



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](#)



NAVIANCE

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](#)