

Jesuit High School

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Freshman/Sophomore Parent Counselor Night
October 5, 2016

Counseling Department

MR. FARR *DIRECTOR*

MS. RASMUSSEN

MR. SEIBERT

MRS. SMITH

MS. VAN LIEFDE

MS. KAKAR *Administrative Assistant*

Tonight's Agenda

OVERVIEW

MR. FARR

STUDY HABITS

MS. RASMUSSEN

SCHEDULING PLACEMENT & PROCEDURES

MS. VAN LIEFDE

COLLEGE ADVISING

MR. SEIBERT & MRS. SMITH

Q&A

COUNSELING PANEL

A few things you should know...

- Collaboration
- How Appointments are made
- How parents can best get a hold of their son's counselor
- Read the counseling newsletters
- Check the School Calendar

Important Dates to Remember

- 1st quarter grades - Teachers turn in October 10, 2016
- National Testing Day – October 19, 2016
- Parent/ Teacher Conferences – Tuesday, October 18, 2016
- Semester Finals - Dec. 19 - 21, 2016
- February – planning courses for sophomore/junior year
- 3rd Quarter grades - Teachers turn in March 6, 2017
- Semester Finals - May 22 - 24, 2017

Let the Adventure Begin!

What will your son's counselor do?

- Meet all students in Orientation (before school starts)
- Meet individually with each student 1st & 2nd Semesters
- Meet with your son if he is struggling academically and/or emotionally.
- Encourage your son to get involved with co-curricular activities.
- Communicate with parents/teachers as needed to help support your son.

Athletic Eligibility & Academic Probation

- If a student is placed on Academic Probation due to receiving one F ; or two D's ; or below 2.0 GPA, he is INELIGIBLE to play a sport during that semester.
- Students are granted 1 waiver
- The principal will meet with the student and it is at the Principal (Mike Wood) discretion to allow an extension or not.
- Most of these students will also be placed in Mandated Tutoring

Study Skills for High School and College Success

Presented by Jennifer Rasmussen

Successful Study Habits

- Place to study consistently
- Free of distractions
- Break it up (management)
- Utilize Flex/Tutoring
- Teacher Office Hours
- Be proactive about communicating
 - Student - Teacher
 - Parent/Teacher Conference (10.18.16)

Successful Study Habits

- Checking PowerSchool & Google Classroom (Study Slides)
- Checking Email Daily
- Appropriate Parent Involvement

How to Manage Academic Stress

1. **Eat healthy food.** Start the day with a healthy breakfast—whole grain toast or oatmeal, milk, yogurt, cheese, fruit, eggs, meat— and you'll get better grades than students who skip breakfast or eat junk food.
2. **Sleep.** Teenagers need eight to ten hours of sleep a night. You may not think you're tired, but if you are stressed, lack of sleep could be a major reason. Try this: for one week, sleep a full eight hours or more every night and notice how you feel. If you feel better, keep it up.

How to Manage Academic Stress con't...

3. **Study when you're most alert.** Schedule your study time when your energy is highest. If you know you feel sluggish from four to five in the afternoon but are energetic from seven to eight in the evening, study then.

4. **Exercise.** Students who swim or jog regularly (at least twice a week) are less stressed, less anxious, less confused, and do better in school than students who don't exercise.

How to Manage Academic Stress con't...

5. **Laugh.** If you feel yourself stressing out (you can't focus, you're feeling panicky), take a break from studying. Go to a funny Web-site or watch a good sit-com for half an hour. Laughter can restart a stuck brain.

6. **Ask for help when you need it.** If you are struggling in a subject, don't wait for the teacher to do something; stay after class and ask your teacher for help. Smart students know that asking questions is the quickest way to defuse test anxiety and lessen stress.

Studying is learning/memorization

Jesuit recommends at a minimum of 30 minutes of studying per class per day.

Repetition, consistency and regularity are the most important elements to any learning plan. **Ask yourself: How much time can you commit to learning?**

EXAMPLE WEBSITES FOR LEARNING/MEMORIZATION:

<https://www.ixl.com/math/algebra-1> (For an extensive list of Algebra 1 concepts to remediate.)

<https://www.khanacademy.org/> (All Subjects)

<https://games.yahoo.com/word-games> (World Language)

<https://www.lexulous.com> (World Language)

<https://pogo.com> (World Language)

Resources

<http://www.ucc.vt.edu/stdysk/stdyhlp.html> (Virginia Tech's study skills site)

<http://how-to-study.com/>

<https://www.intelligent.com/>

Scheduling Placements and Procedures

Presented by Kathy Van Liefde

Sophomore Schedule

1ST SEMESTER

1. English 2 or XL
2. World Language
3. Mathematics
4. Science
5. Western Cultures or PE
6. Theology 2A/2B
7. Flex, Band, Choral, Fine Arts (1 Semester)

2ND SEMESTER

1. English 2 or XL
2. World Language
3. Mathematics
4. Science
5. Western Cultures or PE
6. Theology 2A/2B
7. Flex, Band, Choral, Fine Arts (1 Semester)

Summer School:
Western Culture (3 weeks)
Geometry XL (6 weeks), Chemistry (6 weeks)

Junior Schedule

1ST SEMESTER

1. English 3 or AP
2. World Language
3. Mathematics
4. Science
5. US History or AP
6. Theology 3A/3B
7. Flex, Band, Choral, Fine Arts (1 Semester)

2ND SEMESTER

1. English 3 or AP
2. World Language
3. Mathematics
4. Science
5. US History or AP
6. Theology 3A/3B
7. Flex, Band, Choral, Fine Arts (1 Semester)

Summer School:

Chemistry (current Sophomores)

US History (1 or 2 Semesters)

Placement Requirements for AP/H/XL Courses

- Requirements vary by department
- See the online course catalog
- http://www.jesuithighschool.org/sites/main/files/file-attachments/course_catalog_2016_-_2017_final_1.pdf

Summer School - Sophomores

It is recommended that students who want to take a full year of Band or Chorus should take Western Cultures over the summer – otherwise, they will have only one semester of a Flex Period

- Western Cultures (options):
 - 2nd semester of VPA (**2 semesters required**): Art of Film B Studio Art 1B, Art Diverse Cultures B
 - Band, Concert Choir

- Geometry XL (options):
 - Student **MUST** receive recommendation and approval from current Math teacher
 - Algebra 2 or Algebra 2 H

- Chemistry (options):
 - Must have completed Geometry XL or higher
 - AP Chemistry, Physics, AP Physics, Bio 2, Environmental Science
 - 2nd semester of VPA (2 semesters required): Art of Film B, Studio Art 1B, Digital Photography B
 - Band, Concert Choir

Summer School - Juniors

Sophomores who take either Chemistry or US History over the summer may elect to take one of the following electives:

- **Fine Arts**
- **Science** - Physics, AP Physics, Bio 2, Environmental Science
- **Other**—Yearbook +, Newspaper +, Teacher Assistant, Office Assistant
- **Social Science** - Holocaust

Things to Remember

- Freshman Pre-Scheduling Meetings with Counselors:
 - Group A, February 8
 - Group B, February 15
- Sophomore Pre-Scheduling Meetings with Counselors:
 - Group A: February 22
 - Group B: March 8
- Courses are approved by the each department.
- Counselors will have individual meetings with students. They will complete a “Graduation Progress & Course Selection Sheet” which will require a parent signature and must be returned to the counselor.

Things to Remember Con't...

- Students and parents will receive notifications about Schedule Request due dates.
- If there are questions the student can see his counselor and/or teacher.
- ***There will be an appeal process***; dates TBD
- Check the Jesuit website for Summer School registration and schedule dates; **Jesuit students have priority registration until May 1st**.
- Any summer school courses NOT taken at Jesuit must be approved by Dave Zielke, AP for Curriculum and Assessment; Contact Mr. Zielke (*220) if summer school plans change.

Jesuit High School College Admission Services

Presented by: Amanda Smith &
Chris Seibert

College is a match to be made,
not a prize to be won!

High School Years

- Students will meet with their counselors about establishing a four year academic plan for graduation and four-year college eligibility (CSU/UC requirements)
- Earn good grades. Grades play a big part in admission along with scholarships for college.
- Involvement in extracurricular activities at school and community service.
- Begin exploring colleges-Semester 2 of Freshman year, once your student has access to Naviance

What Matters Most:
National Association of College Admission Counseling

High School Transcript

Test Scores [ACT/SAT/SAT
Subject (if needed)]

Letters of Recommendation
(Counselor and Teacher)

Essay(s)

Activities and/or
Employment

Freshman/Sophomore Year

- Academics – Is student working at potential? Could he excel in XL, Honors or Advanced Placement courses?
- Assess the four year graduation/college plan. How are grades/classes?
- PRE-ACT (PRACTICE TEST ONLY!) for Sophomores
- Begin to explore the different types of colleges from CSU/UC/Private/Public
 - Naviance
 - College Rep Visits
 - College Tours

College Tours



Spring College Tour with ST. Francis HS

This year's spring college tour will be in the Pacific NorthWest and we will be joining other Catholic Schools including St. Francis High School!

This is an excellent opportunity for your son to visit a wide variety of schools and discover what will be the right fit. Traveling with a group removes the headache and expense of your family planning a trip across the country, buying multiple plane tickets, renting a car, finding hotel rooms, and designing an itinerary. It also allows us to get to know your child better, and vice-versa. Colleges we are visiting may include University of Washington, University of Puget Sound, Seattle University, University of Oregon, Oregon State, Willamette, Lewis & Clark, Reed, and University of Portland.

Save \$130 if you sign up before Sept 1st! Our Northwest College Tour will be held April 17th – 21st, 2017. Round-trip airfare, ground transportation, hotels, breakfast and dinner daily, activities, gratuities, and overnight security are included in the price. We will also be seeing a Broadway show!

To enroll, or for more details, please go to www.efexploreamerica.com/enroll or call EF at 888.333.9756 and reference our tour ID: 1842609MK. EF offers a free monthly payment plan. Space is limited and available on a first-come, first-served basis. This trip is open to the class of 2018 and 2019.

Naviance Family Connection

- **Part of our process!**
- A Web-Based College and Career Guidance Management System
- Career guide
- Compare colleges
- Produce scattergrams of admitted and declined students

Junior/Senior Year

- Students will meet with their counselor to review coursework and activity plans. Assess rigor of academics. Continue to explore college options – start building the list!!!
- Check calendar dates & Naviance for college fairs and on-campus rep visits.
- Begin planning to take SAT/ACT in early Spring of Junior year
- AP exams in Spring
- College campus visits and tours/Summer programs
- Continue extracurricular activities and community service
- Understand the college application/essay process before leaving for summer.
- College Information Night (Spring of Junior year)
- Register with NCAA if not yet completed (Div I & II sports)
- Re-take SAT/ACT as necessary (Sept.-Dec of Senior year)
- Start college application process!
- Senior College Family Meetings (Fall)

NCAA Eligibility

- Any student who wishes to be eligible for NCAA Division I or II athletics must register with the Eligibility Center
- Forms and NCAA Rules are available at www.ncaaeligibilitycenter.org
- Athletes should register Spring of Junior year
- Students can begin tracking their academic eligibility at www.CoreCourseGPA.com

**Okay, everyone take a deep breath!
We have time to prepare.**

**What's important now?
Focus on academics, school involvement, and
being a Man for Others**

Questions?