

Counselor's Corner

Centennial Middle School



SEPTEMBER 2023

Welcome to Middle School!

Middle school is a time of emotional, physical, social and academic changes. Your child is learning and developing skills that will make it easier to adjust to the challenges of high school and beyond.

Research shows that teens do better in school when their families are involved in their lives in and out of school. Here are some things you can do to help your child adjust to middle school:

- **Discuss** any concerns that your child may have before starting middle school.
- **Talk** to your child about the physical and social changes and social pressures that often occur.
- **Encourage** your child to take challenging classes. Ask your child's teachers or guidance counselor if these classes will help your child be competitive in high school and beyond.

Also, **consider** if your child...

- Has good study habits?
- Reads what is necessary to complete an assignment?
- Hands in assignments on time?
- Prepares ahead of time for assignments and tests instead of cramming at the last minute?
- Has the resources needed to complete assignments or knows where to find what is needed? If not, ask a teacher or counselor for help.



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Did You Know?

According to a recent survey, for students in grades 6-12, only one percent of the parents did not expect their children to complete high school.

Myth Buster

MYTH: College is only a four-year degree with classes taken on campus.

REALITY: There are many options for students after high school, including apprenticeships, on-the-job training programs, community college certificates, two-year degrees, and four-year degrees.

The term *college* includes all of these things. College is also the key to good jobs. In less than two years, nearly 75 percent of jobs in Washington will require some kind of education beyond high school.

Because college is a crucial stepping-stone to a good career, it's important that families plan ahead.

Upcoming Events & Announcements

– First Day of School Information:

- Wed, Sept 6th–7th graders only!
- Thurs, Sept 7th—All students attend.

If you need help with school supplies, school clothes, or any other financial aid support, please contact your school counselor 😊

Student Checklist

- Make a college pledge.** Tell people why you're going and ask for advice on getting there. Talk to your family about your future.
- Start a calendar.** Record and track important school dates and deadlines. Find a system that works for you and stick with it.
- Set easy-to-reach goals.** Working toward a goal helps keep you motivated. Try listing a few things you've been meaning to do and write down the steps needed to finish them. Check off each step as you complete it.

Family Checklist

- Read up.** Read these monthly newsletters and go over them with your child.
- Set goals.** Help your child set goals for the year. Working toward specific goals will help your child stay motivated and focused.
- Check in.** Make a 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 head off 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.
- Talk to the school.** Attend parent-teacher conferences, open houses and other events at the school to stay connected with teachers and school staff.



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