



# High School & Beyond Planning - News & Information

MAY 2017

10th GRADE STUDENTS

## Self-Doubt & Confidence

Self-doubt makes all of us feel alone and this is especially true for teens and even more so for students who are first in their family to continue their education beyond high school. This feeling of uncertainty about your ability to accomplish something can impact your student decision to prepare for higher education or a training program.

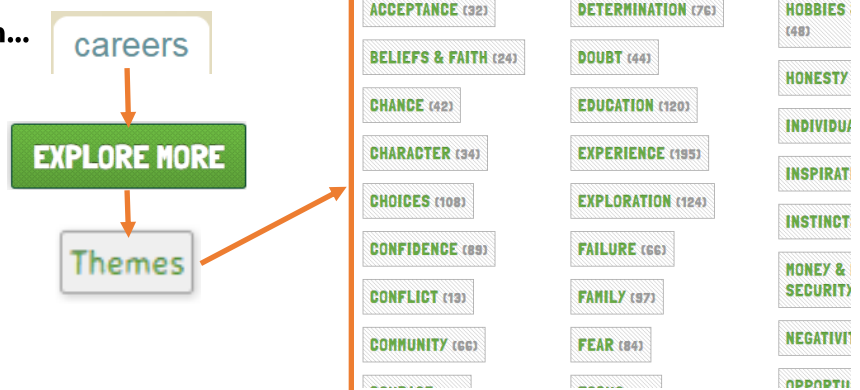
Self-doubt is totally normal, but it can lead to hesitation, indecision and compromising personal expectations. Feeling it does not mean that you are going to fail.

How do you build your confidence? One strategy you can use to overcome self-doubt is to tell yourself to look back on times in the past when you experienced doubt but ended up being successful. Knowledge and recognition of your past successes boosts the courage it takes to achieve your goals in the future.

Build up your resilience by gaining the confidence to try new things, tolerate failure, keep at it, get results, and feel satisfied.

To see how other people have dealt with overcoming obstacles, self-doubt, and many other topics, check out their videos in **Roadtrip Nation** by logging into **Naviance**.

Click on...



Sources: [Career Guidance WA](#) & [What Kids Can Do](#)



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**It's SCHOLARSHIP season!!**

There are updates nearly every day!

Log into Naviance so you do not miss a due date!

Go to the **Colleges Tab>Scholarship List**

## Did You Know?

Statewide, 10th graders who did not participate in afterschool activities are more likely to report lower grades in school (C's, D's, or F's) compared to those who do participate.

Source: [2014 WA Healthy Youth Survey](#)

## Myth Buster

**MYTH:** My teen is on the varsity team so I am sure he or she will get a huge scholarship.

**REALITY:** Sorry to burst your bubble, but the odds are that most student athletes will not get large scholarships.

Only **two percent** of high school athletes actually receive an athletic scholarship.

And of those who do, very few receive enough aid to cover all their expenses. In fact, most athletic scholarships range between **\$342 and \$14,660** a year, depending on the sport and the division.

Source: [Unigo](#)

## Student Checklist

**Check out scholarship opportunities in Naviance!** There are scholarships available for 10th graders but you need to actually apply!

Go to:

[colleges](#)

> [scholarship list](#)

**Explore your interest and research possible career pathways** and what kind of education you'll need for each one.

Go to:

[careers](#)

> [explore careers & clusters](#)

**Think about ways you might be able to get hands-on experience in a field you like.** Explore volunteer opportunities, sports, and more.

## Family Checklist

**Continue to help your teen explore careers and interests.** Talk to your teen about the kinds of activities he or she is interested in – it doesn't have to be sports or an academically-related club.

**Consider potential careers and try to find activities related to fields your student is interested in.** Consider activities outside of school in your community in the summer.

**Have Naviance Questions?** [naviance@everettsd.org](mailto:naviance@everettsd.org)



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