

Jesuit High School



Freshman/Sophomore Parent Counselor Night
September 26, 2018

Counseling Department

MRS. SMITH *Director*

MRS. CARDINALE *Wellness Counselor*

MS. HARGER

MS. RASMUSSEN

MR. SEIBERT

MS. VAN LIEFDE

MS. KAKAR *Administrative Assistant*

Tonight's Agenda

OVERVIEW

MRS. SMITH

WELLNESS

MRS. CARDINALE

STUDY HABITS

MR. SEIBERT

SCHEDULING PLACEMENT & PROCEDURES

MS. VAN LIEFDE

COLLEGE ADVISING

MS. RASMUSSEN

Q&A

A few things you should know...

- Collaboration Periods
- How Appointments are made
- How parents can best get a hold of their son's counselor
- Read the Counseling Newsletters, Principal's Newsletter & Weekly Parent Newsletters
- Check the School Calendar (online most up to date)
- Google Classrooms - AMDG 2021 / 2022

Important Dates to Remember

- 1st Quarter - end of grading period is October 12, 2018
- National Testing Day – October 10, 2018
- Parent/ Teacher Conferences – October 25, 2018
- Semester Finals – Dec. 17 - 19, 2018
- February – planning courses for sophomore/junior year
- 3rd Quarter - end of grading period is March 4, 2019
- Semester Finals - May 20 - 22, 2019

Let the Adventure Begin!

What will your son's counselor do?

- Meet all students in Orientation (before school starts) and in Collaboration Periods.
- 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

- As student is placed on Academic Probation due to earning below 2.0 GPA.
- 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 longer waivers for eligibility extensions.
- Most of these students will also be placed in Mandated Tutoring and have regular check ins with their counselor

Wellness at Jesuit High School

- Awareness and Prevention Weeks
- Behavioral Health Assemblies and Summit
- Mental Health Education
- Resource to Academic Counselors
- Small Groups
- Assessment and Referral: Process

Study Skills for High School and College Success

Presented by
Christopher Seibert & Kasey Cardinale

How to Manage Academic Stress

1. **Eat food regularly.** Start the day with a healthy breakfast with PROTEIN, Grains, Fats—whole grain toast or oatmeal, milk, yogurt, cheese, fruit, eggs, meat— and endorse eating meals and snacks every 2-3 hours for optimal brain nutrition. Teach them about their hunger and fullness cues.

2. **Sleep.** Teenagers need eight to ten hours of sleep a night. They may not think they're tired, but teens need 9+ hours of sleep/night for growth. Watch caffeine use and screens.

Try this: Ask them to sleep a full eight hours or more every night for one week and then ask them how they feel.

How to Manage Academic Stress continued...

3. **Study when you're most alert.** Schedule study time when your is highest. If your son feels sluggish from four to five in the afternoon but is more energetic from seven to eight in the evening, he should study then.

4. **Exercise.** Students who swim or jog regularly (aerobic exercise 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 continued...

5. **Laugh.** If you feel your son's feeling stressed out (can't focus, feels panicky), he needs a break. A funny website or watching a ½ hour of a good sitcom can restart a stuck brain.

6. **Ask for help when you need it.** If they are struggling in a subject, don't wait for the teacher to do something; encourage them to stay after class and ask the teacher for help.

The quickest way to defuse test anxiety and lessen stress is to ask questions.

How to Manage Academic Stress continued...

Most powerful ways you can help your son manage stress:

PRACTICE THESE STEPS YOURSELF.

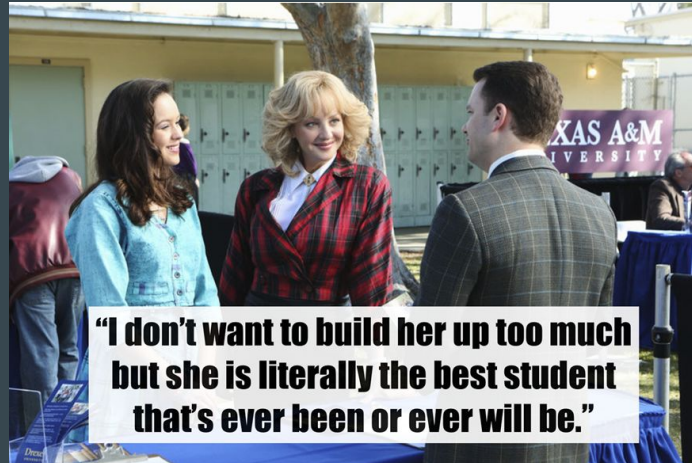
MODEL THESE STRATEGIES.

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 Conferences (10.25.2018)

Successful Study Habits

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



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

Resources

- HOW TO STUDY.COM: <http://how-to-study.com/>
- INTELLIGENT.COM: <https://www.intelligent.com/>
- ADDITUDE:
<https://www.additudemag.com/adhd-supplements-foods-vitamins/>
- PSYCHOLOGY TODAY:
<https://www.psychologytoday.com/blog/the-resilient-brain/201506/the-power-protein-optimize-brain-health>
- EAT THIS, NOT THAT!: <http://www.eatthis.com/high-protein-foods>

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. Modern World History
6. Theology 2A/2B
7. Flex, Performing Arts (1 Semester)

2ND SEMESTER

1. English 2 or XL
2. World Language
3. Mathematics
4. Science
5. Modern World History
6. Theology 2A/2B
7. PE (1 Semester)

Contract PE

Summer School:

Geometry XL (6 weeks), Chemistry (6 weeks),
Modern World History (3 weeks)

Summer School - Sophomores

It is recommended that students who want to take a full year of Band or Chorus should take summer school

- Modern World History (options):
 - additional VPA classes: Art of Film, Honors Studio Art 2A, Digital Photography, Digital Filmmaking, Band, Concert Choir, Enrichment, Yearbook, Newspaper
 - Geometry XL (options):
 - 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: see above, AP Computer Science*
 - Band, Concert Choir

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, Performing Arts

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, Performing Arts

Summer School:
Physics
US History (1 or 2 Semesters)

Summer School - 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*, Yearbook , Newspaper, Teacher Assistant, Office Assistant
- **Enrichments**

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_2018-2019_final_r4.pdf

Things to Remember

- Freshman Pre-Scheduling Meetings with Counselors:
 - Group A, February 20
 - Group B, February 27
- Sophomore Pre-Scheduling Meetings with Counselors:
 - Group A: January 30
 - Group B: February 12
- Courses are approved by departments.
- 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 continued...

- 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 Ian Farr, Assistant Principal for Academics; Contact Mr. Farr (*220) if summer school plans change.

Things to Remember continued...

AP Parent Night

Early January

Jesuit High School College Admission Services

Presented by: Jennifer Rasmussen

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

Naviance Student

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

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

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)

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

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

Freshmen aren't too young to be thinking about college

- Did you know that 80% of the US colleges and universities accept more than half their applicants? College admissions can seem daunting but it doesn't have to be.
- Here's a year-by-year guide to stay on track:
<https://goo.gl/iqcNrh>

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?