

# Jesuit High School

Freshman / Sophomore Parent Counselor Night

September 8, 2020



# Counseling Department

**Mrs. Amanda Smith, *Director***

**Mrs. Kasey Cardinale, *Wellness Counselor***

**Ms. Wazhma Kakar, *Administrative Assistant***



**Mr. Ian Farr**

**Mrs. Angela Harger**

**Ms. Jennifer Rasmussen**

**Mr. Chris Seibert**

**Ms. Kathy Van Liefde**

# Counselor Caseloads

## Freshmen

- Acosta - G. Brown: *Mrs. Smith*
- N. Brown - Farris: *Mrs. Rasmussen*
- Felsted - Lewis: *Mrs. Harger*
- Lofing - Pham: *Mr. Seibert*
- Picazo - Zucker: *Ms. Van Liefde*
- Academic Support: *Mr. Farr*

## Sophomores

- Aboui-Mehrizi - Brown: *Mrs. Smith*
- Bruce- Guerrero: *Mrs. Rasmussen*
- Guilherme-Gillies - Monroe: *Mrs. Harger*
- Moore - Seibles: *Mr. Seibert*
- Semon - Zill: *Ms. Van Liefde*
- Academic Support & New Students:  
*Mr. Farr*

# Evening Agenda

**OVERVIEW**

**Mrs. Smith**

**STUDY HABITS**

**Mr. Seibert**

**WELLNESS**

**Mrs. Cardinale**

**SCHEDULING PLACEMENT & PROCEDURES**

**Mr. Farr & Ms. Van Liefde**

**COLLEGE ADVISING**

**Ms. Rasmussen & Mrs. Harger**

**Q&A**

**Counseling Team**

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# Counseling at Jesuit High School

- Counseling is part of your son's curriculum all four years.
  - Building relationships and community are important part of our work together.
  - Students will have time to connect in individual appointments, small group meetings and Collaboration periods.
  - Counselors are here to support our students academically, socially, emotionally, and guide them through their college search and application process.
  - Our doors are open to any student - they are encouraged to initiate counseling appointments or simply drop by!
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# A few things you should know...

- Collaboration Periods
  - How student appointments are made
  - How parents can best get a hold of their son's counselor
  - Read the Counseling Newsletters, Principal's Newsletter & Staying Connected Communications
  - Check the School Calendar (online most up to date)
  - Google Classrooms - Counseling and College Planning
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# Important Dates to Remember

- 1st Quarter - end of grading period is October 9, 2020
  - Parent/Teacher Conferences – October 22, 2020
  - Semester Finals – To be announced
  - February – planning courses for Sophomore/Junior year
  - 3rd Quarter – end of grading period is March 5, 2021
  - Semester Finals – May 17-19, 2021
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# Athletic Eligibility & Academic Probation

- A student is placed on Academic Probation when his GPA is below 2.0.
- If a student has 2 consecutive grading periods (i.e. 1st Quarter and then 1st Semester) then, he is INELIGIBLE to play a sport during the following grading period; aligned to the CIF rules.
- There are no waivers for eligibility extensions.
- Students will need to attend teacher office hours weekly and have regular check ins with their counselor during distance learning.



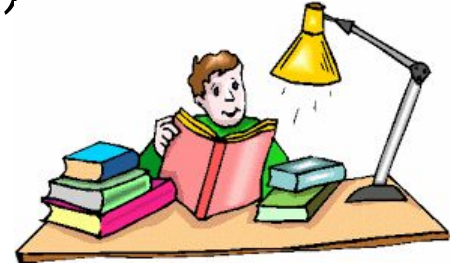
# Study Skills for Success

Presented By  
Christopher Seibert



# Successful Study Habits

- Calendar: Map It Out (semester, weekly, daily)
- Space: This is “My Spot to Study”
- Prioritize: What is most difficult...first!
- Blocks: (40-50 minutes per is ideal).
- Prominence: School is #1! Grades = Paycheck
- Resources: Tutors, sites, smart friends/study groups.
- Flexibility: “Great \_\_\_\_\_ adjust!” (*students, stock brokers, artists, doctors, etc.*)



# “Studying” vs. “Doing Assignments”

- They are not the same thing...Jesuit students must do BOTH!
- JHS recommends a minimum of 30 minutes of intentional time per class, per day.
- Repetition, consistency and regularity are the most important elements to any learning plan. It's About Time!
- *“A dime of focus is better than a dollar of daydreaming...”*



# More: Successful Study Habits

- PowerSchool and Google Classroom (indispensable)
- Communicate With Teachers...Participate!
- Utilize Flex, Office Hours, and Tutoring
  - *T/W/Th @ lunch and after school (when on campus)*
- Communicate With Counselor...Reach Out!
  - Check Your Email...Every Day!
  - Open Door Policy--We are here for whatever you need!



# Wellness at Jesuit

Presented By  
Kasey Cardinale



# Wellness at Jesuit High School

- Awareness and Prevention Weeks
- Behavioral Health Assemblies
- Resource to Counselors
- Mental Health Education/Wellness Check
- Small Groups
- Assessment and Referral: Process



**HALT!**

Check in:

**HUNGRY?**

**ANGRY?**

**LONELY?**

**TIRED?**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)  
[imlistening.org](http://imlistening.org) [twloha.com](http://twloha.com)

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# How to Manage Academic Stress...

**Most powerful ways you can help  
your son manage stress:**

- ***PRACTICE THESE STEPS YOURSELF.***
- ***MODEL THESE STRATEGIES.***



ELEMENTS OF WELLNESS



# Scheduling Placements and Procedures

Presented By  
Kathy Van Liefde and Ian Farr



# 20-21 Sophomore Schedule 8 P day?

## 1ST SEMESTER

1. English 2 or XL
2. World Language
3. Mathematics
4. Science
5. Human Geography
6. Theology 2A/2B
7. Flex
8. Flex

## 2ND SEMESTER

1. English 2 or XL
2. World Language
3. Mathematics
4. Science
5. Human Geography
6. Theology 2A/2B
7. PE (1 Semester) / Contract PE
8. Flex

Summer School: Geo. and Geo. XL, Chemistry, Human Geography

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# Summer School - Rising Sophomores

- Human Geography (options):
  - additional VPA classes, Yearbook, Newspaper, Advanced Digital Media, AP Computer Science\*, AP Seminar\*
- Geometry and Geometry XL (Advancement):
  - Student MUST receive recommendation and approval from current Math teacher
  - Algebra 2 or Algebra 2 H
- Chemistry (options):
  - Must have completed Biology and Alg.1 or higher
  - AP Chemistry, AP Biology
  - additional VPA classes, Yearbook, Newspaper, Advanced Digital Media, AP Computer Science\*, AP Seminar\*

**It is recommended that students who want to take another full year of Band or Choir take summer school to open up space.**

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# 20-21 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, VPA, Newspaper or  
Yearbook, Computer  
Science, Yoga
8. Flex

## 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, VPA, Newspaper or  
Yearbook, Computer  
Science, Yoga
8. Flex

Summer School: Physics, US History (1 or 2 Semesters), Pre-Calc

# Summer School - Rising Juniors

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

- Visual & Performing Arts
- Science — AP Physics, Environmental Science, AP Biology
- Other—AP Computer Science\*, AP Seminar\*, AP Research\*, Yearbook , Newspaper, Advanced Digital Media
- Yoga, Sports Performance, Intro. to Sports Medicine

# Placement Requirements for AP/H/XL

- Requirements vary by department
- See the online course catalog

[https://www.jesuithighschool.org/sites/main/files/file-attachments/course\\_catalog\\_2020\\_2021\\_final\\_r3.pdf?1581355223](https://www.jesuithighschool.org/sites/main/files/file-attachments/course_catalog_2020_2021_final_r3.pdf?1581355223)

- *Student must appeal if not placed in the class*

# Things to Remember

- Freshman Pre-Scheduling Meetings with Counselors:
    - Group A: TBA
    - Group B: TBA
    - Group C: TBA
  - Sophomore Pre-Scheduling Meetings with Counselors:
    - Group A: TBA
    - Group B: TBA
    - Group C: TBA
  - ***Courses are approved by departments with the possibility of appealing.***
-

# Things to Remember continued...

- 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.
  - Students and parents will receive notifications about Schedule Request due dates.
  - If there are questions the student can see his counselor and/or teacher.
-



# Things to Remember continued...

- Students will receive a preliminary list of courses *and have the ability to appeal placements*; dates TBD
  - Check the Jesuit website for Summer School registration and schedule dates; Jesuit students have priority registration until May 1<sup>st</sup>.
  - Any summer school courses NOT taken at Jesuit must be approved by Mr. O'Connor, Assistant Principal for Academics. **See your Counselor for the necessary forms.**
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# College Counseling

Presented By  
Angela Harger and Jennifer Rasmussen



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



# What Matters Most According to the National Association for College Admission Counseling :



High School Transcript and Strength of Schedule

**\*Standardized Test Scores**

Essay (s) & Supplemental Questions

Activities/Involvement &  
Leadership

Letters of recommendation

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# Academics

- Understanding how GPA is used for colleges
- Are classes aligned with the student's ability?
- Making connections with the teachers



# Sample Transcript

Student Name: \_\_\_\_\_

Student ID: \_\_\_\_\_

Grade: \_\_\_\_\_

Graduation Date: \_\_\_\_\_

Exit Date: \_\_\_\_\_

Transcript

Jesuit High School

1200 Jacob Lane

Carmichael, CA 95608

Tel: 916-482-6060 Fax: 916-482-2310

		Fall	Spring	Summer																												
Course	Grade	Mark Credit	Mark Credit	S1 Mark Credit	S2 Mark Credit	Personal Info																										
15-16 Jesuit High School						Birthdate: _____ Gender: _____ School Entry Date: _____ Home Address: _____  <table> <tr> <th>GPA Summary</th> <th>Regular</th> <th>Weighted</th> </tr> <tr> <td>Grade 9:</td> <td>3.5500</td> <td rowspan="2">4.0500</td> </tr> <tr> <td>Grade 9:</td> <td>3.6083</td> </tr> <tr> <td>Grade 10:</td> <td></td> <td rowspan="2">4.1083</td> </tr> <tr> <td>Grade 10:</td> <td>3.3833</td> </tr> <tr> <td>Grade 11:</td> <td></td> <td rowspan="2">4.0500</td> </tr> <tr> <td>Grade 11:</td> <td></td> </tr> <tr> <td>Grade 12:</td> <td>3.9500</td> <td></td> </tr> <tr> <td>Grade 12:</td> <td></td> <td></td> </tr> </table>			GPA Summary	Regular	Weighted	Grade 9:	3.5500	4.0500	Grade 9:	3.6083	Grade 10:		4.1083	Grade 10:	3.3833	Grade 11:		4.0500	Grade 11:		Grade 12:	3.9500		Grade 12:		
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ENGLISH 1(XL)	9	A- 5	B+ 5																													
SPANISH 1 (XL)	9	A- 5	B+ 5																													
GEOMETRY	9	A+ 5	A+ 5																													
PHYS ED 1	9	B+ 5																														
HEALTH ED.	9	P 5																														
BIOLOGY (XL)	9	B 5	B 5																													
GLOBAL STUDIES	9	B+ 5	A- 5																													
THEOLOGY 1	9		A 5																													
ART OF FILM A	9		B 5																													
CHRISTIAN SERVICE-FROSH	9	P 1	P 1																													
16-17 Jesuit High School						<table> <tr> <th colspan="3">Overall Summary</th> </tr> <tr> <td>Cumulative Regular GPA:</td> <td colspan="2">3.58</td> </tr> <tr> <td>Cumulative Weighted GPA:</td> <td colspan="2">4.04</td> </tr> <tr> <td>Completed Credit Hours:</td> <td colspan="2">265.00</td> </tr> <tr> <td colspan="3">Notes: _____</td> </tr> </table>			Overall Summary			Cumulative Regular GPA:	3.58		Cumulative Weighted GPA:	4.04		Completed Credit Hours:	265.00		Notes: _____											
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ENGLISH 2(XL)	10	B+ 5	B 5																													
SPANISH 2 (XL)	10	A- 5	A 5																													
ALGEBRA 2 (H)	10	C+ 5	B+ 5																													
PHYS. ED. 2	10	A+ 5																														
CHEMISTRY	10	A 5	A 5																													
WESTERN CULTURE	10			A+ 5																												
THEOLOGY 2A	10	A- 5																														
THEOLOGY 2B	10		A 5																													
ART OF FILM B	10		A- 5																													
CHRISTIAN SERVICE-SOPH	10	P 1	P 1																													
17-18 Jesuit High School																																
ENG. LANG. (AP)	11	B+ 5	A- 5																													
SPANISH 3 (H)	11	B+ 5	B+ 5																													
PRE-CALC. (H)	11	B+ 5	B 5																													
PHYSICS	11	B+ 5	B 5																													
U.S. HISTORY (AP)	11	A- 5	A- 5																													
THEOLOGY 3A/3B	11	B+ 5	A- 5																													
CHRISTIAN SERVICE-JUNIOR	11	P 1																														
18-19 Jesuit High School																																
ENGLISH LIT (AP)	12	A 5	B+ 5																													
STATISTICS	12	B+ 5	A- 5																													
CHRISTIAN SVC - INDEP STUDY	12			A 5																												
ENVIRONMENTAL SCI.	12	A 5	A- 5																													
ECONOMICS	12	A 5																														
HOLOCAUST	12		A 5																													
AP PSYCHOLOGY	12	A 5	A- 5																													
THEOLOGY 4	12		A- 5																													
WORLD RELIGIONS	12	A 5																														

# Standardized Testing

Freshman: **No Standardized Testing**

Sophomore: **No Standardized Testing**

Junior: **PSAT (January 2021)**



We encourage students to take SAT/ACT early spring of their junior year. Some sophomores and juniors may choose to take SAT Subject tests.

\*Practice Tests are offered by the Counseling Department in March and April for current sophomores.

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# Junior Year


- Start building the college list
  - Meet with college representatives who visit our campus (over 100 each year!)
  - Attend local college fairs
  - College campus visits/ Jesuit college tour offered each summer
  - Continue extracurricular activities and community service
  - College Information Night for parents in January
  - Practice SAT and ACT offered on campus January-March
  - Register for official SAT and/or ACT
  - NCAA Eligibility registration for DI and DII athletes
  - One week College Application Workshop offered during summer school
-



# Senior Year

- Meet with students twice in collaboration
  - Family College Planning Meeting
  - Individual student meetings as needed
  - Essay Writing Workshops
  - Retake standardized tests (as needed)
  - Teacher recommendations
  - Senior grades are reported to all colleges
  - Application deadlines as early as October
  - Financial Aid application (FAFSA) begins on October 1
  - National College Decision Day is May 1
-

# Naviance Student

 Naviance | Student

[Home](#) [Colleges](#) [Careers](#) [About Me](#) [My Planner](#)

Welcome, Joe!

Search for Colleges

🔍

Type a college name

SEARCH


Seniors


Seniors - Class of 2021 - It's your year!


We have linked the scattergrams for the colleges to which the class of 2020 applied and were accepted or denied. Please use this information knowing that things change on a daily basis and what may have been true last year, may not be true this year. SAT/ACT scores and GPA levels could move up or down, depending on the quality and/or number of students applying. These graphs are meant as a guide to help you get a realistic idea of your chances of being accepted based on your SAT/ACT score and GPA. Scholarship opportunities are being added to the list as they arrive and are updated regularly. If you have any questions about the information contained here, please contact your counselor.

Read more

My Favorites

 COLLEGES  
I'm thinking about

 COLLEGES  
I'm applying to


 CAREERS AND CLUSTERS  
I'm thinking about


Important To-Dos and Tasks


Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what's next or create a goal or to-do.

See All in My Planner

What's New

 Lafayette College will be visiting your school on Thursday, September 10th, 2020 at 12:05 pm [more info](#)

 The University of Arizona will be visiting your school on Thursday, September 10th, 2020 at 12:05 pm [more info](#)

 EHL will be visiting your school on Thursday, September 10th, 2020 at 12:05 pm [more info](#)

# Naviance Student Resume

## Resume

[Add/Update Sections](#) [Print/Export Resume](#)

### Objective

To explain the reason a college or institution of higher learning should admit me.

### Volunteer Service

#### **Pediatric Volunteer**

**Mercy San Juan , Sacramento, CA**

August, 2018 - September, 2018

2 hours/week

Total Hours: 16

Grades 10

Developed and implemented activities to entertain patients ages 5-15, including arts and crafts activities and theater workshops.

#### **Teen Volunteer**

**St. John's Program for Change , Sacramento, CA**

April, 2018 - May, 2018

2 hours/week

Total Hours: 16

Grades 9

Organized and co-led daycare program for children at the women's shelter.

### Education

**Jesuit High School, Carmichael, CA**

Rising Sophomore

August, 2017 - Present

### Extracurricular Activities

#### **Freshmen Football**

July, 2017 - October, 2017

Freshmen football team

# Saint Mary's College of California

Saint Mary's College of  
California



Communicate

Overview

Studies

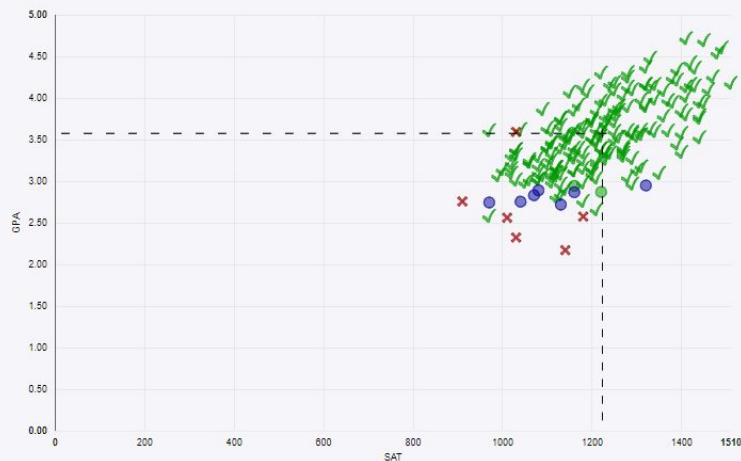
Student Life

Admissions

Costs

## Scattergrams | Applications for Jesuit High School

Comparing Weighted GPA with SAT (1600)



### Legend

You

**Accepted**



**Waitlisted/Accepted**



**Waitlisted/Unknown**



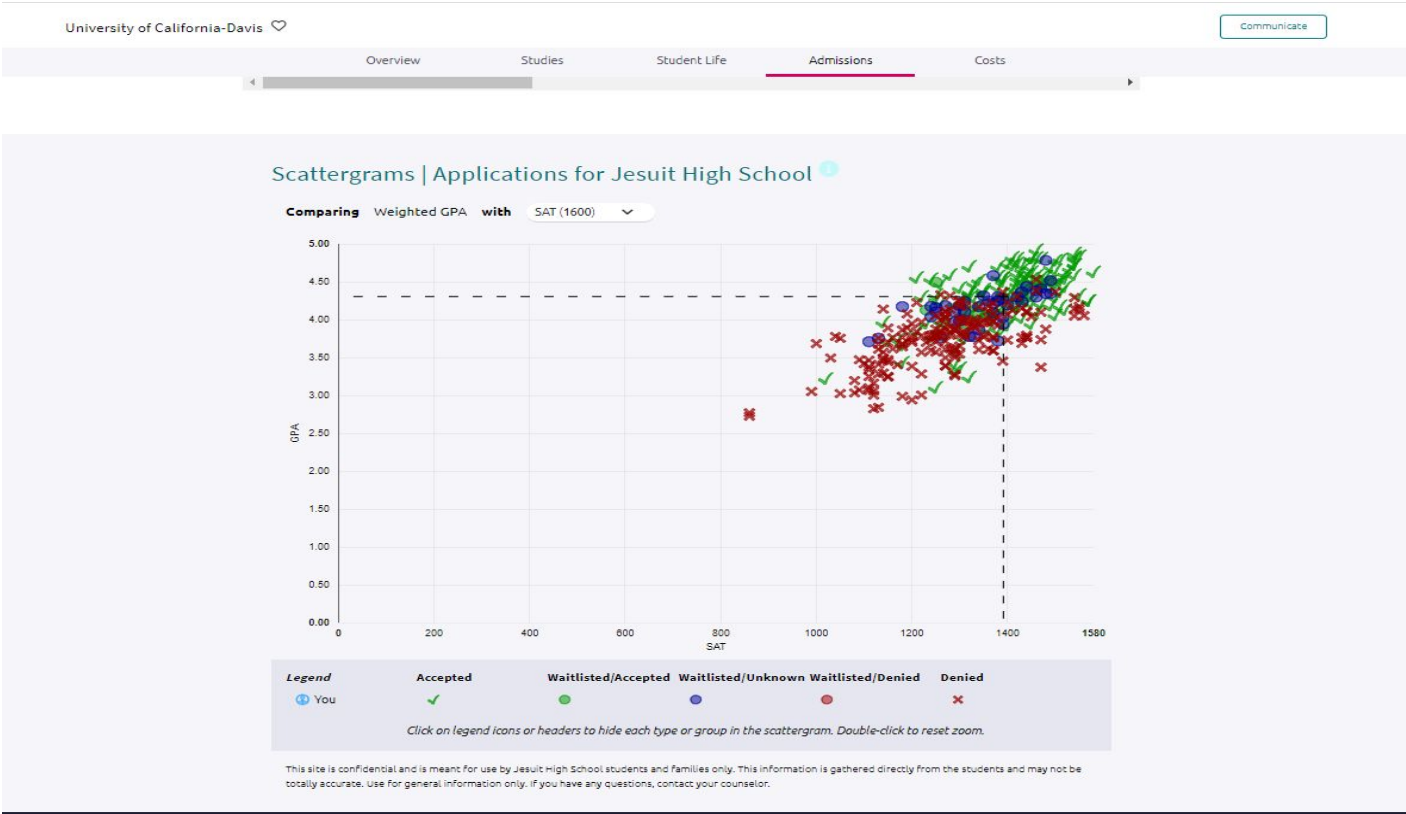
**Denied**



Click on legend icons or headers to hide each type or group in the scattergram. Double-click to reset zoom.

This site is confidential and is meant for use by Jesuit High School students and families only. This information is gathered directly from the students and may not be totally accurate. Use for general information only. If you have any questions, contact your counselor.

# University of California- Davis



**Okay, everyone take a deep breath!**

**We have time to prepare.**

**What's important now?**

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**Focus on academics, school involvement, and  
being a Man for Others**