

College and Career Guidance Newsletter for Families from SLHS



May

FOR FAMILIES OF 10th GRADE

Self-Doubt & Confidence

Self-doubt makes all of us feel alone and this is especially true of teenagers and even more so for students who are first in their family to continue their education beyond high school. This feeling of uncertainty about your ability to accomplish something can impact a student's decision to prepare for higher education.

Self-doubt is totally normal, but it can lead to hesitation, indecision and compromising personal expectations. Feeling it does not mean that you are going to fail.

How do you build your children's confidence when they need a boost? One strategy that you can use to help your teen overcome self-doubt is to tell him or her to look back on times in the past when he or she doubted him or herself but ended up being successful. Knowledge and recognition of their past successes boosts the courage it takes to achieve their goals in the future.

Help your teen gain the confidence to try new things, tolerate failure, keep at it, get results, and feel satisfied. Be the biggest fan of your child's efforts, hard work, and determination.

Tips for building self-confidence

- Attend your child's events when possible.
- Spend time with your child.
- Make small, nonmaterial gestures that show you care.
- Be generous with your praise about your child's effort.
- Let kids know you will be there for them now and in the future.

Source: [What Kids Can Do](#)



Seattle Lutheran High School

www.seattlelutheran.org

College Counselor and Registrar:

Shirley Vradenburgh

svradenburgh@seattlelutheran.org

206-937-7722 x603

Guidance and College Counselor:

Tami Clark

tclark@seattlelutheran.org

206-937-7722 x605

Did You Know?

Statewide, 10th graders who did not participate in afterschool activities are more likely to report lower grades in school (C's, D's, or F's) compared to those who do participate.

Source: [2014 WA Healthy Youth Survey](#)

Myth Buster

MYTH: My teen is on the varsity team so I am sure he or she will get a huge scholarship.

REALITY: Sorry to burst your bubble, but the odds are that most student athletes will not get large scholarships.

Only two percent of high school athletes actually receive an athletic scholarship.

And of those who do, very few receive enough aid to cover all their expenses. In fact, most athletic scholarships range between \$342 and \$14,660 a year, depending on the sport and the division.

Source: [Unigo](#)

Upcoming Events & Announcements:

We are remote learning for the remainder of the school year.
We will notify you when new events are scheduled.
We miss you!

Student Checklist

- Think about ways you might be able to get hands-on experience in a field you like. Consider a part-time job, internship, or volunteer position.
- Participate in academic enrichment programs, summer workshops, and camps with specialty focuses such as music, arts, science, etc.

Family Checklist

- Consider potential careers and try to find activities related to fields he or she is interested in. Consider activities outside of school in your community in the summer.
- Encourage participation in academic enrichment programs, summer workshops, and camps with specialty focuses such as music, arts, science, etc.

Sources: [Federal Student Aid](#), [BigFuture](#), & [ReadySetGrad](#)



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