

Counselor Corner - January 2019

We are now into the third quarter of the school year at GOMS. Your middle schooler has made it through one half of his/her 7th or 8th grade school year. Third quarter grades impact both 7th and 8th grade students in terms of elective choices, meeting advanced courses prerequisites, and math placement. Here are some strategies parents can implement at home to help your student stay focused:

- Be consistent with the homework schedule you have worked so hard to develop during the year.
- Check grades on a weekly, if not nightly, basis with your student. Ask questions if you notice an increase in missing work. Not only will students possibly start to experience school fatigue, they are also dealing with a quicker pace and an increase in course difficulty during the second semester.
- Monitor your student's attendance. It is a significant challenge for a young person to make up work and stay on top of current work assigned.
- Taking tests can be challenging. Any help you can provide with test preparation or studying will build your student's confidence.
- Encourage your student to email teachers with any questions they may have. Before and after school, and during Enrichment are also good times for students to touch base with their teachers to clarify and discuss missing assignments. Communication with teachers is important to both you and your student. It is a skill that will reap rewards for your student in high school, college, and beyond.
- Monitor your student's cell phone use, especially during homework time. There is a common theme occurring of parents complaining that their students are spending too many hours doing homework up in their rooms with their doors closed. Once the students bring their homework into the family room or dining room and put their phones away, homework time decreases. It is very easy for anyone to get distracted by their phones, and middle schoolers are no exception.

The following link includes helpful tips and guidelines for internet safety/cell phone use for parents of eleven to thirteen-year-old children:

https://internetsafety101.org/objects/Rules-N-Tools-Age-Based-Guidelines_Eleven-Thirteen.pdf

The goal of middle school is preparation for high school. There are higher expectations for mastering course content, performing well on assessments, and balancing sports, extra-curricular activities, friendships, family, etc. How successfully a student learns to manage the increase in responsibility impacts future goals. The teachers, administrators, and counselors are here to support your student and their academic success.

Linda Marcarian
8th Grade Counselor
lmarcarian@rocklinusd.org

Tressa Lindsey
7th Grade Counselor
tlindseyanderson@rocklinusd.org