



WHITE PASS GEAR UP NEWSLETTER

High School & Beyond Planning — News & Information

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EDUCATION MAKES LIFE BETTER

- **More job satisfaction.** Individuals with a college degree are likelier to rate their work as essential.
- **More money.** Individuals with a college degree earn an average of \$22,000 more annually than those with only a high school diploma.
- **Less unemployment.** Someone with a four-year degree is much less likely to be unemployed than someone with only a high school diploma.
- **More benefits.** Jobs that require a college degree are more likely to offer health insurance and retirement plans.
- **Better health.** College graduates are more likely to exercise and report better health.
- **More likely to vote.** Thirty percent more college graduates voted in the election than those with only a high school diploma.
- **Volunteer more.** College graduates are twenty percent more likely to volunteer in their communities.
- **Live longer.** People with a college degree live almost nine years longer than those without a high school diploma.

PLANNING FOR HIGH SCHOOL

A step that you can take now to help your child prepare for high school is to learn what your child's class schedule could be like and find out which courses your child needs to graduate and what colleges will require.

One difference between middle and high school is *prerequisite courses*. A prerequisite is a course that must be taken before another course. For example, students take math classes in a specific order.

In high school, students must pass specific required courses to graduate.

Students can also choose from various elective courses to help them meet higher education requirements, pursue their interests, or develop specific skills.

Your teen's courses in middle school will lay the foundation for high school. When students have a strong education foundation at this level, they will be competitive in high school and more likely to have the necessary skills to be successful in higher education.

Later in the year, you will learn more about what classes your child should take to meet graduation requirements, pursue their dreams, and become ready for life after high school.

UPCOMING EVENTS

- **National GEAR UP Week:**
September 22-26
- **After School Tutoring begins**
Tuesday 7th and will be held
Tuesdays and Thursdays 3-
4:30pm with transportation
and snack available



DID YOU KNOW?

While 95 percent of the human brain has developed by the age of six, scientists report that the greatest spurts of growth after infancy occur just around adolescence.

STUDY SKILLS & HOMEWORK HELP

Few students love homework, but it does serve several purposes:

- Reinforce what they've learned during the day.
- Build study habits that are essential in college.
- Prepare for their classes.
- Get a sense of progress.

Homework is one of the first places many students fall behind. Help your children get the most out of homework by teaching them to talk to their teachers and counselors. Encourage them and let them know it is okay to ask questions if the assignment is unclear and ask for help if needed.

Homework takes organization. You can help your child learn to:

- Keep a "homework notebook" with all assignments and deadlines.
- Make a quiet space and time for homework.
- Gather materials needed for the homework task.
- Turn in completed assignments on time.

Homework also requires focus, persistence, and determination. You can help your children problem-solve what gets in the way and remind them to take a short break when frustrated.

Homework demands time management. You can help your child learn to prioritize homework tasks by importance and deadline.

Students who focus and put effort into homework learn habits that will help them in high school and beyond.

STUDENT CHECKLIST

- ☐ Try a new activity. Now is a great time to try something new, whether it's a sport, a club, or volunteer work.
- ☐ Ask for help with schoolwork. If you start to feel shaky in a subject, seek out tutoring. You may fall behind if you wait until you get a bad grade on a paper or big test.
- ☐ Establish a routine for study. Find a comfortable spot with minimal distractions.
- ☐ Learn the differences between doing homework, reviewing homework, and studying for quizzes and exams.
- ☐ Visit a college campus. Find out if your school offers any visits as a field trip.

FAMILY CHECKLIST

- ☐ Encourage your child to do well in school and explore outside interests in sports, clubs, and volunteer work.
- ☐ Review the school calendar together. Note important dates and put them in a shared online calendar or an easy-to-view place, such as a bulletin board in your kitchen.
- ☐ Plan to check in regularly about schoolwork. If you keep up with your child's tests, papers, and homework assignments, you can celebrate successes and solve problems as a team. Find out about your child's grades, assignments, and attendance on the school's online system (like Skyward). If you don't know how to access this system, contact your child's counselor for assistance.
- ☐ Visit a college campus. If possible, serve as a chaperone on school field trips to college campuses to learn more about different postsecondary options.
- ☐ Explore careers and college programs. Talk to your child about different careers they might be interested in and what education they might need.
- ☐ Continue learning about college readiness and its benefits. Read these newsletters, attend school events, and check out online resources.

MYTHBUSTER

MYTH: The cost of college is so high it's not even an option anymore.

REALITY: Washington state is first in the nation for need-based financial aid for college or career training, according to annual survey data released by the National Association of State Student Grant and Aid Programs (NASSGAP).

Cost doesn't have to be a barrier to attending college. There is money available to help.

