

**DECEMBER FOR FAMILIES OF 7thGRADE STUDENTS**

**NEWSLETTER TEMPLATE**

High School & Beyond Planning — News & Information

**The More We Achieve, the More We Will Want To Achieve.**

When it comes to helping teens prepare for college, "monitor their homework" typically tops the advice for families. It sounds simple, but it’s not. Getting homework “done” requires more than mastering math facts or punctuation. Students need to 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 good study habits are not enough to get ahead. Young people must also develop “character strengths” like grit, curiosity, thoughtfulness, and optimism. They need to learn self-control, how to manage stress, and to learn from their failures. The more curious and resourceful children are, the better. They need self-confidence—the belief that they can succeed in spite of 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 have big impacts on the student's academic achievement in high school and 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!

**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.

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**Upcoming Events & Announcements**

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**Myth Buster**

**MYTH:** College is much harder than high school.

**REALITY:** Substitute "different" for "harder."

For example, college courses usually rely on just a couple of papers or tests for final grades instead of lots of assignments. Many courses don’t have penalties for when students miss a class.

The difficult part for most college students is learning how to handle the newfound freedom and responsibilities brought by larger class sizes, more free time, and about a million distractions.

**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.

**Family Checklist**

* **Share your high expectations.** Talk to your children about what they are studying in school and communicate your high expectations for good grades and pursuing education after high school.
* **Observe language choices.** Pay attention to the little things, such as saying “*When* you go to college...” not “*If you go* to college...”
* **Make 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.