

THE gear up GAZETTE

DECEMBER ISSUE

Principal recommends ILP for goal setting, college planning

December typically serves as an ending point for the school semester. Winter break is around the corner, and that time will provide moments for students and staff to take a break from the daily grind of school. The much needed time with family and friends over the holidays is a great way to recharge the batteries, but it is also a time to reflect on past performances and focus on upcoming goals. Many New Year's resolutions will be broken during the first week of the New Year. Many fail because of a lack of detailed preparation.

The same is true for students who are thinking about college. It is not merely enough to say "I want to go to college" but to start planning a strategy on how to attend college. The Individual Learning Plan is one tool that every



Principal Jason Coguer with Rockcastle County Middle School students.

school has that assists schools, parents and students on focusing in on a plan. Students can search careers, colleges and technical schools that match their preferences and then map out courses in high school to achieve those goals. Each day in the classroom, students must prepare for the rigors of college. Students must remain focused on their career goals and see a direct relationship of classroom learning to furthering their aspirations of college and a career.

Many coaches have said that failing to plan is planning to fail. Avoid that pitfall and begin the steps to plan for a brighter future today.

*Jason Coguer, Principal
Rockcastle County Middle School
Mt. Vernon, KY*

7th-Graders GEAR UP!

The second half of life is made up of nothing but the habits acquired during the first half.
—Fyodor Dostoyevsky, Russian novelist

We have mail!

If you had a message for GEAR UP, what would it be? Read through this entire issue to see messages that students in the Berea College GEAR UP Partnership decided to share.

Thank you for the excellent trips. The trips to Berea College and Eastern Kentucky University were awesome. The GEAR UP program rocks!! I appreciate all that you have done this year. I really liked the colleges, and I learned a lot from the trips. I am thinking about going to one of them. You are the best!

Seventh-grade student
Foley Middle School
Berea College GEAR UP

Winning athletes — inside & out



- Turn to the sports section of the newspaper.
- Find an article about an athlete who is successful in the sport he or she plays.
- What is outstanding about this athlete?
- What are some good health habits this person must have to be successful?
- What are the habits that you and the athlete you chose have in common?

Find out more. Visit GoHigherKY.org/GearUp/

For additional GEAR UP Kentucky information, please contact Yvonne Lovell, Executive Director, (502) 573-1555 x136

