



# FIRST GENERATION FAMILY FORUM



## SPRING = STANDARDIZED TESTING SEASON

Due to the lengthy nature of the tests — and their importance — many students become stressed as testing days approach. Parents play a vital role in helping students mentally prepare for testing. The first and most important thing to do is to be positive and remind your child that they'll be tested on what they've been practicing all year. There are no trick questions nor new material on standardized tests.

### HELPING STUDENTS PREPARE FOR STATE TESTS

Be on time for school!! Stay aware of the testing schedule and make sure that your child is at school on time on testing days.



Ensure your child is getting healthy sleep.



Make a healthy breakfast on testing days. Try to include protein and healthy fats.



Encourage children to listen to teacher's and test administrator's directions.

Teach your child how to take a brain break.



Plan a treat for when testing is done.



PATHWAYS *to* PROMISE  
UNIVERSITY OF WASHINGTON TACOMA



PLEASE VISIT OUR WEBSITE FOR MORE  
RESOURCES REGARDING PLANNING FOR  
POSTSECONDARY PATHWAYS:

<https://www.tacoma.uw.edu/pre-collegiate>

# First Gen Student Spotlight



**Fernando N.**

Computer Science  
Major

"I and my siblings would help each other out as much as we could, especially since our parents could not speak English. Being First Gen gives me pride in my identity and respect for my people. It made me want to succeed and not let stereotypes define who I am. Never back down. Never give up."

Employment

Enrollment

Enlistment

Exploration

## WHAT IS YOUR 'E'?



REQUIREMENTS for  
**ENLISTMENT** in a  
**MILITARY BRANCH**



- Must be a citizen of the United States of America **OR**
- Have a Permanent Resident Card (**Green Card**).
- Must speak, read, and write English fluently.
- Must be a minimum of 17 years old.
- Required to take the Armed Services Vocational Aptitude Battery (**ASVAB**).
- Must have a High School Diploma or General Equivalency Diploma (**GED**).
- Must take and pass a medical and physical exam.

\*Each branch has its own specific requirements. Be sure to speak with recruiters from your preferred branch.

Middle school is a great place to start exploring options for postsecondary educational pathways. It is important to be aware of your choices! Explore four year universities **HERE**.