

**FEBRUARY FOR FAMILIES OF 8TH GRADE STUDENTS**

**STUDENTS**

**NEWSLETTER TEMPLATE**

High School & Beyond Planning News & Information

**Skills for Success**

Students who succeed in school aren’t just good at memorizing facts or reading quickly. Research shows that “non-cognitive skills” or “soft skills” things like perseverance (determination) and self-regulation (self-control) might be just as important in helping students in the classroom and in the real world.

These skills include:

* **Resilience**: The ability to recover from setbacks and cope well with stress.
* **Grit**: Perseverance and passion for challenging long-term goals.
* **Conscientiousness**: A tendency to be organized, self-controlled, hardworking, responsible, and willing to delay gratification.
* **Creativity**: Curiosity, open-mindedness, and the ability to come up with new ideas.
* **Focus**: The ability to zero in on one thing at a time, tune out distractions, and avoid multitasking.
* **Self-regulation**: An awareness of what matters and the self-control to avoid temptations and see a task through.

These traits are especially important when a student goes to college and then enters a career. Time management and attendance are essential. Good communication skills are crucial to deal with difficult roommates or to ask for help. You can help your teen develop these traits by setting goals, sharing expectations and encouraging persistence.

**Did You Know?**

Intelligence is like a muscle: the brain changes based on one’s experiences and efforts. A **growth mindset** means that intellect and talent are not determined at birth or set in stone. They can be developed through dedication and hard work. Students show greater motivation, better grades, and higher test scores when they understand that through hard work, they can develop and improve their intelligence and abilities.

Insert School Logo

School Contact Information:Click here to enter text.

Personnel: Click here to enter text.

Tutoring Center: Click here to enter text.

**Upcoming Events & Announcements**

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**Myth Buster**

**MYTH:** Living in a dorm is part of the “college experience,” and it is a rite of passage.

**REALITY**: Many students forgo the on-campus college experience for a variety of reasons, whether it’s cost, family-related, or a personal decision. Many students actually commute to college.

#### While commuters are not on campus as much as students who live in the dorms, they can still take advantage of all a college has to offer.

**Student Checklist**

* **Set goals** for both academics and your personal interests.
* **Learn about a growth mindset** and the power of belief. Watch this TED talk: [Eduardo Briceno, TEDxManhattanBeach](https://www.youtube.com/watch?v=pN34FNbOKXc)**.**

**Family Checklist**

* **Learn more about the soft skills and growth mindset** and how you can help.
* **Help your child set goals for academic and personal interests.** Start by setting goals for personal interests (in sports, extracurricular activities, etc.), and then help set ones for academic achievements. Ask your teen to envision both the benefits and the obstacles in achieving each goal.
* **Provide challenge and support.** Push your child to do his or her best but make sure you offer encouragement and help as needed.