



NEWS & INFORMATION ABOUT
PLANNING FOR AFTER HIGH SCHOOL

The GEAR UP Gazette

DECEMBER

FOR PARENTS OF 7TH & 8TH GRADE STUDENTS

GRIT: ONE KEY TO STUDENT SUCCESS

Students who succeed in school aren't just good at memorizing facts or reading quickly. New research shows that "non-cognitive skills" – things like perseverance and self-regulation – might be just as important in helping students in the classroom and in the real world.

These skills include:

- **Resilience:** The ability to recover from setbacks and cope effectively with stress
- **Grit:** Perseverance and passion for challenging long-term goals
- **Conscientiousness:** A tendency to be orderly, self-controlled, industrious, responsible, and willing to delay gratification
- **Creativity:** The willingness to break with convention, challenge the status quo, and come up with new ideas
- **Focus:** The ability to zero in on one thing at a time, tune out distractions, and avoid multitasking
- **Self-regulation:** An awareness of what matters and the discipline to avoid temptations and see a task through



These traits are especially important when a student goes to college and then enters a career: time management is essential when attendance might not be required at a class and good communication skills are critical to deal with difficult roommates or ask for help from a professor. You can help your student help develop these now by providing challenges (and support), setting goals, sharing expectations and encouraging persistence.

Sources: [The Chronicle of Higher Education](#); [Education Week](#); [Scholastic](#)

DID YOU KNOW?

Intelligence is like a muscle: the brain changes based on one's experiences and efforts. When students understand this "growth mindset" – that they can develop and improve their intelligence and abilities – they show greater motivation, better grades and higher test scores.

Source: [MindsetWorks](#)



COLLEGE MYTHS (AND REALITIES)

MYTH: Colleges are only concerned with my student's intellectual and academic development.

REALITY: Many colleges pride themselves on their ability to "develop the whole person." Some of this personal development comes from requiring a broad-based general education that contributes to an understanding of the world and our society. Some takes place in residence halls where students learn things like tolerance and how to get along with different kinds of people. There are also services for students on time management, developing relationships, choosing a career and community service.

Source: <http://pics.collegetrends.org/myths.cfm>

PARENT CHECKLIST

- Learn more about the power of grit and how you can help.**
Free online webinars on how to help your student succeed are available at ParentFurther.com/webinars ("The Perseverance Process Webinar Series") or read Paul Tough's book *How Children Succeed: Grit, Curiosity, and the Hidden Power of Character*.
- Help your student set goals for academic and personal interests.**
Start by setting goals for personal interests (in sports, extracurricular activities, etc.), then help set ones for academic achievements. Ask your student to envision both the benefits and the obstacles in achieving each goal.
- Provide challenge – and support.**
Push your student to do his best – but make sure you offer encouragement and help as needed.

EVENTS & ANNOUNCEMENTS

For more information, contact:

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.

Visit oregongearup.org to learn more and access resources to help your students make a plan.

COLLEGE. It's not a dream, it's a plan.