

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

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.

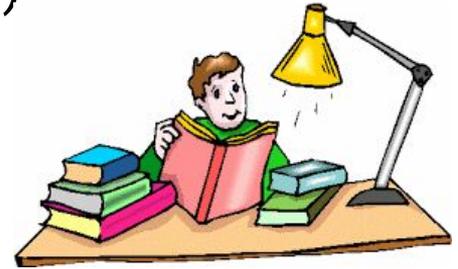
Study Skills for Success

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
imlistening.org twloha.com

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

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.

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

- *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 1st.
 - 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

Academics

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

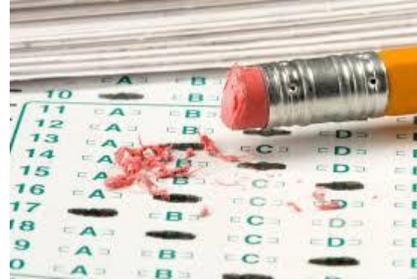


Standardized Testing

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.

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
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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
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Naviance Student

Give feedback No new messages LOG OUT

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

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

My Favorites



COLLEGES

I'm thinking about



COLLEGES

I'm applying to



CAREERS AND CLUSTERS

I'm thinking about

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

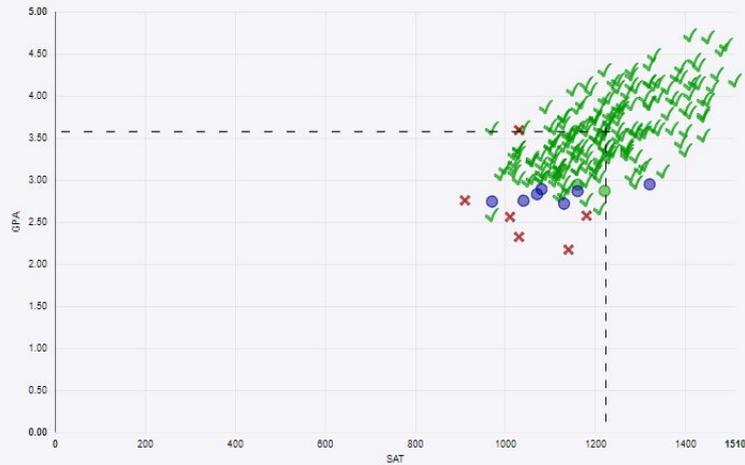
Student Life

Admissions

Costs

Scattergrams | Applications for Jesuit High School

Comparing Weighted GPA with SAT (1600)



Legend

You

Accepted

Waitlisted/Accepted

Waitlisted/Unknown

Denied

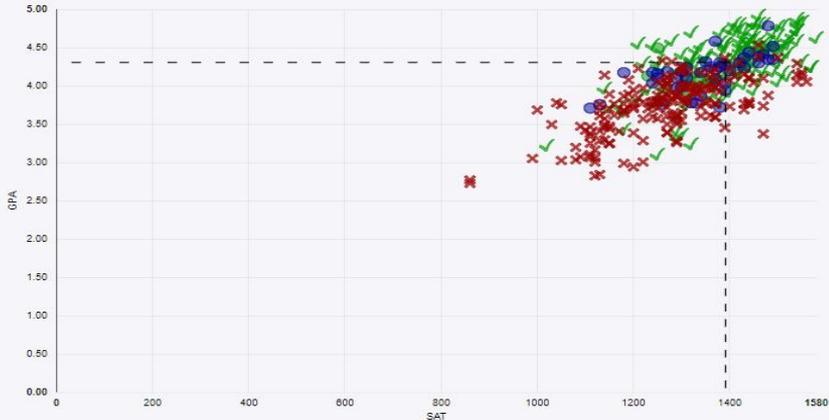
Click on legend icons or headers to hide each type or group in the scattergram. Double-click to reset zoom.

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

Scattergrams | Applications for Jesuit High School

Comparing Weighted GPA with SAT (1600)



Legend

 You	 Accepted	 Waitlisted/Accepted	 Waitlisted/Unknown	 Waitlisted/Denied	 Denied
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Click on legend icons or headers to hide each type or group in the scattergram. Double-click to reset zoom.

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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**