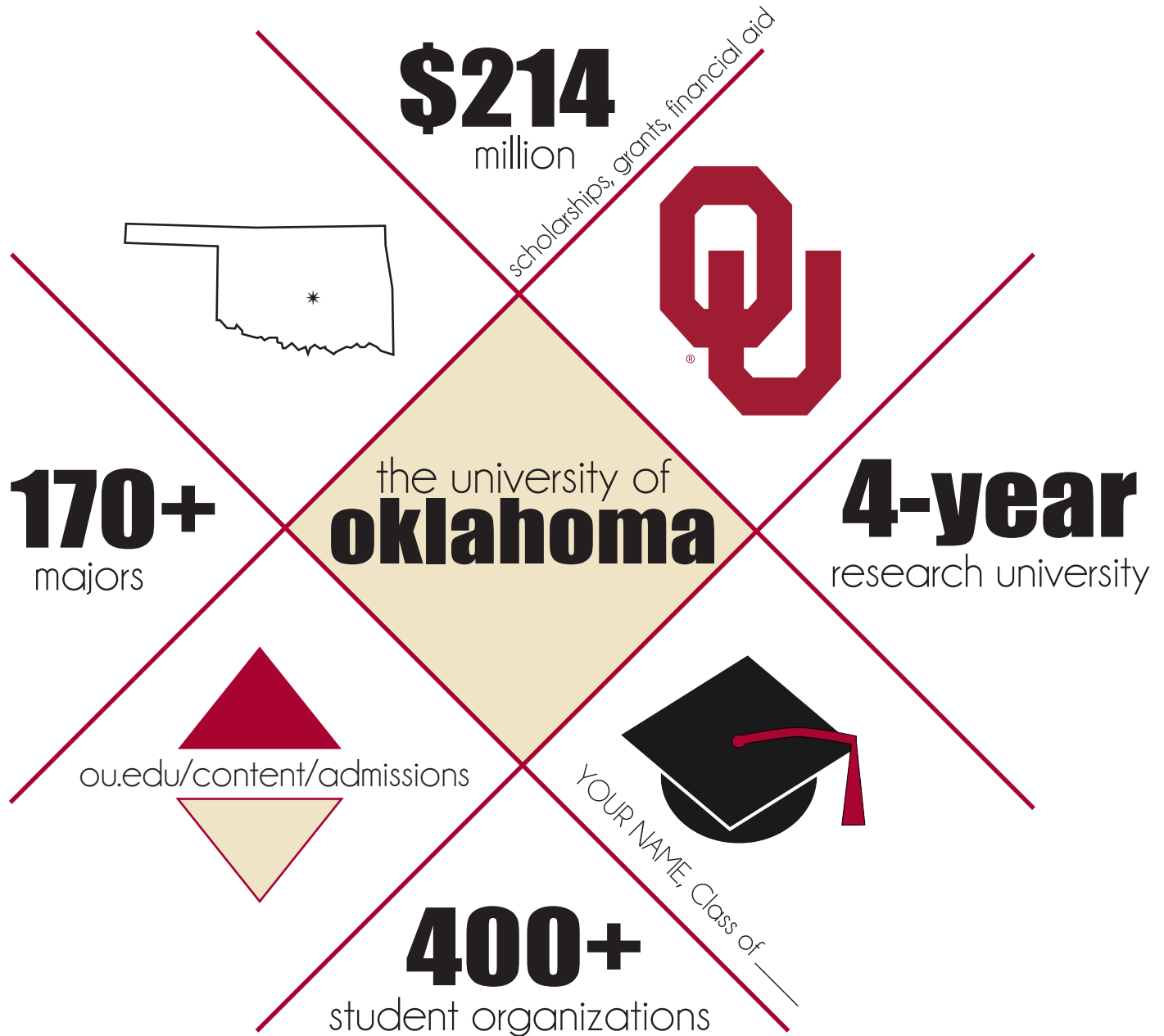


## admission tip

At Oklahoma State University, we encourage all students to apply. Through our comprehensive review process, we look beyond your GPA and test score to see what experiences have shaped you and what drives you to be successful. We consider many factors: essay responses, leadership experiences, community involvement, letters of recommendation, the creative supplement, GPA and test score. Tell us about yourself and don't ever count yourself out. The road to being a Cowboy starts with applying!



# DID YOU KNOW



## admission tip

Academics is important so show up and participate in every class. Also, get involved in student organizations to meet new people and gain new skills.

# DID YOU KNOW

**\$3**  
million

non-federal aid given to students



 **REDLANDS**  
COMMUNITY COLLEGE

**19**  
majors

redlands  
**community**  
college

**2-year**  
community college

  
[redlandsc.edu/admissions](http://redlandsc.edu/admissions)




YOUR NAME, Class of \_\_\_\_\_

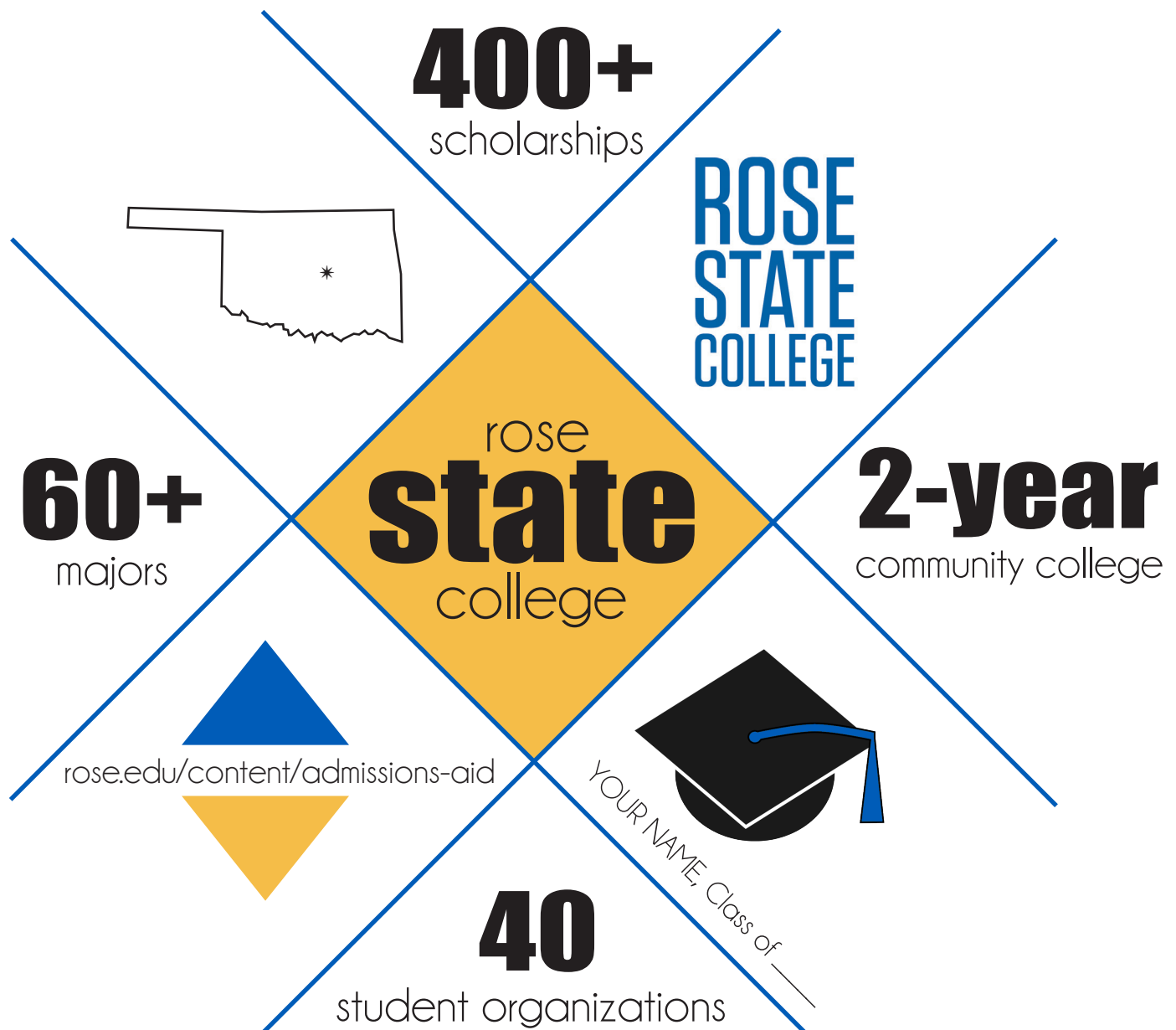
**11**  
student organizations

## *admission tip*

Apply now and enroll early – get the classes you want with the best schedule for your lifestyle.

**OKLAHOMA**  
Grant  **IV**  
**GEAR UP**  
PREPARING OKLAHOMA  
STUDENTS FOR COLLEGE

# DID YOU KNOW



## admission tip

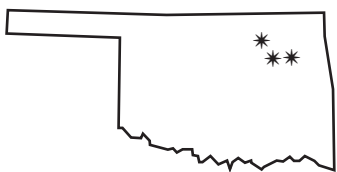
Know yourself and know your schedule. Know what days and times you can make classes and think of what careers you might be interested in pursuing after college. Help us help you by being as prepared as possible!

# DID YOU KNOW

**\$30.4**

million

scholarships, grants, financial aid



**ROGERS STATE**  
UNIVERSITY

**71**

majors

rogers  
**state**  
university

**4-year**

regional university

[rsu.edu/admissions](http://rsu.edu/admissions)



YOUR NAME, Class of \_\_\_\_\_

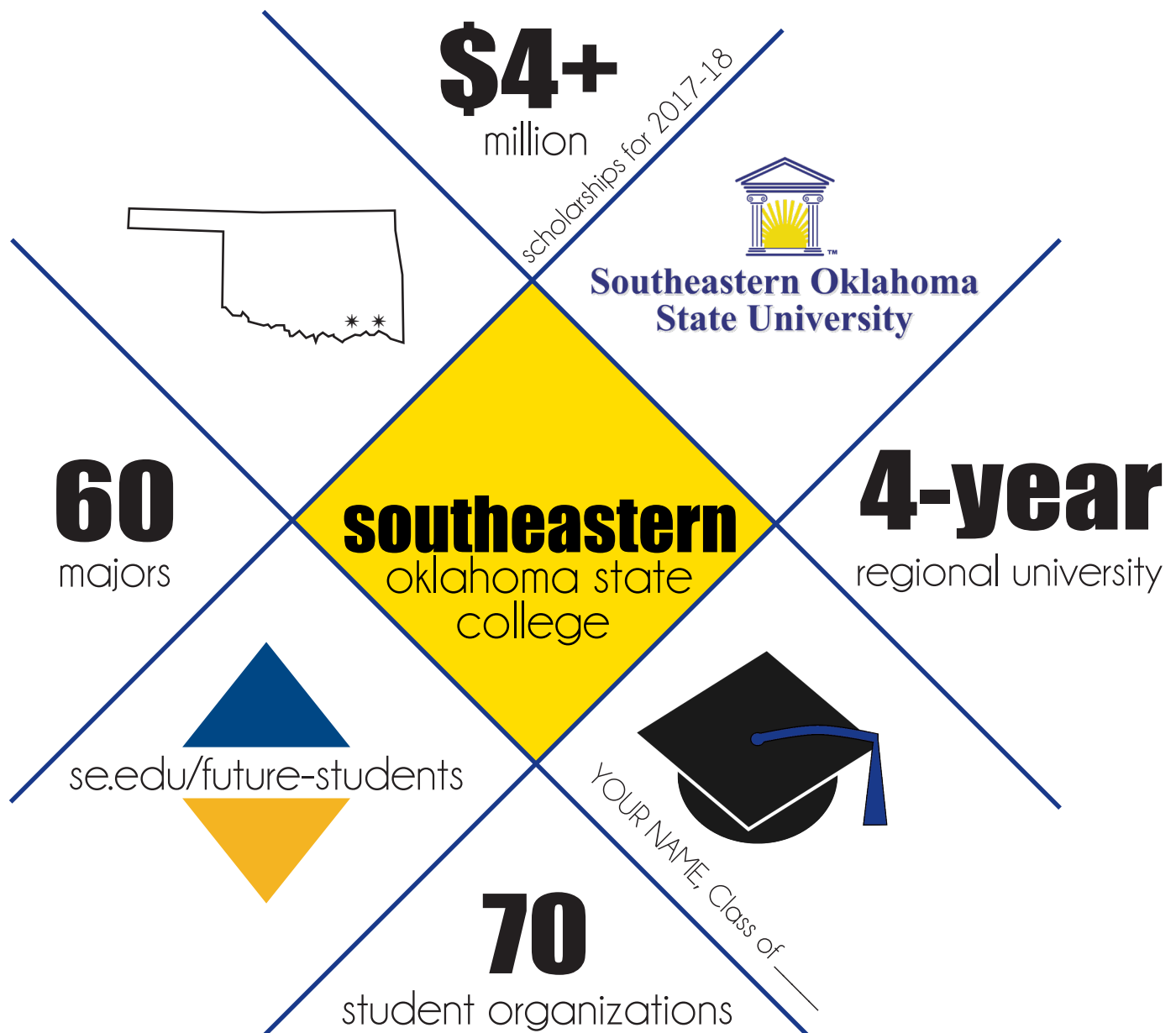
**35**

student organizations

## admission tip

Take the ACT early and learn how to study.

# DID YOU KNOW



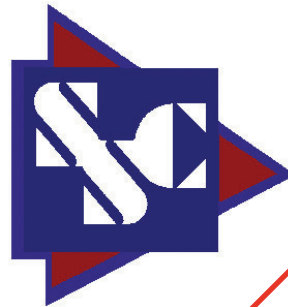
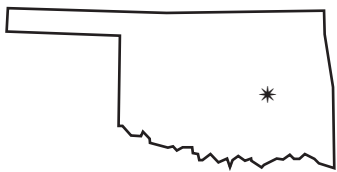
## admission tip

Don't hesitate to ask questions concerning the admission process.

# DID YOU KNOW

**\$10.5**  
million

scholarships, grants, financial aid



**24**  
majors

seminole  
**state**  
college

**2-year**  
community college

[sscok.edu/Admissions](http://sscok.edu/Admissions)



YOUR NAME, Class of \_\_\_\_\_

**10**  
student organizations

## admission tip

Students should always be aware of important administrative dates, especially for drop and withdraw dates in addition to enrollment deadlines.

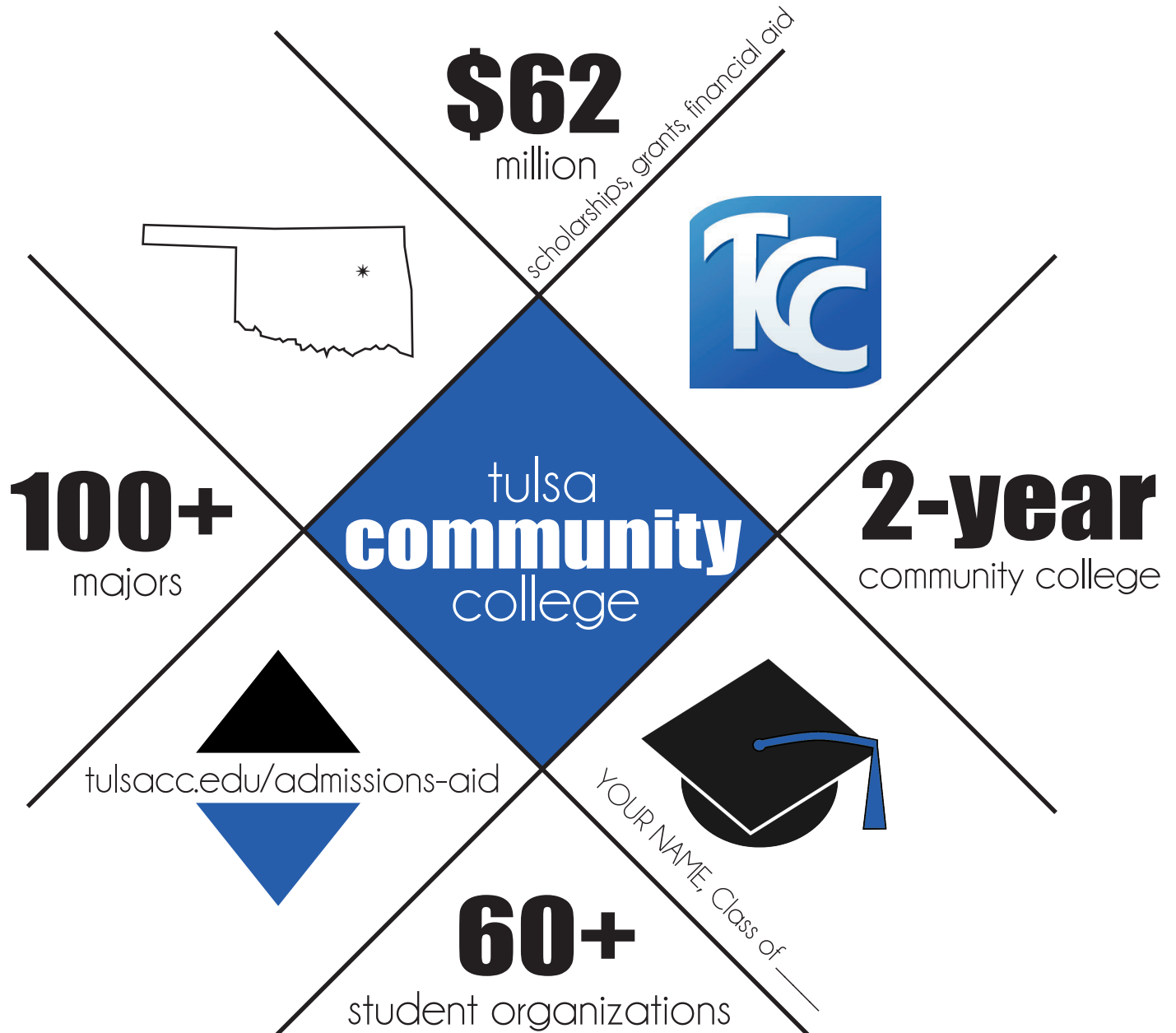
# DID YOU KNOW



## admission tip

Apply early. Be sure to send in your updated transcripts/ACT scores as they become available. Be aware of scholarship deadlines. And, be sure to check your email inbox often for information concerning your admissions & enrollment.

# DID YOU KNOW

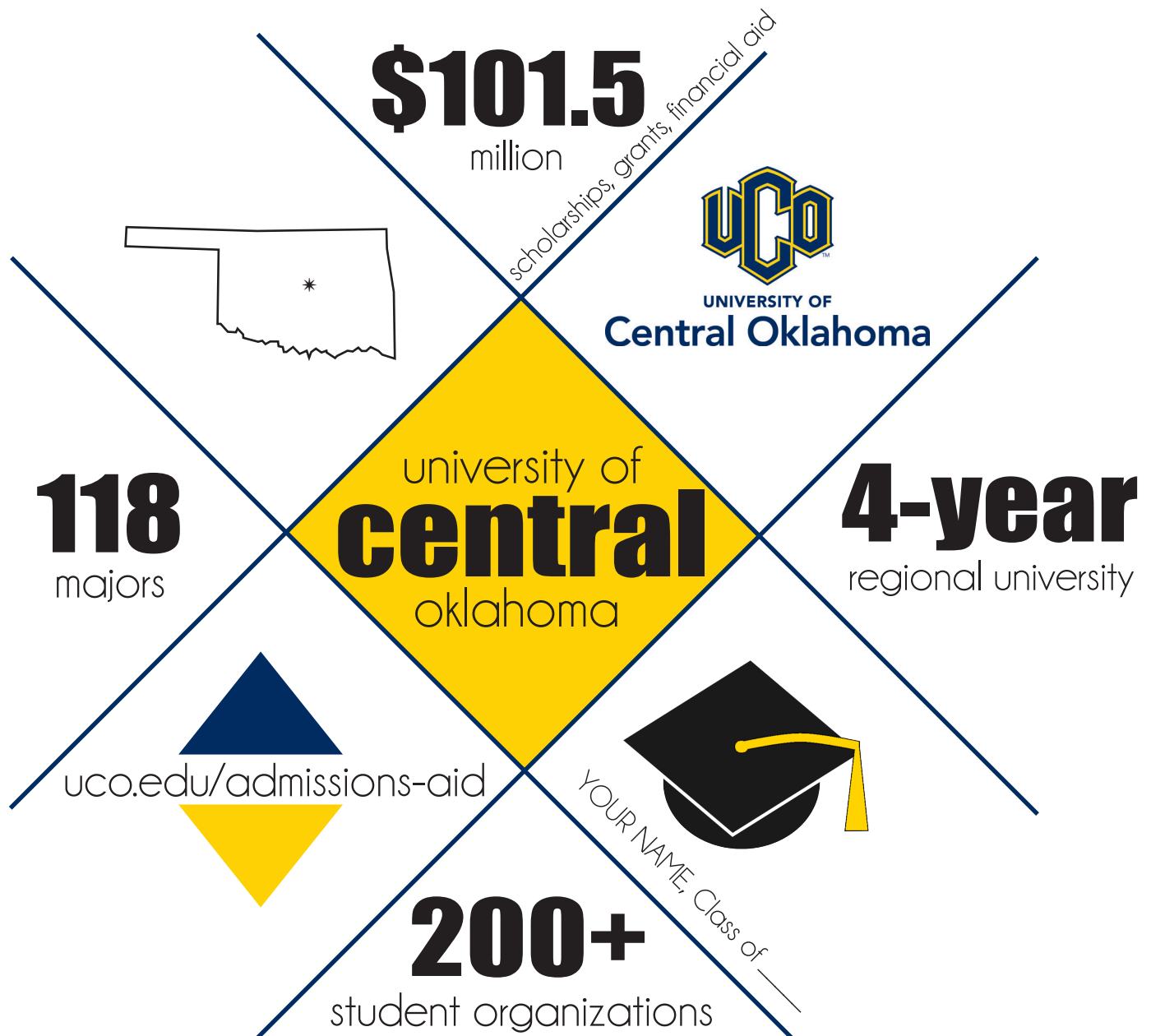


## admission tip

Know when scholarship deadlines are so that you can prioritize which ones to fill out first.



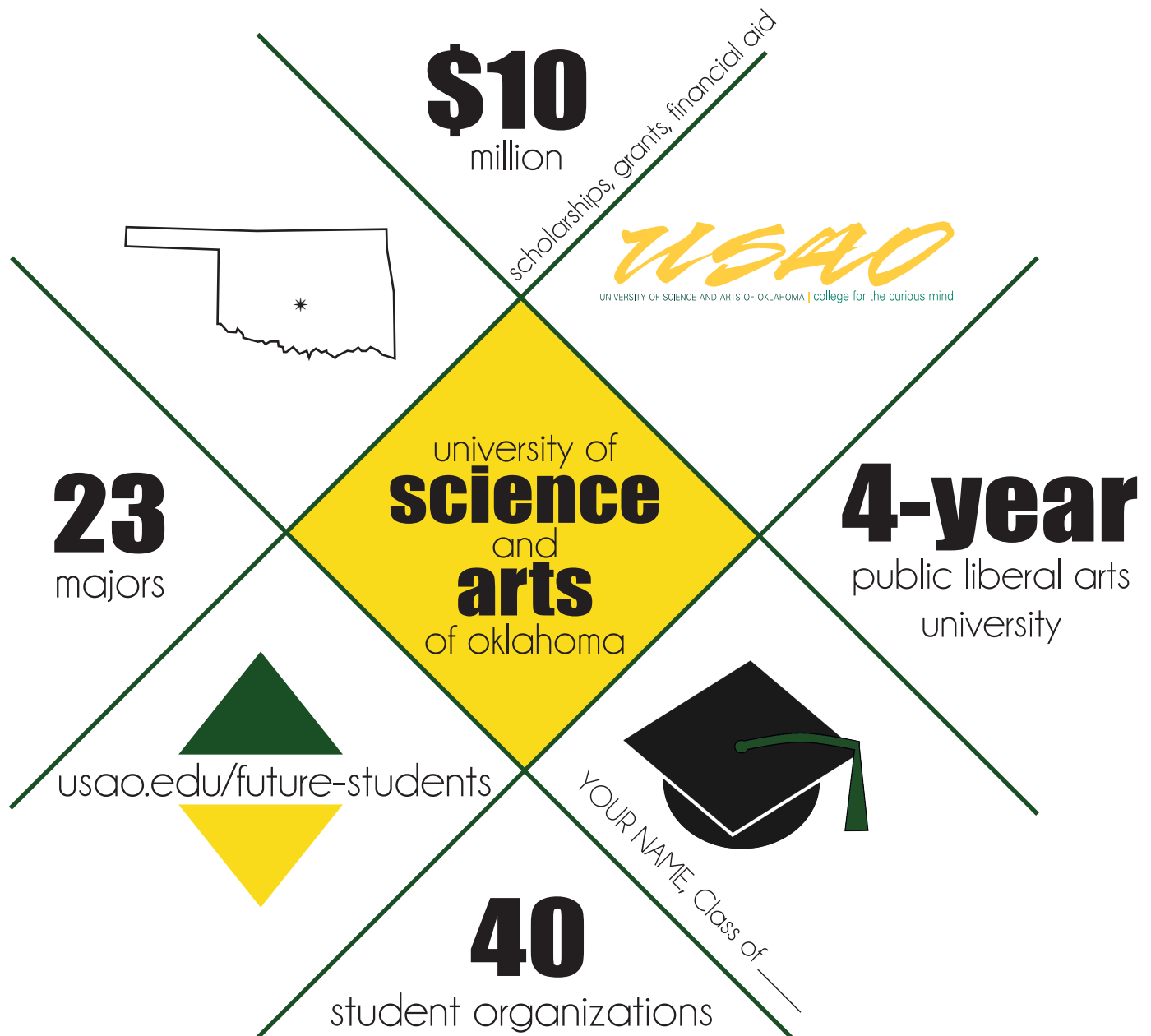
# DID YOU KNOW



## admission tip

Incoming freshmen should apply before February 1 to be considered for scholarships.

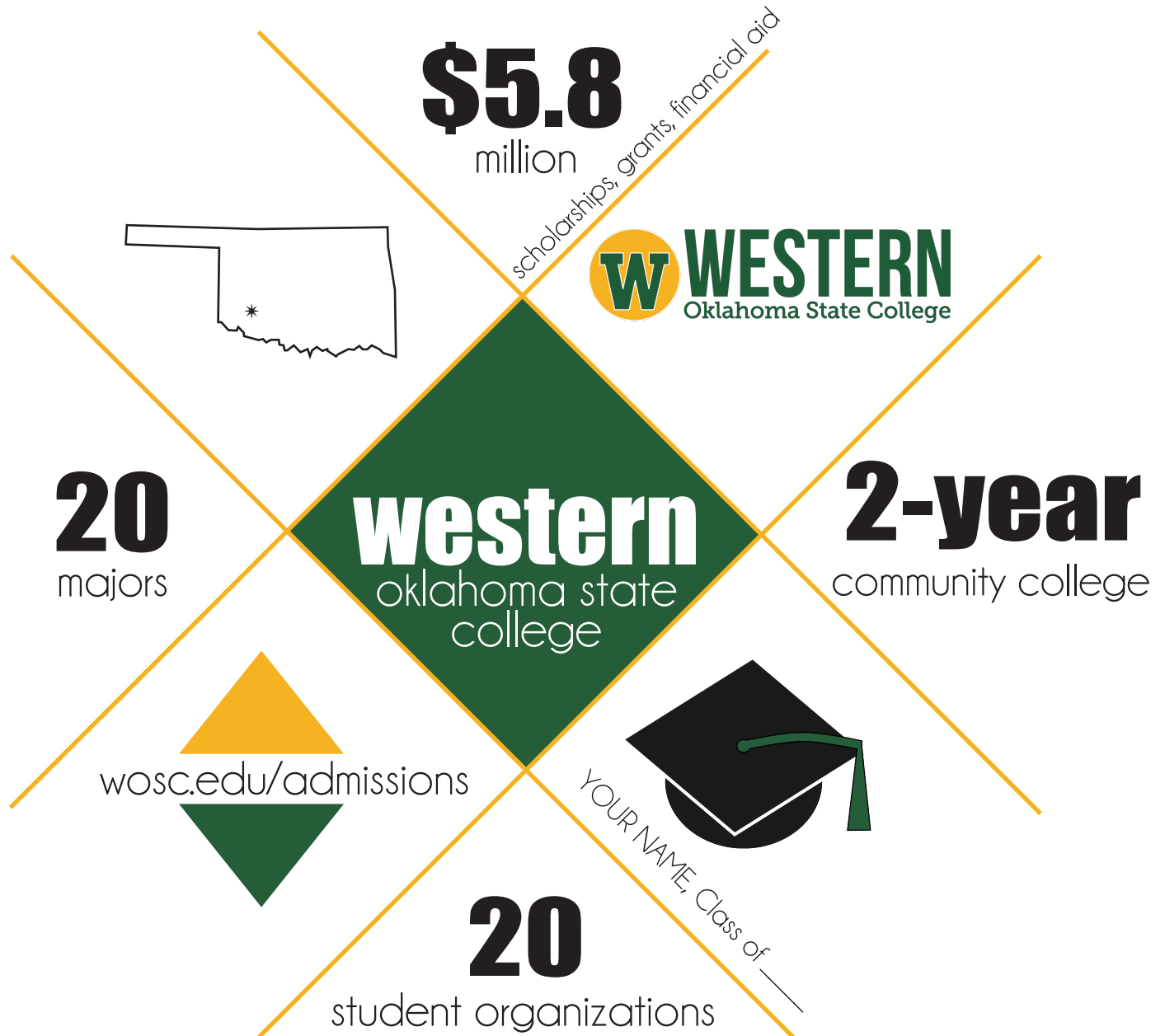
# DID YOU KNOW



## admission tip

If you have questions or concerns about college, talk with your academic counselor when they arise. They can help you before the problem gets bigger.

# DID YOU KNOW



## admission tip

At Western Oklahoma State College, there is not an application fee charged to you until you enroll in classes. Don't hesitate to apply to WOSC because it's free to apply!