



# FIRST GENERATION FAMILY FORUM



## KINDNESS MATTERS



**November 13th is World Kindness Day!** It is very important to teach kindness. Kindness is a key ingredient that enhances positivity and helps children feel good about themselves as it increases serotonin levels. This important chemical affects learning, memory, mood, sleep, health, and digestion. Research even suggests that doing good for others is contagious.

<https://www.goodgoodgood.co/articles/doing-good-for-others-is-contagious-research>

Many traditional anti-bullying programs focus on the negative actions that cause anxiety in children. **When students are instead taught how to change their thoughts and actions by learning about kindness and compassion, it fosters the positive behavior that's expected and naturally rewarded with friendship.** Promoting its psychological opposite is key in reducing bullying to create warm and inclusive school environments.

## 12 WAYS TO SHOW KINDNESS

Just listen to a friend



Spend time with a friend



Help clean up



Invite someone to join you



Forgive someone for a mistake

Give someone a high five



Let someone else go first



Write a kind note



Hold the door open for others



Do an extra chore

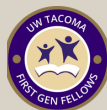
Help someone having a tough day



Work with someone new



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



“Always keep your loved ones and community in mind throughout your college journey. They will be your ‘why’: Why you decided to get a job, why you decided to become independent, why you decided to get involved on campus, and especially why you decided to become the first one in your family to attend a university.”

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Middle school is a great place to start exploring options for postsecondary educational pathways. It is important to be aware of your choices! This month we will explore **employment with only a high school diploma.**



## WHAT IS YOUR 'E'? EMPLOYMENT

with high school diploma only



### PROS

- Gain life experience
- Earn money instead of spending
- Gain independence
- Avoid student debt
- Flexibility in life choices and decisions
- Discovering alternate education avenues
- Pursuing entrepreneurial ventures

### CONS

- Limited opportunities in certain fields
- Limited access to certain resources
- Limited salary potential
- Potential challenges in job advancement
- Missed networking opportunities
- Lower job security
- Missing out on college experience

Flight Attendant\*

Pharmacy Tech\*

Home Health Aid\*

Police Dispatcher\*

Earnings and unemployment rates by educational attainment, 2021

Educational attainment	Median usual weekly earnings	Unemployment rate
Doctoral degree	\$1,909	1.5%
Professional degree	1,924	1.8
Master's degree	1,574	2.6
Bachelor's degree	1,334	3.5
Associate's degree	963	4.6
Some college, no degree	899	5.5
High school diploma	809	6.2
Less than a high school diploma	626	8.3

Note: Data are for persons age 25 and over. Earnings are for full-time wage and salary workers. Source: U.S. Bureau of Labor Statistics, Current Population Survey.

Physical Therapist Aid\*

Bus Driver\*

Food Server\*

Insurance Agent\*

\*Jobs that are available with only a high school diploma.