

Roadmap *E* Success:

Navigating to High School and Beyond

7

Plan

LAY FOUNDATIONS
FOR SUCCESS

GET READY FOR
HIGH SCHOOL

Prepare

8

Middle school is important because you are laying the foundation in a lot of subjects and forming study habits. Developing certain skills now will make it easier to adjust to the challenges of high school and college later—and will lead to more college options. Here are some things you and your parents can do to make the most of this time.

BE A PAIN Let everyone know that you are going to college and need their help. Create a group of people around you who want to help you succeed.

Mentors—teachers, family or friends who can give you guidance and help you develop new skills.

Counselors—for planning what classes to take and getting you started in exploring colleges.

Friends/peers—find others that want to push themselves too so you have study partners and can motivate and challenge each other.

PUSH YOURSELF Working a little harder today will make getting into and success in college easier.

Build strong study habits—study at the same time each day. Even if you don't have homework every night, use the time to review notes. If sitting down to work is part of your normal routine, you'll approach it with less dread. Also, you'll become a pro at using time productively.

Learn how to set short-term goals—take challenging and interesting classes to prepare for high school. If you have concerns about the amount or type of homework you have ask your family, friends, teachers, counselor for help.

Take the ASPIRE Test (grade 8)—Do Naviance career/college lessons and activities with your counselor and teachers to start exploring potential careers and colleges that might be a good fit for you.

GET INVOLVED! Take part in extracurricular activities offered at your school or out in the community.

- **Youth sports**—football, soccer, basketball, baseball, softball, cheer, etc.
- **Programs/classes** such as Introduction to High School and AVID
- **Clubs**—MESA, Chess Club, TRiO, Homework Club, etc.

EVALUATE YOURSELF Start noticing the things you're good at and the things you like to do. Recognizing these things can help you choose classes to take and may help you discover careers that would be really good fits for you.

PREPARE YOURSELF Learn how to calculate GPA and what high school requirements are so that you're prepared when you get to high school.

Think about college as an important part of your future. Discuss your thoughts and ideas with your family and with people at school.



P

ARENTS

of middle school students

- Help your student set goals for the year. Working toward specific goals will help them stay motivated and focused.
- Review the school calendar together. Note important dates and put them in a shared online calendar (e.g., Google calendar), on your smartphones, or in an easy-to-view place at home so you can keep track.
- Make a plan to check in regularly about schoolwork. If you keep up with your student's tests, papers and homework assignments, you can celebrate successes and head off problems as a team.
- Talk about extracurricular activities. Getting involved in clubs and other groups is a great way for students to identify interests and feel more engaged in school.
- Visit a nearby college together. If you live near a college, look for upcoming events on campus that are open to the community or see if the college offers classes to local students and families. Just being on a campus may get your child interested in college.
- Continue saving money for your student's college education. Use FAFSA4caster to find out how much federal student aid your student might receive.
- Help your student develop good study habits. Studying at the same time and place every day and having the necessary materials to complete assignments are important things to keep in mind when developing good study habits.
- Stay in contact with your student's teachers and counselor. Feel free to address questions on middle school requirements and high school preparation, college preparation, and anything else you need support in.
- Keep an eye on your student's grades. Use Synergy ParentVue (myvue.hsd.k12.or.us) to access the latest gradebook information.