

Jesuit High School

Freshman / Sophomore Parent Counselor Night

September 12, 2023



Counseling Department

Mrs. Laurie Brant

Mrs. Angela Harger

Mrs. Lacy King

Ms. Jennifer Rasmussen

Mrs. Gianna Wheeler

Mrs. Amanda Smith, *Director*

Mrs. Sara Alvarez, *Administrative Assistant*

Mrs. Kasey Cardinale, *Wellness Counselor*

Ms. Abby Hollandsworth, *Wellness Counselor*

Counselor Caseloads

With a few exceptions, assignments for the 2023-2024 school year are as follows:

Freshmen

- Alberts - Birusingh: *Mrs. Smith*
- Blewett - Z. Garcia: *Ms. Rasmussen*
- Garrett - Kemp: *Mrs. Harger*
- D. Kim - Mercer: *Mrs. Wheeler*
- Miles - Schumacher: *Mrs. Brant*
- Shahi - Zipser: *Mrs. King*

Sophomores

- Abbott - Bradford: *Mrs. Smith*
- Bradshaw - Fritz: *Ms. Rasmussen*
- Fulton - Kahlon: *Mrs. Harger*
- Kaihea - Murrieta: *Mrs. Wheeler*
- Moggan - Rowsey: *Mrs. Brant*
- Rucker - Zeff: *Mrs. King*

Evening Agenda

OVERVIEW

Mrs. Smith

STEPS FOR SUCCESS

Mrs. Brant

WELLNESS

Mrs. Cardinale & Ms. Hollandsworth

SCHEDULING & PATHWAYS

Mrs. King & Mrs. Wheeler

FUTURE PLANNING

Ms. Rasmussen & Mrs. Harger

Q&A

Counseling Team

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
 - Google Classrooms - Counseling and College Planning
 - Check the School Calendar (online most up to date)
-

Important Dates of Note

- National Test Day – October 11, 2023
 - 1st Quarter - end of grading period is October 13, 2023
 - Parent/Teacher Conferences – November 2, 2023
 - Semester Finals – December 18-20, 2023
 - February 2024 – planning courses for Soph & Junior year
 - 3rd Quarter – end of grading period is March 8, 2024
 - Semester Finals – May 20-22, 2024
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Athletic Eligibility & Academic Probation

- A student is placed on Academic Probation when his GPA is below 2.0 at the grading period.
 - 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 are encouraged to attend teacher office hours weekly and have regular check ins with their counselor while on probation.
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Wellness at Jesuit

Presented By
Kasey Cardinale & Abby Hollandsworth



Wellness at Jesuit High School

- Resource to Counselors: Wellness Check
- Awareness and Prevention Weeks: Ex. NSPW 2023
- TeamCARE Club
- Small Groups: Skills Based vs. Process
- Community Referrals

INTENT VS. IMPACT

your words have meaning!

you may think
that when
you're just
"telling a
joke", that
everything's
fun and that
there's no
hate involved
in your words.

HOWEVER!
your words can
have profound
impacts on
people! one
"joke" may make
another person
extremely
uncomfortable
and feel hurt
even though there
is no evil intent.

**SO WHEN YOU THINK ABOUT
MAKING A "JOKE" LIKE**



think of the **IMPACT**
of your words,
not just the **INTENT**.

All Love Alliance meetings every
Tuesday at lunch in AH101

How to Manage Academic Stress...

Most powerful ways you can help your son manage stress:

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



ELEMENTS OF WELLNESS

Steps for Success

Presented By
Laurie Brant



Getting Involved in Your Community

■ Service & Justice

- In your community - school, local, place of worship
- Ways to serve [Service and Justice - Jesuit High School](#)

■ Social

- Importance of maintaining social relationships during this time
- Branching out to try new things and experiences

■ Co-curricular Activities

- Many ways to be involved both inside and outside of school
 - Drama, Arts, Scouts, Athletics, Music, Work experience
 - Involvement in activities and things your student enjoys - encourage him to check out Club Day Sept. 18

List of Clubs at JHS*

**subject to change*

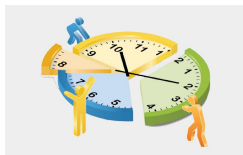
- | | | |
|---|----------------------------------|------------------------------------|
| ■ All Love Alliance | ■ Irish Heritage Club | ■ Pre-Med Club |
| ■ Art Club | ■ Jesuit Card Club | ■ Quiz Bowl |
| ■ Asian Pacific Islander Club | ■ Jesuit Fly Fishing Club | ■ Recreational Racquet Sports Club |
| ■ Broadcast Club | ■ Jesuit Sportsmen's Association | ■ Robotics Team |
| ■ Black Student Union | ■ Jewish Student Union | ■ Sales & Merchandising Club |
| ■ Car Club | ■ Key Club | ■ Science Olympiad |
| ■ Chamber Music Club | ■ Latin Club | ■ Scout Club |
| ■ Dungeoneers | ■ Latinos Unidos | ■ Ski & Snowboard Club |
| ■ Echelon Catapult | ■ Mathletes | ■ Smash Club |
| ■ Entrepreneurs Club | ■ Mobile Games Club | ■ Speech & Debate |
| ■ Environmental Justice & Sustainability Club | ■ Mock Trial | ■ Jesuit Driving Club |
| ■ Foreign Literature Club | ■ Model Rocketry Club | ■ Team CARE |
| ■ French Club | ■ Moorings | ■ Veterans Appreciation |
| ■ Gardening Club | ■ Mountain Bike Club | ■ Vinyl Club |
| ■ Greek Culture/Heritage Club | ■ Neuroscience Club | ■ VR Club |
| ■ Holy Rollers Bowling | ■ Photography Club | ■ Young Progressives Club |
| ■ Informatics Club | ■ Pokemon Club | |
| | ■ Power Sports Club | |

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!



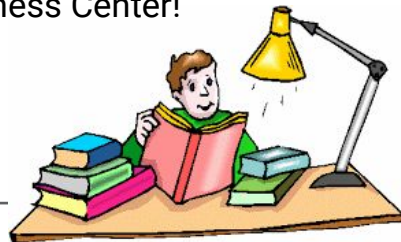
Time Management & Organization

- Use a calendar or planner
- 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
- Make a peer tutor request by scanning the QR code
- Form a study group with classmates
- Get to know your counselor and the Wellness Center!



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
-

Scheduling & Planning Pathways

Presented By
Lacy King and Gianna Wheeler



23-24 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. 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)/Flex

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

PE Credit Options after Freshman Year

Students can earn PE credit through a variety of ways:

- Taking one semester of a PE elective (i.e. Yoga, Weightlifting, Fitness for Life, Rec Basketball, etc.)
 - Participating in Jesuit High School athletic programs in the sophomore, junior, and/or senior year
 - Two seasons of two different sports will earn credit to complete the PE requirement
 - Two seasons of the same sport should culminate in the student earning a varsity letter (see page 50 of the Course Catalog)
 - Completing four years of the Marauder Band (marching band) program
-

23-24 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/PE 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/PE or Project based class

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

Why Take Summer School?

- To advance in a subject
 - Available for Math and Science courses
 - Geo. or Geo. XL to advance to Algebra 2 or Algebra 2H
 - Chemistry to advance to AP Chem or AP Biology
 - Student MUST receive recommendation and approval from current Math teacher
- To open up space in schedule
 - Human Geography, US History, Physics
 - Can open up a class period for additional academic course **or** elective, i.e. VPA, Leadership, Yearbook, Newspaper. See course catalog for complete list of course options.
- Remediation
 - Summer school at JHS
 - Outside course approved by the Office of Academics

Students who want to take a full year of Band or Choir should consider taking a summer school class to open up space

The Scheduling Process

- **Freshman Pre-Scheduling Collaboration with Counselors:**
 - Group A: Wednesday, January 31
 - Group B: Wednesday, February 7
 - **Sophomore Pre-Scheduling Collaboration with Counselors:**
 - Group A: Tuesday, February 13
 - Group B: Wednesday, February 28
 - ***Counselors assist students in selecting coursework; academic departments make placement decisions***
-

The Scheduling Process 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 accept schedule requests through DocuSign.
 - Courses are approved by departments with the possibility of appealing.
 - If there are questions the student can see his counselor and/or teacher.
-

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...

- 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. Registration dates TBD
 - 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 form/process.
-

Future Planning

Presented By
Angela Harger and Jennifer Rasmussen



Naviance Student



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



10th Grade



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

Welcome to Naviance Sophomores, Class of 2026!

We have linked the scattergrams for the colleges to which the class of 2023 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. If you have any questions about the information contained here, please contact your counselor.

Help us help you! **Please keep your email address up to date - all emails should be updated**

[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

Grand Canyon University-Traditional Campus will be visiting your school on Wednesday, September 6th, 2023 at 11:50 am [more info](#)

The Catholic University of America will be visiting your school on Friday, September 8th, 2023 at 11:50 am [more info](#)

University of Puget Sound will be visiting your school on Friday, September 8th, 2023

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...

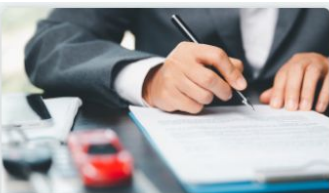


Education
High School Diploma



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

Academics

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



Sample Transcript

Student Name: Doe, John				Jesuit High School	
Student ID:				1200 Jacob Lane	
Grade: 00 - Class of 2023				Carmichael, CA 95608	
Graduation Date:				Tel: 916-482-6060 Fax: 916-482-2310	
Exit Date:					
		Fall	Spring	Summer	
Course	Grade	Mark	Credit	S1 Mark	S2 Credit
19-20 Jesuit High School					
ENGLISH 1	9	B+	5	B	5
SPANISH 1	9	A-	5	A	5
ALGEBRA 1	9	B+	5	A-	5
PHYS ED 1 SEM 1	9	A	5		
HEALTH ED.	9	P	5		
BIOLOGY	9	C+	5	B+	5
THEOLOGY 1	9			A+	5
STUDIO ART 1A	9	A	5		
STUDIO ART 1B	9			A	5
CHRISTIAN SERVICE-FROSH	9			P	1
20-21 Jesuit High School					
ENGLISH 2	10	B+	5	A-	5
SPANISH 2	10	B	5	B	5
GEOMETRY	10	B+	5	A-	5
CHEMISTRY	10				
HUMAN GEOGRAPHY	10	A	5	A	5
THEOLOGY 2A/2B	10	A-	5	A-	5
STUDIO ART 2A (H)	10	A	5		
STUDIO ART 2B (H)	10			A	5
SERVICE & JUSTICE - SOPH	10	P	1	P	1
21-22 Jesuit High School					
EN3: AMER.LIT/COMP	11	A-	5	B	5
SPANISH 3	11	B+	5	B+	5
ALGEBRA 2	11	B	5	C+	5
PHYSICS	11	B-	5	B	5
U.S. HISTORY	11	A	5	A-	5
THEOLOGY 3A/3B	11	B+	5	A	5
SERVICE & JUSTICE - JUNIOR	11	P	1	P	1
22-23 Jesuit High School					
EN4:HERO JOURNEY	12			A	5
EN4:PSY REALISM	12	A	5		
STATISTICS	12	B	5	C+	5
INTRO TO SPORTS MEDICINE	12	A-	5	A-	5
ENVIRONMENTAL SCI.	12	B+	5	B+	5
GOV/POLITICS (AP)	12	B	5	B	5
THEOLOGY 4	12			A-	5
WORLD RELIGIONS	12	B-	5		

Personal Info			
Birthdate: Gender: M School Entry Date: Home Address: 123 Main Street, Anytown CA 00000			
GPA Summary	Regular	Weighted	
Grade 9:	3.5364		
Grade 9:		3.5364	
Grade 10:	3.6286		
Grade 10:		3.7714	
Grade 11:	3.2750		
Grade 11:		3.2750	
Grade 12:	3.3083		
Grade 12:		3.4750	
Overall Summary			
Cumulative Regular GPA:		3.44	
Cumulative Weighted GPA:		3.52	
Completed Credit Hours:		260.00	
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.			

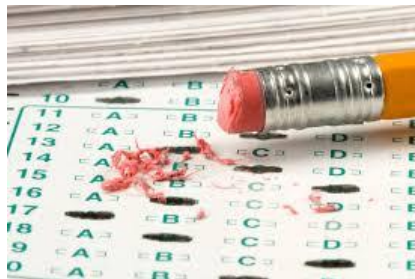
Standardized Testing:

National Test Day is October 11, 2023

Freshman: **EDT**

Sophomore: **Pre ACT**

Junior: Digital **PSAT**



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

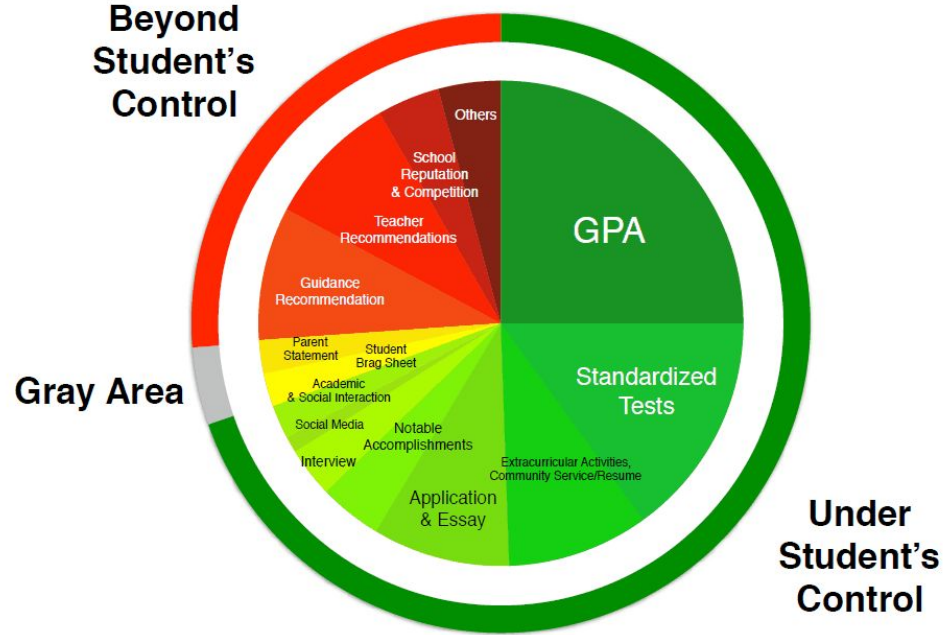
*Practice Tests are offered by the Counseling Department in the spring for current sophomores.

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.**”

What's Your Pie Chart?



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



What's important now?



**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.
