

## 8<sup>th</sup> Grade Fall Student-Led Conferences & High School & Beyond Plan (HSBP)

In the 8<sup>th</sup> grade, the HSBP is focused on **exploration!** The signature experience is based on **post-secondary options** so keep an eye out for resources specific to inviting students to “try on” different “college” pathways and reflect upon those experiences.

### Conversation Prompts:

- Tell me about a time you felt proud of something you accomplished at school in the last few months. How did you do it? (Ask student to be specific.)
- What else would you like to accomplish at school this year? Have you thought about how you are going to make this happen? Would you like to develop a plan?
- As you consider your career, what types of postsecondary training have you already explored? What concerns or questions came up for you as you explored?
- To achieve your career goals, how long are you willing to go to college?
- What does success mean to you when it comes to a career?
- What do you want your lifestyle to be like after high school?

### [Full questions](#)

### Related to HSBP, 8<sup>th</sup> grade students should:

- Grow & foster self-confidence in ability to succeed
- Begin to explore values as it relates to careers and world of work
- Understand that postsecondary education and lifelong learning are necessary for long-term success
- Participate in enrichment and extracurricular activities
- Identify career clusters of interest
- Be able to imagine themselves as a college student
- Cultivate creativity, critical thinking, communication, and collaboration
- Practice critical thinking skills to make informed decisions (specifically about high school choice & course options)

## Skills for Success

Students who succeed in school aren't just good at memorizing facts or reading quickly. Research shows that “non-cognitive skills” or “soft skills” things like perseverance (determination) and self-regulation (self-control) 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 well with stress.
- Grit: Perseverance and passion for challenging long-term goals.
- Conscientiousness: A tendency to be organized, self-controlled, hardworking, responsible, and willing to delay gratification.
- Creativity: Curiosity, open-mindedness, and the ability to come up with new ideas.
- Focus: The ability to zero in on one thing at a time, tune out distractions, and avoid multitasking.

*The High School & Beyond Plan (HSBP) is a Washington State graduation requirement. In Highline Public Schools, the High School & Beyond Plan is a sequence of lessons and experiences delivered by dedicated, knowledgeable staff. The HSBP is a meaningful, individualized plan that is grounded in students' interests, strengths, and hopes for their future. Through deeper, structured conversations with caring adults and real world experiences, students stay engaged, on-track toward graduation, and are prepared for success after high school.*

- Self-regulation: An awareness of what matters and the self-control to avoid temptations and see a task through.

## Are you thinking about High School?

Highline Public Schools is a neighborhood school district, which means that you typically attend a school based on your where you live. There are exceptions to this, but it does take a little extra effort from you and your family. Now is the time to begin thinking and reflecting on what you would like to experience during high school. Applications for choice schools will happen in January and you can expect to hear about it from your School Counselor and Advisory Teacher later in on in the year.

- Find your neighborhood school based on your address [HERE](#) and typing in your address. What high school are you zoned for?
- Watch last year's CollegeCON workshop for 8th graders, "Choice High Schools" [HERE](#). This workshop will help you learn about what each of the neighborhood schools and choice schools offer. It will offer you some time to reflect on school fit and prepare for applications opening in January.
- Learn about [earning College Credit while in High School](#): There are many opportunities for students to earn college credit while in high school. This is called **dual credit**. Dual credit programs give students the opportunity to earn high school and college credit at the same time.

### Things you can do as a parent/guardian:

#### Family Discussion Ideas

- Share your story. How did you decide what you would do after high school? What did you appreciate about your process? What would you have liked to be different?
- Talk about goals and aspirations. What dreams do you have for your child? What do you see as their strengths?
- Learn about a growth mindset and the power of belief. Watch this TED talk: [Eduardo Briceno, TEDxManhattanBeach](#)

#### Family Checklist

- Learn more about the **soft skills** and **growth mindset** and how you can help.
- Help your child set goals for academic and personal interests.** Start by setting goals for personal interests (in sports, extracurricular activities, etc.), and then help set ones for academic achievements. Ask your teen to envision both the benefits and the obstacles in achieving each goal.
- Provide challenge and support.** Push your child to do his or her best but make sure you offer encouragement and help as needed.
- Encourage** your teen to think about taking challenging classes next year in high school. Ask about homework, tests, and other assignments to stay connected with what is going on in school. **Learn about dual credit and high school choice options by attending informational events together.**
- Find out if your child is eligible for the **College Bound Scholarship**. If so, talk about what that can mean for your family. More information available in [English](#), [Arabic](#), [Chinese](#), [Dari/Farsi](#), [Korean](#), [Marshallese](#), [Pashto](#), [Punjabi](#), [Russian](#), [Somali](#), [Spanish](#), [Ukrainian](#), and [Vietnamese](#).



Scan the QR code to view this document electronically to access the linked resources or visit:

<https://www.highlineschools.org/departments/college-career-readiness/getting-to-graduation/high-school-and-beyond-plan/student-led-conference-family-resources>

¿Necesita apoyo de interpretación o traducción?

Ma u baahan tahay turjumaad ama taageero turjumaad?

Bạn có cần phiên dịch hoặc hỗ trợ dịch thuật không?



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