

Counselor's Corner



October 2022

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 school.
- 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 that it is okay to ask questions if the assignment is unclear and to ask for help if needed.

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

- Keep a “homework notebook” with all assignments and deadlines.
- Check Skyward and CANVAS daily for updates.
- 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.

When students put their attention and effort to homework, they



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Did You Know?

When students improve their attendance rates, they improve their academic prospects and chances for graduating.

Myth Buster

MYTH: Students only attend community college because they can't get into a four-year university.

REALITY: There are many reasons students attend community colleges instead of four-year colleges.

Cost is one of the biggest incentives, since community college is usually more affordable. Many students choose to take core classes at a community college and then transfer to a four-year university. Also, many students choose to live at home to save money on housing costs. Class schedules can be more flexible, as well, so students can work more hours.

It is important to consider support services, graduation rates, and costs and costs to determine which school is the best fit. Do your research.

Notes from your School Counselors

- **Mindful Mondays:** Every Monday during Patriot Period, students will work on Social Emotional Learning. So far this year, we have used Character Strong <https://characterstrong.com/middle-school-sel-curriculum/>
- **CMS Guidance CANVAS Page:** Students have access to resources and lessons for Social Emotional guidance, Coping skills, Career guidance, and Study skills.
- **Career Planner:** 7th and 8th grade students will explore Careers based on their skills and interests. 7th grade meets during Technology, and 8th grade during Health. Career Planner can be found on Hello ID.

Student Checklist

- Have a daily plan for homework. Check CANVAS & Skyward and write down due dates.
- Turn your interests into careers. List your hobbies and talents. Then match up the things on your list with different opportunities.

Family Checklist

- Check in with your student. Check Skyward Family Access once per week. Check CANVAS daily.
- Assist your student in asking for help if they need it. Teacher's contact information can be found on their CANVAS pages.
- Continue learning about college readiness and the benefits of college. Keep reading these newsletters, attend events at the school, and check out online resources like www.bigfuture.collegeboard.org and www.knowhow2go.com, which have information specifically for parents.



Visit <https://gearup.wa.gov/students-families> to learn more and access resources to help your child make a plan.