



Want to be honored as a GEAR UP Iowa Leader and have a chance to attend the National GEAR UP Youth Congress in San Francisco, California next summer? Apply what you've learned at the Student Summit in your school and community for this recognition. Two students will be chosen to attend the National Youth Congress. Below are the expectations for GEAR UP Iowa Leaders:

**Choose an adult leadership mentor in your school or community to meet with four times throughout the year.**

**Examples:** teacher, principal, school counselor, church pastor, coach, club advisor, city official, etc.

**Mentor Meeting Topics:**

Leadership

Education & Career

Community Engagement/Volunteering

Year-End Reflection & Celebrating Success



**Join and be active in a school or community leadership club and/or take on a leadership role within a school or community club.**

**Examples:** Key Club, Student Council, College & Career Club, Boy/Girl Scouts, 4-H, President/Secretary/Treasurer of a group, sports team captain, tutor or mentor to younger students



**Promote GEAR UP Iowa in your school and community and help get more 9<sup>th</sup> grade students and families involved with GEAR UP Iowa, leadership and college/career activities.**

**With the assistance of your adult leadership mentor, write and submit a leadership, college or career exploration essay reflecting on your experience due next spring.**

**Choose ONE of the following to complete:**

- Write two reflection journal entries**
- Write two blog posts for the GEAR UP Iowa website, which you could also submit to your school newspaper!**

**Topic examples:**

Mentor Meetings  
Successes or Updates on Your Goals  
Being a Leader  
Exploring College and Careers  
Your Hopes and Dreams

If you would like to participate, your GEAR UP Iowa Facilitator will help you throughout the year. More details for the mentor meetings will be provided in August and also posted on our website at [www.gearupiowa.gov](http://www.gearupiowa.gov).

