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|  | Eighth Grade | Summer 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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| TRANSITIONING TO HIGH SCHOOLThe end of the school year can be a nervous time for students, especially those transitioning to high school next fall. Ninth grade is critical to students' success in high school.As young adolescents move into high school, many students experience a drop in grades. High school can feel like a more extensive, sometimes seemingly less caring environment than grade school or junior high. Peers have a stronger influence (both positive and negative). The potential of developing bad habits such as skipping class also increases, especially when a student is struggling. However, research confirms that when teens are asked who has the most influence over their actions, they overwhelmingly reply: our parents. Despite the eye-rolling, often-demonstrated (and natural) push for independence, middle and high school teens need caring adults. Who better can provide the guidance, direction, care, love, and sacrifice to guide them to adulthood? Families must stay involved throughout the high school years.Discuss with your teen what worries you most about the middle school/high school years. Ask your teen about their biggest concerns.Think about what kind of middle school/high school experience you had. How have the challenges changed? How are they the same? How much did you talk with your parents? |  |  | *Insert Local Summer Programs and Opportunities Here* | *Insert Local Summer Programs and Opportunities Here* |
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| UPCOMING EVENTS*Click here to enter text.* |  |  | Graduation cap with solid fillDID YOU KNOW?What is a hot job skill? The Army, NYPD, and State Department can't get enough workers with this job skill. Neither can Fortune 500 companies, hospitals, local courts, and schools. What is it? Fluency in a foreign language. |

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| High School & Beyond Planning Eighth Grade | Summer Edition | gearup.wa.gov  |
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| MAJORS AND PROFESSIONS: EXPLORING YOUR PASSIONS |  | At most colleges, you don't have to choose a major until the end of your sophomore year, and even then, you can still change your mind.Help your teen explore the possibilities by asking them:* What are some things you feel you do well?
* What challenges you?
* What do you like to do for fun?
* What is something you always wanted to try?
* What interests you?
* What is your favorite class?
* If you could do any job for a day, what would it be?

Also, remember that joining clubs, working, volunteering — and even just talking to people — can help your teen figure out what interests them. You never know; these activities might lead to your child’s dream job.  |
| A major is a specific subject area that students specialize in during college. Students should choose a major and take courses in areas that appeal to and motivate them. Many majors prepare students to enter a range of careers after graduation. For many students, picking a college major is not the same as choosing a job. It will be up to them to pick a career path they like. For example, a degree in English literature might lead you to a job in publishing, teaching, advertising, public relations, or law, among other fields. |
| STUDENT CHECKLIST* Stay active & healthy.
* Read! Visit your local library.
* Find out if your school offers a summer bridge or a transition program. If they do, be sure to participate.
 |  |  | MYTHBUSTER**MYTH:** Teens don’t need sleep.**REALITY:** Teenagers need as much sleep or more than they got as children—nine to ten hours are optimum. Most adolescents are chronically sleep-deprived, averaging six to seven hours a night. Part of the blame can be placed on early school starting times and many teens’ 11 p.m. and midnight bedtimes, resulting in a considerable sleep deficit. Lack of sleep affects a teen’s ability to learn and retain new material, especially in abstract subjects such as physics, philosophy, math, and calculus. |
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| FAMILY CHECKLIST * Encourage reading all summer long.
* Check out day camps nearby that your child might attend.
* Encourage your teen to be active. Take advantage of the warmer weather and keep youth active outdoors.
* Find out if your child’s high school will offer a summer bridge or transition program. These programs help ninth-grade students make the leap from middle to high school. Encourage your child to participate if it is offered.
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