

NEWSLETTER

SEPTEMBER 2024

THEME

“YOUR GROWTH STARTS HERE”

Monthly Overview

This month, we’re focusing on growth mindset and self-efficacy. A growth mindset means believing you can improve through effort and learning, while self-efficacy is the confidence that you can succeed in specific tasks. When you embrace both, challenges become opportunities, and there’s no limit to what you can achieve.

THINGS TO TRY

- Talk about a time you strived for something difficult and achieved it. How did it feel?
- Set a family goal
- Share affirmations with yourself and others



HIGHLIGHTS

August was a month of exciting beginnings for GEAR UP Arkansas! We energized the school year with **Back to School Bashes, Family Nights,** and district-wide **kickoffs** that brought communities together. Our **GEAR UP Arkansas Retreat** for school staff focused on equity and best practices, setting the stage for a year of growth and success for all students.

SHOUTOUTS

Each month we will shout out scholars and educators within our GEAR UP communities that are excelling within the values of our program.

YOUR SCHOLAR COULD BE SHOWCASED NEXT!

Upcoming Events

WOW Days-Coming Soon
Super Saturday-Coming soon





SEPTEMBER
23-27, 2024

NATIONAL GEAR UP WEEK



Monday, September 23, 2024

SCHOOL SPIRIT!

Wear your school swag or colors

Tuesday, September 24, 2024

GEAR UP for your future!

Wear your GEAR UP Arkansas shirt

Wednesday, September 25, 2024

TACKY DAY!

Wear your tackiest clothing combination

Thursday, September 26, 2024

DRESS TO IMPRESS

Wear your best professional attire

Friday, September 27, 2024

COLLEGE DAZE!

Wear your dream college shirt or colors to represent your future!