



College Knowledge Games & Activities

FOR STUDENTS & FAMILIES



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Icebreaker Activities

Agree/Disagree

Time: 10-15 min.

Materials: Nothing

Directions: Participants silently share their opinions on statements (e.g., I want to go to college, or I am nervous about going to college) by physically moving across the room. This icebreaker is a great introductory activity before group conversations.

Alliteration Introductions

Time: 10-15 min.

Materials: None

Directions: Participants take turns introducing themselves with their first name plus a noun or adjective that starts with the same letter (e.g., a college plus their first name like “Pacific Patrick”). Challenge the group to repeat back each name combination before they share.

Beach Ball Toss

Time: 10-15 min.

Materials: One beach ball, one permanent marker

Directions: Before the activity begins, take the inflated beach ball, and write fun, get-to-know-you questions all over the ball.

1. Have players sit or stand in a circle.
2. Instruct students to toss the ball gently to another player.
3. The player that catches the ball must read and answer the question closest to the thumb on their right hand.

Catch and Throw Introductions

Time: 10-15 min.

Materials: Open space, ball, or soft object

Directions: Participants introduce themselves and respond to a prompt when they have a ball or other soft object before throwing it to another participant. Example: Name a college or a career that interests you.

Categories

Time: 10-15 min.

Materials: Nothing

Directions:

1. Assemble your group in front of you.
2. Announce a particular category, such as ‘color of eyes.’
3. Ask everyone to find all other people in the group who identify with the same category.
4. Repeat, with a series of two-group and multi-group categories, to mix your group.
5. Participants get up and move and see what they have in common with others in the room. Add categories related to college and careers (e.g., favorite college in Washington or how many campuses a student has visited).

Four Corners

Time: 10-15 min.

Materials: Nothing

Directions: Label the four corners of the classroom. For example, label them Strongly Agree, Agree, Disagree, and Strongly Disagree. Prompt students with a controversial statement about a recent concept. Tell students to stand in the corner that best represents their judgment. From their corners, the students may debate.

Group Rock-Paper-Scissors

Time: 10-15 min.

Materials: Nothing

Directions: Tell participants to introduce themselves to another person and then challenge them to a game of rock-paper-scissors. The loser joins the winner's team. The winning team finds another group to play with until there is a final winner.

Human BINGO

Time: 15 min.
participants.

Materials: Customized Bingo cards for

Directions: Customize BINGO cards to suit your group. Tell participants to get up and find others who fit the criteria on their BINGO cards.

Mascot Matching

Time: 10-15 min.

Materials: Paper slips with one animal mascot picture and their school listed. Include a variety of mascots (5-6), like those pictured below. Cut out slips of paper and fold.

Directions: Use for introductions or grouping students into teams.

1. Distribute one folded mascot slip to each participant. Tell students not to share which mascot they have.
2. Next, tell participants to try to find other students with the same mascot. They may not speak, but they may make sounds and gestures.
3. Once students have found their "school," they should sit together. Go around the room and see if anyone can identify mascots or schools.

M&M or Skittles Introductions

Time: 15 min.

Materials: M&Ms or Skittles

Directions: Participants select a small handful of M&Ms and share one fact about themselves based on the colors in their hand (e.g., red = a career you're interested in, orange = favorite subject in school, yellow = student club you're in, green = college you want to learn more about, blue = random fun fact, brown = something you are nervous or excited about for college).



Games & Activities

ABC Graffiti

Time: 30 min.

Materials: Papers with a prompt written on them.

Directions: On pieces of poster paper, write the alphabet in two columns. Students rotate through a circuit of ABC posters every 3-8 minutes, generating words or phrases for each letter of the alphabet related to the topic provided.

1. Organize students into small groups and provide the class with a topic.
2. Provide each group with one colored marker (each group gets a different color) and poster paper that lists the alphabet in two columns (one letter per row in each column) while providing room for students to write.
3. Groups write down words/phrases for as many letters on their poster as they can in the time provided using their prior knowledge of the topic.
4. Call time. Groups rotate to the next poster, taking their marker with them. They pick up where the last group left off in trying to fill out the poster.
5. Call time. Groups rotate again. They now use an outside resource to generate new words/phrases for the remaining letters. Students can also add to the letters that were previously used.
6. Call time. Groups rotate to their original poster to construct a summary statement that synthesizes the poster's information.
7. Have groups share out their summary statements with the whole class. (Optional) Individual students write a paragraph or two detailing how the information from the statement and poster impacted them as learners.

Cognitive Comics

Time: 15 min.

Materials: Paper

Directions: Students answer a prompt. Use this activity to check comprehension, illustrate a student's past experiences, or uncover misconceptions about a complicated concept. The focus is the response, not the quality of their artwork.

1. Provide students with a prompt.
2. Distribute a blank comic book template or use a blank sheet of paper to each student.
3. Students will respond to the prompt by using artwork and dialogue bubbles.
4. "Comics" can then be shared through a class discussion.

Campus Scavenger Hunt

Time: Varies.

Materials: Campus maps, scavenger hunt lists, pens/pencils, camera phone, prize(s)

Directions: This activity is a fun and interactive way to get students to tour a local university and become comfortable and familiar with a campus environment. Students are required to form teams and find locations on a list provided to them within a set amount of time. The team that proves they've visited the most places wins a prize.

1. Identify a campus that will allow you to host the event. Then, reach out to the school's admissions director to ask permission.
2. Once you secure a campus and a date, ask for a guided tour and suggestions for locations to include on your Scavenger Hunt list.

3. Finalize the scavenger hunt list using the *Sample List of Campus Locations/Actions* provided. Include locations on the campus that students can prove they have visited through photos or other tangible evidence.
4. Ask about any security access issues. For example, can buildings be entered without student ID cards?
5. Require student teams to sign up in advance of the event and set standards, such as teams must have four students in grades 8 -10. Each group should elect a team leader and finish the Scavenger Hunt within an agreed-upon time.
6. At the end of the period, encourage students to compare finds. Debrief activity with students.

Sample List of Campus Locations/Actions

The list you provide to students will depend on the campus. Ask your campus contact about possible security issues, rules, or guidance. They may have their prepared list. Use this list as a guide as you plan the event.

- Find out how many foreign languages are offered.
- Find out the name of the university's mascot.
- Find out where first-year students live.
- Find the gymnasium and write down its hours of operation for the day.
- Find the name of the campus radio or TV station. Earn a bonus point for taking a picture at either location.
- Find three faculty offices. Write down the professors' names and office hours. Earn a point for each pair.
- Go to a fraternity or sorority house and ask for the name of its president. Earn an extra point for taking a picture with them.
- Go to an art building and take a picture in front of a student display.
- Go to the English department and find the name of the chair.
- Grab a pamphlet about a student organization.
- Jot down the names of two campus cafeterias or food stands.
- Learn the name of a cultural organization or association on campus.
- Locate the public bus stop nearest to campus. Write down the cross streets.
- Pick up a copy of a free campus newspaper.
- Pick up a pamphlet from the health center.
- Pick up an informational brochure from a career center.
- Sketch a picture of a statue on campus.
- Take a picture in a computer lab.
- Take a picture in a science lab.
- Take a picture in or around the football stadium. Earn an extra point for a photo taken on the football field.
- Take a picture in the university bookstore. Earn an extra point if everyone in your group is wearing something with university colors.
- Take a picture of college students studying.
- Take a picture with a student wearing a university sweatshirt or t-shirt.
- Take pictures on a bench dedicated to an alumnus.
- Talk to five students—write down their names, majors, and hometowns. Each conversation is worth one point.
- Visit a campus library and ask the librarian how many volumes they have.
- Visit the admission office and pick up an application. Earn an extra point if you find out the school's minimum ACT score.

Careers Scavenger Hunt (Online)

Time: 30-60 min.

Materials: Employer Demand
Scavenger Hunt Handout

Directions: See: <https://fortress.wa.gov/esd/employmentdata/reports-publications/occupational->

1. **Introduce the idea of an Occupational Employment and Wage Estimates Report.** Ask students if they would rather find a job in a growing occupation or in a shrinking field. Why? Then explain that you will spend your lesson today exploring high-growth careers in Washington State. Ask students to brainstorm what they think those occupations might be. Start a list that you can check later. (5-10 minutes)
2. **Review the format of the Occupational Employment and Wage Estimates Report.** Distribute a printout of the report to each student or student group, project it onscreen, or have student groups find it online. Explain that this document summarizes the jobs throughout the state of Washington that are expected to grow. Review each section of the report to ensure that students understand what information they can find there. Ask them why jobs that require more educational preparation pay higher salaries. What do they think? (5-10 minutes)
3. **Complete the Occupational Outlook Scavenger Hunt.** Distribute the **Occupational Outlook Scavenger Hunt Handout** and ask students to work individually or in small groups to complete it. Focus on the differences in educational preparation and what that means in terms of salary. (15-20 minutes)
4. **Additional Resource: Department of Labor America's Career InfoNet:** This database provides national projections for careers: www.careerinfonet.org

Career Term Bingo

Time: 30-60 min.

Materials: Blank "GEARUP" bingo cards, space markers, career terms- printed & cut, a bag, a copy of Career Term Definitions, and prizes.

Directions:

1. Hand out blank "GEARUP" bingo cards.
2. Display Career Terms.
3. Have students fill in blank bingo boards with terms.
4. Ask if any careers are unfamiliar. If so, explain the word by reading the definition and discussing it.
5. Once participants have their cards filled in, decide on the type of bingo game to be played: lines, T's, U's, Squares, or Blackout.
6. Begin the game by pulling out a term from the bowl or bag. Do NOT read the career piece aloud. Instead, read the definition of the career.
7. Tell participants that they may guess the career and shout it out.
8. Discuss this career and ask if any would be interested in this type of career. The discussion could include the kind of schooling/degree, salary, job outlook, etc.
9. Students, who have this term on their card, should mark the box.
10. Once a participant obtains a "bingo," they should call out "GEAR UP."
11. Check answers and award the prize to the winner.
12. Continue playing or start a new game.

Sample Career Terms

ACTUARIES	AEROSPACE ENGINEERS	BROADCAST TECHNICIANS	APPRAISERS	ATHLETIC TRAINERS
AUDIOLOGISTS	AUDITORS	BIOCHEMISTS	ANESTHESIOLOGISTS	CARTOONISTS
GRADERS/SORTERS	CLAIMS ADJUSTERS	COLLEGE TEACHERS	COSMETOLOGISTS	CURATORS
DENTAL HYGIENISTS	EDUCATOR/INSTRUCTOR	ENGINEERS	HUMAN RESOURCES (HR)/PERSONNEL	FITNESS TRAINERS
FASHION DESIGNERS	ZOOLOGISTS	FALLERS	HYDROLOGISTS	OCEANOGRAPHERS
LIBRARIANS	LOAN OFFICERS	NUCLEAR MEDICINE TECHNOLOGISTS	ONCOLOGISTS	LAWYERS
ROOFERS	OUTDOOR GUIDES	OPHTHALMOLOGISTS	PHOTOGRAPHERS	PHYSICAL THERAPISTS
PSYCHIATRISTS	PARK RANGERS	WELDERS	VETERINARIANS	SALES/ MARKETING PROFESSIONALS
SOCIAL SCIENTISTS	TRANSLATORS/INTERPRETERS	RADIOLOGIC TECHNOLOGISTS	TOUR ESCORTS	REGISTERED NURSES (RNS)
CHEFS	WEB DESIGNERS			

Sample Career Term Bingo Definitions

Actuaries: Use statistical data, including mortality, disability, and retirement rates, to forecast risk and liability for payment of future benefits. Insurance companies often employ them, where they determine required premium rates and necessary cash reserves to guarantee future payments.

Aerospace Engineers: Design, develop, and test aircraft, missiles, and space vehicles and oversee their production. They often specialize in one kind of vehicle, such as passenger planes, helicopters, or rockets. In some cases, they also work with earthbound vehicles, such as deep-diving vessels used to research the oceans and high-speed trains that float above their tracks. Aerospace engineering includes aeronautical engineering (limited to aircraft) and astronautical engineering (limited to spacecraft).

Anesthesiologists: Physicians who focus on surgical patients and pain relief. They administer anesthetics, which are medicines to prevent patients from feeling pain and sensations; closely monitor patients' vital signs during surgery and adjust drugs accordingly; monitor patients through the first recovery stages after an operation, and administer appropriate medications during recovery. In addition to helping patients through surgery, they may also help treat patients with conditions causing chronic pain. Many specialize in specific problems, such as respiratory or neurological illnesses. More than ninety percent of the anesthetics used in health care are administered by or under the direct supervision of an anesthesiologist.

Appraisers: Appraise real property to determine its value for purchase, sales, investment, mortgage, or loan purposes.

Athletic Trainers: Help athletes recover from or avoid injury. They evaluate, advise, and treat athletes and help them maintain peak physical fitness.

Audiologists: Help people with hearing, balance, and related ear problems. These problems may result from trauma at birth, viral infections, genetic disorders, exposure to loud noise, certain medications, or aging. Audiologists measure patients' ability to hear and distinguish between sounds. In addition, they use computers to evaluate and diagnose balance disorders. Audiologists analyze these test data along with educational, psychological, and other medical patient data to diagnose and determine a course of treatment.

Auditor: Primarily performs and reports on internal or external quality system audits.

Biochemists: Are scientists who study the chemistry of living things. Their work includes studying the complex chemical combinations and reactions involved in metabolism, reproduction, growth, and heredity.

Broadcast Technicians: Behind the headlines who produce, direct, and act in radio and television shows, there is a cast of skilled workers who put the shows on the air. Broadcast technicians operate and maintain the electronic equipment that makes it possible to transmit radio and television shows. This equipment transmits or sends signals through the air. Television sets and radios are turned into sound pictures when they pick up these signals.

Cartoonists: Unlike visual artists, cartoonists are artists who communicate ideas through a combination of words and pictures. They use their work to tell stories, instruct, guide, and offer commentary on life and society. Cartoons can be used to present important issues to millions of people in an easily understood form. One of the essential qualities of a good cartoonist is the ability to deliver an idea in just a few words and a drawing. The drawings usually feature exaggerated actions that somehow reveal human nature. Sometimes cartoonists dream up their ideas, but they often read and study the news to get fresh concepts for their work.

Chefs: Direct the preparation, seasoning, and cooking of salads, soups, fish, meats, vegetables, desserts, or other foods. May plan and price menu items, order supplies and keep records and accounts. May participate in cooking.

Claims Adjuster: Ascertain how much money people are entitled to receive on their insurance claims. Most claims adjusters work for property-liability insurance companies. Property-liability insurance covers such losses as fires, thefts, and accidents. People who buy this insurance protect themselves and their property against these events. The claims adjuster goes to the scene of the accident or fire to see that the claim is valid and that it is settled as quickly as possible. This work requires a thorough knowledge of insurance policies and practices.

College Teachers: At colleges and universities, these people pass their knowledge and expertise on to the next generation of bankers, painters, chemists, and even teachers. They help their students think critically and imaginatively; provide practical training; and shape their students' goals, careers, and lives. As experts in their subject fields, they also set standards for research—usually reflected in the articles and books they write—and expand the limits of scholarship and its importance in society.

Cosmetologists: Care for people's hair, skin, and nails. They are also called beauty operators, hairdressers, or beauticians. Most cosmetologists work in beauty salons, and many own their businesses.

Some work in unisex shops, barbershops, department stores, hospitals, spas, resorts, and hotels. Cosmetologists work with many types of beauty products and often sell them at their salons as well.

Curators: Are responsible for choosing and acquiring the pieces of art to be shown in a museum. They also decide how to display articles and the order in which they appear. Curators select works for permanent display and special temporary exhibitions. Sometimes they organize educational and public outreach programs such as tours, workshops, and lectures to publicize their collections.

Dental Hygienists: Clean teeth and examine oral areas, head, and neck for signs of oral disease. May educate patients on oral hygiene, take, and develop X-rays, or apply fluoride or sealants.

Educator/Instructor: Primary responsibility is instructing or training others on quality-related topics, tools, and techniques. This person may be an employee of an organization or teach in a university or college setting.

Engineers: These are skilled technical professionals who act as a link between design and implementation. They work to develop safe and economical solutions to practical difficulties. Engineers use scientific and mathematical knowledge to create marketable, workable solutions per the demands of customers, users, and others who benefit from their work. Engineers may be required to invent products or develop sophisticated features for existing ones. There are a staggering number of specialties for engineering professionals, and depending on the field one chooses, an engineer might have to design and develop aircraft, ships, nuclear plants, automobiles, buildings, chemicals, computers, electrical equipment, and a variety of other machinery.

Fallers: Use axes or chainsaws to fall trees using knowledge of tree characteristics and cutting techniques to control the direction of fall and minimize tree damage.

Fitness Trainers: The growth in exercise programs in the United States has created a strong demand for recreational sports and fitness activities instructors. Aerobics, running, weightlifting, body conditioning, and competitive sports are only some of the activities that have gained enormous popularity. Many seek an expert to help develop and maintain an exercise program. Fitness instructors may work for health or exercise clubs, sports training facilities, or gyms. Some work in the employee fitness center of a large company. Others are self-employed and may offer training at their clients' homes.

Fashion Designers: A fashion designer has designed every shoe, piece of clothing, and accessory on every hanger and shelf at every store. Fashion designers examine trends in the clothing people wear, draw designs based on their ideas, choose colors and fabrics, and supervise the production of their plans. Fashion designers may have a specialty, such as clothing design, footwear design, or accessory design. Accessories are items like handbags, scarves, belts, and hats.

Graders/Sorters: Grade, sort, or classify unprocessed food and other agricultural products by size, weight, color, or condition.

Human Resources (HR) /Personnel: They manage employee hiring, firing, and retention.

Hydrologist: Studies properties of bodies of water, including their circulation, distribution, and physical properties. A hydrologist can specialize in either underground water or surface water.

Lawyers: Serve as both advocates and advisers. As advocates, they speak for their clients in court by presenting supportive evidence. As advisers, they counsel their clients on their legal rights and obligations. Lawyers—attorneys and counselors—can interpret, apply laws to specific situations, and draft new laws.

Librarians: Administer libraries and perform related library services. Work in various settings, including public libraries, schools, colleges and universities, museums, corporations, government agencies, law firms, non-profit organizations, and healthcare providers. Tasks may include selecting, acquiring, cataloging, classifying, circulating, and maintaining library materials and furnishing reference, bibliographical, and readers' advisory services. May perform in-depth, strategic research and synthesize, analyze, edit, and filter information. May set up or work with databases and information systems to catalog and access information.

Loan Officers: Work with businesses and individuals to help them acquire loans for personal or professional needs. More specifically, they evaluate loans, make necessary client recommendations, and authorize loans for real estate, commercial needs, or credit.

Nuclear Medicine Technologists: Prepare, administer, and measure radioactive isotopes in therapeutic, diagnostic, and tracer studies utilizing radioisotope equipment. Prepare stock solutions of radioactive materials and calculate doses administered by radiologists. Subject patients to radiation. Following standard laboratory techniques, conduct blood volume, red cell survival, and fat absorption studies.

Occupational therapists: Assess, plan, organize, and participate in rehabilitative programs that help restore vocational, homemaking, and daily living skills, as well as general independence, to disabled persons.

Oncologist: Physicians who inspect, diagnose, and treat cancer are known as oncologists.

Oceanographers: These are scientists who study the sea. Oceanography incorporates features of many sciences, including biology, chemistry, geology, and meteorology. For this reason, oceanographers have varied backgrounds and do many kinds of work. Oceanographers may work on ships or in laboratories on land. Some work for private companies. Most work for research institutes or government agencies or hold teaching and research jobs in colleges and universities.

Ophthalmologists: These are physicians who diagnose and treat eye diseases, including glaucoma and cataracts; vision problems such as nearsightedness; and eye injuries. Optometrists and family doctors often refer patients with serious eye conditions to ophthalmologists. Because of their extensive training, ophthalmologists can often link eye problems to other disorders. For example, they are sometimes the first to detect brain tumors, diabetes, or multiple sclerosis.

Outdoor Guides: The people lead groups on recreational outing activities. They often specialize in areas of interest, organizing hunting and fishing expeditions or photographic and nature-study trips. Most guides work freelance and set their prices. They attract customers by establishing a good reputation. The best guides are familiar with the territory in which they operate and know the habits of the wildlife in that area. Most outdoor guides are expert hunters and fishers.

Park Rangers: Teach people to respect the delicate natural balance of our national and state parks and forests. They are employed by the National Park Service, an agency of the federal government, and by state agencies. Rangers work throughout the country, preserving the natural environment for future generations. They protect these areas by enforcing park rules and regulations, preventing forest fires, helping to maintain an ecological balance, and seeing that visitors plan campsites wisely. Park rangers are experienced campers with a great deal of knowledge about botany and wildlife. Perhaps the greatest danger to our parks is the danger of overuse: rangers watch and regulate the number of visitors to parks. They also provide information regarding park use and points of interest, issue fire permits, and collect fees.

Party Planners: Conceive, organize, and execute special affairs such as corporate receptions, weddings, birthday parties, anniversaries, and bar and bat mitzvahs. They custom design an event to suit their customers' needs and budgets.

Photographers: Combine artistic talent and technical skills to produce professional photographs. They must be highly skilled technicians to use their tools—cameras, lenses, and lights. To create meaningful pictures, they must be able to arrange whatever they are photographing to stand out clearly in the finished print. Photographers work in many kinds of jobs. One photographer might make a career of taking pictures at weddings. Another might work in a laboratory taking scientific photos through a microscope.

Physical Therapists: Help patients suffering from disease or injury improve mobility, relieve pain, increase strength, and decrease or prevent deformity. They assess, plan, organize, and participate in rehabilitative programs.

Podiatrists: These are medical practitioners who specialize in treating sore, diseased, or injured feet and ankles. Podiatrists were formerly called chiropodists. They order X-rays and laboratory tests to diagnose patients' problems, which they treat by manipulation, massage, physical therapy, and surgery. Sometimes they provide patients with bandages, pads, braces, splints, or other supports. They may prescribe drugs, exercise, or special shoes. Because foot problems may be signs of general illnesses, such as diabetes or heart trouble, podiatrists may refer patients to physicians for treatment.

Psychiatrists: Physicians who evaluate, diagnose, and treat patients with mental, emotional, and behavioral disorders. They conduct thorough psychiatric evaluations, develop treatment plans, prescribe medication, and evaluate treatment results. They often work with other mental health workers, such as psychologists, psychiatric nurses, and social workers.

Radiologic Technologists: They take X-rays (radiographs), which are images of the inside of the human body. Experienced radiographers may perform more complex imaging procedures, such as computed tomography (CT) or magnetic resonance imaging (MRI) scans. In addition, radiologic technologists are usually responsible for writing reports and maintaining their equipment.

Registered Nurses (RNs): Work to promote good health and prevent illness. They educate patients and the public about various medical conditions, treat patients and help in their rehabilitation, and provide advice and emotional support to patients' families. RNs use considerable judgment in providing a wide variety of services.

Roofers: Install and repair roofs made of metal, slate, tile, and other materials. Some roofers also waterproof surfaces, such as the insides of new swimming pools.

Sales/ Marketing Professionals: These people are responsible for selling products and services.

Social Scientists: Study all aspects of society and relationships; past events, human relationships, and group behaviors. Through their studies, social scientists analyze the societal structure and suggest solutions to problems related to social, business, government, and personal issues.

Tour Escorts: Accompany groups of people on organized trips called "package tours." Most people who take escorted tours want the security and convenience of having transportation, accommodations, and sightseeing arranged for them. However, not all group tours are the same. There are tours for every budget, taste, and age group. Religious tours, cultural tours, reunion tours for veterans, and tours for professional and interest groups are just several examples of outings that require the services of a tour escort.

Translators/Interpreters: Convert one language into another. They exchange concepts and ideas between languages and cultures. Translators and interpreters are employed all over the world, helping people to communicate.

Veterinarians: A doctor who studies, treats, and controls animal injuries and diseases. They immunize healthy animals against disease and inspect animals and meat products to be used as food. Vets also perform surgery, set broken bones, establish diet and exercise routines, and prescribe medicines for animals

Web Designers: Are responsible for creating the look and feel of a client's website. This career involves graphic design to communicate ideas. A web designer may take part in the initial planning of a site, meeting with the client to discuss ideas for the layout and organization of the site, the types of colors or images to use (photos, illustrations, videos, etc.), and other matters concerning overall graphic design. Sometimes a web producer has already developed a basic concept for the web page. The designer creates a design that matches the producer's ideas.

Welders: Use the process of heating and melting metal parts to join them together permanently. Welders construct and repair parts of cars, airplanes, ships, and sheet-metal products. Some work at steel mills, railroad shops, and highway departments. Other welders are cutters, using their tools to cut metal into pieces, as required by a blueprint or design, or to cut structures into pieces to discard.

Zoologists: Are biological scientists who study animals. They observe animals in their natural habitats and laboratory to learn as much as possible about animal life. Zoologists study the origin and development of animal species, the habits and behavior of animals, and the interaction between animals and their environment. They research how animal diseases develop and how traits pass from generation to generation.

College Checklist Bingo

Attended test prep	Participated in a school or community-based mentoring program	Searched for scholarships on TheWashboard.org	Wrote scholarship essays	Essays proofed by someone else
Applied to 3 or more post-high school pathways	Kept copies of all applications	Earned a minimum of 3.0 GPA by the end of 11th grade	Got an FSA ID	Completed FAFSA or WASFA
Took a career interest inventory	Conducted research on 3-5 post high school programs	FREE SPACE	Passed Algebra.	Met graduation requirements
Signed up for free dual credit classes	Documented volunteer work	Complete ACT, PSAT/NMSQT, SAT, &/or ASVAB	Met standards on Smarter Balanced exams	Updated HSBP
Visited college campus	Completed a job shadow	Created a savings account	Used the WSAC financial aid calculator or the Federal Student Aid Estimator	Met Minimum College Admissions Standards

Fill in each square with a different item you think colleges will require when you apply. Cross off any items we discuss and call out “BINGO!” when you have 5 in a row.

For sample terms, see the Washington State GEAR UP Career and College Ready Benchmarks at: <https://gearup.wa.gov/file/career-and-college-ready-benchmarks>

Sample Blank Bingo Board

G	E	A	R	UP
		FREE SPACE		

College Admission Game

Time: With discussion, 30-45 min.

Materials: Profile cards, prizes

Directions: Use this activity to demonstrate specific characteristics that give one applicant an advantage over another in admissions.

1. Ask eight volunteers to play. Hand each player a “student profile card” and have them line up in order of GPA from highest to lowest. They should hold up the card with the GPA side facing the audience.
2. Ask the audience and the players to make predictions about which students would seem the most desirable to college admissions based on what they see (GPA only).
3. Then, read the following instructions:
 - If you have taken a robust academic program, move up two spaces.
 - If you served in student government, move up one space.
 - If you clearly stated that this college is your first choice by making an early decision application and commitment, move up two spaces.
 - If you have job shadowed someone in your desired career field or intended major, move up one space.
 - If you have not done any college and career research, move back one space.
 - If you do not know any of your teachers well enough to feel comfortable asking for a recommendation, move back two spaces.
 - If, when you typed your college essay, you forgot to change the name of the college you were applying to, move back three spaces.
 - If you did not write the optional college essay, move back one space.
 - If your college essay topic was sports as a metaphor for life, move back one space.
 - If you wrote the “Essay of the Year,” the one that was passed around the admissions office, move up two spaces.
 - If you plagiarized an American history paper and were caught, sit down—you are out of the competition entirely.
 - If you will be the first in your family to attend college, move up two spaces.
 - Move up two spaces if you attended an enriching summer program between your junior and senior years.
 - If you have participated in NO extracurricular activities, move back three spaces.
 - Move up one space if you have participated in a significant community service project.
 - Move up two spaces if you belong to an organization like Junior Achievement, Scouts, Honor Society, etc.
 - If you are a varsity athlete, move up one space. If you are all-region in a sport, move up another space.
 - If you got a “D” in an academic course at the end of your junior year, move back three spaces.
 - If you wrote a letter to the college admission officer and explained the extenuating circumstances surrounding a grade of “D,” move up one space.
 - If you decided to protect your GPA by not taking AP classes offered at your school, move back two spaces.
 - If you come from a single-parent household and must work part-time to help with expenses, move up two spaces.

- If your last name is Kennedy, and the name on the college library is Kennedy, and it is not a coincidence, move to the front of the line and stay there.

At the end of the game, discuss why some attributes advanced students forward, and others moved backward. What does this mean for students and college admissions? How can students create the most robust application?

Student Profiles

Print out this page. Cut and fold the paper so that the front side displays the GPA and student profile on the back. Select eight players and hand each one a player profile card. Enlarge if needed.

4.1 GPA	<ul style="list-style-type: none"> • You took a robust academic program. • You forgot to change the college's name when typing the essay sent to several different schools.
4.0 GPA	<ul style="list-style-type: none"> • You attended an enriching summer program between your junior and senior years. • You decided not to take AP classes (even though your school offered them) because you wanted to protect your GPA.
3.7 GPA	<ul style="list-style-type: none"> • The topic of your essay was sports (as a metaphor for life). • You are a Scout. • You are all-region in basketball.
3.5 GPA	<ul style="list-style-type: none"> • If you have job shadowed someone in your desired career field or intended major, move up one space • You participated in NO extracurricular activities. • You attended an enriching summer program between 11th and 12th grade.
3.3 GPA	<ul style="list-style-type: none"> • You applied for early decision to your first-choice college. • If you have not done any college and career research, move back one space. • You plagiarized an American history paper and were caught.

3.1 GPA	<ul style="list-style-type: none"> • Your intended major is psychology or pre-med. • You wrote an essay that was passed around the office because it was so good. • You are the first in your family to attend college. • You are a varsity athlete. • You made a “D” in your junior year but wrote to the college to explain extenuating circumstances. • You have taken a strong academic program.
2.9 GPA	<ul style="list-style-type: none"> • You served in student government. • You are quiet and do not know your teachers well enough to ask for a recommendation. • You have participated in community service. • You have taken a strong academic program. • You are from a single-parent household and must work to help with expenses.
2.8 GPA	<ul style="list-style-type: none"> • You did not write the optional essay for your college application. • You have participated in some community service. • Your last name is Kennedy, and the college library is named after your grandfather.

Answer Key

4.1 GPA	<ul style="list-style-type: none"> • You took a robust academic program. (+2) • You forgot to change the college's name when typing the essay sent to several different schools. (-3)
4.0 GPA	<ul style="list-style-type: none"> • You attended an enriching summer program between your junior and senior years. (+2) • You decided not to take AP classes (even though your school offered them) because you wanted to protect your GPA. (-2)
3.7 GPA	<ul style="list-style-type: none"> • The topic of your essay was sports (as a metaphor for life). (-1) • You are a Scout. (+2) • You are all-region in basketball. (+1)
3.5 GPA	<ul style="list-style-type: none"> • Your intended major is Greek. (+1) • You participated in NO extracurricular activities. (-3) • You attended an enriching summer program between 11th and 12th grade. (+2)

<p>3.3 GPA</p>	<ul style="list-style-type: none"> • You applied for early decision to your first-choice college. (+2) • Your intended major is psychology. (-1) • You plagiarized an American history paper and were caught. • (Disqualifies students)
<p>3.1 GPA</p>	<ul style="list-style-type: none"> • Your intended major is psychology or pre-med. (-1) • You wrote an essay that was passed around the office because it was so good. (+2) • You are the first in your family to attend college. (+2) • You are a varsity athlete. (+1) • You made a “D” in your junior year but wrote to the college to explain extenuating circumstances. (+1) • You have taken a strong academic program. (+2)
<p>2.9 GPA</p>	<ul style="list-style-type: none"> • You served in student government. (+1) • You are quiet and do not know your teachers well enough to ask for a recommendation. (-2) • You have participated in community service. (+1) • You have taken a strong academic program. (+2) • You are from a single-parent household and must work to help with expenses. (+2)
<p>2.8 GPA</p>	<ul style="list-style-type: none"> • You are a legacy at the college to which you are applying. (+2) • You did not write the optional essay for your college application. (-1) • You have participated in some community service. (+1) • Your last name is Kennedy, and the college library is named after your grandfather. (Moves to the top).

Original Ranking Based on GPA: 4.1, 4.0, 3.7, 3.5, 3.3, 3.1, 2.9, 2.8

Final Ranking Based on Inclusive Profile: 2.8, 3.1, 2.9, 3.7, 4.0, 3.5, 4.1, 3.3

College Knowledge Passport

Time: Varies.

Materials: Download passport & questions at:

www.gearup.wa.gov/about/impact/national-gear-week

Directions:

1. Provide your students with their College Knowledge Passport. Think of this activity as a treasure hunt meets trivia. You will need to get your school staff on board - think of the teachers in this activity as the countries students need to visit.
2. Provide your staff with the list of College Knowledge Passport Questions/Statements (consider assigning some staff-specific questions to avoid staff asking students the same trivia questions).
3. Students take their passports, visit school staff, and answer a College Knowledge Question.
4. If the student gets the question right, the school staff person signs the student's passport in the space provided.
5. To get families involved in the game, have three websites that students and families need to visit together.
6. When the student and family have completed this step, the family member signs the student's College Knowledge Passport.
7. Have students turn in their College Knowledge Passport at the end of the week to be eligible for a drawing to win a prize.

College Prep Computer Games

- **Game Innovation Lab:** Download FutureBound (for middle school students) and Graduate Strike Force (for high school students). www.gameinnovationlab.com/

College Term Bingo

Time: 30-60 minutes

Materials: Blank "GEARUP" bingo cards, pens or pencils, space markers (highlighter, pennies, colored cardstock dots, etc.), college terms-printed & cut

apart or written on ping pong balls, a bowl or bag, a copy of *College Term Definitions*, and small prizes for winners.

Directions: Display *College Terms*. Have students fill in blank bingo boards with terms. Ask if any words are unfamiliar. If so, explain the word by reading the definition and discussing it. Once participants have their cards filled in, decide on the type of bingo game to be played: *Lines, T's, U's, Squares, or Blackout*.

1. Begin the game by pulling out a term from the bowl or bag. Do NOT read the college term piece aloud. Instead, read the definition of the college term.
2. Participants may guess the term and shout it out.
3. Discuss this term with students.
4. Students, who have this term on their card, should mark the box.
5. Once a participant obtains a "bingo," they should call out "GEAR UP."
6. Check answers and award the prize to the winner.
7. Continue playing or start a new game.

Sample College Terms for Bingo

*Feel free to add Washington-specific trivia and other terms as desired.

ACT/SAT	ADJUNCT PROFESSOR	ADVISOR	ALUMNI	APPLICATION
AUDIT	ASSOCIATE'S	BACHELOR'S	BOARD OF TRUSTEES	CAMPUS
CERTIFICATE	COMMENCEMENT	COMMUNITY COLLEGE	DEAN	DIPLOMA
DORMS	FAFSA	FEES	FINANCIAL AID	FRESHMAN
GRADE POINT AVERAGE	GRANT	JUNIOR	LECTURES	LOAN
MAJOR	MASTER'S	MINOR	NCAA	OFFICE HOURS
ONE	PERSONAL ESSAY	Ph.D.	PREREQUISITE	PROFESSOR
QUARTERS	REGISTER	RESIDENCE HALLS	RESIDENT ADVISOR/ASSISTANT	ROOM AND BOARD
SCHOLARSHIP	SEMESTERS	SENIOR	SIXTY-SEVEN PERCENT	SOPHOMORE
STUDENT UNION	TRANSCRIPT	TUITION	TUTOR	TWELVE
UNIVERSITY	VOC/TRADE SCHOOL	WASFA	WORK STUDY	

Definitions for Sample College Terms

ACT/SAT: A college entrance test used to determine college readiness.

Adjunct Professor: A professor who is usually part-time or not on campus with a long-term contract (and, consequently, not eligible for tenure).

Advisor: Faculty assigned to assist and advise students on academic matters.

Alumni: Male graduates or both male and female graduates.

Application: A written request for admission to a college.

Associate's: An undergraduate degree usually two years in length.

Audit: Attendance in a classroom without registration for credit.

Bachelor's: An academic degree usually earned in four years.

Board of Trustees: The governing body of the college.

Campus: Location of the college.

Certificate: This is awarded upon completion of courses in a concentrated skill area of study. (Primarily occupational.)

Commencement: Usually another name for graduation.

Community College: A type of higher educational institution, usually small in size.

Dean: A Dean is someone traditionally in charge of a major area of a college. For example, there may be a Dean of Students, a Dean of the Faculty, and a Dean of Arts & Sciences.

Diploma: A certificate awarded by an educational institution for completion of required courses or for a specific degree.

Dorms: A housing option on a college campus.

FAFSA: Free Application for Federal Student Aid; A federal form that determines financial aid for college classes.

Fees: Additional costs associated with taking college courses. (Activity, Technology, Course, Specialized, etc.)

Financial aid: Anything related to the way you are paying for school. Loans, scholarships, grants, work awards, and any other resource you use are all considered part of your financial aid.

Freshmen: First year of college.

GPA: Grade Point Average

Grant: "Free" money given to attend college. One usually must meet specific qualifications financially to receive a grant.

Junior: Third year of college.

Lectures: An oral presentation intended to teach or inform someone of specific information.

Loan: Borrowed money used to pay for college courses which must be paid back.

Major: A subject or field of study chosen by a college student.

Master's: A type of graduate degree typically consisting of six years of college.

Minor: A secondary course of study in college.

NCAA: Governing body for collegiate athletics

Office Hours: Professors are usually required to hold office hours regularly throughout the semester when students can drop in or make an appointment to meet with them. Often, if you cannot make it to a professor's office during hours, you can work with them to schedule a different time that works for both of you. If you can take advantage of office hours, you should! It can be an excellent opportunity to get feedback on your papers or other assignments and a great chance to get to know your professors a little bit better.

Personal Essay: An essay that you write about yourself. It usually includes background information as well as personal goals.

Ph.D.: Also referred to as a Doctorate Degree. Usually consists of eight or more years of college.

Prerequisite: Something required as a prior condition for something else to happen. (A lower-level class you must take before taking a higher-level course. For example, Biology 1 before Biology 2)

Professor: In college, most of your "teachers" are called professors. Someone with a Ph.D. usually teaches at the college level. Drop the "teacher" reference the moment you start unpacking!

Quarters: Some colleges divide the school year into four equal parts instead of semesters.

Register: To sign up for specific college courses for a particular college term.

Residence Halls: Another name for college dorms/dormitories.

Resident Advisor/Assistant: Most often, fellow students who work in the residence halls to help build community, provide resources, and handle emergencies. Most schools require RAs to be upper-level students.

Room and board: The cost of having a place to sleep (room) and food to eat (board) while at school. If you choose to live on-campus, this is usually a preset fee. If you choose to live off-campus, this may be an estimate. It may also change a bit, depending on which meal plan you select.

Scholarship: Money given to you for your studies. You usually do *not* need to pay scholarship monies back. Scholarships can come from your school, an organization, or a contest.

Semesters: A college year is divided into the following: fall, spring, and summer terms.

Senior: Final or fourth year of college.

Sixty-Seven Percent: Completion rate of the cumulative/attempted credit hours to maintain financial aid.

Sophomore: Second year of college.

Student Union: A location on a college campus where students go for recreation, socialization, or governmental student activities.

Transcript: An official report given by a college/school which contains official records of an individual student. It will list time attended; subjects studied, grades received, and special awards/recognition.

Tuition: The cost of your classes. Some schools charge tuition based on how many units you take, while others charge a base rate per semester if you stay within a specific range of units.

Tutor: A person with exceptional knowledge of a particular subject whom one can go to for extra help.

Twelve: A student is full-time when they take 12 college-level credits per semester or quarter.

University: An institution of learning of the highest level, authorized to award both undergraduate and graduate degrees.

Vocational/Trade School: A secondary school teaching a skilled trade.

Work Study: This is a "job" you will have as part of your financial aid package. (Note, however, that you still need to go out and find a job yourself; this just provides funding for it.) Most students work on campus, but some work study jobs can be set up off-campus. You are usually not allowed to make more money in your work study job than has been allocated in your financial aid package.

Occupational Outlook Online Scavenger Hunt

Time: Varies

Materials: The chart as a handout, computers

Directions: What can you learn about the jobs of the future? Complete the chart below using the Learn about an Occupation website: <https://fortress.wa.gov/esd/employmentdata/reports-publications/occupational-reports/occupations-in-demand>

	Education Needed	Average Annual Earnings	Occupation with Most Positions	Occupation with Highest Growth Rate	Highest Paid Occupation
Little Preparation					
Short Preparation					
Middle-level Preparation					
Long Preparation					

Find a job that sounds interesting. Write its name, level of preparation, average annual earnings, and why you think it sounds interesting:

College Knowledge Swat Game

Time: 30 minutes

Materials: Three poster-sized sheets of paper and three fly swatters.

Directions:

1. Colorfully write each of the terms listed in random order on three poster-sized sheets of paper (do not make posters identical).
2. Grab a “Vanna White” volunteer to keep score and watch for each round’s winner.
3. Tape posters in three areas of the chalk/whiteboard. Be sure to space them far enough away that teams will be somewhat separated.
4. Separate students into three teams.
5. Explain that the person at the front of the line will rotate with the clues. The swatter is the person in the front of the line.
6. The swatter turns toward their teammates until the facilitator has completely read the clue aloud.
7. The clues are read in random order by the facilitator.
8. The swatter turns quickly. Teammates shout out help with answers and location.
9. The first team to slap the correct clue gets the point.
10. Then the first round ends.
11. The slapper goes to the end of the line on his team. The new slapper is the next in line.
12. Either repeat until the attention span wanes or you have gone through the terms.
13. The team with the most correct answers WINS!

Sample Terms

1. World Class Scholars
2. ACT/SAT
3. BA/BS Bachelor’s
4. Master’s
5. College Bound Scholarship
6. Ph.D./Doctorate
7. AA/AS Associates
8. Certificate
9. FAFSA or WASFA
10. Semesters
11. GPA
12. Tuition
13. Dorm
14. Student Loans
15. Vocational/Technical/Trade School
16. Community College
17. University
18. Personal Essay
19. Letter of Reference
20. Rigorous Coursework
21. Major
22. Campus
23. Running Start/Dual Credit Enrollment
24. Tutoring
25. Full-time student
26. Scholarship

Sample Clues

1. This scholarship is given to Pacific County & Grays Harbor County graduates with at least a 3.0 GPA.
2. Universities all over the country use this exam for admissions. Students usually take it during junior or senior year.
3. This is a four-year degree usually earned from a university.
4. This is a graduate degree earned after a Bachelor's degree.
5. This is an early commitment of state financial aid to eligible students who meet the pledge requirements. It covers average tuition at public college rates, some fees, and a small book allowance at over 65 colleges, universities, and technical schools in Washington.
6. This is a graduate degree earned after a Master's Degree.
7. This 2-year degree is usually earned at a community college.
8. This degree is earned at a vocational/technical/or trade school.
9. This government form must be completed to be eligible for grants, loans, and scholarships.
10. This is how a college year is usually divided.
11. This is the average of a student's semester or end-of-term grades, starting with your freshman year.
12. This is the money paid to attend college.
13. This is a place where students live on campus.
14. This is money students can borrow to go to college.
15. This is a kind of non-traditional college where you can learn to be a mechanic, welder, hair stylist, pharmacy technician, and many other careers
16. This is a two-year college.
17. This is a four-year college.
18. This is a paper you write when applying for scholarships.
19. This is something you ask professionals, teachers, community members, and school administrators for when applying for college and scholarships.
20. This is the kind of class that will prepare you academically for readiness in college.
21. This is what you call the area of interest or program you will choose to earn your degree and start your career.
22. A college or university is built on this land.
23. This is an opportunity to take classes that count toward both HS and College.
24. This is available NOW to help you before and after school in classes to help support you academically. In college, there are similar programs.
25. This is a college student with a minimum of 12 credits per semester.
26. This kind of financial assistance is considered FREE MONEY. Although free, most have requirements that must be maintained to receive or keep it.

Draw Your Way to College

Time: Decide the time limit based on the number of players and time constraints.

Materials: Whiteboard, dry-erase markers & eraser OR flipchart & markers, pre-cut “Draw Your Way to College” clues, a timer, and prizes or incentives.

Directions:

1. Divide students into two teams. Decide on a time limit per turn (e.g., 1 minute).
2. Teams should designate one person to draw per round. Each team member should have the opportunity to draw at least once throughout the game.
3. The designated “artist” picks a clue/term from the moderator (GEAR UP staff).
4. The artist should draw that clue for their team without speaking or hand gestures.
5. The teams not drawing are not allowed to guess and should refrain from yelling out hints.
6. If the drawing team successfully guesses the clue within the time limit, they get a point.
7. Briefly discuss the term afterward to ensure students understand the meaning and relevance of that term as it relates to college.
8. Play continues with the next team, and the same format is followed.
9. At the end of the game, the team with the most points wins!

Clues

Financial Aid Office	Dorm	Scholarship	Textbooks
Bookstore	Registration	Admissions	Professor
Add/Drop	Full-time student	Clubs	GPA
Meal Plan	FAFSA	ACT	Roommate
Transcript	Student I.D.	Lecture	Application
Tutor	Intramurals	Advisor	Work Study
Major	Loan	Alumni	Prerequisite
Registrar	Syllabus	Transcript	Tutor
Credit	Pass/Fail	Undergraduate	Associate Degree
Bachelor’s Degree	Internship	Grant	Commencement
Add	Your	Own	Clues!

Dream Wall

Time: Varies.

Materials: A piece of butcher paper, markers

Directions: Create a GEAR UP Dream Wall. Cover the wall of a school hallway with butcher paper; place a large GEAR UP logo in the center with “Our GEAR UP Dreams” written underneath. Have students write academic, professional, and personal goals on the wall or on a cutout to stick to the wall. **Additional**

Information: Setup a “College Dreams” photo booth. Have dry erase boards available so students can write their College Dreams on and hold them during the photo.

Ducks in a Row

Time: 30 minutes

Materials: Graduation rubber ducks (numbered on the bottom), paper duck pond or bowl of water, "Questions by Category" list (see separate handout)

Directions: The game's object is to get your "ducks in a row" to graduate.

1. Number the bottom of the ducks.
2. The number reflects the question that will be asked from the "Questions by Category" list.
3. Scatter the ducks around the pond.
4. Ask a student to come up and pick a duck.
5. Ask the corresponding question. If the question is answered correctly, place the duck on the shore to begin your row. If the student cannot answer, return the duck to the pond.
6. Repeat with a new player until all ducks are on shore in a row.

Note: This is a great game to use for recruiting events.

Fishing Game

Time: 30 minutes

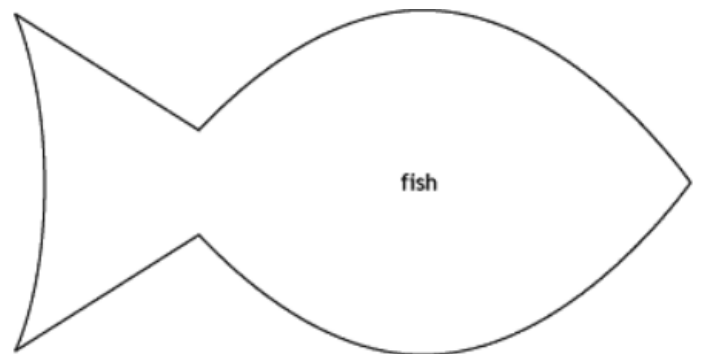
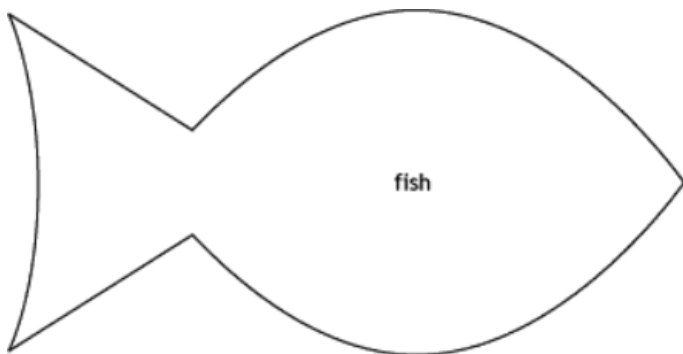
Materials:

- Fish (Print on colored paper, laminate & attach magnets)
- Magnets
- Markers
- Fishing Pole w/string & metal washer
- "Questions by Category" List

Directions:

1. Label the back of the fish with a question from the "Questions by Category" list.
2. Participants "fish" for a question.
3. Once they 'land' a fish, ask them to read the question aloud and give the best answer.

Note: This is a great game to use for recruiting events.



Freshman Frenzy

Time: Varies based on group size and number of rounds **Materials:** Freshman Frenzy cards and handout, (Optional) an actual or fictitious campus map

Directions: Download at bit.ly/freshmanfrenzy. You could use an actual campus map and assign buildings.

1. Choose a group leader to keep groups on task.
2. Each table should have two sets of cards.
 - First set= "ACTION" cards, which give players different tasks to perform.
 - Second set= "COURSE" cards, which have five different courses listed, plus the time and day of the week that the course offered (M-Monday, T-Tuesday, W-Wednesday, R-Thursday, F-Friday).
3. Players take turns drawing ACTION cards from the deck and performing the action indicated.
4. The goal of the game is to build an ideal schedule that contains all five courses. Players will try to avoid the common pitfalls that college freshman often make during their first year of school (including overlapping courses & unavailable courses!)

Player Rules:

- You MUST have 5 DIFFERENT courses
- Courses must NOT overlap on days of the week or time.
- You cannot trade classes with another student.
- A player must draw one card from the "ACTION" deck per turn.

Freshman Frenzy Notes (Student Handout)

Course #	Course Name	Meeting Days	Time	Credit Hours
MAT 143	Quantitative Literacy	MWF	9:00 - 9:50a	3.0
ENG 111	Expository Writing	MWF	10:00 - 10:50a	3.0
PSY 150	General Psychology	MWF	1:00 - 1:50p	3.0
BIO 168	Anatomy & Physiology I	TR	11:00 - 12:20p	3.0
BIO 171	Anatomy & Physiology Lab	R	1:00 - 3:15p	1.0
SOC 210	Intro to Sociology	TR	10:00 - 11:20a	3.0
			Total Hours	16.0

- Pay close attention to the meeting times for these courses.
- On **Monday, Wednesday, Fridays**, you will be in class from **9:00 - 10:50** am with a break for lunch until 1:00 pm. Class again from **1:00 - 1:50** pm, finishing for the day.
- Remember that you will not get out of class on Fridays until roughly 2:00 pm. **Is this ok for you?**
- On **Tuesday**, you attend classes from **10:00** am - **12:20** pm.
- On **Thursday** from **10:00** am - **12:20** pm with a 40-minute break for lunch, then Biology lab from **1:00 - 3:15** pm.
- When you are making your schedule consider the following:
 - Do you have any significant breaks in your day? (i.e., is there a large break between classes that could potentially be an issue? Skipping class because you have an hour break between courses.)
 - Did you plan for lunch?
 - If you travel on Fridays, will you want to be in class until late in the day?
 - If you schedule an 8:00 am class, make sure you DISCIPLINE yourself and get up with enough time to be at class ON TIME. You are not in high school, and 8:00 AM classes are harder to get up for.
 - Credit Hours - Make sure you have between 15 and 18 credit hours.
 - Fifteen credit hours a semester allows you to graduate in 4 years.
 - Dropping below 12 credit hours could cancel or adjust your Financial Aid package.
 - You CAN withdraw from a course and receive a "W" up until mid-semester. It will not count against your GPA; however, you will NOT be refunded for the course. Check with your campus for Withdrawal dates each semester.

Freshman Frenzy Blank Schedule (Student Handout) Enlarge if Needed

8:00 am	Monday (M)	Tuesday (T)	Wednesday (W)	Thursday (R)	Friday (F)
9:00 am					
10:00am					
11:00 am					
12:00 pm					
1:00 pm					
2:00 pm					
3:00 pm					

Course Cards (Enlarge into playing card size, laminate, and cut into cards)

Front:

Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!

Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!

Course Cards Back:

Chemistry 151 (CHM 151) MWF 8-8:50	Communications 231 (COM 231) MWF 8-8:50	English 111 (ENG 111) MWF 9-9:50	Math 152 (MAT 152) MWF 8-8:50	History 131 (HIS 131) MWF 8-8:50
Chemistry 151 (CHM 151) MWF 8-8:50	Communications 231 (COM 231) MWF 9-9:50	English 111 (ENG 111) MWF 10-10:50	Math 152 (MAT 152) MWF 9-9:50	History 131 (HIS 131) MWF 9-9:50
Chemistry 151 (CHM 151) MWF 9-9:50	Communications 231 (COM 231) MWF 10-10:50	English 111 (ENG 111) MWF 11-11:50	Math 152 (MAT 152) MWF 10-10:50	History 131 (HIS 131) MWF 10-10:50
Chemistry 151 (CHM 151) MWF 9-9:50	Communications 231 (COM 231) MWF 11-11:50	English 111 (ENG 111) MWF 1-1:50	Math 152 (MAT 152) MWF 11-11:50	History 131 (HIS 131) MWF 11-11:50
Chemistry 151 (CHM 151) MWF 10-10:50	Communications 231 (COM 231) MWF 12-12:50	English 111 (ENG 111) MWF 3-3:50	Math 152 (MAT 152) MWF 12-12:50	History 131 (HIS 131) MWF 12-12:50

Chemistry 151 (CHM 151) MWF 10-10:50	Communications 231 (COM 231) MWF 12-12:50	English 111 (ENG 111) TR 8-9:15	Math 152 (MAT 152) MWF 1-1:50	History 131 (HIS 131) MWF 1-1:50
Chemistry 151 (CHM 151) TR 8-9:15	Communications 231 (COM 231) MWF 12-12:50	English 111 (ENG 111) TR 9:30-10:45	Math 152 (MAT 152) TR 8-9:15	History 131 (HIS 131) TR 8-9:15
Chemistry 151 (CHM 151) TR 8-9:15	Communications 231 (COM 231) MWF 1-1:50	English 111 (ENG 111) TR 11-12:15	Math 152 (MAT 152) TR 9:30-10:45	History 131 (HIS 131) TR 9:30- 10:45
Chemistry 151 (CHM 151) TR 9:30-10:45	Communications 231 (COM 231) TR 8-9:15	English 111 (ENG 111) TR 2-3:15	Math 152 (MAT 152) TR 11-12:15	History 131 (HIS 131) TR 11-12:15
Chemistry 151 (CHM 151) TR 9:30-10:45	Communications 231 (COM 231) TR 9:30-10:45		Math 152 (MAT 152) TR 2-3:15	History 131 (HIS 131) TR 2-3:15

	Communications 231 (COM 231) TR 11-12:15			
	Communications 231 (COM 231) TR 2-3:15			

Action Cards (Enlarge into playing card size, laminate, and cut into cards)

Front:

Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!

Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!
Freshman	Freshman	Freshman	Freshman	Freshman
Frenzy!	Frenzy!	Frenzy!	Frenzy!	Frenzy!

Course Cards Back:

Choose A	Choose A	Choose A	Choose A	Choose A
Course	Course	Course	Course	Course
Choose A	Choose A	Choose A	Choose A	Choose A
Course	Course	Course	Course	Course
Choose A	Choose A	Choose A	Choose A	Choose A
Course	Course	Course	Course	Course
Choose A	Choose A	Choose A	Choose A	Choose A
Course	Course	Course	Course	Course
Choose A	Choose A	Choose A	Choose A	Choose A
Course	Course	Course	Course	Course
Choose A	Choose A	Choose A	Choose A	Choose A
Course	Course	Course	Course	Course

Choose A	Choose A	Choose A	Choose A	Choose A
Course	Course	Course	Course	Course
Choose A	Choose A	Choose A	Choose A	Choose A
Course	Course	Course	Course	Course
Choose A	Choose A	Choose A	Choose A	Choose A
Course	Course	Course	Course	Course
Choose A	Choose A	Choose A	Choose A	Choose A
Course	Course	Course	Course	Course
Lose a Turn! You did not make sure your final high school transcript was received.	Lose a Turn! You did not check your email to get your registration time.	Lose a Turn! You did not get your AP scores turned in for prerequisite credit.	Lose a Turn! You forgot it was registration day.	Lose a Turn! You owe money toward your tuition from last semester.
Lose a Turn! You failed to pay for your \$15 parking ticket.	Lose a Turn! Your birthday is the same day as the registration period and you chose to leave town.	Lose a Turn! You overslept and missed your registration time.	Lose a Turn! You did not meet with your advisor before registration period.	Choose ALL Courses! You were accepted into the honors college and get early registration!

GEAR UP Challenge Game

Time: Varies

Materials:

- Blindfold x 2
- Bells /whistles/etc. x 2 (anything they can shake or press to make a noise)
- Apple
- Orange
- Lemon
- Lime
- 4 Similar kinds of Soda
- Dry erase markers (2)
- Dry erase board eraser
- Mp3 player or CD player and music
- Prizes for the winning team (\$100,000 candy bars, Smarties, etc.....)

Free Resource for Trivia/Knowledge Bowl: <https://kahoot.com/> Make your game interactive, and have students answer questions on their devices.

Directions: Divide players into two teams, the team that scores the most points wins. This game is like Jeopardy and quickly adapts to just about any topic.

1. Divide students into two teams. Teams should:
 - sit together so they can talk without the other groups hearing them;
 - decide on a team name; and
 - designate a bell ringer.
2. The bell ringer will be allowed to ring the bell when someone on their team knows the answer to the question.
3. The team members may not shout out the answer without their “bell ringer” first ringing the bell. Failure to do so means the point goes to the other team.
4. Points are kept track of on the whiteboard in the classroom, below team names.
5. Point values to questions (100, 250, 500, and 1000) are written in large font on plain paper. They are then taped to a whiteboard in the room. Question categories are listed across the top (see categories below), and point values are vertical in descending order below the topic.
6. Once a student picks a question (I will take “Team Play” for 500, please), pull the sheet off the board. Then the “host” reads off the corresponding question for the teams to answer.
7. The “host” of the game will ask one of the teams to go first, and that team will select a topic and an amount below the topic (100, 250, 500, and 1000).
8. The question will be uncovered and read aloud to the group.
9. The first team to ring in AND answer the question correctly wins the points. If they get it wrong, the other team may try to answer and win the points.
10. Repeat until you have read all the questions. The team with the most points has the HIGHEST GEARUP I.Q.!

Four Categories:

1. ON MY WAY (College preparedness questions)
2. G.U. I. Q. (GEAR UP specific questions)

Sample questions are listed from lowest (250) to highest (1000) points)

ON MY WAY Questions:

- Name one thing you can do now to start preparing for college?
- ANYTHING GOES (Blindfold Time, Current Culture, Brain Strain)
- TEAM PLAY
 - What is something you can do now to help you find a career that suits you?
 - What is the ACT, and when should you take it?

GEAR UP I.Q. Questions:

- GEAR UP is an acronym that stands for what?
- Correctly name each staff member in 30 seconds or less.
- As a GEAR UP student, you can participate in many activities to help you – what weeklong activity is held at the UW campus every other year?

ANYTHING GOES Questions:

- Feel the fruit (Have a player blindfolded and reach into a bag to feel four similar fruits. They will need to pull the fruit out of the bag and name each fruit. – Apple, Orange, Lemon, Lime)
- Current Culture – Movie Trivia

TEAM PLAY Questions:

- Word scramble – Write on the board for each team to unscramble: (GIHH OLSCOH UNAGRTIDOA)
Answer: High School Graduation
- Name Race – Which team can be the first to line up alphabetically?
- Name one person you know personally who has been to college or is going to college that could be your mentor?
- What is the College Bound Scholarship?
- How long has the GEAR UP program been in WA, and how many students does it serve? (closest guess to the number is the winner)
- What is the goal of the GEAR UP grant, and what are two services offered by your GEAR UP program?
- Brain Strain: State the ABC's Backwards
- USE YOUR SODA SENSE: Blindfold the student and have them correctly smell and name four sodas.
- Current Culture: Play a few seconds of a popular song – and have them guess the Artist and song title.
- Pictionary/Blindfolded – Have a person from their team draw while blindfolded (examples to draw homework, graduation, scholarship).
- Orange Race: have the teams stand in a line and have them pass the orange as quickly as possible without using their hands.

** For the ON MY WAY and GU IQ questions, after they are answered, try, and give additional information on each question...maybe something they need to be reminded of (ACT test dates coming up) or need clarification on (College Bound Scholarship requirements). You can also throw in bonus points to teams that answer additional GU questions.

Your whiteboard should look like:

On My Way	GEAR UP IQ	Anything Goes	Team Play
100	100	100	100
250	250	250	250
500	500	500	500
1000	1000	1000	1000

Host a Reality Fair

Time: Varies

Materials: Download TXGU's Get a Life Game: <https://www.texasgearup.com/educators-lounge/resources/TXGU%E2%80%99s%20Get%20a%20Life%20Game>

or WSECU's Digital Reality Fair: <http://wsecudigitalrealityfair.org/educators.php>

Directions: Reality or life simulations are educational, interactive simulation events for high school students. They involve staff and often community members. Students are given scenarios that place them in the future after completing a form of secondary education. The simulation allows students to experience what life looks like on their own, with financial responsibilities.

Jenga

Time: 10-15 min.

Materials: Jenga blocks, permanent marker, numbered list of questions

Directions: Modify a traditional Jenga game to help review concepts or skills.

1. Create a numbered list of questions that reflects all the information you would like your students to know. **Note:** By using numbers instead of writing questions on the blocks, it is easy to change the list of questions and use this game to review various concepts and skills.
2. Using the marker, number the ends of the blocks to match your list of questions.
3. Set up the blocks to form a tower.
4. Each player takes a turn to remove a block. The player reads allowed the number. The facilitator then reads allowed the related question. If the player cannot answer, they may ask a friend to help.
5. Repeat by taking turns until there is a winner or the tower falls.

Mapping Your Future

Time: 30 min.

Materials: The questions as a handout, computers

Directions: Go to the following website: www.careerbridge.wa.gov and research at least three careers that interest you. Complete the worksheet below with information from your research.

Career 1: Career Area: Occupation:

Work Tasks (list at least one):

Salary, Size, or growth (list at least one): Entry Requirements:

Career 2: Career Area: Occupation:

Work Tasks (list at least one):

Salary, Size, or growth (list at least one): Entry Requirements:

Career 3: Career Area: Occupation:

Work Tasks (list at least one):

Salary, Size, or growth (list at least one): Entry Requirements:

Marshmallow Challenge

Time: 30-45 min.

Materials:

- 1 pound box of spaghetti (there is enough for about 20-24 groups)
- 1 bag of regular size marshmallows (about 36-40 marshmallows)
- Ball of yarn or string
- Roll of masking tape
- A pair of scissors for each group
- Yardstick
- Digital countdown clock
- Camera
- Optional: Small prizes for the winners

Directions: This lesson is suitable for kids and adults. It focuses on teamwork, cooperation, collaboration, and problem-solving.

1. On each table, place 20 pieces of spaghetti, 1 yard of tape, 1 yard of string or yarn, 1 marshmallow, and one pair of scissors.
2. Divide players into groups of 4 and give the following instructions: Each team has the same materials. As a team, your challenge is to build the tallest freestanding structure in 18 minutes, and the marshmallow must be on top. Are there any questions?
3. Set the timer and begin observing your class's various problem-solving and leadership styles.
4. Measure any vertical structure and announce the tallest structure.
5. Discussion and debriefing.
 - Think about how well your group worked together on this activity. Rate your group. Why did you rate your group as you did?
 - What did your group do best?
 - What was the biggest problem in your group?
 - What was your part in the group today?
 - What about the construction of your structure made it successful? What is problematic with the construction?
 - How did your group decide what type of structure to build? Whose idea was it? Why did your group go along with it?
 - Did anyone feel pressured by their group to follow a particular idea? How did you handle that?
 - Were there any arguments in your group? What were they about?
 - Did anyone feel the group did not listen to your ideas? How did you handle that?
 - Who started over more than once? More than twice? More than three times? Why?
 - How did your group manage your time in this activity?
 - Who started with the marshmallow on top? Who waited until the end? How did that affect your success or failure?
 - Did anything surprise you about the marshmallow?

Name That Job

Time: 10-15 min., with discussion 30-45 min.

Materials: Paper, pencils/pens, prizes

Directions: This game encourages youth to think about various jobs that may or may not be available in their communities. It helps evaluate positions by distinguishing between jobs for now and career-type jobs.

1. Have students number a piece of paper from one to 30.
2. Tell students to list as many job titles as possible quickly in five minutes. Spelling is not important.
3. *Variation:* Have youth work in pairs to complete the exercise and award a small prize for each team that reaches 30.
4. At the end of five minutes, have students do the following:

5. Mark any jobs that they would be interested in finding more about. Put a star by the jobs that are available in the community.
6. Circle the jobs that could be career-type jobs.
7. Underline a job that students think is not on everybody else's list.
8. Put an "H" next to the jobs that only require a high school-level education.
9. Put a "C" or "V" next to jobs that require college or vocational training.

Process questions:

- How many people/pairs were able to get 30 job titles?
- What was the following highest number?
- What is the difference between a "career job" and a "job-for-now?"
- Look at the jobs without the stars. Where can these jobs be found? Would relocation be an option to take one of these jobs?
- Name one job that is probably not on everyone else's list? Where is this job found? What type of education is required to do this work?
- How many jobs required high school only? What were they?
- How many jobs require vocational training or college? Name some?

Paddles Up!

Time: 30-60 minutes

Materials: Mini dry erase boards/paddle, dry erase markers, "Questions by Category" list

Directions:

1. Divide the students into two teams, spacing teams so there is some distance between them. Give each team member a dry erase board/paddle and dry erase marker. Place a chair in front of each team, and turn it away from their team. Each group should pick one person to sit in the chair in front of their team (facing the opposite direction of the team).
2. Tell the students you will be asking questions during this game where all of them are to answer. Students should write answers on the boards and then turn paddle over on their laps. Instruct the students in front to write their answers as quickly as they can and lift their "paddles up" when they are finished. Do not allow front team players to look toward the team while answering the questions.
3. The first student in front to lift their paddle with the correct answer wins their team 2 points. If the first student's response is incorrect, the other team member in front gets a chance to answer to gain points for their team. If neither answer is correct, the student who lifted the paddle first can use one of three chances to ask their team to give them a "team paddles up." If they choose to use their "team paddles up," and someone from their team has the correct answer written on their board, the team gets 1 point. If no one on their team has the right answer on their paddle boards, the other team can use their "team paddles up" to gain 1 point if someone has the correct answer.
4. Have a second team member sit in front and repeat the process.

Remember: Only three "team paddles up" can be used per game

Note: Team members can cheer on their single player to use or not use their "team paddles up"

Questions: Use the "Questions by Category" list or your questions

Variations of paddle answers: Complete answers, Yes or No, or True/False

Path to College

Time: 45 min. to 1 hour

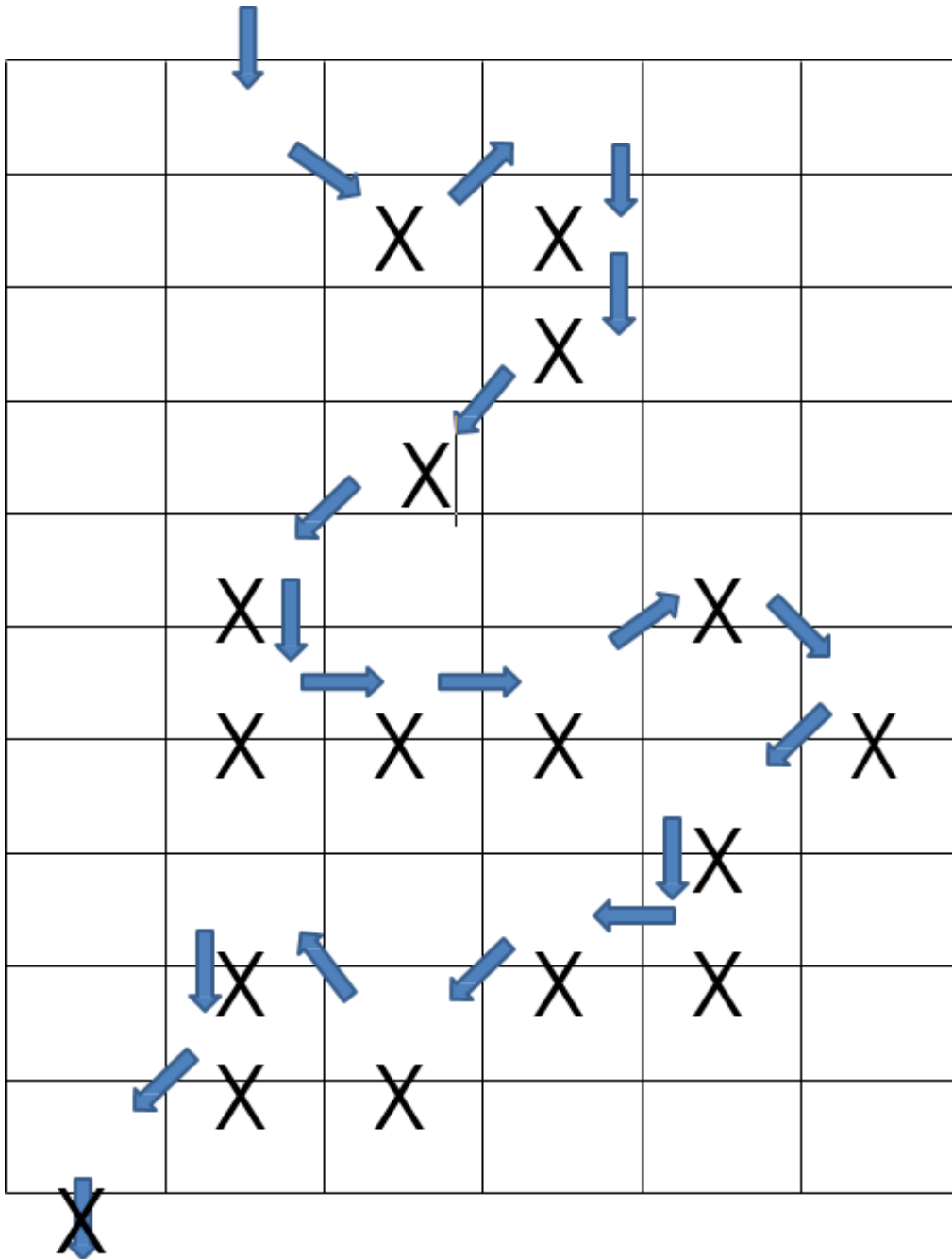
Materials: One roll of masking tape per grid, one grid map for each maze

Directions: By the end of this activity, students will be able to work together as a team. They will realize how others can help or distract them from the tasks. This reflection will be the basis for a discussion on college preparation and how students use the available resources.

Set-up: Mark out a 5x8 grid on the floor using masking tape. Need one grid for every 6-10 students. The size of the grid can be adjusted depending on group size and desired level of difficulty. The attached example is 6x10 and could take a long time.

1. Before splitting into groups, give the following directions-
 - You will be participating in a group activity that requires total silence.
 - We will break you into groups. You will work with your group to navigate the maze below.
 - Your goal is to find the correct path through the maze.
 - You will know if you have taken a wrong step, as each group will have a maze master who will make a beeping noise when you step off the path.
 - Once again, if you step off the correct path, your maze master will make a beeping noise, and you must exit the maze.
 - If your team caused a beep, you must leave the maze via the same route you entered, backtracking along your path.
 - You may go forward, backward, side to side, or diagonally, but you may not step over a square.
 - If there is any talking, you will hear a beep, and whoever is in the maze must exit.
 - If anybody in your group gets behind the maze master, you will hear a beep, and whoever is in the maze must exit.
 - Each member of your group must navigate the maze correctly.
 - You can only have one person on the grid at a time.
 - Once you have completed the maze, you cannot enter it again.
 - Are there any questions?
 - You could also tell students that the activity is a race, and the first team to get everyone through the maze wins.
2. Break into groups so that each grid has between 6-10 people. Assign one person from the group or the staff to be the maze master. The maze master will get a map of the maze for their grid. The maze master cannot talk or point but can only beep when the group is doing something wrong. The maze master will beep when the group has someone step onto a square that is not on their map, when students in the group are talking, if more than one student is on the grid, or if a group member gets behind the maze master.
3. Remind students that this is a silent activity and have the students begin. Observe the groups to ensure the maze master is beeping when needed and that students are following directions. Take note of what is causing the students to fail and succeed. Since groups finish at different times, you may need to have more maps available or create new ones to keep the students occupied until everyone has finished.
4. Debrief (allow 10 minutes for debriefing):
 - What team completed this the fastest? Why? What were they doing that made them successful?
 - What team took the longest time to complete their maze? Why? What were they doing that made it hard for them to finish?

- What similarities are there in navigating the maze and college route?
- What are some of the impediments you face in getting to college? Do you have people telling you that you cannot make it, that it is too hard? Do you have people distracting you with things that could get you in trouble with the law? Do you have people you know who just aren't motivated to complete the tasks they are given? What are the parallels between this game and the path to college?
- What can we do to make it through to college? How do we get support? From whom? How should we utilize our support?



Resources to Make Your Own Game

- **Kahoot:** Kahoot! is a game-based learning platform used as educational technology in schools and other educational institutions. "Kahoots" are multiple-choice quizzes that students can access via web browsers. <https://kahoot.com/>
- **Crossword:** <https://crosswordlabs.com/>
- **Word Search:** <https://crosswordlabs.com/>

Show and Tell

Time: Varies

Materials: Students provide

Directions: Have students reach out to a college of their choice and request materials. Open the materials as a class or group and share the received information. Consider having students fill out a college fit worksheet and share their findings with their classmates.

Snowballs

Time: 10-15 min.

Materials: Paper

Directions: Use to answer a question or to summarize learning at the end of a lesson.

1. Students write answers to a prompt on a piece of paper.
2. On the count of three, they throw their "snowball" randomly up and away (but not at anyone).
3. Then everyone grabs a snowball that landed near them and shares with the group.

S W A T! College Readiness Game

Time 30-45 min.

Materials: Whiteboard & dry erase markers OR a roll of poster paper & markers

Directions: Introduce or reinforce college terminology.

1. Split group into two teams.
2. Divide the whiteboard or poster paper into two equal sections.
3. Assign each team a section of the board or paper.
4. Write college terms randomly on each side of the whiteboard (poster paper). *Both teams should have the same words but in different locations.*
5. Teams should choose a team name and pick one player to start as the "swatter."
6. Put masking tape on the floor several feet away from the board/paper.
7. All team members except the "swatter" must stay behind the tapeline.
8. Give a fly swatter to each team's starting player.
9. Read the first question. The first person to swat the correct answer wins a point.
10. Discuss the question and answer with the group to enforce an understanding of the term.
11. Teams choose a new "swatter" and repeat play. Continue until all questions have been answered.
12. The team with the most points at the end of the period wins a prize.

- 2 fly swatters (1 for each team)
- Masking tape
- Small prizes/incentives (optional)
- List of college terms and questions

Sample Questions:

1. What college entrance exam do students generally take during their junior and/or senior year?
2. What is a four-year degree that is usually earned from a university?
3. What is a graduate degree that is earned after a Bachelor's degree?
4. What is a graduate degree that is earned after a Master's degree?

5. What is a 2-year degree earned at a community college?
6. What is a degree is earned at a vocational or trade school?
7. What is the government form that must be completed to be eligible for grants, loans, and scholarships?
8. How is the college year usually divided?
9. What is the average of a student's semester or end-of-term grades, starting with their first year?
10. What is the money paid to attend college called?
11. Where do students live on campus?
12. What is money can students borrow to go to college?
13. What kind of college is where you can learn to be a mechanic, welder, or hair stylist?
14. What is a 2-year college?
15. What is a 4-year college?
16. What type of paper do you write when applying for scholarships?
17. What is a document that shows your grades and GPA?
18. What is the ACT maximum score?
19. What college program do you take to earn your degree and start your career?
20. What is the land on which a college is built?
21. What is a high school student taking classes that count toward both HS and College credits?
22. What is a student taking a minimum of 12 credit hours per semester?
23. What service is offered to students who would like extra help with schoolwork or study skills?
24. What type of Federal financial aid is based on student needs and provides students with part-time, on-campus employment?
25. What type of financial assistance is considered "FREE MONEY"? Although free, most have requirements that must be maintained to keep it?

Sample SWAT College Terms:

- | | |
|-----------------------------|---------------------------------------|
| 1. ACT/SAT | 14. Community College |
| 2. Bachelor's | 15. University |
| 3. Masters | 16. Personal Essay |
| 4. PhD | 17. Transcript |
| 5. Associates | 18. 36 |
| 6. Certificate | 19. Major |
| 7. FAFSA or WASFA | 20. Campus |
| 8. Semester or Quarters | 21. Dual Credit/Concurrent Enrollment |
| 9. GPA | 22. Full-Time Student |
| 10. Tuition | 23. Tutoring Service |
| 11. Dorm | 24. Work Study |
| 12. Student Loan | 25. Scholarship |
| 13. Vocational/Trade School | |

You Don't Say Career Game

Time: 30-60 min.

Materials: "You Don't Say" game cards (1 set /group of 6 students), rules (make a handout for each team), timers

Directions:

1. **Introduce the "You Don't Say" career game.** Divide your students into groups of six (or more). Within each group, divide the students into two teams. Then distribute one copy of the **Game Rules** to each team and review them together. You might want to ask one group to play a sample round as a demonstration. (5- 10 minutes)
2. **Play "You Don't Say."** Distribute the **Game Cards** to each group, and let the fun begin! See how students do at guessing the various careers. If there are careers they have difficulty guessing – or have never heard of– you might want to start a list for future career exploration. Remind students how they can learn more about careers. For instance, they can search for career information at Career Ship® at:
3. www.mappingyourfuture.org/planyourcareer/careership/. (15-20 minutes)
4. **Discuss career interests.** Ask students if they learned anything new about a career while playing the game. What did they know? How can they learn more? Remind them that they can check the federal Bureau of Labor Statistics **What Do You Like** website at www.bls.gov/k12 for more information. (5-10 minutes)
5. Each student should have a chance to play.

Additional Resources:

The following resources are helpful for middle school and early high school students to share with their families to learn more about postsecondary and career options.

- What Do You Like: www.bls.gov/k12
- Education Planner: www.educationplanner.org
- Mapping your Future: www.mappingyourfuture.org
- Career Ship®: www.mappingyourfuture.org/planyourcareer/careership/

Rules: "You Don't Say" Career Game: Can You Guess the Mystery Career Without Saying?

Preparing to Play

1. Assign all players into groups of six (or more). Ensure each group has a pack of cards and a timer (or access to a clock with a second hand).
2. Break each group into two teams: Team A and Team B.
3. Team A begins. One player from Team A should be the first Clue-giver. The Clue-giver sits facing their teammates so that the teammates cannot see the Clue-giver's card. Team B players can stand behind the Clue-giver so that they can see the card.

Playing a Round

1. The Clue-giver draws from the top of the deck of cards. The word in all capital letters at the top of the card is the career (the Guess word) the Clue-giver is trying to get the teammates to name. The three terms below the Guess word are the "Don't Say It" words that the Clue-giver CAN NOT use when giving clues.
2. As soon as a card is drawn, the timer is started. The Clue-giver shouts out clues, and their teammates shout out the names of possible careers based on those clues. Remember, the Clue-giver CAN NOT use the "Don't Say It" words and cannot say the Guess word in any way!
3. The Clue-giver can use words or sentences for clues. However, no gestures, sound effects, noises, "sounds like," "rhymes with," or initials are allowed.

Scoring Points

1. Take 1 minute for each round. If the team guesses the career before the end of the round, the Clue-giver should draw a new card and keep going.
2. Add 1 point to the team's score for each career correctly guessed.
3. At the end of 1 minute, switch teams: a player from Team B becomes Clue-giver, draws a card, and begins.

Game Pieces (Print out and cut into cards. Enlarge if needed.)

<p>ELECTRICIAN</p> <p>Current Wiring Transmitter Installs and repairs electrical systems in houses and other buildings.</p>	<p>PHOTOJOURNALIST</p> <p>Picture Camera Story Photographs newsworthy people and places for newspapers, TV, blogs...</p>	<p>EMERGENCY MEDICAL TECHNICIAN</p> <p>Ambulance Patients Paramedics Gives immediate care and transports sick or injured.</p>
<p>BARBER</p> <p>Hair Cut Clippers Cuts and styles people's hair.</p>	<p>SUBSTANCE ABUSE COUNSELOR</p> <p>Drugs Alcohol Group Helps people deal with addiction and substance abuse.</p>	<p>MEDICAL TRANSCRIPTIONIST</p> <p>Reports Records Types Listens to recordings by doctors dictating medical reports.</p>
<p>HOTEL MANAGER</p> <p>Motel Rooms Lodging A manager of a hotel is responsible for maintaining the entire business.</p>	<p>PLUMBER</p> <p>Pipes Water Sink Installs and repairs water, sewer, and gas lines in homes & buildings.</p>	<p>BUILDING INSPECTOR</p> <p>Job sites Examines Construction Examines the construction, alteration, or repair of buildings.</p>
<p>DENTAL ASSISTANT</p> <p>Teeth X-Ray Instruments Performs a variety of patient care and laboratory duties with dentists.</p>	<p>MUSICIAN</p> <p>Instrument Professional Band May play musical instruments, sing, compose, arrange, or conduct.</p>	<p>DANCE INSTRUCTOR</p> <p>Flexibility Steps Music Teaches a variety of dance forms including ballet, jazz, and modern.</p>
<p>METEOROLOGIST</p> <p>Weather TV News Forecasts the weather on TV, radio, or Internet.</p>	<p>TATTOO ARTIST</p> <p>Body Needle Ink Performs permanent body art.</p>	<p>X-RAY TECHNICIAN</p> <p>Film Pictures Body A person who takes x-rays for doctors.</p>
<p>COACH</p> <p>Athletics Sports Team A teacher/leader of a specific team sport or individual athlete.</p>	<p>BRICKLAYER</p> <p>Masonry Mortar Fireplace Builds walls, floors, fireplaces, and structures with brick, concrete, and other materials.</p>	<p>COMPUTER PROGRAMMER</p> <p>Program Software Function Writes, tests, and maintains software for computers or other devices.</p>

<p>FLORIST</p> <p>Flowers Bouquet Arrangement Cuts and arranges live or dried flowers for customers.</p>	<p>CARPET INSTALLER</p> <p>Tack Wall-to-wall Carpet Installs padding and carpeting in homes and other buildings.</p>	<p>PROBATION OFFICER</p> <p>Arrest Offenders Jail Police officer who is responsible for people released from jail.</p>
<p>APARTMENT MANAGER</p> <p>Rent Deposit Lease A person responsible for managing and maintenance of apartments.</p>	<p>FISH & GAME WARDEN</p> <p>Badge Animals License Protects and controls the safety of the natural habitat.</p>	<p>JEWELER</p> <p>Stones Ring Necklace Designs, makes, and repairs rings, necklaces, and other jewelry.</p>
<p>FUNERAL DIRECTOR</p> <p>Mortician Death Embalming Plans memorial services and burial arrangements with the family.</p>	<p>ATHLETIC TRAINER</p> <p>Workout Equipment Sweat Provides athletes or teams with conditioning and therapy.</p>	<p>CHEF</p> <p>Kitchen Stove Baking Responsible for preparing meals.</p>
<p>LOAN OFFICER</p> <p>Bank Finance Credit A trained professional who arranges for mortgages, car loans, and other financing.</p>	<p>AIR TRAFFIC CONTROLLER</p> <p>Planes Tower Runway A person responsible for directing traffic in the sky.</p>	<p>CONTRACTOR</p> <p>Building Blueprints Boss A licensed professional who directs building or remodeling jobs.</p>
<p>GRAPHIC ARTIST</p> <p>Media Design Freelance Uses print, electronic, and film media to create art.</p>	<p>PARALEGAL</p> <p>Lawyer Documents Research Performs many of the same tasks as a lawyer except those considered the practice of law.</p>	<p>BOOKKEEPER</p> <p>Money Paycheck Bills A person responsible for recording the financial transactions of a business.</p>
<p>CHILDCARE WORKER</p> <p>Toddler Naps Stories Provides basic care and activities with young children.</p>	<p>MAIL CARRIER</p> <p>Post Office Mail Envelopes Delivers mail on their routes on foot and/or in vehicles.</p>	<p>AUTOMOBILE MECHANIC</p> <p>Tools Cars Instruments Maintains, repairs, and inspects vehicles.</p>
<p>ADMINISTRATIVE ASSISTANT</p> <p>Type File Paperwork A person responsible for maintaining office duties for businesses.</p>	<p>WELDER</p> <p>Torch Pipes Metal Permanently joins metal parts together.</p>	<p>POLICE OFFICER</p> <p>Gun Badge Criminal Responsible for the safety and wellbeing of communities.</p>

<p>DRAFTER</p> <p>Computer-Aided Design Drawing Blueprints, Prepares technical drawings and plans for construction workers.</p>	<p>CABINETMAKER</p> <p>Wood Shelving Carpenter Operates machines to make doors, windows, and cabinets.</p>	<p>COSMETOLOGIST</p> <p>Hair Perm Manicure May style hair; give manicures, pedicures, and facial treatments.</p>
<p>SET DESIGNER</p> <p>TV Movie Stage Designs movie, TV, and theater sets.</p>	<p>PHOTOGRAPHER</p> <p>Camera Film Lens Produces pictures that record an event or tell a story.</p>	<p>BANK TELLER</p> <p>Money Transfer Deposit Handles a wide range of banking transactions for customers.</p>
<p>INTERIOR DESIGNER</p> <p>Plans Upholstery Color Plans the space and furnishes the interiors of homes and businesses.</p>	<p>FOREST RANGER</p> <p>Wildlife Trees Parks Manages forested land for a variety of purposes.</p>	<p>REAL ESTATE AGENT</p> <p>Housing Sales Closing A person who facilitates the purchase of land and buildings.</p>
<p>VETERINARY TECHNICIAN</p> <p>Animals Medicine Assists Helps veterinarians provide health care for animals.</p>	<p>FIREFIGHTER</p> <p>Siren Emergency Truck Responds to emergencies in which life, property, and environment are at risk.</p>	<p>SPEECH PATHOLOGIST</p> <p>Language Sounds Mouth Works with people who have trouble with speech, sounds, and language.</p>
<p>TEACHER</p> <p>Student Grades Classes An educator who helps students learn.</p>	<p>POLITICIAN</p> <p>Election Vote Term A government official who has been elected to represent local citizens.</p>	<p>BARISTA</p> <p>Coffee Latte Steam Works in a coffee shop preparing espresso drinks.</p>

Trivia: Questions by Category

Vocabulary

1. What does GPA stand for? **Grade Point Average**
2. What is TUITION? **The money you pay to attend college.**
3. What is the ACT? **A college entrance exam, a standardized test, usually taken during your junior and/or senior year.**
4. What is the College Bound Scholarship? **A scholarship program that promises tuition (at public institution rates) and a small book allowance for income-eligible students who are enrolled in the 7th or 8th grade, work hard in school, stay out of legal trouble, and successfully apply to a higher education institution when they graduate.**
5. What is the FAFSA FORM? **A government form that must be completed to be eligible for grants, loans, and scholarships.**
6. What is a PREREQUISITE in college? **A class/classes you must have taken before you can register for specific courses (EX: Biology I is a prerequisite for Biology II)**
7. What are DORMS? **Places where students live on campus during college.**
8. What is a TRANSCRIPT? **A record of all the classes you had taken when you took them and the grades you received for them.**
9. What is a CAMPUS? **The land the college and all its buildings are located on.**
10. What are GRANTS? **Money awarded based on financial need (low income) to help students attend a college that does not have to be paid back if students successfully complete their coursework.**
11. What are SCHOLARSHIPS? **Money given based on exceptional performances (such as academics, athletics, skills, etc.) to help students attend a college that does not have to be paid back.**
12. What are LOANS? **Money borrowed by students to help pay for college that must be repaid.**
13. What is WORK STUDY? **Money earned by the student to help pay for college by working a part-time job on campus.**
14. What is a college MAJOR? **The college program you take to earn your degree and start your career.**

Degrees

1. What is the degree called that requires about four years of college and is usually earned from a University? **Bachelor's Degree**
2. What is the graduate degree that usually follows the bachelor's degree? **Master's Degree**
3. Which degree is usually earned at a vocational or trade school? **Applied Science Degree**
4. Which degree is usually earned at a community college? **Associate's Degree**
5. What is the graduate degree that generally follows the master's degree? **Doctorate Degree**
6. What is the college program you take to earn your degree and start your career? **Major**

College Life

1. Name a public university in Washington. **The University of Washington, University of Washington Bothell, University of Washington Tacoma, Washington State University, Washington State University Tri-Cities, Washington State University Vancouver, Washington State University Spokane Campus, Central Washington University, Eastern Washington University, Western Washington University, The Evergreen State College**
2. What is the land the college and all its buildings sit on called? **Campus**
3. What is it called to sign up for specific college classes? **Register for classes**
4. What is meant by intramural sports? **Sports competed in by the general student body and/or faculty.**
5. What are Washington State University's school colors? **Crimson and Gray**

6. Colleges usually divide the school year into these. **Semesters or quarters**
7. What is the place called where students live on campus? **Dorms or dormitories**
8. What is the mascot of The Evergreen State College? **The Geoduck**
9. What is a prerequisite at college? **A class (or classes) you must complete before you can register for some courses (EX. Biology I is a prerequisite for Biology II).**
10. What is the college program you take to earn your degree and start your career? **Major**
11. What is a place on campus where students can hang out, play games, and get something to eat? **Student Union**

High School

1. What is a student in the 9th grade called? **Freshman**
2. What is a student in the 10th grade called? **Sophomore**
3. What is a student in the 11th grade called? **Junior**
4. What is a student in the 12th grade called? **Senior**
5. When do high school students usually take the ACT? **During their Junior and Senior years**
6. What is the Washboard? **A free, web-based scholarship matching clearinghouse for Washington residents and students attending college in Washington.**
7. What is the ACT? **A college entrance exam, a standardized test, usually taken during your junior and/or senior year.**
8. When should you start planning for college? **6th or 7th Grade**

Financial Aid

1. What is the government form that must be completed to be eligible for grants, loans, and scholarships? **FAFSA or WASFA form**
2. How are grants and scholarships different? **Grants are given based on financial need (low-income level), and scholarships are based on exceptional performances (academics, athletics, skills, etc.).**
3. How are grants and scholarships different from loans? **A loan is borrowed money that must be repaid. Scholarships and grants do not have to be repaid if you successfully complete your work.**
4. What is WORK STUDY? **The student earns money to pay for college by working a part-time job on campus.**
5. What is the money you pay to attend college called? **Tuition**
6. This is a type of Federal Financial Aid, which is based on student need and provides students with part-time, on-campus employment. **Work Study**
7. This type of financial assistance is considered “FREE MONEY”, although free, most have requirements that must be maintained to keep it. **Scholarship**
8. What is the priority deadline for submitting the FAFSA? **As soon after October 1st as possible**
9. This is money students can borrow to go to college. **Student loan**
10. What is Cost of Attendance (COA)? **All costs associated with attending college: tuition/fees, housing/food, books, transportation, and personal expenses; each college has its own COA.**
11. What is Expected Family Contribution (EFC)? **The amount of money a family can reasonably be expected to contribute to a student's cost of attending college. EFC is figured when you complete the FAFSA form.**
12. Who is the best person to contact regarding your Financial Aid package? **The Financial Aid Officer at your college of choice.**

Write-Around

Time: 15 min.

Materials: Papers with a prompt written on it.

Directions: Hand the first student in each row a piece of paper with a sentence stem, question, or topic on it, tell them which direction to pass when they're finished, then give each student exactly 30 seconds to write and pass. It is a powerful way to get hesitant writers and speakers to give their opinion and build off the statements of others.

Variation: Write a "conversation starter" on a sheet of paper. You may also use multiple papers with multiple prompts on each. Place them at different points in the classroom and explain to the students how the documents rotate so that everyone gets each sheet in time. Explain that they are to read the comments from other students before leaving their idea. They can build off those ideas or not.

Zombie Apocalypse! A Scholarship Activity

Time: 1 hour

Materials: Handouts- download at: <https://gearup.wa.gov/file/zombie-apocalypse-scholarship-activity>

Directions: Host a workshop to assist students in their scholarship hunt. Show students how scholarships are often scored. Have them read and score the submissions.

1. Students may do this activity in teams or independently.
2. Hand out a copy of the Zombie Apocalypse Scholarship flyer, Scoring Rubric, and score sheet to each participant.
3. Give each team copies of eight fake applications to score.
4. Review the rubric together and explain that they are the scholarship judges. They have many applications to score to determine the recipients. Because of that, they will use a "rubric" to help them score applications more objectively and easily.
5. Have students work in teams. Review each of the eight fake applications.
6. Using the rubric, have teams devise a score for each applicant and decide who should be awarded the scholarship.
7. When all the teams are done, compare scores, and discuss how they come up with their responses.
8. You may award the team with the correct scores a prize (Optional).
9. Pass out Scholarship Tips and Pitfalls handout and review. Explain it is not enough just to apply for scholarships. Applicants need to know what is being asked and comply with these requirements. Common mistakes are preventable. Debrief and help students learn how to avoid common pitfalls.

On the Bus Games for Campus Visits

Time: Varies

Materials: May need pens and paper

Family Feud

In this game, the two sides of the bus would compete against each other as "families". The coordinator or teacher would serve as the game host.

1. To start the game, one person from each time is paired against the other for a speed question. For example, the host could ask: Name one of the fastest growing occupations in the United States; "Name

one university in Washington and its mascot" or "Name one of Washington's private colleges." Base your questions on whatever pre-visit materials you have covered with your students.

2. The first person to hit the buzzer (make a sound, clap, etc.) answers the question. If they are correct, the question goes to their team. The other team gets a shot if they get the answer wrong.

Then, each person on the team provides an answer to the question. As each answer is given, the host says, “Survey says...” If the answer is correct, the team is awarded points (10 points per answer), and play continues. If the answer is incorrect, the team gets a strike. After three strikes, it is the other team's turn.

3. The team continues to play with this question until all answers are given or a specific time has elapsed. At that point, the host reveals all the answers and tallies the points for that question.
4. Play resumes with another speed question—repeat steps.

Washington State College Taboo

This game is modeled after “Taboo” and is like the \$25,000 Pyramid TV game show.

1. The bus is split into two teams. The game's object is to get through the most cards in one minute.
2. Each card has an answer at the top and 3-5 facts about the solution on the card.
3. One team member is required to give clues for the answer without saying any fact words on the bottom of the card. For example, a card might look like this:
 - UNIVERSITY OF WASHINGTON
 - Huskies Seattle
 - Purple and Gold
4. In this case, the answer is UW, and the words that cannot be said are listed below it. The person giving clues must come up with other facts about UW that can be used to guess the answer.
5. Once the team correctly guesses the answer, the clue-giver moves on to the next card. The object is to get through as many cards as possible.
6. Each correctly answered card equals one point. Points can be awarded to the other team if one of the following occurs:
 - The clue-giver passes on the clue (either they cannot think of anything, or they have given all their hints, and their team still has not guessed.)
 - If clue-giver slips and accidentally says one of the “taboo” words on the bottom of the card.

20 Questions

1. The coordinator picks a college or university in Washington.
2. The students take turns asking questions about the school. They have up to twenty questions. For example:
 - Is it a 4-year college?
 - Does it have housing?
 - Is it located in Eastern Washington?
3. The coordinator can answer either only ‘yes’ or ‘no’ to each question.
4. When students think they have the answer, they can write it on paper and show it to the coordinator.
5. If the student is correct, they become the leader, pick the next institution, and the game restarts. If the answer is incorrect, play resumes.

Where Am I?

1. The coordinator picks a college and states three things about the school (i.e., I am living on campus, in Ellensburg, studying education).
2. Students write down their guesses.
3. Repeat 3-5 times using different colleges.

4. Determine the winner based on who had the most correct responses. Reward with a small prize. The winner picks the next college to use and asks the questions. Repeat.

Cooperative Learning Activities

Shake

Time: Varies.

Materials: Open space

Directions:

1. This activity is another “wake me up” activity. Explain that you are going to shake out your body.
2. Model one round of shakes starting with your left arm, shake your right arm, shake your left foot, and shake your right foot.
3. Now, tell them: “We will start with 8 shakes and go through the routine (the sequence keeps gaining speed) counting down to 1 with a jump at the end and yelling GEAR UP.”
4. Start with eight (arm, arm, foot, foot) then seven shakes arm-arm-foot-foot, and six shakes...then to two and finally to one.
5. Jump up at the end and clap it out-GEAR UP!

Channels

Time: Varies.

Materials:

- Channels. (PVC piping cut in half. You can get this at your local hardware store)
- Marble or ball (Depends on the size of your channels)
- Small cup or bucket (which serves as a marble destination)

Directions:

1. Introduce activity and rules: The goal of this activity is to get the marble from point A to point B by moving it through the channels of all the group members. Each member of the group will have a track. Group members will move the marble through their channels without touching or walking with it. The marble must move to its destination by passing through all the group tracks. The group must begin again if the marble hits the ground or touches a finger, thumb, or body part.
2. Organize the students: Depending on the nature and size of the group, the room, and the time allotment, participants can a) stay in one large group or b) work in two groups. The size of the group depends on the level of team focus.
3. Review the rules again.

Variations: Consider variations such as a) blindfolding some or all the students, b) doing the activity in silence, and c) not allowing the channels to touch.

Processing Questions: This step enhances the activity to be more than just recreational. You can do this orally by simply asking some lead questions:

- Who or what could the marble represent?
- Who or what could the channels mean?
- Who or what are you a channel for?
- What did you think about this activity? Reactions? Responses?
- What does this experience teach us about success?
- What does this experience remind you of in terms of school?

Clap on Go!

Time: Varies.

Materials: Open space

Directions:

1. This is a “listening activity.” Have the group stand in a circle; this way, everyone can see you and your moments (very important).
2. Have the group place their hands horizontally in front of their chest, palms facing each other.
3. Tell the group to clap once every time you say, “GO” and only “GO” (Demonstrate just to make sure they got it).
4. Then you say aloud “GO” a couple of times and then quickly switch to another word, but you, the facilitator, still clap on the “Not so magical word.”
5. Pay attention to see who claps with you.
6. Remind the group of the “magic word.”
7. Once the group is in sync with their claps, switch the magic word.
8. Once you have obtained laughter and the full attention of the group, GREAT! **Move on to the next activity; if you play this activity too long, you can lose people’s attention.**

Great Balls of Fire

Time: 15-20 minutes

Materials: Tennis ball and stopwatch

Directions: Students will use continuous improvement practices to complete a challenge faster each time. This activity encourages students to challenge standard practices and to think on their feet. This activity challenges your team’s efficiency, innovation, and attitude. Get that ball moving as fast as you can!

Facilitation:

1. Gather students in a circle. Suggested is a maximum of 75 and a minimum of 10 participants.
2. Place the tennis ball in one person’s hands.
3. After introducing the activity, start and keep time each round.

Activity:

1. Gather students in a circle (if you have multiple teams in the room, combine them all). The maximum number of participants is 75; the minimum is 10.
2. Give the ball to one person and tell them to pass it to anyone in the circle they wish.
3. Instruct them to remember the order:
4. Who threw the ball to you
5. To whom you threw the ball
6. The following person should pass it again, and the team will continue passing until every member has made contact with the ball only once.
7. When the last person has the ball, have them pass it back to the first person. At that time, tell them how long it took them to complete the task of having everyone touch the ball.
8. Ask the team, “Following the same order of people as your first attempt, can you do it faster?” Remind them that they must go in the same order. Each person can only touch the ball once.
9. Continue to challenge them to go faster after each round. Encourage your team to think about new ways to improve their process after each game.
10. (Hint: there are various ways to improve the results such as changing the order in which students stand in the circle, having the first person run around the circle, and switching from a circle to a line.)
11. Based on your time, end after several rounds are complete and congratulate them on their improvement. Share their time results.

Debriefing:

1. What did we need to do in this activity to ensure continuous improvement each round?
2. How did our attitudes come into play in the challenge? How do our attitudes affect our results in school and other areas of our life?
3. Why is it valuable to ask yourself, can it be done better?
4. Would you have believed that was possible if you were told from the beginning that the goal was to complete this challenge in under 5 seconds? Would this have been an incentive for you to work harder or to give up? How does this relate to continuous improvement in an educational setting?

Conversation Starters:

- To ensure continuous improvement each round, we needed to?...
- My attitude affected this challenge by...
- An example of how my attitude affects my life is...
- One thing that improves my academic attitude is...

Follow-up Activity: Encourage students to self-audit their current academic performance and identify patterns of recent success. Using the SMART goal format, complete a goal-setting exercise that challenges students to adopt successful strategies in opportunity areas.

Hoop Pass/Circle within a Circle

Time: Varies.

Materials: Hula-hoop, bike inner tube or rope/webbing circle

Directions:

1. Begin with the whole team in a circle, holding hands.
2. Insert the hula-hoop into the circle and reconnect the hands through the middle of the hoop. The group must pass the hula-hoop from one person to another without letting go of hands.
3. Have the whole team pass through the hula hoop one individual at a time, then try going through it two people at a time, then 3.

Variation #1: Speed Pass: Have two hoops start at the same end of the circle but move in opposite directions around the circle. Encourage the crowd to cheer the hoops on and make the game more intense.

Variation #2: Time the group on the initial trial using a stopwatch. Challenge the group to beat the initial time. It can be repeated 2-3 times MAX. Groups eventually lose interest after that. **Remember, all activities have different variations to them. Add your variation and make it yours.**

Processing Questions:

- What made this activity challenging?
- How were you feeling as the hoop was getting closer to you?
- As the clock ticked on, were you stressed?
- What strategies did you consider more successful?
- To move faster?

Human Continuum

This activity can be geared towards whatever direction/topic you, the facilitator, choose for the group.

Time: Varies.

Materials: 1 long line of tape on the floor or rope

Directions:

1. Designate a straight line (a continuum) through the room.
2. Designate the center and the two ends of the line.
3. The facilitator shares the following: I am going to read two opposite statements.
4. Decide which statement best describes you. Take your place on the line. As you read each set of opposite ideas, designate an opposing end of the line to represent each statement. For example, "I've planned my course" and "I'm exploring my options" are two opposite statements.
5. Designate one end of the line for "I've planned my course" and designate the opposite end of the line for "I'm exploring my options."
6. If "I've planned my course" describes you, stand on THIS end of the line. If "I'm exploring my options" describe you, stand on THIS (the opposite) end of the line. If your response falls somewhere in the middle, put yourself in the middle of the line. Put yourself on the line if you are somewhere in the middle but closer to one statement than the other.
7. Read about five or six opposite statements (or as many as time will allow).

Processing Questions:

- In between statements, at the end of the game, or anywhere you sense is an excellent place to encourage students to think about what's happening and ask questions.
- Encourage students to tell short instances and stories in response to your questions.
- Ask: Where do you find yourself on the continuum? Why? Notice where someone else is standing...any surprises? Why? Tell an instance or talk about one time when you had an experience, overcame an obstacle, solved a problem, observed, or acted in a way that would explain why you are standing in this spot on the continuum.

Lava Crossing

Time: Varies.

Materials: One spot per person, red paper

Directions:

1. Start by telling the class that they are being transported to a volcanic mountain. They are surrounded by hot situations/lava, and only the spots in their hands and their classmates keep them safe.
2. Explain to the students that they are going to be challenged with the task of crossing the hot lava.
3. Hand out paper plates or spots to each member of your group.
4. Have students write down a conflict reducer on one side of the plate.
5. Put conflict triggers around the room.
6. Establish a start and a finish line (point A, point B). The group must cross to the other side via the "lava" river.
7. They must use the paper plates to move across the lava safely. Students must always have physical contact with the paper plate, or the facilitator should take the plate away. All students must journey to the other side and back by stepping on the paper plates, no sliding. Every student must cross over and back.
8. Once they have all crossed and come back or if time runs out, debrief with these questions.

Processing Questions:

- What were the challenges in getting across the river and back?
- Who stepped up to lead?
- Was anytime taken to get a plan together?
- What skills/talents did you use to assist the group effort?
- Did your actions take away from the group goal?
- What conflict did you experience?
- How did you handle it?
- How can you take lessons learned from the past into future experiences?
- What have you learned in elementary/middle school that will help you in high school?
- What do you think high school will be like?
- Do you feel prepared for high school?

Variation: Individuals can win back lost mats by answering questions posed by the facilitator.

Rainmaker (Closing Activity)

Time: 15-20 minutes

Materials: None

Directions: Tell all the participants to sit down. Explain that a storm is approaching. If we listen, we can hear the storm pass.

1. Direct the participants on the right side of the room to sit facing forward but watch the people on their left and do exactly what they do.
2. Repeat the instructions across the room, having everyone watch the participants immediately to their left.
3. Then, stand on the left side of the room and tell those people on the far left to watch him.
4. When you do an action, do not let participants across the room cannot see it.
5. Do each of the following actions and continue doing it until it has the sound of a rainstorm has spread across the room.
 - Rub hands together
 - Snap fingers
 - Clap hands
 - Slap thighs
 - Stomp feet
 - Slap thighs
 - Clap hands
 - Snap fingers
 - Rub hands
 - Hands on lap

Serving of Me

Time: 30 min.

Materials: White paper (paper plates also work well), markers, and magazines

Directions: Students will draw symbols to share how they believe they are perceived and how they view their true selves. Students will understand the influence of perceptions on behavior. This activity is designed to help students develop a stronger sense of self.

1. Advisors should begin this session by asking students a few questions.
2. What are stereotypes?

3. Are they good or bad?
4. Where do they come from?
5. Students will have the opportunity to discuss perceptions that directly affect them. This activity will challenge them to reflect on their behaviors and environment and creatively express their thoughts.

Activity:

1. Begin by telling students that this activity should be done alone and quietly.
2. Distribute one sheet of paper or paper plate and a marker to each student.
3. Tell students that they will visually represent their personality style and important values with the given materials. In other words, they should use only pictures to tell a story of themselves visually.
4. Students should use the front and back of the paper or plate.
5. On side 1: Use drawings to show how they believe others perceive them. (Ex: stereotypes, nicknames, preconceived notions).
6. On side 2: Use drawings to represent their true self. (Ex: hobbies, values, morals, beliefs, motivators in life). They can write one word that best describes them.
7. After the students have completed their sheets, divide into groups of three to four.
8. Give the students 5 minutes to share the front and back of their sheets within their groups.

Debriefing:

1. Advisors may use the following prompters to help guide discussion on the debrief of this activity:
2. Are you ever frustrated by the stereotypes people place on you?
3. Did you see a clear difference between the front and back of the sheets? In what way?
4. What similarities did your group's sheets share?

Facilitator Note: To modify this as an individual discussion, consider introducing this as an assignment and having students present it in separate meetings. To encourage discussion and sharing, it may be helpful for the facilitator to complete *Serving of Me* to promote sharing personal details.

The facilitator should encourage a good discussion around stereotypes and perceptions. It can be most effectively achieved by using the student's responses to engage in more profound levels of conversation. For example, use one student's response and relate it to more general concepts, then have another student give personal testimony or feedback on that concept.

Key Points:

- Negative stereotypes should not be perpetuated from false assumptions.
- Students should always be aware of the negative stereotypes they may unknowingly be encouraging.
- Students should always go through a reflection process. This process will allow them to have personal time to evaluate the perception that others have of them and weigh the pros and cons.

- Most importantly, perceptions others have of you will affect you in college and your careers. Always be aware of how to handle others' perceptions of yourself wisely.

Follow-up Activity: This exercise will challenge students to use their current research to re-evaluate their college choices/careers based on their experience. Students may wish to re-take their values survey and/or explore different jobs based on the information they have received today.

Spider's Web Reflection Activity

Time: 30 minutes

Materials: A ball of yarn and scissors

Directions: Use this activity to open or close a training session in a sharing way, help people get to know each other, or brainstorm a new thought in a safe environment.

1. Explain the purpose of the activity (introductions, sharing expectations, feedback, etc.)
2. A large spider web of yarn is formed as participants toss the ball of yarn to each other.
3. Communicate constraints - yarn cannot be tossed to a person next to you.
4. The first participant tosses the ball of yarn to another participant, being sure to hold onto the end.
5. The ball must be tossed "over" to avoid getting tangled.
6. Participants share requested information as they toss the ball of yarn.
7. The procedure continues until all participants have caught and thrown the ball of yarn and are "connected" through the web.

Up, Down, Stop, Go!

Time: Varies.

Materials: Open space

Directions:

1. This is a "wake me up" activity to get the blood flowing, ears listening, and brain activated. Give and show the group these actions:
2. UP: Hold arms up in the air and stretch towards the sky.
3. DOWN: Bend over and reach for toes.
4. STOP: Hold arms out in front with palms facing away.
5. GO: Jog in place.
6. After reviewing actions, the facilitator should say the steps randomly while ensuring the group keeps up while performing the movements.
7. After about 1-2 minutes, then the fun begins. Now all actions are backward; when the facilitator says "Up," the group should go

Variation: If you want to add a little competition, make the game an elimination activity. Any person not performing the correct action at the right moment must sit out until a winner is declared.

Processing Questions: Was your mind and body disconnected at a point? How did that feel? Is your mind activated and ready to go?

Warp Speed

Time: Varies.

Materials: Small to medium-sized throwable object and stopwatch

Directions:

1. Begin with the whole team in a circle.
2. Give the group the rules and objectives of the game. State it plainly, do not emphasize any part of the instructions. Tell the group, "Everyone needs to touch the object and say their name; the objective is to see how fast it can be done."

3. Once the group has gone around the first time, have them try to beat their last time. After maybe one or two more tries, give them time to think about the fastest way to reach the objective. It allows the group to strategize and come up with a plan. At some point, they should realize that they do not have to pass the object around the circle, someone can hold the thing, and they all touch it while saying their name, which is the fastest time.

Processing Questions: What made this activity challenging? Where is your attention during this activity? Were the directions clear? How do you think this Warp Speed activity relates to taking tests?

**When asked questions about the objective or strategies, ONLY repeat the purpose. Please do not make it easier for them. Allow the group the time to process mentally, which makes obtaining their objective much more exciting and memorable.*

