



to Prepare Your Teens for College and Work

A GUIDE FOR FAMILIES

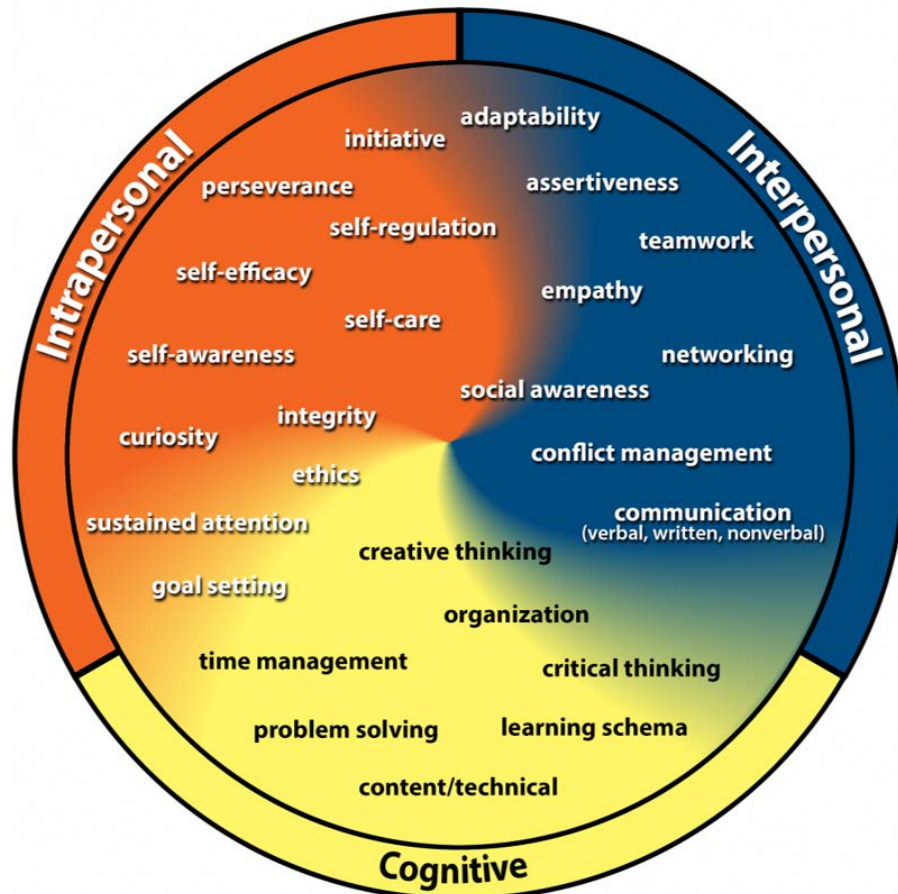
Why do some high school graduates do well in college or the workplace while others do not? As families, how can we help our teens succeed? Education and business leaders are saying that **intrapersonal** (internal), **interpersonal** (social), and **cognitive** (academic) skills are all equally important for a successful life after high school. To experience success, our teens need to develop all three types of these skills or competencies.

Collectively, these intrapersonal, interpersonal, and cognitive competencies can be referred to as college and career competencies. College and career competencies help students to better organize their days, manage their work schedules, double-check that they are getting tasks completed, seek support when needed, resolve conflicts, and read social situations to interact appropriately.

School staff work to teach college and career competencies in a purposeful way so that students develop these skills. Teaching these competencies in the classroom is not enough, and families play a major role in developing these skills outside of school.

Is your teen developing college and career competencies?

College and Career Competency Wheel



FREE College and Career Competency Resources available at:



