Family Conversation Guide

As a GEAR UP student, your child will participate in lessons about the **FACES of GEAR UP** every year. We believe that students need to develop skills in these five areas to be ready for a happy and successful adult life. These lessons help ensure students are:

F - Financially Ready
A - Academically Prepared
C - Contextually Aware
E - Emotionally Resilient
S - Socially Connected

Each year, the lessons will help students learn about what they need to do NOW to be ready for college and career when they graduate. **Use the guide below to connect with your student about a lesson they had to help them become contextually aware for adulthood.**

Level Up: Connect, Collaborate, Succeed

Adjusting behavior to connect, collaborate and succeed in high school

What Did They Learn?

Same Person, Different Situation
Students talked about how they might speak differently depending on who they are talking to. Changing how we communicate does not mean being fake. It means choosing words, tone, and body language to fit the situation.

READ the Room
Students learned a four-step plan to help them decide how to respond in different situations.

- **R**ecognize the situation: Where am I? Who is here? What is expected of me?
- **E**xamine the goal: What needs to happen? What am I trying to accomplish?
- **A**djust my approach: What words, tone, or actions would work best?
- **D**o it, then check: Try your response. Did it work? Do you need to try a different approach?

Working Together
Students talked about what makes group work successful. They shared ideas for helping everyone feel included and heard.

Talk About It At Home

Use these questions to talk with your 7th grader about what they learned. There are no right or wrong answers. The goal is to help your child think.

- **Do you talk differently to your friends than you do to a teacher or coach? What do you change, and why?**
- **What do you think will be different about high school?**
- **What could you say when a group is having a hard time working together?**

Try This At Home

The R.E.A.D. Challenge
The next time your child faces a difficult conversation or needs to work with others, use the READ steps together.

- **R**ecognize: Where are we, and who is involved?
- **E**xamine: What are we trying to do?
- **A**djust: What could we say or do to help?
- **D**o it, then check: Did it work? Should we try something different?

Family Takeaway

High school will bring new people, places, and responsibilities. Your student can succeed by paying attention and being willing to try new things.