



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](#)

Myth Buster

MYTH: Teens value the opinions of their peers, so parents cannot influence them.

REALITY: Families have a strong influence in their student's planning and decision-making for high school and beyond.

Families can influence their student by setting high expectations and through encouragement and motivation.

For example, when families show that they believe their students are capable of high achievement, their students are more likely to set high goals, work hard, and persist in the face of challenges.

When families place a strong value on learning and hard work, students are more likely to be successful.

Source: [Ready, Willing, and Able: A Developmental Approach to College Access and Success](#)

Student Checklist

- ☐ **Set goals** for both academics and your personal interests.
- ☐ **Learn about a growth mindset** and the power of belief. Watch this TED talk: [Eduardo Briceno, TEDxManhattanBeach](#).
- ☐ **Talk with friends and family** about your interests, careers, and possible college choices.
- ☐ **Take advantage of every opportunity to participate in enrichment programs** (on the weekend or in the summer) and field trips. Go to [colleges](#) > [enrichment programs](#)
- ☐ **Check out Road Trip Nation** videos in Naviance about different leaders who have found their road in life.

[careers](#)

[EXPLORE MORE](#)

Family Checklist

- ☐ **Learn more about the soft skills and growth mindset** and how you can help. See [Mindsets](#) for details and parent tips.
- ☐ **Help your child set goals for academic and personal interests.** Start by setting goals for personal interests (in sports, extracurricular activities, etc.), and then help set ones for academic achievements. Ask your teen to envision both the benefits and the obstacles in achieving each goal.
- ☐ **Provide challenge and support.** Push your child to do his or her best but make sure you offer encouragement and help as needed.



[Check Student
Online Grades Here!](#)



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