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|  | Seventh Grade | Spring Edition  |  |
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|  | NEWSLETTER TEMPLATEHigh School & Beyond Planning — News & Information |  |
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| *Replace with School Contact Info* |
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| PREPARING FOR HIGH SCHOOL Students' middle and high school work is essential in setting the direction for their adult lives. Their choices and actions today, while in middle school, will affect their work in high school and their opportunities after high school. To prepare for high school, students need to make the most of their time in middle school. Talk about planning. How could they make their time in high school count? Whenever possible, make sure your child takes advantage of the following opportunities:* Opportunities to apply for or test into advanced or honors courses (such as advanced math)
* Opportunities to start high school-level courses while in middle school (such as world languages)
* Extracurricular activities, sports, and clubs
* Career exploration opportunities in middle school and high school
 |  |  | EXTRACURRICULARS ARE KEY TO STUDENT SUCCESSStudents participating in extracurricular activities are less likely to skip or miss school. They are more likely to have a GPA of 3.0 or higher and score well on math and reading assessments. Extracurricular activities have other benefits, too:* Activities teach universal lessons. Students learn the value of practice, how to apply themselves to a task, and the satisfaction of achievement. Students involved in multiple activities learn to manage and plan their time, an essential skill for success.
 | * Activities build confidence. Students who struggle in the classroom may begin to doubt their abilities and skills. Success in an outside activity can create a sense of confidence that translates into more confident classroom performance. It helps struggling students earn esteem among their peers.
* Activities build relationships. Sports, theater, music, and other achievement-focused activities increase opportunities for solid adult relationships, mentoring, and positive peer associations.
* Activities keep students in a safe, monitored place. By extending the school day, activities can help keep kids out of trouble and help reduce working parents’ anxiety about their children.
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| UPCOMING EVENTS* *Click here to enter text.*
 |  |  | **Graduation cap with solid fill**DID YOU KNOW?Absences can signify that a student is losing interest in school, struggling with schoolwork, dealing with a bully, or facing another serious challenge. By 9th grade, regular attendance predicts graduation rates better than 8th-grade test scores. |

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| High School & Beyond Planning  Seventh Grade | Spring Edition | gearup.wa.gov  |
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| WHAT DO YOU WANT TO BE WHEN YOU GROW UP? |  |

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| **Pathway** | **Career Focus** | **Sample Jobs** |
| Health and Medicine | *Working to help people* | Dental HygienistPhysical TherapistSurgeon |
| Environment and Nature | *Working with and managing resources in the natural world* | Fish/Wildlife ManagerMarine BiologistWater Quality Technician |
| Creative/Fine Arts | *Using ideas and information to express personal perspectives and communicate with people.* | Graphic DesignerFilm and Video EditorInterior Designer |
| Engineering and Technology | *Working with objects, data, and ideas to create, move, change, operate, or build things.* | Aircraft MechanicComputer ProgrammerPlumber |
| Business and Management | *Working with people and information to lead and manage the delivery of products and services to the market.* | AccountantLawyerReal Estate Agent |
| Public Services | *Working to help people and solve social problems* | LibrarianPolice OfficerSocial Worker |

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| It’s never too early for your teen to explore their interests and possible career pathways. Students should ask themselves: Who do I want to be? What am I good at? What do I love to do? Whether it's playing sports or playing an instrument, children's interests today say a lot about what career they might have tomorrow. |
| STUDENT CHECKLIST* Talk to your guidance counselor about college preparatory, Advanced Placement (AP), and other honors-level courses you should take throughout high school (9th through 12th grade).
* Sign up for pre-algebra, if at all possible.
* Attend school regularly, study hard, turn in all assignments, and do your best to earn good grades.
* Ask your friends what groups they belong to.
* Check your school’s bulletin boards or website.
* Talk to your school counselor or your teachers about activities.
* Find an activity that will help you explore your interests.
* Explore interests. Many websites try to help match personality and interests to potential careers. Try CareerBridge.wa.gov to begin exploring.
 |  |  | MYTHBUSTER**MYTH:** Children don’t need their parents as much in middle school.**REALITY:** Some parents think they don't need to be as involved because their kids know all about the school routine by middle school. But the evidence says otherwise. Even at the middle level, parents still play an important role.Research from Harvard University’s Family Research Project shows that the children of involved parents tend to do better in school across several measures, including GPA, test scores, and likelihood of enrolling in college. Engaged parents can also reduce the effects of negative peer pressure, which often causes kids to become unmotivated in school. |
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| FAMILY CHECKLIST * Encourage your child to do well in school. Let your children know that you expect good grades and attendance. Ask about homework, tests, and other assignments.
* Talk to teachers and staff. Connect with the school during conferences, open houses, activities, and events. Consider volunteering at the school or chaperoning a field trip.
* Help your child maintain daily routines, such as finishing homework and getting a good night’s sleep.
* Explore interests with your child and encourage involvement. Talk to your teen about exciting activities – it doesn’t have to be sports or an academically related club. Consider potential careers and try to find activities related to those fields. Think about activities outside of school as well as in your community.
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