

# Jesuit High School

Freshman / Sophomore Parent Counselor Night

September 7, 2021



# Counseling Department

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

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

**Mrs. Sara Alvarez, *Administrative Assistant***



**Mr. Ian Farr**

**Mrs. Angela Harger**

**Ms. Jennifer Rasmussen**

**Ms. Kathy Van Liefde**

**Mrs. Gianna Wheeler**

# Counselor Caseloads

With a few exceptions, assignments for the 2021-2022 school year are as follows:

## Freshmen

- Anderson - Bush: *Mrs. Smith*
- Calkins - Fuentes: *Ms. Rasmussen*
- Fukui - Mickle: *Mrs. Harger*
- Miller - Rogers: *Mrs. Wheeler*
- Rojas - Zamudio: *Ms. Van Liefde*
- Magis: *Mr. Farr*

## Sophomores

- Acosta - G. Brown: *Mrs. Smith*
- N. Brown - Faris: *Ms. Rasmussen*
- Felsted - Lewis: *Mrs. Harger*
- Lofing - Pham: *Mrs. Wheeler*
- Semon - Zill: *Ms. Van Liefde*
- Academic Support: *Mr. Farr*

# Evening Agenda

**OVERVIEW**

**Mrs. Smith**

**STUDY HABITS**

**Mrs. Wheeler**

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

- 1st Quarter - end of grading period is October 8, 2021
  - National Test Day – October 13, 2021
  - Parent/Teacher Conferences – October 21, 2021
  - Semester Finals – December 15-17, 2021
  - February 2022 – planning courses for Soph & Junior year
  - 3rd Quarter – end of grading period is March 4, 2022
  - Semester Finals – May 16-18, 2022
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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 while on probation.

# Study Skills for Success

Presented By  
Gianna Wheeler



# How to Create Successful Study Habits



## Positive Attitude

- Academic success is made up of many small choices.
- Focus on your strengths
- Be present and engaged with class and teacher
- Keep a Growth Mindset!



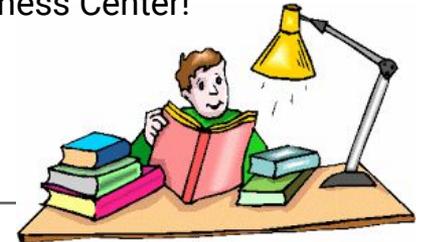
## Time Management & Organization

- Use a calendar
- Establish a study space at home
- 30 minutes of intentional time per class, per day.
- Work 40-50 minutes at a time. Take short breaks.
- Keep track of grades in Powerschool and assignments and due dates in Google Classroom
- **Check your email every day!**



## Use Your Resources

- Utilize teacher office hours
- Visit the peer tutors in the library
- Form a study group with classmates
- Get to know your counselor and the Wellness Center!



# Ways to Learn & Study

- Vanderbilt University's Center For Teaching states "*learning style* is widely used to describe how learners gather, sift through, interpret, organize, come to conclusions about, and "store" information for further use."
- V.A.R.K. is a popular system that highlights 4 types of learning modalities. **V**isual, **A**uditory, **R**ead/Write, **K**inesthetic
- Caution: Beware of identifying with just one style. It is important to think about these modalities as an option to approach your learning. Some modalities may benefit you in certain subjects more than others!

Source: Vanderbilt University, Center For Teaching, 2021



# The V.A.R.K. Learning Modalities

## **VISUAL**

- ★ Characteristics: enjoys reading, good spellers, very neat
- ★ Study Habits: watch videos, flashcards, charts and graphs, use colors to highlight

## **AUDITORY**

- ★ Characteristics: enjoys listening, likes to sing, talks a lot, good at explaining.
- ★ Study Habits: watch videos, listen to music, use songs to memorize, put things in your own words.

## **READ/WRITE**

- ★ Characteristics: enjoys reading, organized, likes lists, takes notes.
- ★ Study Habits: read textbooks, make flashcards, reread notes, use charts and graphs, write in your own words.

## **KINESTHETIC**

- ★ Characteristics: hands-on, energetic, coordinated, athletic
  - ★ Study Habits: use role-play, build models, study outside, conduct experiments, use gestures to memorize
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# Wellness at Jesuit

Presented By  
Kasey Cardinale



# Wellness at Jesuit High School

- Resource to Counselors: Wellness Check
- Awareness and Prevention Weeks: Ex. NSPW 2021
- Mental Health Education: Mark calendar for Nov 11
- Small Groups: Skills Based vs. Process
- Referral Process
- USF Intern, Alison: 3 days/week



**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

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# Scheduling Placements and Procedures

Presented By  
Kathy Van Liefde and Ian Farr



# 21-22 Sophomore Schedule

## 1st SEMESTER

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

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

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# Summer School - Rising Sophomores

- Human Geography (options):
  - additional VPA classes, Desktop Publishing (Yearbook), Newspaper Leadership & Production, 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 Algebra 1 or higher
  - AP Chemistry, AP Biology
  - additional VPA classes, Desktop Publishing (Yearbook), Newspaper Leadership & Production, 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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# 21-22 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 or Project based class

## 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 or Project based class

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 in addition to flex:

- Visual & Performing Arts
- Science – AP Physics, Environmental Science, AP Biology
- Other—AP Computer Science\*, AP Seminar\*, AP Research\*, Desktop Publishing (Yearbook), Newspaper Leadership & Production, Advanced Digital Media
- Yoga, Sports Performance, Intro. to Sports Medicine, Speed Training

# Placement Requirements for AP/H/XL

- Requirements vary by department
- See the online [course catalog](#) for course descriptions and prerequisites
- *Student must appeal if not initially eligible or does not receive initial placement in the class*

# Things to Remember

- **Freshman Pre-Scheduling Meetings with Counselors:**
    - Group A: Wednesday, February 9
    - Group B: Wednesday, February 16
  - **Sophomore Pre-Scheduling Meetings with Counselors:**
    - Group A: Wednesday, January 26
    - Group B: Wednesday, February 2
  - ***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.
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# 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

- Weighted and Unweighted GPA
- CSU and UC GPA
- Appropriate Rigor





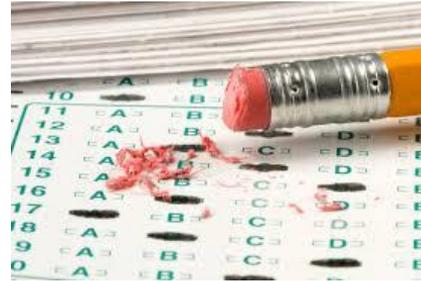
# Standardized Testing:

## National Test Day is October 13, 2021

Freshman: **EDT**

Sophomore: **Pre ACT**

Junior: **PSAT**



We encourage students to take SAT/ACT early spring of their junior year.

\*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
  - 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 during the fall
  - Family College Planning Meeting (August-September)
  - 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

[Home](#)[Self-Discovery](#)[Careers](#)[Colleges](#)[Planner](#)[About Me](#)[LOG OUT](#)

Welcome, Joe!

Search for Colleges



Type a college name

SEARCH

## Seniors

English



Go

### Seniors - Class of 2022 - It's your year!

We have linked the scattergrams for the colleges to which the class of 2021 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 arise and are updated regularly. If you have any questions about the information contained here, please contact your

[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



University of California-San Diego will be visiting your school on Tuesday, September 7th, 2021 at 11:55 am [more info](#)



College of the Holy Cross will be visiting your school on Tuesday, September 7th, 2021 at 11:55 am [more info](#)



Show Me How

# 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

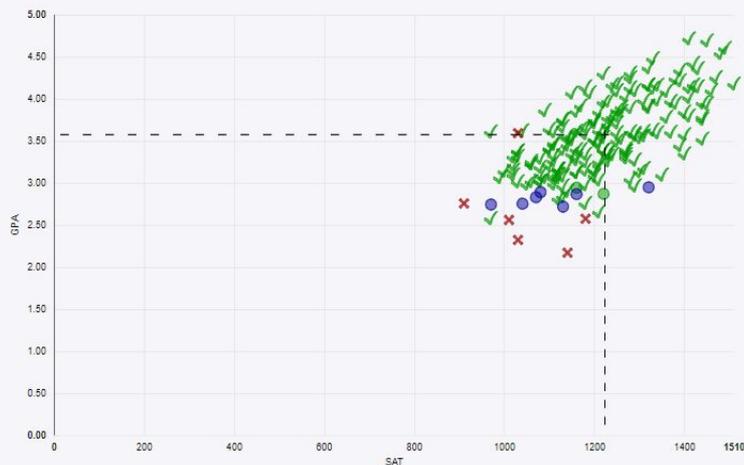
Student Life

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

University of California-Davis 

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



Waitlisted/Denied



Denied



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?**

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

# Questions?

Please type any questions you may  
have in the Q&A area.

Thank you.

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