

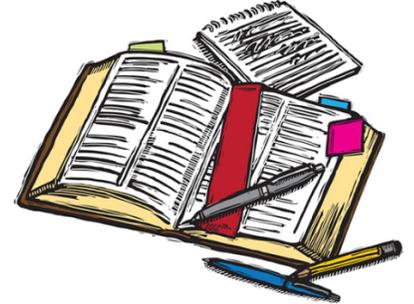


AUGUST | ISSUE 1

# The GEAR UP Gazette

9th - 10th grade issue

*Staying Ahead in High School*



## Good Study Habits

### TIPS ON HOW TO STAY AHEAD

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 student 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 note taking and review.
- Help determine where and when they work best - alone or in a group, bright or dim lighting, quiet or noisy. Help your student 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 and/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 are the same habits that prepare students for the SAT/ACT and AP exams as well as for college and career.

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

GEAR UP stands for Gaining Early Awareness and Readiness for Undergraduate Programs and is a federally-funded program that helps rural, low-income middle and high schools prepare students for education after high school.

## GEAR UP Right Choices for Youth

## First Two Years of High School

Ninth and tenth grade are pivotal years for students both academically and socially. The transition from middle school can be challenging – more rigorous classes with higher stakes, new social pressures, changing friend groups, and a desire to assert independence and become their own person. Supporting your student through these changes is critical: students who fail more than one core class in their freshman year are more likely to dropout of high school without graduating. Ways to beat the beginning high school blues include going to school (if you're not in class, you can't learn!), getting involved in school activities and clubs, and having older students and adults serve as mentors.

## Did you know?

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



## Apply it

### Student Checklist

- Involve your family. If your family members haven't been to college themselves, they may think they can't help you with college planning. That's not true. They know you well and can help you make good choices. Have your family members work with your teachers and school counselors to get you on the path to college.
- Study and read every day. People who read more know more. This habit will pay off when you take tests with timed reading sections, like college admission tests.
- Get involved. Getting ready for college isn't all work. Find something you really like doing, and then dive into it.

### Family Checklist

- 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 Powerschool). If you don't know how to access this system, contact your child's counselor for assistance.
- Talk about extracurricular activities. Getting involved in clubs and other groups is a great way for your child to identify interests and feel more engaged in school.



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