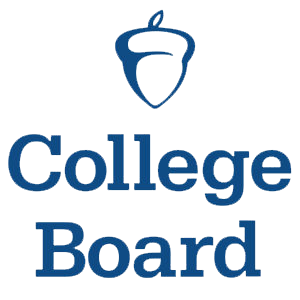
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| **GEAR UP**  **Monthly Update** | |  |
| March 2020 |
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| As we turn towards the end of winter hopefully all of the deepest cold days are behind us. While spring 2020 starts Thursday, March 19, we all know that the UP never really sees the end of winter until around late April early May. However, there is always hope that this will be the year that we can celebrate an early spring!  Last month NSA welcomed back DJ Vanas, a tribally enrolled member of the Odawa Nation of Michigan. He was born to impoverished teenage parents. He went from sleeping in a drawer for the first three months of his life to becoming a proud graduate of the U.S. Air Force Academy, a decorated Air Force captain, a renowned member of the tribal community, a bestselling author, and a revered motivational speaker. DJ Vanas came and spoke both of his personal experiences and to motivate the students to be the best selves that they can be!  Finally, here is just a little bit of history about the origins of St. Patrick’s Day. St. Patrick, patron saint of Ireland was born in Roman Britain in the late 4th century. He was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 CE to convert the Irish to Christianity. It was emigrants, particularly to the United States, who transformed St. Patrick ’s Day into a largely secular holiday of celebration of all things Irish.  Have a wonderful month!  -Anthony A Note from YourStudent Coordinator By Anthony Rospierski | | |
| “If you knew they could have learned anything, what would you wish you would have taught them?”  -Dr. Paula Kluth  INSIDE THIS UPDATE   1. Student Coordinator Update 2. Parent Action Plan 3. How to Bring about a change in Self-Motivation 4. Copping with Disappointments |  | |

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| Middle school is important because your child is laying the foundation in a lot of subjects and forming study habits. Developing certain skills now will make it easier for your child to adjust to the challenges of high school and college later — and will lead to more college options. Here are some things you and your child can do to make the most of this time.   * Help your child set goals for the year. Working toward specific goals will help your child stay motivated and focused. * Review the school calendar together. Note important dates and put them in a shared online calendar or in an easy-to-view place, such as a bulletin board in your kitchen. * Make a plan to check in regularly about schoolwork. If you keep up with your child's tests, papers and homework assignments, you can celebrate successes and head off problems as a team. Get homework tips for your child. * Talk about extracurricular activities. Getting involved in clubs and other groups is a great way for your child to identify interests and feel more engaged in school. Read more about the benefits of extracurriculars. * Discuss ways to take on challenges. Encourage your child to take the most-challenging courses that he or she can handle. Tackling tough courses can give your child confidence and prepare him or her for higher-level high school classes.      * Come up with fun reading ideas. Look for magazines or newspapers your child may like and talk about the books you loved reading when you were your child’s age. If your family makes reading enjoyable, it can become a daily habit. * Visit a nearby college together. Since you live near a college, look for upcoming events on campus that are open to the community or see if the college offers classes to local children and families. Just being on a campus may get your child interested in college. * Get the big picture on paying for college. It’s not too early to learn the basics of financial aid.   https://tinyurl.com/nyk8tya | Whether your student is going to college, trade school, or the military after high school, looking forward to the future is always important. Make the best if each year. |
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# Parent Action Plan for Middle School Parents: College Board

GEAR UP

Monthly Update

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| By Anthony Rospierski  There are so many times through the year that I find myself wanting to do something new, keep up with the old, or even hunker down and finish a task strong. However, more often than not, I find myself procrastinating with whichever task is at hand until the last possible moment to get it done.  Here are eight tips on how to get yourself motivated and stay motivated:  https://tinyurl.com/rboymh8   1. Start Simple   Find the things that can keep you motivated, and keep them around you, your workstation, or nightstand. Having constant reminders and surrounding yourself with personal encouragement keeps the spark alive!   1. Keep Good Company   Make visits or encounters with motivating people a normal occurrence. These people that you look up to are positive role models that can hold you accountable.   1. Keep Learning   Always strive for improvement! Set a goal and try to exceed that goal. Learn everything you can and become the latest and greatest expert!   1. See the Good in Bad   Think positive; find that good in the obstacles. While they may be challenging to overcome, obstacles are also an incredible way to learn just how much you know! | 1. Stop Thinking   JUST DO IT! If you find that your motivation is decreasing, start a new project and revisit things as motivation arises. Do not put too much thought into a particular issue because thinking about doing something and not doing is just a waste of time.   1. Know Yourself   Keep notes on when your motivation sucks and when you feel like the superstar that you are! You will begin to notice a pattern in your behavior. Once you notice the pattern then you can begin to make further improvements.   1. Track Your Progress   We talked before about creating SMART Goals and tracking your progress is part of your success. As you notice that you are accomplishing the small goals, the motivation to finish strong will grow!   1. Help Others   Share your ideas and tips and trick that you have found to work for your self-motivation. These tips and tricks that you are now leading by example with should being to form as daily habits for yourself. |
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# How to Increase Self-Motivation

“Too many tips? If you can only do one tip then do that! Any small improvement is a big improvement in the grand scheme of things!

GEAR UP

Monthly Update

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| Coping with Disappointments By Meredith Waara  At some point in your student’s life they will face a major disappointment, or what feels like a major disappointment to them. Maybe they didn’t make the team they tried out for. Perhaps their grades were not what they expected. Your first thought might be to reassure your child that everything will be ok. I try to take on their hurt and make them feel better. I say things like “You’ll make the team next time,” or “One low test grade doesn’t mean you are a failure.”  But, there is a better way to approach the situation. You can help your child to assess the issue and see how they could improve the situation and to realize that more opportunities will come along. Ask them questions like “What could you have done differently?” or “What did you learn from this experience?”  By following the second scenario, you can better help your child learn how to handle disappointments now. Most likely, this is not the last time they will face an outcome that they did not want nor expect. Help them diffuse their anger and redirect it into a positive experience. Maybe they need to study a subject more or ask for help. Maybe they need to practice their instrument longer each day or switch to something they are better at playing. Perhaps you can help them recite their lines for a play or you can help them “throw the ball around.”  If they learn appropriate coping skills now, they will be better prepared for when things don’t go the way they planned as adults. If that first job interview doesn’t work out, they should learn from it and improve their chances for the next time. Maybe a better job is right around the corner. Remember, they’re still learning from your actions as well as your words. Helping your child with these skills might also remind you how important these same skills are in your life as well. |  |  |



**Food for Thought**

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

**Do adults automatically deserve respect? How does someone earn respect?**

Multicultural Education and Resource Center

GEAR UP

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