

Counseling: Freshman Parent Night
September 7, 2022
Joe Poggi
Counseling and College Center

“A journey of a thousand miles begins with a single step. A door opens with the turn of a handle, and the SF journey begins with a Counseling Parent Meeting!”



Meeting Agenda:

- ▶ Prayer
- ▶ Introduction
 - ▶ I won't be able to answer questions during, but I'll stay on as long as you need afterwards.
- ▶ Counseling Department
- ▶ Overview of the Year
- ▶ College Planning
 - ▶ Four Year Plan
 - ▶ Testing
 - ▶ Naviance
- ▶ Student Supports/Suggestions
- ▶ Upcoming Events
- ▶ Questions
 - ▶ *slides will be shared later*



“A journey of a thousand miles begins with a single step. A door opens with a turn of a handle, and the SF journey begins with a Counseling Parent Meeting!”

In the Name of the Father, and of the Son, and of the Holy Spirit

Almighty and merciful God, commend your angels to guide and protect us, entrust them to be our companions as we begin this four year journey together.

May our days together be many and our troubles be few, May Your blessings descend upon us, May peace be within us, may our hearts be strong, and may we find what we seek wherever we roam.

May we have the hindsight to know where we’ve been, the foresight to know where we’ll go and the insight to know when we’ve gone too far.

- adapted from an Irish blessing

St. Francis of Assisi, pray for us...

St. Clare of Assisi, pray for us...



Counseling and College Advising

Resources in the Counseling and College Center

"Counselors provide academic support, resources, and guidance necessary to graduate. We inform, advise, support, and monitor each student's academic progress" SPHB pg 33

□ Counselor

- Students work with their assigned Counselor for all 4 years
- What does the Counselor do?
 - Assist with class schedules/conflicts/challenges
 - Supports the students in their caseload
 - Begins the College Search Process
 - ▶ Nora Anderson - A - Har
 - ▶ Katrina Fox - Har - Pal
 - ▶ Joe Poggi - Pan - Z

- College Advisors - Ms. Austin or Ms. Lee
 - beginning spring of junior year
- Ms. Sunny Rivera - Administrative Assistant
- Ms. Sarah Cornell - Registrar



Fall Semester Events

- *just a sample!!!!*

- Small Group Meetings - “Jessie’s Roundups”
 - ▶ drop-ins and appointments as needed
- Club Rush
- Troubie College Week: 9/19 - 22
- Spirit Week - Homecoming: 9/27 - 10/1
- 1st Quarter ends October 7
- Open House: October 9
- Musical: 10/21-22, 28-29
- Thanksgiving: November 23 - 27
- Finals: December 13 - 16



College Planning

► Freshman Year

- Begin exploring college options
- Work on Four Year Plan
 - Freshmen can get a copy of this from me
 - Look at applying for AP/Hon courses

► Sophomore Year

- Talk more specifically about college
 - even take a tour or two
 - utilize Naviance - * more info on this later

► Junior Year

- Begin working with College Advisors
- * Take SAT/ACT
 - SF has begun offering school day ACT/SAT
- Look for colleges that offer programs that fit

► Senior Year - Time to Apply

- * Take SAT/ACT one last time if needed
- Know application requirements and deadlines



SFHS Graduation Requirements

College Prep classes are designed to meet the UC A-G requirements

- Theology: 4 Years (8 semesters)
 - students take the same class at the same time
- English: 4 Years (8 semesters)
- History: 3.5 Years (7 semesters)
- Math: 3 Years (6 semesters)
- Science: 3 Years (6 semesters)
- MCL: 2 Years (4 semesters)
 - must be the same language
- Fine Arts: 1 Year (2 semesters)
 - must be the same medium
- PE/Sport: 1.5 Years (3 semesters)
- Health: .5 year (1 semester)
- Elective: 1 Year (2 semesters)
 - an extra course from the core areas above



SFHS Grading

Progress Reports:

parents should be checking grades on Schoology

- September 8th
- “snapshot”
- *Not all students will get one*

Quarter Grades

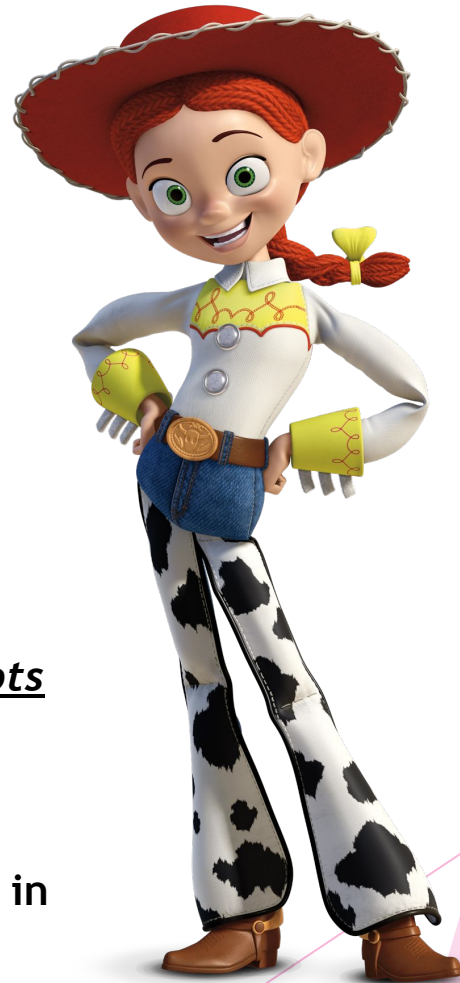
- similar to a progress report
- *do not go on your transcript*

Semester Grades

- Semester grades are final
- *Semester grades go on student transcripts*

Transcript

- Your official academic record
- Sent to colleges when you apply to them in senior year



Naviance - Away we go!

1. What is Naviance?
2. How do I access it?
3. About Me
4. Self-Discovery
5. Careers
6. Colleges
7. Questions and answers
8. How do I get there?
 - a. SF Homepage
 - b. "Student Life"
 - c. Lower right box
 - i. "Student Naviance"

Counseling will be hosting a Naviance workshop during Troubie College Week



Supports/Suggestions

- Just a few examples

- ▶ Academic Support

- ▶ Teacher First
 - ▶ ex. Math Lunch Help
- ▶ CSF Peer Tutor List
 - ▶ located on the class of 2026 Schoology page
- ▶ Learning Support Specialist
 - ▶ Katie Dickson
 - ▶ Tutor Lab (NEW!)

- ▶ Personal

- ▶ Counselor
- ▶ Wellness Counselor (Kym Weinandy)
- ▶ Guardian Angels



Questions?

- ▶ Nora Anderson
 - ▶ nanderson@stfrancishs.org
 - ▶ Aba - Har
- ▶ Katrina Fox
 - ▶ kfox@stfrancishs.org
 - ▶ Har - Pal
- ▶ Joe Poggi
 - ▶ jpoggi@stfrancishs.org
 - ▶ Pan - Z

