

**OCTOBER FOR FAMILIES OF 10THGRADE STUDENTS**

**STUDENTS**

**NEWSLETTER TEMPLATE**

High School & Beyond Planning — News & Information

**Did You Know?**

### **Good Study Habits & Test Prep**

It’s worth your teen’s time to develop good study skills because having them will help your child get the best possible grades. Those skills will also help your sophomore be better prepared to succeed after high school.

**Tips to improve study skills:**

* Encourage making a “to do” list and stick to it.
* Recommend setting personal goals.
* Remind your teen to prioritize! A test tomorrow is more important than an assignment due next week.
* Encourage good notetaking and review.
* Help determine where and when they work best - alone or in a group, bright or dim lighting, quiet or noisy. Help your sophomores figure out what kind of environment works best for them, and then encourage them to study that way.
* Encourage reading and writing frequently in and outside of class.

Your teen might take the PSAT and/or ACT Aspire this fall. The best way to prepare is to take challenging or ***rigorous*** courses, read widely, write frequently, and develop problem-solving skills both in the classroom and through extracurricular activities. These are the same habits that prepare students for the SAT/ACT and AP exams as well as for college and career.

Students can try PSAT sample questions and practice tests to become familiar with the redesigned assessments, or head to [KhanAcademy.org](http://www.KhanAcademy.org) for Official SAT Practice.

Insert info about testing & test prep at your school.

School Contact Information:Click here to enter text.

Personnel: Click here to enter text.

Tutoring Center: Click here to enter text.

Taking the PSAT/NMSQT again in 11th grade gives students a fresh skills assessment and a measure of their progress, as well as the chance to compete for scholarships. Research shows that students who take the PSAT/NMSQT in both 10th and 11th grades score higher on the SAT than students who do not.

Insert School Logo

**Upcoming Events & Announcements**

* **Family Event:**
* Click here to enter text.

**Myth Buster**

**Student Checklist**

* **Update your High School and Beyond Plan.**
* **Go to a college or financial aid night at school**. Learn about different types of financial aid.
* **Go to career information events or college fairs** to get a more detailed look at college and career options.

**Family Checklist**

* **Go to a college or financial aid night at school**. Learn about different types of financial aid.
* **Encourage your teen to participate in career information events and college fairs** at school to get a more detailed look at available options.
* **Help your sophomore explore career ideas.** Suggest making a list of interests, talents and favorite activities and start matching them with occupations. Learn how to use exercises like these to [make a career worksheet](https://bigfuture.collegeboard.org/explore-careers/careers/exploring-careers-step-by-step).

## **MYTH:** A low score on an admissions test will keep my teen out of college.

**REALITY**: Admissions test scores are just one factor colleges consider, along with grades and classes. While most four-year colleges require tests, the emphasis on the test scores varies by college.

In addition, most two-year colleges—including community colleges, open-enrollment colleges, and specialty schools don't require tests.

The range of test scores at many colleges is very broad. Remember, test scores are just one part of an application.

But if students don’t take an admissions test, they will their college choices, as most colleges require test scores. Think of taking the test as opening doors, not closing them.