



WHITE PASS GEAR UP NEWSLETTER

High School & Beyond Planning — News & Information

GEAR UP Advisor Maureen Foley mfoley@whitepass.k12.wa.us

EARN COLLEGE CREDIT IN HIGH SCHOOL

Tenth grade is an important year! Teens might be learning to drive a car or getting a first job. It's also an important year for their academic career. Encourage your teens to set themselves up for success by:

- Preparing for the PSAT or ACT Aspire.
- Taking challenging classes like dual-credit courses.
- Pursuing leadership opportunities.

Challenging classes like dual-credit courses in high school:

- Give students opportunities for college-level learning.
- Prepare students for college.
- Allow students to earn college credit that may be applied toward a degree.

Earning college credits in high school can also save students time and money when they go to college. Ask your child's counselor about what dual credit options are available.

For example, your school might offer exam-based options, such as Advanced Placement (AP), Cambridge International (CI), and International Baccalaureate (IB) programs. Course-based dual credit options, such as Career and Technical Education (CTE) Dual Credit, College in the High School (CiHS), and Running Start programs, are available.

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 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 habits prepare students for the SAT/ACT, AP exams, college, and career.

Students can try PSAT sample questions and practice tests to familiarize themselves with the redesigned assessments or head to [KhanAcademy.org](https://www.khanacademy.org/sat-practice) for Official SAT Practice.

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?

Taking the PSAT/NMSQT again in 11th grade gives students a fresh skills assessment, a measure of their progress, and 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.

COLLEGE & CAREER PATHWAYS

After high school, different paths lead to other types of credentials. Your sophomore may need one (or several) of these credentials, depending on their career interests.

Workplace	People who go straight into the workplace usually do not have any formal credentials beyond a high school diploma. However, some people on this path might complete an apprenticeship or other on-the-job training. – Certificate for completion of training – Apprenticeship
CTE (Technical) College	Most technical colleges award certificates showing completion of a program of study. Some also award associate degrees. – Certificate or certification for completion of the program (one year or less) – Associate degree (two years)
Two-year College	Most community colleges award certificates or associate degrees, depending on the program. Students can continue for four years at some colleges to earn a bachelor's degree. In two years, students typically earn an associate degree. – Associate degree
Four-year College	Most four-year colleges award bachelor's degrees. The two most common types of bachelor's degrees are a B.S. (Bachelor of Science) or a B.A. (Bachelor of Arts) – Bachelor's degree
Graduate studies	Many careers require specialized training and education beyond college. Students attend graduate or professional school to receive this training and earn a graduate or advanced degree. Some advanced degrees include: – Master's degree: most common are M.S. (Science) or M.A. (Arts) – Business degree (M.B.A. for Master of Business Arts) – Medical degree (M.D. for Medical Doctor) – Law degree (J.D. for Juris Doctor) – Doctorate (Ph.D. for Doctor of Philosophy)

STUDENT CHECKLIST

- ☐ Consider taking a practice (PSAT/NMSQT) or ACT Aspire.
- ☐ Keep your options open—take the most challenging courses you can. Meet with your school counselor to talk about AP, IB, Running Start, and College in the High School, and sign up for the classes you need to graduate and get into college.
- ☐ Continue extracurricular activities.
- ☐ Update your High School and Beyond Plan.
- ☐ Go to a college or financial aid night at school. Learn about different types of financial aid.
- ☐ Go to career information events or college fairs for a more detailed look at college and career options.
- ☐ Select one career possibility and identify the needed postsecondary path and credentials.
- ☐ Research majors that might fit your interests and goals.

FAMILY CHECKLIST

- ☐ Make sure your child meets with the school counselor to discuss college and career options and ensure they take suitable classes.
- ☐ Encourage your child to set goals for the school year.
- ☐ Plan to check in regularly about schoolwork. To find out about your child's grades, assignments, and attendance, you can use the school's online system, like Skyward. Check this free online system at least weekly to monitor your child's progress.
- ☐ Talk about extracurricular activities.
- ☐ Go to a college or financial aid night at school. Learn about different types of financial aid.
- ☐ Encourage your teen to participate in career information events and college fairs at school to get a more detailed look at available options.

MYTHBUSTER

MYTH: A low score on an admissions test will keep my teen out of college.

REALITY: Admissions test scores are just one-factor colleges consider, along with grades and classes. While most four-year colleges require tests, the emphasis on the test scores varies by college.

In addition, most two-year colleges—including community colleges, open-enrollment colleges, and specialty schools don't require tests.

The range of test scores at many colleges is very broad. Remember, test scores are just one part of an application.

However, if students don't take an admissions test, they will make their college choices, as most colleges require test scores. Think of taking the test as opening doors, not closing them.