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|  | | Eighth 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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| UNDERSTAND COLLEGE COSTS  Often, the greatest fear about pursuing an education after high school is the cost. The main expenses include tuition and fees, room and board, books and supplies, personal expenses, and transportation.  Costs depend on the choices your child makes. You should know something else: The published price of attending a college is not usually what students pay. They often pay less, thanks to financial aid.  Financial aid is money given or lent to help pay for college. It may be awarded based on financial need alone or partly on factors such as proven academic or athletic ability. Most full-time college students receive some form of financial aid.  The actual, final price (or net price) students pay for a specific college is the published price (tuition and fees) to attend that college, minus any grants, scholarships, and education tax benefits for which they may be eligible.  The difference between the published price and the net price can be considerable. While the prices published on college websites can be discouraging, many students will find that the net price for them is lower.  Colleges are now required to post a tool called a net price calculator on their websites. You can also visit the U.S. Department of Education’s Net Price Calculator Center: [**https://collegecost.ed.gov/net-price**](https://collegecost.ed.gov/net-price). | | |  |  | **MENTORS, ROLE MODELS, & COACHES, OH MY!**  Students need to find an advocate—somebody they can go to for advice and to be heard. These advocates could be:  **A role model.** Others look to this person as an example to be imitated. It may be a person that your child knows, or it could even be a celebrity. This person could have been either a positive or negative influence on your child. Finding someone with a strong character and positive values to share can significantly affect your teen’s outlook and actions. | **A coach.** When we think of a coach, we often think of sports, and athletic coaches can be great advocates. A coach can also look at a student’s work and advise on how to improve.  **A mentor**. A mentor is a trustworthy, supportive adult or older student available to answer your teen’s questions and provide encouragement and guidance. Mentors listen, care, and engage. They share their wisdom and help your child develop a vision for the future. Mentors can also act as role models and support reaching your teen's full potential.  Some schools and organizations have mentoring programs that connect children to adults or peers. Still, your teen may also look up to a family member, teacher, employer, or older student who might make a good mentor. | | | | |
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| UPCOMING EVENTS   * *Click here to enter text.* |  |  | **Graduation cap with solid fill**  DID YOU KNOW?  Grants are a kind of gift aid—financial aid that doesn’t have to be paid back if students successfully complete their enrolled courses.  Grants are usually awarded based on financial need. | | |

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| High School & Beyond Planning  Eighth Grade | Winter Edition | gearup.wa.gov | | | | | |
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| SKILLS FOR SUCCESS |  | Research shows that “non-cognitive skills” or “soft skills” things like perseverance (determination) and self-regulation (self-control) might be just as crucial in helping students in the classroom and 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 develop 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 essential when a student goes to college and enters a career. Time management and attendance are important. Good communication skills are crucial for dealing with difficult roommates or asking for help. You can help your teen develop these traits by setting goals, sharing expectations, and encouraging persistence. | | | |
| Intelligence is like a muscle: the brain changes based on experiences and efforts. A growth mindset means 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 they can develop and improve their intelligence and abilities through hard work.  Additionally, students who succeed in school aren’t just good at memorizing facts or reading quickly. |
| STUDENT CHECKLIST   * Ask questions and participate in class. * If you can choose your high school, visit local schools to compare your options. * Find leadership opportunities. * Find out if your school offers a mentoring program. * Pursue extracurricular activities (such as sports, performing arts, volunteer work, or other activities) that interest you). * Set goals for both academics and your interests. * Learn about a growth mindset. | | |  |  | MYTHBUSTER  **MYTH:** Mentoring is just a fun activity but does not affect students.  **REALITY:** Youth who had a mentor are more likely to:   * Aspire to enroll in and graduate from college. * Participate regularly in sports or extracurricular activities. * Hold a leadership position in a club, sports team, school council, or other group. * Volunteer regularly in their communities. |
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| FAMILY CHECKLIST   * If your child can choose a high school, visit local schools to compare your options. * Encourage your child to explore leadership opportunities in school or after-school activities. * Find out if there are local mentoring opportunities at school or in your community. Encourage your child to take part in mentoring programs, whether they include peer or adult mentors. * Know who your child is spending time with and take advantage of opportunities to meet your child’s friends and parents at school or community events. | | |