



**7<sup>th</sup> Grade**



**TRIO**

**Student Guidebook**

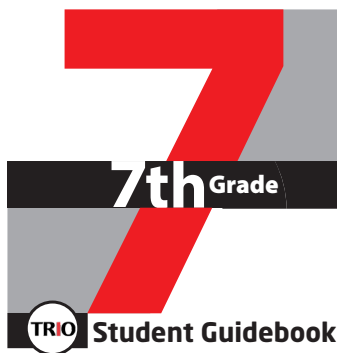


Dear TRIO 7th Graders,

Being in 7th grade means that you're older, smarter, and able to work more independently. It also means that your schoolwork will be more difficult, and that you're going to have to work harder in school.

7th grade is also a time to start thinking about the future—what kind of career you might like to have, and what kind of college you might like to go to.

Even though you are only in 7th grade, there are many things you can do now to plan and prepare for your future. This booklet will help you get started. And remember, TRIO will be there for you every step of the way!



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# welcome to 7th grade!

Even though being with your friends is an important part of school, remember that the reason you go to school is to learn.

To have a great 7th grade year, work hard in your classes and get the best grades you can. It will pay off in lots of ways!



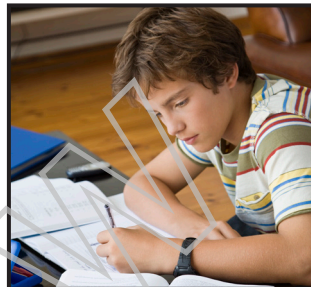
## What to expect this year

Now that you're in 7th grade, you're more comfortable with middle school routines—but there are still lots of changes in store. Here's what might be different this year.

- ▶ **Harder classes.** Your classes will be harder this year, and you'll likely have more homework and more studying to do. High school is not far away, and your teachers want you to be prepared.
- ▶ **More interest in friends.** Friends are more important to you than ever. If you are spending more time hanging out with your friends, this can mean less time for schoolwork. Remember, getting your schoolwork done first makes being with friends a lot more fun.
- ▶ **New social situations.** You may find yourself in situations where you have to make quick decisions about smoking, vaping, alcohol, or drugs. Stay true to yourself, make smart decisions, and remember that your future is important and worth protecting.
- ▶ **More responsibility.** Your teachers are going to expect you to be more independent and responsible this year—both in and out of the classroom.

# get organized

If you want to be successful in school, you need to be organized. Being organized reduces stress and makes your life run more smoothly. Here are some tips on getting and keeping your life organized.



## Have a place for everything

Have a specific place for all of your papers (homework, handouts, returned tests). Never stuff papers in books or your locker. Also, have a place at home for the things you want to keep, and throw out anything you don't want or need.

## Use a planner every day

Use your planner to record assignments, tests, quizzes, activities, appointments, and anything else you need to remember. Using a planner every day will help keep you organized and on track.

## Keep it clean

Keep your locker, backpack, and homework/study area neat and clean. This makes it a lot easier to find the things you need.

## Make to-do lists

If you have a lot to keep track of, try making a daily to-do list. Focus on one task at a time and cross items off as you complete them. If something doesn't get done, add it to the next day's list.

## Make a study plan

When you have a lot of homework, decide what you want to get done and the order in which you're going to do it.

## Look ahead

Get everything ready for the next day before you go to bed. If there's something you need to do in the morning, leave yourself a note.

# succeed in class

Showing up for class isn't enough. To succeed in your classes, you need to be engaged and involved.

## **Be prepared**

Come to class with all of your homework done. Be alert, well-rested, and ready to learn.

## **Get rid of distractions**

When you get to class, immediately put away anything you won't need for that class.

## **Participate**

The best way to stay engaged in your classes is to be an active participant. Ask and answer questions, and take part in discussions. You'll learn more and the time will go a lot faster. And remember, the more you learn in class, the less you have to learn on your own.

## **Be a good group member**

Being able to work well as part of a group is a skill that will help you succeed in school and in a career. Look at group work as an opportunity to develop and improve this important skill.

## **Watch your body language**

Use body language that shows you're engaged and paying attention. Sit up straight and look at your teachers when they are speaking. (If you act interested and engaged, you just may find that you feel more interested and engaged.)

## **Get back on track**

All students get distracted and daydream sometimes. When you catch yourself zoning out, take note of it and refocus on the class.



# study smart

The key to great grades is not studying a lot—it's studying smart! Students who study smart know how to make the most of their study time.

## Get started

Getting started on your studying is often the hardest part. Don't put it off until later, don't make excuses, and don't wait until you're "in the mood." Set a time to start studying and stick to it. If you have a hard time getting started, begin with your favorite subject or with something you can finish quickly.

## Plan your study time

Before you start your homework, make a plan. Decide what you want to get done, and the order in which you're going to do it. Allow more time than you think you'll need, and do the most important things first.

## Take breaks

After studying for 30 minutes, take a short break. Get a snack or get up and stretch. Resist the urge to call or text a friend, or to go online. Save those things for later.

## Break large assignments down into smaller parts

To make large assignments and projects seem less overwhelming, break them down into smaller, more manageable parts—and when you have a big project or assignment to do, start on it early.



*For tips on how to remember more of what you read, watch this short video.*



# think about a career

You may only be in 7th grade, but it's not too early to think about your future. In order to find a career that's a good match for you, you need to think about who you are, what you're good at, and what you enjoy doing. You also need to explore your career options.

## Consider your interests and abilities

Thinking about your interests and abilities will help ensure that you spend your life doing something you love.

- ▶ **Your favorite school subjects** can be a clue as to what kinds of careers might be right for you. *What subjects do you like?*
- ▶ **The interests** that you have now can help you think about the kinds of things you'd like to do in a career. *What do you enjoy doing in your spare time?*
- ▶ **Your abilities** will change and evolve as you grow and develop, but thinking about what you do well now will help you identify the career areas you might want to explore first. *What subjects do you do well in? What are you good at?*

## Learn about your career options

- ▶ **Talk to people.** Talk to the adults in your life about their careers—what they do, how they got into their careers, what they like and don't like, and whether they have any advice for you. If possible, shadow an adult for a day to see what their job is like.
- ▶ **Read and research.** Learn as much as you can about the careers that interest you. For information on hundreds of careers, check out the *Occupational Outlook Handbook* at [bls.gov/ooh](http://bls.gov/ooh).





# fast-growing careers

Career fields that are growing provide better opportunities. Below are some of the most in-demand careers today.

## Healthcare

Dental assistant/hygienist  
Dietician  
Lab technician  
Medical assistant  
Nurse practitioner  
Occupational therapist  
Paramedic (EMT)  
Physical therapist  
Physical therapy assistant  
Physician assistant  
Radiologic technologist  
Registered nurse  
Veterinarian

## Tech careers

Architect  
Computer support specialist  
Computer systems analyst  
Engineer  
Information security analyst  
Software developer  
Web developer

## Service-related careers

Event planner  
Financial planner/advisor  
Interpreter/translator  
Massage therapist  
Mental health counselor  
Personal care aide  
Social worker

## Other hot careers

Accountant  
Animal caretaker  
Athletic trainer  
Chef/cook  
Construction manager  
Electrician  
Forensic scientist  
Marketing manager  
Paralegal  
Police officer/detective  
Solar cell installer  
Statistician

*To learn about careers in  
your favorite school subjects,  
watch this short video.*



# why go to college?

Maybe you already know what you want to do after high school. Maybe you have no idea. Both are okay. Even though you still have several years until you graduate, this is a good time to start thinking about how going to college can help you prepare for a great future.

As a TRIO student, you know that college is a goal you should work toward. But do you ever wonder if going to college is worth the effort it takes to get there? *Here are just a few reasons why going to college is a goal worth working toward.*

## More career opportunities

A college education can open doors and prepare you for a career that you'll enjoy, pays well—and is a perfect match for your interests and abilities. With a college degree, the sky is the limit!



## Earn more money

Four-year college graduates earn almost twice as much money as students who only have a high school diploma. That comes out to \$1,000,000 or more over a lifetime!

## Opportunities to develop and grow

Going to college gives you the opportunity to study lots of different subjects, make new friends, and become more independent.

## A sense of accomplishment

Earning a college diploma is an accomplishment you can be proud of for the rest of your life—and a reminder that you can do anything you set your mind to!

# 7th grade

## college to-do list

You won't be choosing a college or completing college applications for quite a while, but there are lots of things you can do now to plan and prepare for college.

### Work hard in your classes

Doing well in your classes and getting good grades pays off in lots of ways. If you are planning to go to college, it's very important that you put your best effort into your classes now so that you'll be ready to take college prep classes in high school.

### Get involved

Participate in school activities, and if you have a specific interest, talent, or passion, take time this year to develop it. Also, participate in activities outside of school and do some volunteer work if you can.

### Try new things

Step out of your comfort zone and try something new! Join a team, learn a new skill, or create something. This is how you find out what you enjoy doing and what you are good at.

### Talk to people

Talk to people who might be knowledgeable about the careers you're interested in—and who know what you need to do to prepare for those careers.

### Read

Reading improves your vocabulary, presents you with new information and ideas, sparks your imagination, and makes you a better, more successful student. So, whether you enjoy reading novels or comic books, the more you read the better.



# be a smart spender



Most of your money probably comes from gifts, odd jobs, and maybe an allowance. Developing smart spending habits now will help you make smart decisions about money today and in the years to come.

## Understand needs and wants

Whenever you are thinking about spending your money on something, it's important to decide if it's a *need* or a *want*. As you might guess, *needs* are things you need and *wants* are things you would like to have, but can do without. For example, needs include clothing, school supplies, and food. Concert tickets and video games are examples of wants. *Understanding the difference between needs and wants is super important for being a smart spender!*

## Track what you spend

To ensure that you don't spend your money on things you don't need or can't afford, try keeping a record of everything you buy.

## Don't spend more than you can afford

Even when you try to be a smart spender, it can be tempting to spend more than you can afford. But overspending often leads to money problems. The best way to avoid the stress of not having enough money is to develop good spending habits now.

## Set money aside

You never know when you will have something special you want to do or buy. When you earn or are given money, set a little bit aside. Then when something comes up, you'll already have the money—and you won't have to ask someone else for it!

# know the ways to pay

How you spend your money can be just as important as how much you spend and what you spend it on. Let's look at some of the ways people pay for things.

## Debit cards

When you get a checking account, the bank will give you a debit card that you can use to make purchases or get cash from an ATM (automatic teller machine). The money you spend or get from an ATM will then be automatically deducted from your checking account.



## Credit cards

A credit card allows you to "borrow" money from a bank or business to make purchases. You are then given a period of time (usually a month) to pay it back. If you don't pay it back within the set time period, you're charged extra on the unpaid amount.

## Cash

Cash is probably how you pay for most of the things you buy right now. It's a good way to pay, especially for small in-person purchases. People also tend to spend less with cash than with credit or debit cards. One thing you need to keep in mind is that you must be very careful with your cash, because there is nothing you can do if it is lost or stolen.

*Want to learn more about these and other ways to pay for things? Check out this quick video.*



# have a growth mindset

Sometimes your successes, failures, talents, and shortcomings are defined by how you look at them—and by the mindset you have. If you think you're capable of succeeding, you have a greater chance of doing just that!



## Fixed vs. growth mindset

Having a fixed mindset means that you believe you either are or aren't good at something. A fixed mindset tells you there are limits to what you can accomplish—and that who you are right now is who you will always be.

If you have a growth mindset, you believe that with effort, you can improve your skills and abilities, and that there is no limit to what you can accomplish.

### Fixed mindset examples

*I don't get it.*

*This is too hard for me.*

*I'm just not good at this.*

### Growth mindset examples

*I don't get it yet.*

*I'm going to figure this out.*

*I just need some practice.*

## See challenges as opportunities

If you have a growth mindset, you don't give up when something is hard. You look at challenges as opportunities to grow and become a better person.

When things come easy, you aren't forced to develop your skills or abilities. You also miss out on the satisfaction and pride you feel when you succeed at something that's hard.

So, when you are in a tough situation, you can get frustrated and give up, or you can look at it as an opportunity to grow.

# take care of your mind and body

While your health can be impacted by things you can't control, you can control how well you look after it. Here are some tips to help you keep your mind and body healthy and strong.

- ▶ **Get enough sleep.** The amount of sleep you get impacts your physical health and your mood. A student your age should be getting at least eight hours of sleep a night.
- ▶ **Get moving.** Regular exercise is key to a healthy body and mind. Exercise helps you look and feel your best—and it's a natural mood-booster.
- ▶ **Deal with stress.** Stress can really take a toll on your mental and physical health. Take time each day to do things that help you feel calm and relaxed.
- ▶ **Limit technology use.** Too much time staring at a screen isn't good for your mind or body. It also means that you're not taking advantage of all that real life has to offer.
- ▶ **Be smart with social media.** Seeing the fun, exciting things people put on social media can make you feel bad about your own life. Remember, people only share the best parts of themselves on social media.
- ▶ **Get support.** If you're having a hard time, tell someone. Whatever it is, you don't have to go through it alone.

*For some calming techniques, check out this short video.*



# 7th Grade

**TRIO**

## **Student Guidebook**

This booklet is filled with helpful tips and expert advice on how you can have a fun and successful 7th grade year!

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