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Springing Forward

Spring is a very interesting time of year, especially for those working in education. Even though spring is a time of new life, everyone in schools is busy wrapping up the old school year, often with an extra "spring" in their step as they plan for summer downtime. We see that in our CAP work as we help those we serve finish strong or collect post data for research and evaluation. Something else happens in spring for us: it is a time of intense planning for summer activities while also planning for the next school year. And yet, perhaps because our constituents are preparing for a break, we also feel it. I invite you to reflect on where we've been through the great stories in this newsletter. And even though we move right into summer activities, find some time to take a break as we move into a busy summer.

- Jim Beeler,
Executive Director - College Access Partnerships



Upcoming CAP Events:

May

- May 15: CAP Moves to East Hall

June

- June 4: UB Summer Program Begins
- June 5: YES Summer Program Begins
- June 12-14: GEAR UP Academic Innovation Conference
- June 13-15: GEAR UP Bus Tour
- June 19-22: GEAR UP Bus Tour
- June 27-29: ETL Principal Retreat
- June 27-29: GEAR UP Bus Tour

July

- July 10: CAC Adviser Training Begins
- July 10-13: GEAR UP Bus Tour
- July 16-19: NCCEP Conference
- July 21: YES 9th Grade Camp Begins
- July 25-27: GEAR UP Bus Tour
- July 26-27: ETL In-person Teacher Summer Convening
- July 31-Aug 3: GEAR UP Bus Tour



AppCAC Students Served

CAC advisers have served 2,532 seniors (89%) so far this year!

AppCAC Family Engagement

The AppCAC program average for Family Engagement as of April 17, 2023 is 40%. When compared to the national CAC average of 24%, our advisers are leading the way in supporting students' families!

Adviser CERT Training

In January, advisers participated in disaster preparedness training along with the App State Public Health AmeriCorps group.



CAC advisers routinely participate in community services activities throughout their communities.

Employee Spotlight: Carly Stephens

Let's get to know **Carly Stephens**, YES-Appalachia Lead Educator!

1. How long have you worked with CAP? *I have been working with CAP since August of last year. I'm not new to CAP, though, as I did a stint of time with UB as a resident advisor from my sophomore to senior year (2017-2019). I went away for a few years, and I'm happy to be back!*

2. What's your favorite book/movie/album/song? Pick one and explain why. *Well, as I'm writing this, "Universal Sound" by Tyler Childers is playing. Bluegrass/folk music is definitely my favorite genre. Greensky Bluegrass has a rendition of Time > Breathe Reprise by Pink Floyd; I believe their bluegrass version is superior as they rock out on their acoustic guitars and banjos.*

Also, it's been too long since I've read a satisfying book. The last was "Grandma Gatewood's Walk," about a 60-something grandma hiking the Appalachian Trail back in the '50s. Please please send recommendations my way (I tend to gravitate towards pull-at-your-heartstrings & based on a true story type novels).

3. What would your perfect/ideal day look like?

The sun would be shining, the breeze would be warm, and the temperature would be 70-75 degrees. I really think I'm part lizard. I could just lay on a rock in a creek for hours. I would also be content reading, hammocking, hiking, or disc golfing.. as long as I'm outside. Good company (boyfriend and/or long-time friends) and good food (particularly Indian and/or Greek food and of course a lot of chocolate) is essential. The evening would be spent playing cards and board games and end with a deep sleep in a comfortable bed.

4. What fictional place would you like to visit?

I mean, the millennial in me has to say Hogwarts/Hogsmeade/Diagon Alley. I would love to watch a Quidditch match (sorry, Appalachian State's team won't cut it, if they still have one?).

5. What's something you'd like to do that you've never done?


My dad has definitely instilled the value of travel in me. There's too many to name on the list, but I would love to go to Scotland/Wales, Iceland, New Zealand/Australia, Spain/Portugal. I also want to go to all of the US National Parks - 35/62 to go!



Carly at Emerald Bay State Park on Lake Tahoe in California.




We have several positions that will be posted soon, so keep an eye open, and please share with anyone you may know who would be a good fit!



Reich College of Education at Appalachian State University
172 followers
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Join our team! [College Access Partnerships at Appalachian State University](#) is hiring an Academic Innovation Specialist. This position serves as an academic support liaison and STEM leader for participating GEAR UP districts, the regional STEM Task Force, and GEAR UP administrative team and is regional/remote to the following North Carolina counties: Buncombe, Haywood, Jackson, Macon, Cherokee, Graham, Clay, Swain, Yancey, Madison. Apply here: <https://lnkd.in/gpNe6dft>



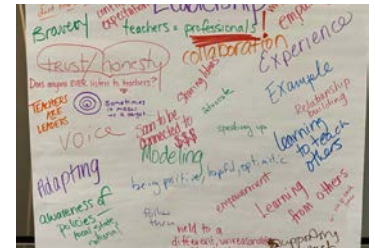
Academic Innovation Specialist
appstate.peopleadmin.com • 1 min read



Rural Teacher Leadership Network (RTLN)

GEAR UP is thrilled to be partnering with The Dudley Flood Center of The NC Public School Forum and Leading Edge Learning to launch the western NC Rural Teacher Leadership Network (RTLN). Many thanks to our partners, including UNC Asheville, for hosting our first two sessions which engaged 33 educators from across the GEAR UP network who seek to strengthen their practice, foster community with other teacher leaders, and develop their leadership capacity to guide other teachers in their schools. The cohort will continue for the next 14 months.

Learn more about the 2023-2024 Rural Teacher Leader West Network [here](#).



RTLN participants engage and learn during their first sessions. One of the goals of the program is to create a strong and lasting community of rural educators with a focus on equity, trauma-informed practice, global education, and teacher leadership.



Doug Thompson, Dr. Jui-Teng Li, Dr. James Beeler, and Corinne Smith represented GEAR UP at the AERA meeting in Chicago last month.

GEAR UP Represented at AERA

GEAR UP presented two studies at the 2023 American Educational Research Association (AERA) Annual Meeting in Chicago. Two studies were: (a) The Impact of GEAR UP Program and Services on Rural Students' Postsecondary Enrollment, and (b) Rural Teachers' Job Satisfaction, Teacher Efficacy, and Stress Predicted by School Climate and Social-Emotional Learning. These two studies provided evidence that: (a) our GEAR UP program had a positive impact on rural students' college enrollment; and (b) GEAR UP teachers' involvement in a differentiated PD training program may be necessary for enhancing their teaching efficacy and job satisfaction for the post-pandemic era.

Latest Feature Stories



TRIO Scholars Bowl 2023
Mar 31, 2023

Congratulations to the Appalachian State Upward Bound Scholars' Bowl teams that participated in the NC TRIO State Student Initiative Competition earlier this month at NC State Univer



Upward Bound Lighting the Way
Mar 21, 2023

Upward Bound is doing good things, not only for the students they serve, but for families and the High Country Community as a whole.



Evolution of the STEM Based Family Design Nights
Mar 17, 2023

All systems go. T-minus 10, 9, 8, 7, 6, 5, 4, 3, Ignition 2, 1.

GEAR UP

Have an Idea for a CAP News Story?

We are always looking for new content to include on our [Features Page](#), and we welcome your input. Please share story ideas from your program with Elyssee Gibson (gibsonse@appstate.edu), and we will work together to spread the news of your great work!



Counselor Network

Over 50 counselors across GEAR UP have been collaborating on a variety of activities to improve postsecondary outcomes for students. In partnership with Go Alliance, counselors engaged in a series of activities to build school-wide plans around equitable postsecondary access.

The Network also created some mini-sessions on a variety of topics including monitoring and interpreting academic data, partnering with community organizations, instructional design, crosswalking academic curriculum with counseling standards, and suicide intervention.

In partnership with the National Postsecondary Strategy Institute (NPSI) the Counselor Network will continue with a focus on overcoming obstacles that could impact postsecondary plan implementation.



Participants engaged in the final convening of the Counselor Network last month in Asheville.

Tutor.com Services

All GEAR UP students receive access to Tutor.com for 24/7 support for tutoring, homework help, essay review, and college application review, and the feedback from students is very positive.

★

"This was my first time using tutor.com and I had a great experience! The tutor really helped me when I was confused with my school work. I recommend this website and tutor."

-Wilkes County 9th Grade Student

"Overall I thought this session really helped me and it also helped me become more confident!"

-Burke County 12th Grade Student

"When I am confused about any problem they help me out, I would really recommend this to anyone k-12."

-Burke County 8th Grade Student

"Amazing tutor. Helped me with everything I needed, explained everything thoroughly, and was extremely friendly. Thank you"

-Watauga County 12th Grade Student

★

GEAR UP students rate Tutor.com very highly in recent surveys.

**GEAR UP provided over
1,500 individualized
1-on-1 tutoring
sessions in January -
March 2023 with
Tutor.com**



The most requested subject for tutoring services is math.

In a recent survey, students were asked about their tutoring experiences:

Is this service helping you complete your homework assignments?

95% responded yes.

Is this service helping you improve your grades?

94% responded yes.

Would you recommend this service to a friend?

94% responded yes.



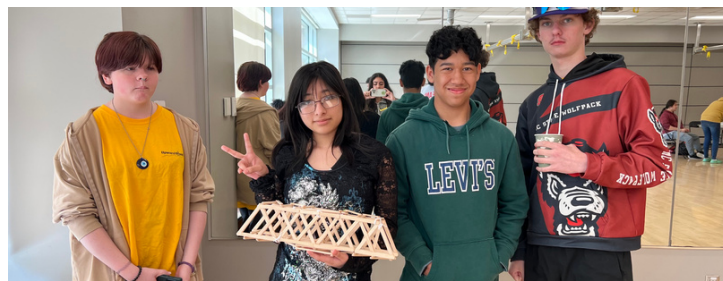
TRIO Bowl Competitions

Congratulations to the Appalachian State Upward Bound Scholars' Bowl teams that participated in the NC TRIO State Student Initiative Competition earlier this month at NC State University. One of the teams placed third in the overall state competition!

We are excited to announce that App State Upward Bound won the very first NC TRIO STEM Bridge Building competition during the NC TRIO State Student Initiative Competition. The bridge held 125 pounds of weight and could of held more but the competition officials ran out of weights. The team advanced to the regional competition on Saturday, April 22 in Atlanta and placed 3rd with their bridge successfully holding 155 pounds before breaking.

Orientation Weekend

UB hosted all students and families during the 2023 Orientation Event on campus at App State. 2023 Graduates were celebrated, and each student received an honor cord to wear during their school graduation ceremony. Students and families spent time with their summer leaders, enjoyed lunch together, engaged in games, informational meetings, and took part in a panel discussion about the UB summer structure.



UB students participated in the NC TRIO State Student Initiative Competition earlier this year. The scholars bowl team placed third, and the bridge builders placed first and advanced to the regional competition in Atlanta.

Summer Teacher Convening

Teachers have been invited to join the ETL Team for a 2-day event in Boone on the Appalachian State University campus.. The event will highlight teacher accomplishments from the year, help teachers plan for their self-directed learning goals for the upcoming school year, and provide ETL teachers an opportunity to network and collaborate.

Principal Self-Directed Learning Summit in Asheville

ETL Treatment School Principals have been invited to join the ETL Team for a 3-day event in Asheville to learn more about how to promote self-directed professional learning at their schools. The event will include keynote speakers from DPI and App State, excursions to learn about fostering a culture for agency, celebrating successes from the year, and networking with other ETL professionals.



Teachers are completing their annual micro-credential milestones

Teachers are wrapping up with their program milestones for the year. Throughout the year, teachers have assessed and evaluated their personal professional learning needs, created a self-directed learning plan based on those needs, and completed a number of competency-based micro-credentials that helped them meet their professional learning goals.



YES Scholars and the School of Ethics and Global Leadership (SEGL)

Watauga High School Student, Riley Hollars, has been at the Washington DC campus of the School of Ethics and Global Leadership. Riley lives with 23 other students on Capitol Hill only ONE block from the Supreme Court and 2 blocks from the U.S. Capitol! For classes she uses the Metro to travel about 25 minutes to Dupont Circle to meet with SEGL teachers. SEGL is a selective, semester-long residential program for 11th graders that represent some of the geographic, racial, and economic diversity across the U.S. SEGL's vision is to provide "the best possible opportunity to shape themselves into ethical leaders who create positive change in our world." YES is thrilled that another Watauga YES Scholar has been selected and offered generous financial aid to be able to learn at the Johannesburg (South Africa, indeed!) campus of SEGL in the Fall of 2023.



YES student, Riley Hollars, outside her DC SEGL residence during a recent YES trip to DC.

7th & 8th grade Spring Break Trip

Carly Stephens and Susan Saule were able to take eight 7th and 8th graders on a school tour trip over spring break to encourage their YES Scholars' long-term goals. In 36 hours they toured the Durham campus of NCSSM; visited a YES Scholar at the Washington DC campus of SEGL (see left); toured Episcopal High School, a boarding school in Alexandria, Virginia; and caught up with a Los Angeles YES Scholar currently studying at University of Richmond, a college that does meet 100% financial need. On the ride home, one student commented that she had never thought about the possibility of attending school outside of North Carolina.



YES scholars tour Episcopal High School, a boarding school in Alexandria, Virginia. View more photos from the YES DC trip [here](#).

YES to NC State

On Friday of Spring Break for Ashe and Watauga students, YES took nine students to NC State's First-Year Engineering Design Day. Students walked around, spoke with engineering students, and tested projects or observed projects in use. They even got to catch up with a first-year YES Scholar and Watauga HS graduate who was participating in the morning session.



YES scholars tour NC State and catch up with YES graduate on campus. View additional photos from the YES NC State trip [here](#).