PROGRAM:
*Rise Up Camp: Students to Lead and Succeed*

OBJECTIVES:
Encourage students to expand their creativity and creative thinking; be mentored by college students and learn more about transitioning from high school to college; discover how to bridge their passions, strengths, gifts and values into meaningful work; discover how to create a personal action plan to accomplish their dreams and goals; build networks of support and learn how to access resources to help them accomplish their goals.

LOCATION:
Grandview High School, Grandview, WA

DESCRIPTION:
Thirty-three students from five school districts including Grandview, Toppenish, Mabton, Wapato and East Valley participated in the five-day Rise Up day camp. GEAR UP site coordinators, teachers and staff either participated or observed the activities. The five days of Rise Up consisted of large group and small group activities designed to increase student leadership, self-confidence, arts experience, collaborative and creative thinking, self-knowledge and discovery, teamwork and self-expression.

The facilitators, Kat Vellos and Devon Little, helped students explore their goals and dreams, and then set about creating action plans for how to pursue and achieve them. Students felt seen and heard, and grew comfortable expressing their goals and dreams out loud. The Higher Learning Panel was an afternoon of large-group and small-group discussions between GEAR UP students and college students, graduates and representatives from Central Washington University’s C.A.M.P. program (College Assistance Migrant Program), which exists to support students from migrant families to attend and graduate from college. This panel was designed to help GEAR UP youth see how higher education can play a major role in helping them achieve their personal goals and dreams. The youth/panel interaction generated a dialog about higher education among the GEAR UP cohort students.

Organizational and executive coach, Jeanne M. Carroll, also led workshops. Ms. Carroll has worked for over 25 years with executives, entrepreneurs, investors and boards to help them identify and achieve their goals, and has developed a model to help individuals blend career, life and passion. She brought two half-day workshop modules to camp to assist GEAR UP students in formulating paths to greater personal and professional fulfillment.
IMPLEMENTATION TIMELINE:

PREPARATION ACTIVITIES:

- First meeting to discuss concept: August.
- Follow-up meetings and designated assignments: January – June.
- Activities include securing a site; recruiting students; recruiting college students and teaching artists to serve at the program; designing workshops and agendas for camp; preparing evaluation materials; outreaching to parents, families and community members.

Rise Up is a Power of Hope program; this organization has had over three full years of partnership with UW GEAR UP. This was the first year that Rise Up camp was offered, as a new and updated day camp model for GEAR UP students. Rise Up was developed to offer youth the arts and empowerment programming that the Power of Hope program is known for, as well as to offer updated program elements designed to increase students’ enthusiasm, preparedness and motivation to attend institutions of higher learning, to clarify personal goals, and understand how to make action plans to accomplish those goals.

FOLLOW-UP ACTIVITIES:

- GEAR UP staff and high school staff review the student and staff evaluations.
- Recommendations are made for follow-up in the school setting.
- Examples of responses to program survey question, “What is the most important thing you learned during your participation in this program?” include:
  - Not to be afraid to express yourself.
  - To go for what you want to do and never give up.
  - My dreams and how they can happen.
  - To stand out being positive and social.
  - How to listen without talking.
  - That I can do anything and do good as I get myself out there.
  - To be myself, outside my comfort zone, around people I just met.
  - Even though we’re all different we can come together as one.
  - To appreciate things and help our community and the world.
  - Being friendlier – more creative.
  - To not be shy – to be open and say your opinion.
  - That when you speak your ideas and share with others you are able to accomplish many things because you could have the same interests as someone else.
  - To trust myself and not put me down
  - Don’t be afraid and just go for it.
  - That I can be me. I can do whatever I want to do with help from friends, teachers, parents, leaders, and myself.
  - To love myself and be true to myself and be more open minded.
  - How to be myself even more – take risks – make conversations with people that I don’t know.
Adult staff and volunteers: “What did you like best about this program?”
- The youth. They really stood up and stepped out.
- The energy of the youth was extremely high. The fact that they wanted to be there made everything easier.
- Bringing diverse people together.
- Seeing the kids come out of their shells.
- Collaboration was amazing. The narrative as connected to college/goal-setting was fantastic. I was surprised by the ease of connecting art to goal setting.
- A safe, creative environment was set up nicely, with a low tolerance for put-downs and negative comments and feelings (converted negative to positive energy).
- The balance between heart-centered personal growth, creative play and achievement and development work.
- The amazing way the staff choreographed a seamless flow of fun, interactive activities that resulted in youth defining what they love, their gifts to the world, their best life and specific goals – and specific action steps to achieve them.

COSTS OR COST CONSIDERATIONS:
The major project cost considerations were the following:

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<th>Description</th>
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<td>GEAR UP funds -staff stipends, travel, snacks, and supplies.</td>
<td>$30,080- approved budget for five-day camp.</td>
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<td>Cost per student per contact hour=$19 (per projection) - $26 (per attendance).</td>
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<td>Grandview High School donated the venue. In addition to the 9 Power of Hope facilitators and teaching artists POH recruited and trained an additional 9 on-staff volunteers plus another 8 volunteers from the local community.</td>
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CONTACT INFORMATION:
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RESOURCES:  
Agenda for the five-day event.