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|  | | Seventh Grade | Winter 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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| THE MORE WE ACHIEVE, THE MORE WE WILL WANT TO ACHIEVE  Getting homework “done” requires more than mastering math facts or punctuation. Students must organize their tasks, stick to them, and manage their time. They need to listen and ask questions when teachers assign the work. Families can help their children develop these skills.  But more than good study habits are needed to get ahead. Young people must also develop “character strengths” like grit, curiosity, thoughtfulness, and optimism. They must learn self-control, manage stress, and learn from their failures. The more curious and resourceful children are, the better. They need self-confidence—the belief that they can succeed despite obstacles. Families can help build that self-confidence through high expectations and believing their child can be successful.  Research shows that parents' expectations of their child in 8th grade significantly impact the student's academic achievement in high school and the likelihood of earning a college degree.  The bottom line: Let your children know that you believe in their ability to do well in school and go on to college – your attitude and expectations matter more than you think! | | |  |  | FRIENDS MATTER  Your child’s peers can influence your child's success in school and college-going attitude. Teenagers tend to value their friends’ opinions more than their parents’.  Having friends who plan to attend college has a greater impact on college-going rates than parental encouragement.   * The American Council on Education reports that students are four times more likely to enroll in college if most of their friends also plan to attend. | * Another study has shown that social networks influence students' academic achievement. Students whose friends have good grades are more likely to have good grades, too. * Peer tutoring and mentoring can also positively affect academic achievement. One study showed that students participating in peer mentoring or tutoring reported improved test scores, grade point averages (GPAs), and course pass rates. | | | | |
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| UPCOMING EVENTS   * *Click here to enter text.* |  |  | **Graduation cap with solid fill**  DID YOU KNOW?  No one’s potential is fixed at birth. “Maria is a quick learner.” “I’m bad at math.” We speak of these traits as if they are unchangeable. Scientists who study the brain have discovered that all of us can grow strong and meet challenges if we work hard and stick with it. Natural talent and predispositions are just the beginning.  Students who participate in extracurricular activities are more likely to have a higher GPA, have better attendance, and expect to earn a bachelor’s degree. | | |

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| High School & Beyond Planning  Seventh Grade | Winter Edition | gearup.wa.gov | | | | | |
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| THE CO$T OF COLLEGE |  | Most students receive some form of financial aid to help pay for the cost of their education, including:   * **Scholarships** are money for college given by businesses, individuals, organizations, or universities to students with good grades, athletic ability, community service, or other qualities. * **Grants** are called gift aid because grants do not have to be paid back if students successfully complete the courses they were enrolled in. They are usually based on your family’s financial need (or what your family can afford to pay). * **Loans** are borrowed from a bank, government, or lending company. It must be paid back with an extra charge called interest. The federal government offers low-interest loans to students with financial need. * **Work study** jobs pay your child for part-time work, often on campus.   With financial aid, many students can earn their degrees. Most full-time college students receive some financial aid. Most students only pay about 60 percent of the advertised price of a four-year college once grants are included (and remember, scholarships! | | | |
| A common myth about college is that it’s too expensive. The most significant part of college costs is usually tuition. Tuition is the price you pay for classes. Other costs include fees, books, room and board (meals), living expenses, and transportation.  Financial aid is money to help pay for college. It comes from the federal and state governments, colleges and universities, banks, and organizations. |
| STUDENT CHECKLIST   * Develop strong study habits. * Do your best in school and on standardized tests. If you are having difficulty, don’t give up—get help from a family member, teacher, tutor, or mentor. * Get the facts about paying for college. Learn the basics about financial aid so you and your family can get the most money for college. * Get involved! Try out for a sports team, volunteer, or join a club. * Talk with friends and family about your interests, careers, and possible college choices. * Take advantage of opportunities to participate in enrichment programs (on the weekend or in the summer) and field trips. | | |  |  | MYTHBUSTER  **MYTH:** Only students with good grades get financial aid.  **REALITY:** While a high-grade point average can help a student get into a good school and may help with scholarships, most federal student aid programs do not consider grades.  Federal student aid will help students complete their education if they maintain satisfactory academic progress in their college programs of study. |
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| FAMILY CHECKLIST   * Share your high expectations. Talk to your children about their studies and communicate your expectations for the future in high school and beyond. * Do homework a priority. Set aside time and space for your child to do homework and make sure your child is turning in assignments on time. * Encourage your child to get involved in school and community. Suggest sports, school clubs, or volunteer opportunities that reflect your child’s interests – it doesn’t matter what it is; it’s just important to be involved! * Get to know your child’s friends and their parents. Know who your teen is spending time with and take advantage of opportunities to meet friends and their parents at school or community events. * Encourage your children to take the most challenging courses they can handle. Tackling tough courses can give them confidence and prepare them for higher-level high school classes. | | |