

Monday, March 10, 2008

Gear Up for Life helps local eighth graders

Oakland University's Gear Up/College Day program and the **School of Education and Human Services** Counseling Department recently completed Gear Up for Life. The program was designed to assist students with life skills in the areas of leadership development, conflict resolution, building positive relations and establishing parental support. While the program was for students, parents of the students, who came from Oak Park and Pontiac school districts, were also required to participate in the final session.

Jonathan Parks, program coordinator for Gear Up, acknowledged the importance of academic rigor for achieving success in school and in life, but said the need for life skills is also important. The skills allow students an opportunity to develop in such areas as improved self-esteem, taking responsibility and increased social etiquette skills.

The Gear Up for Life program was a 16-hour, four-week program. In addition to participate from the Gear Up staff, eight graduate students from the SEHS counseling program facilitated the four sessions.

Visiting Assistant Professor of Education Mary Day Rose, would like to assist in facilitating another Gear Up for Life academy with the Department of Pre-College Programs this spring. Both SEHS and Pre-College Programs would like to offer this academy year-round for the 745 students in OU's Gear Up/College Day program.

For more information on the Gear Up/College Day program, call the Department of Pre-College Programs at (248) 370-4455.

SUMMARY

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