Ah – school has started. You have papers to write … homework assignments to complete … a test coming up … your best friend is upset because you don’t have time to hang out. And to top it all off, your car just broke down.

Fall can be a pretty stressful time, so it’s important to collect effective tools now to help you stay calm and focused throughout the semester. Research tells us that good self-care is vital for stress management: Include a little exercise in every day, get adequate sleep, stay hydrated, and fuel your body with healthy foods. These daily habits prepare you, physically, for any task or obstacle that comes your way. Then build some of the following positive behaviors into your life to help keep yourself “up” when stress tries to pull you down.

3. Access your media diet. What we “consume” via media sources impacts our stress levels. Psychologist Barbara Fredrickson says, “As a culture, we’re coming to care a lot about the foods we eat. If we don’t want to ingest unnecessary toxins, we buy organic produce. If we want to avoid unhealthy fats, we read ingredient labels. Yet we ingest toxic messages without a thought.” Unfortunately, we ingest these messages – about violence, unrealistic body image standards, hatred, etc. – on a near-constant basis. Many seem to believe that a little “verbal violence” is interesting or exciting or funny, and it often gets people noticed. The way characters on many popular TV shows talk to one another is very negative, disrespectful, vulgar, and demeaning. Ratings soar on reality TV programs that highlight deceit, manipulation, self-importance, and other unpleasant behaviors. The nightly news offers airtime to political candidates who regularly practice name-calling and throwing insults at one another. Some social media sites are specifically designed to allow users to degrade one another anonymously with no consequences. This incessant barrage of negativity has been shown to increase stress in our society, and we must be cognizant of its effect on us, individually.

4. Plan, rather than worry. Worry is an extremely unproductive use of time that keeps us focused on the negative side of life. We typically worry about what we imagine will go wrong (have you ever worried about what might go right??), and in the vast majority of cases, the thing we worry about never happens. Think of all the mental energy wasted on worrying, when it could have been used to create a plan (and perhaps a “Plan B” as well) to ensure that a desired goal is reached! Yes, be cautious and notice that there might be setbacks along the way, but spend your time and effort creating effective plans, rather than spinning mental tales of potential woe.

5. Watch your language. I’m not talking about four-letter words here. I’m referring to the general tone you set by the words you choose – those spoken to others and those used in your self-talk. It may seem insignificant, but your lips have great power when it comes to stress management. Pay attention to the verbal atmosphere you create around yourself, and be sure that your self-talk encourages calmness, confidence and competence. A deep breath and an “I can do this” are sometimes all you need to begin changing a path of stress to a path of success!
ONE DAY WITHOUT YOUR PHONE?

by Remez Sasson

Article and picture from: successconsciousness.com/blog/tips-for-life/one-day-without-your-phone.

Life has become very dependent on the cellular phone. People can’t go out of their home without it, and if they forget it, they feel as if they have left some important part of themselves at home. It is true to say that the cellular phone, and especially the smartphone, has turned into an extension of the human body. Let me ask you, what would happen if you leave your phone at home on purpose? I mean, for just a few hours. Would you feel bad, stressed, unsafe, and unhappy? What would happen, if for just a few hours you didn’t see what your friends wrote on Facebook or other social networks? Would you feel like a cigarette smoker or drug addict, who has been deprived of cigarettes or drugs?

Young people can hardly imagine how the world before the cellular phone was. This small instrument has become such an integral part of their lives and they cannot imagine life without it. Actually, people of all ages cannot spend time without it. How was life before the age of the smartphone? People lived and existed. They were more aware of what was happening around them, unlike people today who divide their attention between the screen of the phone and the world around them. People also had real relationships with people, not virtual relationships.

I would like you to do an experiment. For just one day, when you leave home to go to work or to school, don’t take your phone with you. Leave it at home. Can you do that? I can imagine hearing you say, “What! I wouldn’t do that. This is impossible.” Just the thought of being without your phone, even for a short while, is probably making you feel stressed. Let me ask you, “Who’s the boss, you, or your phone?”

Now, you might bring up a lot of reasons why you need to have your phone with you: “What if your parent(s) needs you?” “What if there is some emergency and you need a phone?” “You need to connect with your friends.” “You need to read the news.” These are just a few of the many excuses you might think of. All the reasons are right, but people lived without phones, and they lived quite well without them. It’s okay if no one knows where you are for a few hours. It won’t be the end of the world. Without your phone, you will be aware of the world around you. Even food will taste differently, because you will focus on eating when you eat, not on what’s going on the screen of your phone. Leaving your phone at home requires inner strength and willpower, and therefore, it is a great exercise for developing these powers. It is not an easy thing to do, and if you do it, it is a real achievement and a great gain.

You know what? I’ll make it easier for you. Take your phone with you and put it in your pocket or purse, but switch it off until you come home. This will give you a feeling of safety. However, you will need to exhibit inner strength all day long and not give in to the desire to switch on your phone. Another variation of this exercise is to switch off your phone, now and then, for about 30 minutes. Of course, don’t do this when you are expecting an important call. Will you try this exercise?
TIPS, TRICKS, AND TIDBITS

By Andrea Covert

This month I would like to share a couple of tips from Arel Moodie’s book “The Student Success Action Guide.” If you enjoy these tips pick up his book for more and best of luck on your journey to success!

“Tip 49, Lose your fear of questions: How many times have you felt completely lost in class but didn’t raise your hand to ask a question or stay after class to get help from your teacher? This is a very common problem for students who are too embarrassed to let on that they are confused.

“It’s okay to ask questions! Teachers will appreciate it because questions show you are listening, paying attention, and not willing to let the opportunity to learn go by. Successful students ask questions. TAKE A STEP: If you don’t fully understand something in class today, raise your hand and ask a question.” (Arel Moodie, “The Student Success Action Guide,” page 62.)

“Tip 73, Find a mentor: Mentors can help you succeed because they have experience you don’t yet, so they can help you make better decisions. You can have a mentor for picking a college, playing a sport, and studying – really for any area of your life. Find people at home or at school who can take a more active role in helping you learn what they already know. Reflect: Who do you think could be a good mentor to you and in what way?” (Arel Moodie, “The Student Success Action Guide,” page 86.)

PARENT’S PIECE

THE IMPORTANCE OF CHORES FOR TEENS

By Karen LoBello

Some teens go off to college without knowing how to use a washing machine or make a bed. You want your teenager to be able to fend for himself when he leaves home. Teens are busy people with commitments to school, friends, jobs, and extra-curricular activities, but they can also carve out time to help around the house. As a parent, you are the mentor, demonstrating how to do chores and teaching your child essential skills for his future.

Even though he may roll his eyes at the mention of chores, your teen gains benefits for life. When he completes a chore, he experiences a feeling of accomplishment, which is an integral part of his development. Here’s what chores do for teens:

1. Encourage independence
2. Promote responsibility
3. Teach life skills
4. Strengthen family bonds
5. Nurture interest in community service

Taken from: mom.me/parenting/6545-importance-chores-teens.

GEAR UP FOCUS EVENT

Students and parents! Join GEAR UP for a trip to Denver, Colo., where we will tour the Celestial Seasonings Tea Factory, the Museum of Nature and Science, and attend the Denver National College Fair. This will be a great opportunity to discover the many different college options available.

We will depart on Saturday, Oct. 10, 2015, at 7:30 a.m. and return on Sunday, Oct. 11, 2015, around 9 p.m.

Parents and students must complete the trip paperwork by Wednesday, Oct. 7, 2015 by 5 p.m.

Please call 307-268-2047 to RSVP and secure your spot(s) right away!
The Daniels Scholarship is an exciting and challenging program that provides the opportunity to obtain a four-year college education at any accredited nonprofit college or university in the United States, complete with financial and personal support throughout the journey. The Daniels Scholarship Program offers resources, encouragement and inspiration far beyond the financial assistance needed to earn a college degree. The goal for the program is to help Daniels Scholars succeed in college, and to ensure that the recipients succeed beyond their college years.

The deadline to apply for this scholarship is November 13, 2015. For more specific information and requirements please visit: danielsfund.org.

Image and information from danielsfund.org/Scholarships/Index.asp.

FROM THE CUPBOARD

64 Non-candy Halloween Snacks

Enjoy a Halloween snack! Take a look at all these ideas found online from: listotic.com/64-non-candy-halloween-snack-ideas.

GAME ON!

Sudoku
Have fun with this game, answer on the back. Game courtesy of: classroomjr.com/halloween-math-worksheets.

NEW EMPLOYEE!

By Andrea Williams

Hello, my name is Andrea Williams. I am excited for the wonderful experience of completing my internship here at GEAR UP. I am eager to be with you all for the entire year. I am currently a senior in the Bachelor of Social Work Program at the University of Wyoming at Casper. This is a great learning experience for me and I look forward to meeting everyone and the opportunity to grow in my career as a social worker.

My personal belief is that learning is a lifelong experience. I love learning new things and going through new experiences, and I do not think anyone can have too much knowledge. My favorite subjects are math and science. I have a 3-year-old son who I love spending time with and helping him to learn and grow. He keeps me busy and there is never a dull moment. I love nature and spending time outdoors camping, hiking and fishing.

MEET THE GEAR UP STAFF

From Left to right: Anna Skimbova (GEAR UP Assistant), Stephanie Marker (Student Success Advisor), Rodney Oster (Student Success Advisor), Ray Pacheco (GEAR UP Regional Director), and Andrea Covert (Student Success Team Lead).

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**STEH’S FITSPOT**

This month I am going to introduce you to a HIIT workout. HIIT stands for High Intensity Interval Training. This is a great way to increase your heart rate for intervals and improve your heart health. It is hard, but just remember it is short and rest is built in so go as hard as you can! I found this one on the Internet at news.health.com/2013/06/05/a-10-minute-hiit-workout-you-can-do-anywhere. If you enjoy this, just ask Google for more like it! Enjoy!

**10-MINUTE HIIT WORKOUT**

Do each exercise at high intensity for 45 seconds followed by 15 seconds of rest.

*Picture courtesy of: news.health.com/2013/06/05/a-10-minute-hiit-workout-you-can-do-anywhere.*

Other activities mentioned:
- Tutoring: Monday-Thursday from 3-5 p.m. or by appointment.
- CC Freshman Dinner
- Halloween
- College or Bust Road Trip
- Midterm week
- Fall break
- NCSD 1st quarter ends

**GAME ON ANSWER:**

Hope you enjoyed.