



High School

Home Connection

Overcoming Obstacles

Dear _____,

Today in class, we learned that **obstacles** are challenges that we face. They are things that block or prevent us from moving forward or making progress, and most people face them at one time or another. We also learned that **optimism** is an attitude of confidence. It helps you to believe that even though a situation may be challenging or troublesome, it will work out. We took a quiz to see if we were more optimistic versus pessimistic.

Please encourage your student to share the quiz results and, perhaps, complete the quiz as a family as well.

Please do not hesitate to reach out with any questions or concerns.

Best,
