

# **UW-GEAR UP | September** **COMMUNICATION & CONTENT CALENDAR**

## **ATTN: SITE COORDINATORS**

Welcome to the September Communication Calendar!

School is in session for students on the semester system. It's gearing up for those on the quarter system. This month's guide has a little bit of everything for everyone. There are prompts to help you support your students in all stages of their college experiences. This month's guide will help you gauge how your students are navigating change, doing in the classroom, managing their finances, and building new relationships. In addition to this month's text messages, please check out the videos. Many of them are timely and helpful.

If you have any questions or concerns, please feel free to reach out to me at: [harlan@helpmeharlan.com](mailto:harlan@helpmeharlan.com) or Tenya at [tmoravec@uw.edu](mailto:tmoravec@uw.edu).

Thank you,

-Harlan

# UW-GEAR UP | AUGUST 2018

## COMMUNICATION & CONTENT CALENDAR

### WEEK #1 – NAVIGATING CHANGE

***DIRECTIONS: Copy, Paste, and Text the message below.***  
***SUGGESTED TIMELINE: Send RATE IT, TEXT IT every Monday***

**MESSAGE:**

RATE IT | TEXT IT: Respond with number 1-10  
I'm awesome at navigating change (1-Awful 10-Awesome)

***DIRECTIONS: Send the message below as a follow-up text***  
***SUGGESTED TIMELINE: Send the text below a few minutes after the first message.***

**NEXT MESSAGE:**

QUESTION: What is the most challenging change you're facing this fall?

***DIRECTIONS: Text the messages below.***  
***SUGGESTED TIMELINE: Send one (1) TO-DO message each week (later in the week)***

**TO-DO:** What is one change you want to make this year? The change can be academic, social, emotional, physical, or financial.

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### WEEK #2 – FRIENDS

***DIRECTIONS: Copy, Paste, and Text the message below.***  
***SUGGESTED TIMELINE: Send RATE IT, TEXT IT every Monday***

RATE IT | TEXT IT: Respond with a number 1-10  
It's always been easy for me to make new friends (1-Hard 10-Very Easy)

***DIRECTIONS: Send the message below as a follow-up text***  
***SUGGESTED TIMELINE: Send the text below a few minutes after the first message.***

**NEXT MESSAGE:**

QUESTION: What is your plan to make new friends in college?

***DIRECTIONS: Text the message below.***  
***SUGGESTED TIMELINE: Send one (1) TO-DO message each week (later in the week)***

**TO-DO:** Identify three places on campus where you can make new friends (places where you can sweat, play, pray, live, learn, work)

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**WEEK #3 – FINANCES**

***DIRECTIONS: Copy, Paste, and Text the message below.***  
***SUGGESTED TIMELINE: Send RATE IT, TEXT IT every Monday***

RATE IT | TEXT IT: Respond with number 1-10  
I'm confident I'll have enough money to pay for college this year.  
(1=No Confidence 10=Total Confidence)

***DIRECTIONS: Send the message below as a follow-up text***  
***SUGGESTED TIMELINE: Send the text below a few minutes after the first message.***

**NEXT MESSAGE:**

**QUESTION:** What is your biggest financial concern this year?

***DIRECTIONS: Text the message below.***  
***SUGGESTED TIMELINE: Send one (1) TO-DO message each week (later in the week)***

**TO-DO:** Get a part-time job on campus. Unsure how to get one? Visit your career center.

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**WEEK #4 – PATIENCE**

***DIRECTIONS: Copy, Paste, and Text the message below.***  
***SUGGESTED TIMELINE: Send RATE IT, TEXT IT every Monday***

**MESSAGE:**

RATE IT | TEXT IT: Respond with number 1-10  
I'm confident I will get the grades I want this year (1-Worried 10-Confident)

***DIRECTIONS: Send the message below as a follow-up text***  
***SUGGESTED TIMELINE: Send the text below a few minutes after the first message.***

**NEXT MESSAGE:**

**QUESTION:** What is your plan if you struggle in the classroom? Where will you get help?

***DIRECTIONS: Text the message below.***  
***SUGGESTED TIMELINE: Send one (1) TO-DO message each week (later in the week)***

**TO-DO:** Identify three free tutoring resources on campus (where, how, when, where can you get academic help)

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