



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.

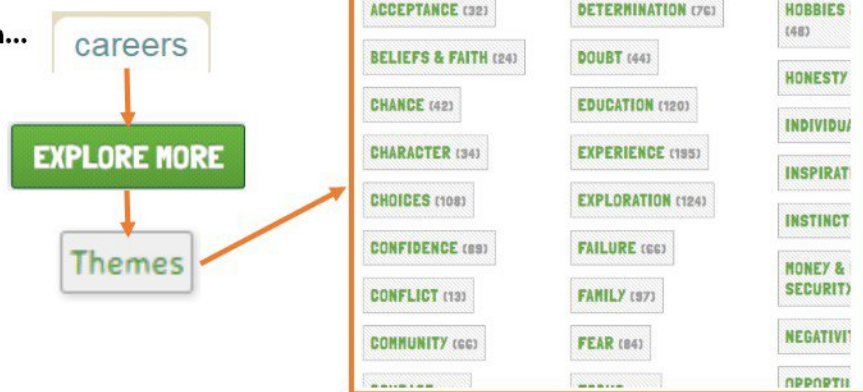
Self-doubt is totally normal, but it can lead to hesitation, indecision and compromising personal expectations. Feeling it does not mean that you are going to fail.

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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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](#)