GEAR UP Weekly Widgets 6.23.15

With the 4th of July just around the corner, and my daughter’s wedding on the same day, Weekly Widgets will be taking a break next week. Look for another posting the week of July 7th. Have a wonderful and safe holiday!

*IEFA Grant Deadline Extended! Proposals for the 2015-2016 IEFA Grants will now be accepted until July 10th*
Click on the link above for more information and the grant application.

*Things May Fall Apart but You Will Make it Through with a Little Help from your Family, Friends, Teachers, and School* by Margarita Azmitia

Dr. Azmitia recommends six strategies to support First Generation College students succeed and graduate with a degree. These include:
1. Do not underestimate the role of the family.
2. Friends and peers can be important educational allies and sources of support.
3. Provide school or community mentors for adolescents and young adults.
4. Provide opportunities for adolescents and young adults to find their niche.
5. Get to know your students and, if they fail, give them a second chance.
6. White and Asian-heritage (i.e., youth from college going families or the ‘model minority’) students also need support.

*Five important ways that mentors help youth regulate their emotions*

Emotion Regulation in Mentoring Relationships

By Ben-Eliyahu, Ph.D.

• **Situation selection**-refers to opting in or out of a situation.

• **Situation modification**-refers to helping a young person make the best of their situation.

• **Attentional deployment**-By helping mentees focus on certain aspects within a given situation, mentors can influence the mentee’s emotional responses.

• **Reappraisal**-A slightly different strategy refers to the interpretation one imbues on the situation.
*Physical adjustment*-The final form of emotion regulation strategy refers to the behavioral, experiential, and physiological experiences of the young person.

Read the full article at:  

*Unfortunately Montana has always been in the top 5 for states with the most suicides per capita.* In response to those statistics House Bill 374, based on The Jason Flatt Act model legislation that has been adopted in over a dozen states, passed the Montana Legislature this year. Native American and rural youth suicide prevention -- pilot project, House Bill 509, was also passed this session.

- To learn more about The Jason Flatt Foundation go to  
  http://jasonfoundation.com/
- You can also read the text of HB374 at:  
  http://leg.mt.gov/bills/2015/BillHtml/HB0374.htm
- and/or HB 509 at:  
  http://leg.mt.gov/bills/2015/BillHtml/HB0509.htm