



| COUNSELING

Jesuit High School

**Freshman / Sophomore
Parent Counselor Night**

September 16, 2025

Counseling Department

Mrs. Amanda Smith, *Director*

Mrs. Sara Alvarez

Mrs. Kasey Cardinale, *Wellness Counselor*

Mrs. Angela Harger

Mrs. Katrina Fox, *Wellness Counselor*

Ms. Jennifer Rasmussen

Mrs. Jocelyn Eaton, *Administrative Assistant*

Mrs. Gianna Wheeler



Counselor Caseloads

With a few exceptions, assignments for the 2025-2026 school year are as follows:

Freshmen

Adjei – Brauer: **Mrs. Smith**

Broderick – Goteti: **Ms. Rasmussen**

Graves – Macdonald: **Mrs. Harger**

Macko – Salazar: **Mrs. Wheeler**

Santiago – Zelalem: **Mrs. Alvarez**

Sophomores

Aizenberg – Blum: **Mrs. Smith**

Bradley – Hancock: **Ms. Rasmussen**

Hannon – Mastagni: **Mrs. Harger**

Mathios – Rios: **Mrs. Wheeler**

Rivera – Ziegler: **Mrs. Alvarez**

Evening Overview

- JESUIT COUNSELING PROGRAM
- WELLNESS
- ACADEMIC PLANNING
- FUTURE PLANNING
- Q&A



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!

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 & Weekly Update Communications
- Counseling and College Planning Google Classrooms
- Parent Portal - Counseling and College Planning
- Check the School Calendar (online most up to date)



Important Dates of Note

- **1st Quarter** – end of grading period: **October 10, 2025**
- Parent/Teacher Conferences: **October 23, 2025**
- **1st Semester Finals: December 17-19, 2025**
- Planning courses for Soph & Junior year: **Spring 2026**
- **3rd Quarter** – end of grading period: **March 6, 2026**
- **2nd Semester Finals: May 18-20, 2026**

Wellness at Jesuit

Presented by Kasey Cardinale, MFT & Katrina Fox, AMFT



Wellness at Jesuit High School

- Resource to Counselors: Wellness Check
- Awareness and Prevention Weeks: ex. NSPW 2025
- TeamCARE Club
- Small Groups
- Community Referrals



HALT!

CHECK IN:

✦ HUNGRY?

✦ ANGRY?

✦ LONELY?

✦ TIRED?

TeamCARE Club



Most powerful ways you can help your son manage stress:

- **EVERYONE HAS MENTAL HEALTH.**
- **EUSTRESS VS. DISTRESS.**
- **PRACTICE THESE STEPS YOURSELF.**
- **MODEL THESE STRATEGIES AND DESCRIBE IN THE MOMENT.**
- **IF APPROPRIATE, INVITE THEM TO JOIN YOU.**



Academic Planning

Presented by Angela Harger & Gianna Wheeler

Sophomore Schedule

1st SEMESTER

1. English 2 or H
2. World Language
3. Mathematics
4. Science
5. Human Geography or AP
6. Theology 2A/2B
7. PE* (1 Semester)/ VPA /
Project based class or Flex

2nd SEMESTER

1. English 2 or H
2. World Language
3. Mathematics
4. Science
5. Human Geography or AP
6. Theology 2A/2B
7. PE* (1 Semester)/ VPA /
Project based class or Flex

Summer School Options: Geometry XL, Chemistry, Human Geography

*After Freshman year, TWO seasons of a sport or marching band may waive a PE course

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. VPA / Project based class /
PE or 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. VPA / Project based class /
PE or Flex

Summer School Options: Chemistry, Physics, US History, Pre-Calculus

Senior Schedule

1st SEMESTER

1. English electives or AP
2. World Language
3. Mathematics
4. Science
5. Social Science Electives
6. Theology 4/Electives
7. VPA / Project based class /
PE or Flex

2nd SEMESTER

1. English electives or AP
2. World Language
3. Mathematics
4. Science
5. Social Science Electives
6. Theology 4/Electives
7. VPA / Project based class /
PE or Flex

Placement Requirements for AP/H/XL

- Requirements for eligibility consideration vary by department; all placements are reviewed and determined by the academic departments
- Review the Course Catalog when it's released in December for course descriptions and prerequisites



Unique Academic Opportunities at Jesuit

→ AP Seminar + AP Research = AP Capstone Certificate or AP Capstone Diploma

- ◆ Two year course sequence
- ◆ A valuable program that enhances critical thinking, research, and presentation skills, helping students prepare for college-level work.

→ Computer Science

- ◆ AP & Honors level coursework available to demonstrate competency in computer science

→ Visual Performing Arts

- ◆ St. Catherine of Bologna Award for four years of art

→ Seal of Biliteracy

- ◆ Opportunity for students who reach the fourth level of a world language. Designation posted on high school transcript

Why Take Summer School?

Two Reasons to Take Summer School at JHS:

1. **Advance in Math:** Geometry and Precalculus only can be taken during Summer. Algebra 2 is for remediation only.
2. **Open up space in schedule:** Applicable classes are Chemistry, Human Geography, US History, and Physics. Allows students to create room for an Elective.



Academic Support

- Community Periods, also known as Office Hours, are the best way to receive help.
 - Most every Tuesday and Thursday from 2:00-3:00.
- JHS Wellness Counseling
- [Outside Tutoring Resources](#)
- If you have concerns about your son's learning, please contact his counselor.

Future Planning

Presented by Jennifer Rasmussen

Naviance Student

[Home](#)[Self-Discovery](#)[Careers](#)[Colleges](#)[Planner](#)[About me](#)

Demo



DK

EN

[Close Demo](#)

Demo's Future Planning



No Path Selected

Plan for life after high school and select the path that will lead to future success.

[Select Path](#)

Career Essentials

Important Skills



Explore and favorite careers to discover the skills you'll need to succeed.

[Explore and Favorite Careers](#)

Top Knowledge Sets



Explore and favorite careers to discover the knowledge areas you'll need to succeed.

[Explore and Favorite Careers](#)

Level of Education

Welcome to Naviance

Seniors - Class of 2026 - It's your year!

We have linked the scattergrams for the colleges to which the class of 2025 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](#)[Additional Information from Your School](#)

Tasks from My School

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.

[Go to My Planner](#)

What's New



University of Oregon will be visiting your school on Monday, September 15th, 2025 at 11:50 am [more info](#)



University of California-Merced will be visiting your school on Wednesday, September 17th, 2025 at 11:50 am [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

Naviance: Self Discovery



Self Discovery

Let's get started.

It looks like you haven't done any assessments yet. By taking Naviance assessments you'll get to know yourself better.

Here are assessments that are available for you to take now.

AchieveWorks Intelligences®



Intelligence comes in many forms. AchieveWorks Intelligences® helps you uncover your different intelligences and how to leverage them.

Start Assessment

AchieveWorks Learning and Productivity®



Discover your sensory, environmental and mindset preferences to help develop and adjust your study practices.

Start Assessment

AchieveWorks Personality®



AchieveWorks Personality® helps you identify your personality type by asking you to choose scenarios that best represent how you behave in real life.

Start Assessment

AchieveWorks Skills®



AchieveWorks Skills® helps you identify and develop your skills and connects your skills to careers that might interest you.

Start Assessment

Career Cluster Finder



The Career Cluster Finder helps you identify your interests and discover career clusters that contain careers that might interest you.

Career Interest Profiler



The Career Interest Profiler captures your interests to help identify your personality traits and suggests careers based on the U.S. Department of Labor's data.

Strengths Explorer®



Strengths Explorer® helps you identify your key strengths that you can use as you proceed on your college, career and life readiness journey.

Naviance: Explore Careers



Accountants and Auditors

Examine, analyze, and interpret accounting records to prepare financial statements, give advice, or audit and evaluate statements prepared by others...



Education
4 Year College



Median Salary
\$71,550

Favorite



Actors

Play parts in stage, television, radio, video, or film productions, or other settings for entertainment, information, or instruction. Interpret serious or co...

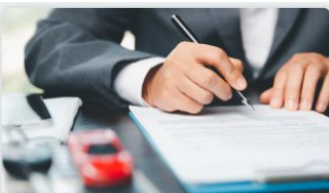


Education
High School Diploma



Median Salary
\$42,494

Favorite



Actuaries

Analyze statistical data, such as mortality, accident, sickness, disability, and retirement rates and construct probability tables to forecast risk a...



Education
4 Year College



Median Salary
\$108,350

Favorite



Acupuncturists

Diagnose, treat, and prevent disorders by stimulating specific acupuncture points within the body using acupuncture needles. May also use cu...



Education
Graduate/ Professional



Median Salary
\$75,640

Favorite



Acute Care Nurses

Provide advanced nursing care for patients with acute conditions such as heart attacks, respiratory distress syndrome, or shock. May care for pre-an...



Education
2 Year College



Median Salary
\$73,300

Favorite



Adapted Physical Education Specialists

Provide individualized physical education instruction or services to children, youth, or adults with exceptional physical needs due to gross mot...



Education
Graduate/ Professional



Median Salary
\$61,190



Adhesive Bonding Machine Operators...

Operate or tend bonding machines that use adhesives to join items for further processing or to form a completed product. Processes include join...



Education
High School Diploma



Median Salary
\$34,340



Administrative Law Judges, Adjudicat...

Conduct hearings to recommend or make decisions on claims concerning government programs or other government-related matters. D...



Education
Graduate/ Professional



Median Salary
\$97,870



Administrative Services Managers

Plan, direct, or coordinate one or more administrative services of an organization, such as records and information management, mail distri...



Education
2 Year College



Median Salary
\$96,940



Adult Basic Education, Adult Seconda...

Teach or instruct out-of-school youths and adults in basic education, literacy, or English as a Second Language classes, or in classes for earning a high...



Education
4 Year College



Median Salary
\$54,350



According to the National Association for College Admission Counseling:

“A student’s high school record continues to be the most important factor in college admission decisions for prospective first-time freshmen.”

“Year to year, we find that getting good grades in challenging courses is what college admission offices value most when reviewing applications.”

Understanding the Academic Record

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



Transcript						Jesuit High School 1200 Jacob Lane Carmichael, CA 95608 Tel: 916-482-6060 Fax: 916-482-2310																	
Student Name:																							
Student ID:																							
Grade:																							
Date:																							
Exit Date:																							
Course	Grade	Mark	Credit	Mark	Credit	S1	S2	Personal Info															
19-20 Jesuit High School								Birthdate: Gender: School Entry Date: Home Address: GPA Summary <table border="1"> <thead> <tr> <th>Grade</th> <th>Regular</th> <th>Weighted</th> </tr> </thead> <tbody> <tr> <td>Grade 9:</td> <td>3.6583</td> <td>3.6583</td> </tr> <tr> <td>Grade 10:</td> <td>3.6625</td> <td>3.9125</td> </tr> <tr> <td>Grade 11:</td> <td>3.8286</td> <td>3.9714</td> </tr> <tr> <td>Grade 12:</td> <td></td> <td></td> </tr> </tbody> </table>	Grade	Regular	Weighted	Grade 9:	3.6583	3.6583	Grade 10:	3.6625	3.9125	Grade 11:	3.8286	3.9714	Grade 12:		
Grade	Regular	Weighted																					
Grade 9:	3.6583	3.6583																					
Grade 10:	3.6625	3.9125																					
Grade 11:	3.8286	3.9714																					
Grade 12:																							
ENGLISH 1	9	B+	5	B+	5																		
SPANISH 1	9	B+	5	A-	5																		
ALGEBRA 1	9	A+	5	A+	5																		
INTRO TO COMPUTER SCIENCE	9	A-	5																				
HEALTH ED.	9	P	5																				
PE: WATER POLO	9	P	5																				
BIOLOGY	9	C	5	A-	5																		
THEOLOGY 1	9			A+	5																		
CHORAL MUSIC	9	A-	5	A+	5																		
CHRISTIAN SERVICE-FROSH	9			P	1																		
20-21 Jesuit High School								Overall Summary Cumulative Regular GPA: 3.72 Cumulative Weighted GPA: 3.95 Completed Credit Hours: 225.00 Notes: Courses taken outside Jesuit High School are not calculated in the GPA. Due to COVID restrictions in place during the 2020-2021 school year, members of the Class of 2023 had their regular PE 2 requirement waived.															
ENGLISH 2	10	B-	5	B	5																		
SPANISH 2	10	B+	5	A	5																		
GEOMETRY (XL)	10	A	5	A	5																		
ALGEBRA 2 (H)	10	B	5	A-	5																		
CHEMISTRY	10	A+	5	A+	5																		
HUMAN GEOGRAPHY	10	A+	5	A+	5																		
THEOLOGY 2A/2B	10	A+	5	A	5																		
CONCERT CHOIR	10	A+	5	A+	5																		
SERVICE & JUSTICE - SOPH	10	P	1	P	1																		
21-22 Jesuit High School								Courses In Progress (Year-long courses are broken into semesters) 22-23 Jesuit High School EN4:HERO JOURNEY12 12 EN4:PSY REALISM 12 SPANISH 4 12 SPANISH 4 12 CALCULUS 12 CALCULUS 12 B2:ANAT/PHYSL 12 B2:ANAT/PHYSL 12 GOV/POLITICS (AP) 12 GOV/POLITICS (AP) 12 LIT. WORKSHOP 12 LIT. WORKSHOP 12 CONCERT CHOIR 12 CONCERT CHOIR 12 Signature: _____ Date: September 27, 2022 This transcript is unofficial unless certified by signature and school seal.															
EN3: AMER LIT/COMP	11	B	5	A-	5																		
SPANISH 3	11	A	5	A+	5																		
PRE-CALC. (H)	11	B	5	B	5																		
PHYSICS	11	A-	5	A	5																		
U.S. HISTORY	11	A	5	A-	5																		
THEOLOGY 3A/3B	11	A+	5	A+	5																		
CONCERT CHOIR	11	A+	5	A+	5																		
SERVICE & JUSTICE - JUNIOR	11	P	1	P	1																		

Standardized Testing

- Sophomores: **Optional PSAT 10 (Spring 2026)**
- Juniors: **Digital PSAT (Fall 2025)**



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

*SAT/ACT Practice Tests are offered by the Counseling Department in the winter. Current sophomores should consult with their counselor before registering.

Extracurricular Activities

Freshman

- * Join several clubs
- * Participate in different types of activities
- * Pursue opportunities to help discover interests and passions

Sophomore

- * Begin to narrow down clubs
- * Identify potential leadership opportunities
- * Consider starting your own organization

Junior

- * Pursue leadership in your activities
- * Possible internships, job shadowing, summer enrichment programs

Senior

- * Continue to show leadership roles in activities
- * Demonstrate interest in future major by activity involvement
- * Depth, not breadth is what's important!

What's important now?



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

Be In the Know

The following are great resources to use throughout your son's high school journey:



- [Parent Counselor Portal](#)
- **Counseling Newsletter**
- **Weekly Update**
- **Student's Google Classroom**
- [Counseling Page](#) on the JHS Website
- **College Fair: October 9th at CB**

Questions?

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

Thank you for attending our event!