

SCHOOL DISTRICT OF БЕЛОIT BLOG

Regina Hendrix, Director, Beloit College Help Yourself Pre-College Programs and Coach, Knightingales Dance and Step Teams

January 2021 – [Help Yourself Programs – Getting HYPed Up About College](#)

[Applications. Scholarships. Essays. Oh my!](#)

Getting into college is a lot of hard work, but it doesn't have to be a drag when you're prepared for the process. Help Yourself Programs (HYP) is a Beloit College community outreach initiative for minority, low-income, marginalized and underrepresented youth. Available to students within the School District of Beloit, HYP offers programming for students from grades 6 through 12. Funded by the Wisconsin Department of Public Instruction and Beloit College, the [Mezzo Academy](#) is open to intermediate school students, and [Pre-Collegiate](#) focuses on high schoolers.

[Unique and Comprehensive Opportunities](#)

Help Yourself is comprised of a set of unique, comprehensive academic and cultural enrichment programs and educational support services that allow us to intervene early in the lives of Beloit youth. HYP's high expectations and research-based interventions help our target students to overcome educational barriers that might otherwise interfere with their successful enrollment, matriculation, and completion in higher education.

Through educational workshops, ACT preparation, tutoring, Academic & Curricular Enhancement (ACE) sessions, academic advising, college visits, and summer enrichment programs, HYP strives to continue to produce successful students by maintaining a 100% high school graduation rate and at least 90% rate of graduate enrollment in a post-secondary institution in the fall following their high school graduation.

Yes, the programs are successful, and our students must work hard and stay dedicated, but all work and no play is not the HYP way! From the moment students are selected to enter our programs, we suggest that they buckle their seatbelts and get ready for the ride of their lives.

[Workshops and Creative Activities](#)

Mezzo Academy students have the unique opportunity to travel to Beloit College each week for fun and enlightening workshops. Additionally, intermediate school students participate in our two-week summer program. In past summers, our Mezzo students designed and created business plans for local businesses, had their own circus, and wrote and recorded an original hip-hop song. They even participated in an extended murder mystery activity, dissected animals, and went on a safari – just to name a few!

Once at the high school level, while there is more work to prepare for college, our students get even more opportunities to spread their wings. All Pre-Collegiate students have the privilege of engaging in monthly workshops ranging from a foreign language, psychology, music theory, money management, and much more. Our high school students experience what it is like to be a college co-ed during our three-week summer program. They spend the summer living in residence halls, taking classes on the Beloit College campus, and eating in the cafeteria.

From Hollywood to Broadway and Beyond

Rising freshmen take part in a residential bridge program at an off-campus campsite. Upperclassmen who have stellar participation and satisfactory academic progress get the most exclusive experience. Added to everything else, they are invited to travel in a culminating trip to visit colleges and explore cultural and entertaining sites! Pre-Collegiate students have written, directed, and starred in a short film, after which we traveled to Hollywood! In the past summers, our students have become published authors and gained CPR certification. And that is just the tip of the iceberg. Seeing a musical on Broadway in New York? Check. Recreating the infamous Rocky stair scene in Philadelphia? Check. Learning the ins and outs of movie-making in Los Angeles? Check. Ziplining over live alligators in Florida? Check.

You Never Know What is in Store When Joining Help Yourself

Our students are about their business in the classroom. Still, they are also afforded an array of stimulating and exhilarating experiences that will help round out their lives. We understand that school can sometimes be monotonous and overwhelming. In Help Yourself, we make learning fun and give students something to look forward to as they matriculate from intermediate to high school and beyond. We want our students to be HYPed up about going to college, and there is no better way to do that than build excitement year to year. From academic enhancement to enriching monthly workshops and college visits across the country, our students are well-prepared to soar to higher heights. They come to us as potential leaders and leave us ready to take on the world! Do you have what it takes to be a Help Yourself Scholar?

We're Recruiting

We are now recruiting for grades 6 and 7. We accept applications for all grade levels and will review them for openings that come available on a rolling basis. If you or someone you know is interested, please visit our [website to request an application](#) or contact me at hendrixr@beloit.edu