

Counselor's Corner

Centennial Middle School



June 2023

Summer Slide

Research shows that over the summer, students lose up to two months' worth of reading and math skills! Help your teen stay on track this summer with these four suggestions:

- **Summer Learning Programs.** Check out camps and programs at the school or library or in the community. Scholarships are usually available.
- **Volunteer Opportunities, Internships or Job Shadowing.** Students can get a taste of a career experience while adding activities to applications.
- **Summer Jobs.** Even if it's just mowing lawns, a summer job builds work ethic and skills. Set up a college savings plan that your student can contribute to each paycheck.
- **Read!** Whatever students decide to do this summer, encourage them to read. Have your student join a book club at the local library or start their own with friends. Whether it's the news, graphic novels, or the latest teen fiction series, reading is an important activity.

Extracurricular Activities Matter — To You and To Colleges

Getting involved in clubs, sports, work, or other pursuits outside the classroom can give your teen new skills, help build self-confidence and self-esteem, and be fun! They also help with college and job applications.

Most college applications ask about activities. That is because the things that a student does outside the classroom show what he or she is passionate about. Colleges want to know more about students than what their grades and test scores can tell them. For example:

- Serving in student government shows leadership skills.
- Being on the track team through high school shows commitment.
- Doing volunteer work at a hospital shows dedication to helping others.
- Working a part-time job while keeping grades up shows responsibility and time-management.

The number one rule for extracurricular activities for students: **DO WHAT YOU LOVE (or at least what you're interested in)**. Freshmen and sophomores should try out many different activities to get a taste of what they enjoy, and then focus on a few key activities (perhaps even taking a leadership role) during the rest of high school.



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Did You Know?

Youth who are not engaged in productive activities during the summer can lose up to 3 months of classroom knowledge. Over time, summer learning loss can put students at a disadvantage. Children should be encouraged to read and participate in activities during the summer.

Myth Buster

MYTH: In order to get into a good college, you must have an impressive list of extracurricular activities and community service.

REALITY: Kids often think that they need a long list of extracurricular activities, sports, and volunteer work in order to get into a top college.

Absolutely not true. Colleges, in putting together that well-rounded class, want to see passion and commitment.

It is more impressive to see multi-year commitment to one or two clubs, sports or community service activities to which you've dedicated yourself to and where you've achieved a leadership position than a long list of activities where you've just dabbled.

Upcoming Events & Announcements

- **Yearbook Distribution** Thursday June 15th
- **Field Day** Tuesday June 20th
- **Last Day of School!** Half day early release at 10:30 AM
- **First Day of School** Wed Sept 6th for 7th & 9th grade only

Student Checklist

- Get hands-on experience.** Make the most of your summer by getting hands-on experience in the real world, whether through a paid job, volunteer work, or an internship. Summer work allows you to develop new skills and looks good on a college application. It shows that you are a dedicated, goal-oriented person – and one who's likely to succeed.
- Join or form a book club.** Participating in a book club is a great way to become comfortable sharing your thoughts in a group setting, a common activity in college classes. You can also work on organizational and leadership skills if you help create the reading list or set up some of the meetings.
- Keep a journal.** Keeping a diary or a blog is a great way to boost your writing skills. You may even find the perfect topic for a college application essay as you write about a vacation you took or your experiences at work or with friends.

Family Checklist

- Help your teen stay involved this summer** with camps, programs, volunteering, or even a job. Combat boredom and prevent learning loss by insisting your child stay on a (somewhat) regular schedule and participate in summer programs, volunteer or find a job like mowing lawns or babysitting.
- Set up a college savings plan, if you haven't already.** Talk to your local bank or credit union about setting up a college savings account for your student. Encourage your child to contribute a percentage of any summer earnings to the account.



Visit readyssetgrad.org to learn more and access resources to help your child make a plan.