



High School & Beyond Planning — News & Information

February 2017 

MIDDLE SCHOOL STUDENTS

Skills for Success

Students who succeed in school aren't just good at memorizing facts or reading quickly. Research shows that "*non-cognitive skills*" or "*soft skills*" things like perseverance (determination) and self-regulation (self-control) might be just as important in helping students in the classroom and in 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 come up with 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 especially important when a student goes to college and then enters a career. Time management and attendance are essential. Good communication skills are crucial to deal with difficult roommates or to ask for help. You can help your teen develop these traits by setting goals, sharing expectations and encouraging persistence.

Sources: [The Chronicle of Higher Education](#); [Education Week](#); [Scholastic](#); [Oregon GEAR UP](#)



Have Naviance Questions?

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8th Grade High School Transition Meetings Coming Soon!

- **Eisenhower** – March 21
- **Evergreen** – March 22 (EHS)
- **Evergreen** – March 29 (CHS)
- **Gateway** – March 28
- **Heatherwood** – March 29
- **North** – March 16



New district-wide course catalog is now **ONLINE!**

Visit **Everett Public Schools' Graduation site** to explore the **Graduation Toolkits!**



Did You Know?

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.

Source: [National Center for Education Statistics](#)