



High School & Beyond Planning — News & Information

October 2016

10th Grade

Good Study Habits & Test Prep

It's worth your teen's time to develop good study skills because having them will help your child get the best possible grades. Those skills will also help your sophomore be better prepared to succeed after high school.

Tips to improve study skills:

- Encourage making a "to do" list and stick to it.
- Recommend setting personal goals.
- Remind your teen to prioritize! A test tomorrow is more important than an assignment due next week.
- Encourage good notetaking and review.
- Help determine where and when they work best - alone or in a group, bright or dim lighting, quiet or noisy. Help your sophomores figure out what kind of environment works best for them, and then encourage them to study that way.
- Encourage reading and writing frequently in and outside of class.

Your teen might take the PSAT and/or ACT Aspire this fall. The best way to prepare is to take challenging or **rigorous** courses, read widely, write frequently, and develop problem-solving skills both in the classroom and through extracurricular activities. These are the same habits that prepare students for the SAT/ACT and AP exams as well as for college and career.

Students can try PSAT [sample questions](#) and [practice tests](#) to become familiar with the redesigned assessments. Resources can be found by heading to the [Naviance Family Connection](#) > PSAT resources page or KhanAcademy.org for [Official SAT Practice](#).

Sources: [Mapping Your Future.org](#), [College Board](#)



Have Naviance Questions?

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Upcoming Lessons in **Naviance Family Connection** with your counselor:

- **Strengths Explorer**



Oct. 18 @ Cascade HS
Oct. 19 @ Everett HS
Oct. 20 @ Jackson HS
Starting at 5:30pm!

Click here to view the flyer with details!!

Did You Know?

Taking the PSAT/NMSQT again in 11th grade gives students a fresh skills assessment and a measure of their progress, as well as the chance to compete for scholarships. Research shows that students who take the PSAT/NMSQT in both 10th and 11th grades score higher on the SAT than students who do not.

Source: [College Board](#)

Myth Buster

MYTH: A low score on an admissions test will keep my teen out of college.

REALITY: Admissions test scores are just one factor colleges consider, along with grades and classes. While most four-year colleges require tests, the emphasis on the test scores varies by college.

In addition, most two-year colleges—including community colleges, open-enrollment colleges, and specialty schools don't require tests.

The range of test scores at many colleges is very broad. Remember, test scores are just one part of an application.

But if students don't take an admissions test, they will limit their college choices, as most colleges require test scores. Think of taking the test as opening doors, not closing them.

Source: [BigFuture](#)



[Check Student
Online Grades Here!](#)

Things to Think About...

Research standardized tests:

- Most 4-year colleges require that you take either the ACT, SAT or both
- The purpose of these assessments and other college entrance exams is to help college admissions officers predict your academic performance during your first year in college.
- Typically, the PSAT is taken during your sophomore year
- Sometimes, your ACT or SAT scores can help you qualify for certain types of financial aid
- Each test does cost money to take. If you are concerned about the fees talk to your counselor about fee waivers
- More information and resources for the PSAT, SAT, and ACT can be found in [Naviance Family Connection](#)
- Additional information can be found on the [EPS Assessment and Research](#) site.

Student Checklist

- ☐ **Go to a college or financial aid night at school.** Learn about different types of financial aid at [High School and Beyond Night 2016](#).
- ☐ **Go to career information events or college fairs** to get a more detailed look at college and career options.

Family Checklist

- ☐ **Go to a college or financial aid night at school.** Learn about different types of financial aid by visiting the **Financial Aid Info** page in [Naviance Family Connection](#) and the [financial aid page](#).
- ☐ **Encourage your teen to participate in career information events and college fairs** at school to get a more detailed look at available options like [High School and Beyond Night 2016](#).
- ☐ **Help your sophomore explore career ideas.** Complete the **Career Cluster Finder** survey in Naviance Family Connection under the Colleges tab to find out what types of careers might be of interest.

Sources: [Federal Student Aid](#), [BigFuture](#), & [ReadySetGrad](#)



Visit readyssetgrad.org to learn more and access resources to help your child make a plan.