

NOTHING TO IT BUT TO DO IT

JANUARY 2023 GEAR UP ALLIANCE CHRONICLE

HOW TO FIND NEW THINGS TO TRY



WHAT'S A GENRE OF BOOK YOU HAVEN'T READ? TELL US & TRY READING IT THIS MONTH!
(603) 506-4484



GUAC GAME

- ASK A GUIDANCE COUNSELOR OR GEAR UP COORDINATOR IF THEY KNOW OF ANY EXTRACURRICULARS
- SEARCH ONLINE OR AT LOCAL ORGANIZATIONS FOR VOLUNTEER OPPORTUNITIES AND/OR SOCIAL EVENTS
- ASK YOUR FAMILY AND FRIENDS IF THEY KNOW OF ANYTHING OUT THERE
- CHECK OUT THE GEAR UPDATES NEWSLETTER

PRO TIP:

TRY THINGS THAT ARE SCARY OR THAT YOU DON'T EXCEL IN! IT'LL BE A GOOD LEARNING OPPORTUNITY FOR YOU AND HELP YOU BUILD COURAGE AND BELIEVE IN YOURSELF.

WHAT TO JOIN

- STUDENT GOVERNMENT
- VOLUNTEERING FOR A NONPROFIT
- CAREER-RELATED INTERNSHIPS
- AFFINITY GROUPS LIKE A GSA OR STUDENT PANEL
- OTHER JOBS IN RETAIL, BABYSITTING, TUTORING, AND MORE

MOTIVATING YOURSELF TO TRY NEW THINGS CAN BE HARD BECAUSE EVERYTHING'S NEW! REMEMBER THAT EVERYONE IS ON THEIR OWN JOURNEY AND IT MIGHT TAKE YOU LONGER TO GET USED TO SOMETHING NEW, AND THAT'S OKAY! DON'T GIVE UP! YOUR PERSISTENCE WILL PAY OFF!

REMEMBER TO BE POSITIVE AND TRY TO ENJOY THE NEW THING YOU'RE TRYING A FEW TIMES BEFORE GIVING UP ON IT. YOU MIGHT GROW TO LOVE SOMETHING YOU DIDN'T LIKE AT FIRST.

COLLEGES LOVE TO SEE AN INVOLVED STUDENT BECAUSE IT MEANS YOU'RE MORE LIKELY TO ENGAGE ON THEIR CAMPUS, ARE PASSIONATE ABOUT LEARNING, AND WILLING TO TRY NEW THINGS OR SEE FROM A NEW PERSPECTIVE. COLLEGE ESSAYS ALWAYS ASK ABOUT EXPERIENCES THAT HAVE IMPACTED YOU, AND TRYING SOMETHING NEW COULD BE SOMETHING YOU WRITE ABOUT.

