MVHS COUNSELING NEWSLETTER

Summer

Summer Slide

Research shows that over the summer, students lose up to two months' worth of reading and math skills! Help your student stay on track this summer with these four suggestions:

- Summer Learning Programs. Check out camps and programs in the community. Many colleges and universities also offer day or residential programs. Scholarships are usually available.
- Volunteer Opportunities, Internships or Job Shadowing. Students can get a taste of a career experience while adding activities to their college applications.
- Summer Jobs. Even if it's just mowing lawns, a summer job builds work ethic and skills. Set up a college savings plan that your student can contribute to each paycheck.
- **Read!** Whatever students decide to do this summer, encourage them to read. Reading opens students' minds and introduces them to other worlds, while sharpening important skills such as comprehension and vocabulary. Have your student join a book club at the local library or start their own with friends. Whether it is the news, graphic novels, or the latest teen fiction series, reading is an important activity.
- Get more information on Summer Learning, Volunteering and Jobs from the CCC.

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Counseling Personnel:

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Did You Know?

More than half of the achievement gap between lower- and higher-income youth can be explained by unequal access to summer learning opportunities. Find out if your school or community offers summer programming.

9-11 MVHS Students



MYTHBUSTER

MYTH: The best time to visit colleges is after you have been admitted.

REALITY: Many students have fallen for this myth only to find that none of the colleges to which they were admitted "felt" right when they visited.

Before choosing the best college to attend, it is important for students to test the waters. Making a college visit and touring the campus can be key in a student's decision to apply to school.

Don't wait until your student is a junior or senior to visit campuses. If possible, start exploring campuses now.

Student Checklist

- □ Make summer plans. Summer is a great time to explore interests and learn new skills and colleges look for students who pursue meaningful summer activities.
- □ Get involved this summer with camps, programs, volunteering or even a job. Stick to a (somewhat) regular schedule. Find summer programs, volunteer or get a job.

Family Checklist

- Help your student make summer plans. Summer is a great time to explore interests and learn new skills – and colleges look for students who pursue meaningful summer activities.
- Help your student stay involved this summer with camps, programs, volunteering or even a job. Combat boredom and prevent learning loss by insisting your student stay on a (somewhat) regular schedule and participating in summer programs, volunteering or finding a job (even mowing lawns or babysitting!)
- □ If possible, visit college campuses while on vacation. If go on a vacation near a college, stop by to walk around and have lunch at a dining hall or near campus. Many schools offer free tours even in summer.