

GEAR UP Monthly Update

December 2019

INSIDE THIS UPDATE

1. Student Coordinator Update
2. Shifting Responsibility to your Teen
3. Are you Smarter than your 8th Grader
4. The Wonders of WD-40

"If you knew they could have learned anything, what would you wish you would have taught them?"

-Dr. Paula Kluth

A Note from Your Student Coordinator

By Anthony Rospierski

Greetings and salutations! With a new month, we extend deeper into the holiday season. College students are finishing up their fall semester and secondary students are excited to be off for holiday break. Personally, I am excited to be going to Florida to visit my brother and family friends. Also exciting, is that I will be driving meaning that I get to make all sorts of stops along the way!

This past month I worked in the classroom with your student to take the O*Net Interest Inventory. While this past visit was focused primarily on your student taking the interest inventory, we also talked about how investigating careers is an important step in deciding what we want to do with our futures. I can empathize that while 8th grade may seem early to start looking at what we want to do with our lives, remember that your student could be taking college courses in two short years through dual enrollment.

This month, aside from being excited for the holidays, your student will be working on finding potential careers that align with their interest your student scored in each of the interests zones that were mentioned in last month's news article. Based off these results your student will investigate two careers of their choice using the results of the interest inventory to guide them. While at the dinner table this month, ask your teen about their results from the inventory to help your teen find their passions!

Enjoy all the good times to come!

-Anthony

Shifting Responsibility to your Teen

By Anthony Rospierski

In the October newsletter, we discussed the challenges that arise with a teenager's desire for independence. The conversation was focused on finding a balance between allowing your teen to be independent and being a responsible caregiver yourself.

This month let's look at the best way to give your teen more responsibility. This process is key for their development on an individual basis and as a positive relationship builder between you and them. Ideally, you and your teen should both feel comfortable with this shift of responsibility and the pace in which this shift occurs.

<https://tinyurl.com/y4drbc4z>

We hinted in October about establishing rules and enforcing those rules so that there is an understanding for a teen that they must follow these rules without exception. The rules need to be specific and fair, even involve your kids in the process of creating the rules!

Allowing your teens input into the decisions of the household create a feeling of mutual respect and makes them accountable to the decisions they make personally. If they break a rule, they are breaking the rules that they created. A sense of accountability is a strong first step in becoming more independent.



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Here are four small things that you can do to allow your teen to be more independent gradually but with purpose.

<https://tinyurl.com/y6k5qern>

- 1.) **Learn New Skills and Test New Abilities**
As your teen ages have them learn how to do all of the household tasks, cooking, cleaning, and general maintenance. Teaching these things will allow them to start doing them on their own.
- 2.) **Take Positive Risks**
Encourage your teen to make leaps of faith in certain situations. As I have said before let them fight their own fights, but do not let them fail at a cost that is too great to recover.
- 3.) **Foster a Sense of Belonging**
Creating rules together is a giant leap with creating a sense of belonging. Make sure they know they are loved and cared for as well. They have emotions just like adults. They want to know someone cares.
- 4.) **Build their Resilience**
If they take risks, make sure that when they fail they try again. When a kid learns to ride a bike if they fall down, they get back up on the bike and try again. This should be the same in every aspect of their life.

Are you Smarter than your 8th Grader?

By Shirley Brozzo

By accessing various websites to see the types of things your student should know by the time they leave 8th grade, I've come up with these questions to see if your recall is as good as their current learning is. See how many you get right.

1.) Which example demonstrates incorrect subject-verb agreement?

- a.) Give it to she.
- b.) We runs to the beach.
- c.) I go to park.
- d.) This is not they're merchandise.

2.) Which element is considered a noble gas?

- a.) Carbon
- b.) Oxygen
- c.) Helium
- d.) Sulfur

3.) At the time of the American Revolution, how many colonies were there?

- a.) 9
- b.) 13
- c.) 4
- d.) 50

4.) Term used to compare thing by using "like" or "as."

- a.) Metaphor
- b.) Paradox
- c.) Contraction
- d.) Simile

5.) Which religion did not originate around Mesopotamia?

- a.) Islam
- b.) Judaism
- c.) Christianity
- d.) Buddhism

6.) A 40 inch board is cut into 3 pieces. They measure $2x-5$, $x+7$ and $x+6$. How long is the longest segment?

- a.) 13
- b.) 14
- c.) 13
- d.) 16

7.) An American woman who provided aid to the soldiers in World War I?

- a.) Clara Barton
- b.) Betsey Ross
- c.) Dolley Madison
- d.) Florence Nightengale

8.) Earth's water cycle is powered by

- a.) Wind
- b.) Radio active decay
- c.) Sun
- d.) Energy of Earth's rotation

9.) Name the body of water between Spain and Morocco.

- a.) Atlantic Ocean
- b.) Aegean Sea
- c.) Sea of Madrid
- d.) Straights of Gibraltar

10.) Which is not a national capital?

- a.) Shanghai
- b.) Ottawa
- c.) Moscow
- d.) Caracas

Over 20 uses for the Remarkable WD-40

By Shirley Brozzo

The joke has always been, if something is moving and it shouldn't, use duct tape; if something isn't moving and it should, use WD-40. Here are over 20 cost saving uses for WD-40 that you might not have thought of. These are excerpted from the on-line *Readers' Digest*, June 27, 2019, accessed at: <https://tinyurl.com/y6ct76r2>

- 1.) Unstick stacked drinking glasses.
- 2.) Loosen stuck zippers.
- 3.) To remove dog poop or gum from the bottoms of shoes.
- 4.) To remove gum from your hair.
- 5.) Loosen stuck scissors.
- 6.) On poles so that squirrels can't reach your bird feeders.
- 7.) For removing rings stuck on your fingers.
- 8.) For removing lipstick stains, crayon on the walls, or stains on wooden coffee tables.
- 9.) For removing stickers from car bumpers.
- 10.) For cleaning fridge gaskets or sliding glass door rails.
- 11.) For removing super glue.
- 12.) On wooden broom or rake handles to prevent splinters.
- 13.) On fishing lures to bait fish.
- 14.) To clean the grill. ***Make sure the grill is cooled first.***
- 15.) To separate Legos or flower pots
- 16.) To clean fake plants.
- 17.) To remove ink strains.
- 18.) To clean your toilet. ***Spray on, let soak, scrub with toilet brush.***
- 19.) To clean the bathtub. ***Spray on, let soak, wipe off.***
- 20.) To unclog sinks.



Food for Thought

The next time everyone is sitting at the table for dinner here is a good question to begin a great conversation.

What are you most proud of?

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