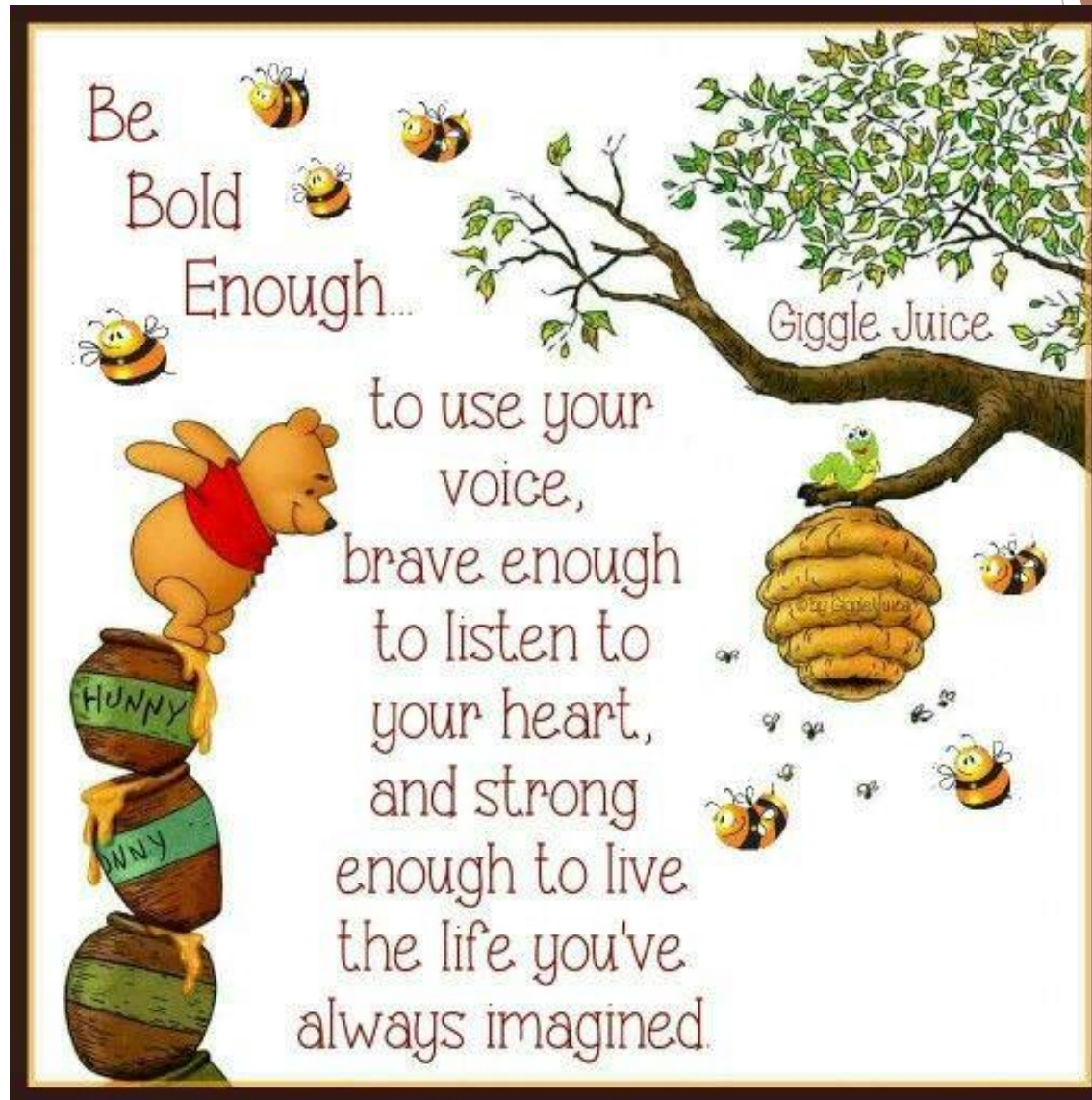


Freshman Parent Night  
August 29, 2018  
Jan Millner, Class of 2022 Counselor



# Meeting Agenda:

- ▶ Guidance Department Structure
- ▶ Overview of the Year
- ▶ Upcoming Events
- ▶ Questions

# Guidance Department Structure

## ▶ 4 Class Level Counselors

- ▶ 2019: Nancy Doyle
- ▶ 2020: Nora Anderson
- ▶ 2021: Joe Poggi

## ▶ 2 College Advisors

- ▶ Debbie Austin
- ▶ Naomi Lee

## ▶ Registrar

- ▶ Evanne Torrecillas

## ▶ Administrative Assistant

- ▶ Sunny Rivera

# Overview of the Year

## • Fall

- ▶ Special Presentation
- ▶ Small Group Meetings - “Meet At the Tree Meetings”
  - ▶ September through November
  - ▶ 6 students per group
  - ▶ Topics include: What Guidance does, Naviance, 4 Year Plan

## • Spring

- ▶ Parent Evening
- ▶ In-Class Presentations
- ▶ Individual Check-Ins

# Four Year Plan

Grade 9	Semester 1	Semester 2	Grade 10	Semester 1	Semester 2
Theology	Theology 9	Theology 9	Theology	Theology 10	Theology 10
English	English 9	English 9	English	Great Books/Hon. GB	Great Books/Hon. GB
Mathematics			Mathematics		
Science			Science		
Modern and Classical Languages			Modern and Classical Languages		
Social Studies	Historical Geography		Social Studies	World History/AP World History	World History/AP World History
Fine Arts/Elective			Fine Arts/Elective		
PE/Health**			PE/Health***		
Summer Plan			Summer Plan		
Grade 11	Semester 1	Semester 2	Grade 12	Semester 1	Semester 2
Theology	Theology 11	Theology 11	Theology	Theology 12	Theology 12
English	Amer. Lit/Hon. Am. Lit	Amer. Lit/Hon. Am. Lit	English		
Mathematics			*Mathematics		
Science			*Science		
*Modern and Classical Languages			*Modern and Classical Languages		
Social Studies	US History/AP US His.	US History/AP US His.	Social Studies	Economics	Civics
PE (1 semester)/Health			PE (1 semester)/Health		
*Fine Arts/*Elective			*Fine Arts/*Elective		
Summer Plan					

# Naviance

- ▶ Overview
- ▶ Freshmen -Learn to Navigate
  - ▶ Course Selection (Software TBD)
  - ▶ Resume'
  - ▶ College Search Engine-basic training
  - ▶ Sophomore / Junior Year-more detail, scholarships searches, ACT/SAT test prep
  - ▶ Senior Year tracks where applying and admission status

# Testing

- ▶ PSAT 8/9 - Freshmen (Wed., Oct. 10)
  - ▶ Create “College Email” (for use for all of her college communication, including using it for testing).
  - ▶ Enter that email when they register
  - ▶ NOT SF email
  - ▶ Save the email for future use (Put it somewhere safe, but can be found)
  - ▶ Make sure it is professional.
    - ▶ Example: [allisonsmith@gmail.com](mailto:allisonsmith@gmail.com)
- ▶ Pre-ACT - Sophomores
- ▶ PSAT - Juniors
- ▶ ACT and SAT - Juniors and Seniors
  - ▶ Begin spring of junior year

# College Process

- ▶ Freshman
  - ▶ Begin exploring college options
  - ▶ Work on schedule that will meet goals
- ▶ Sophomores
  - ▶ Talk more specifically about college (even take a tour or two)
  - ▶ Request courses that meet selectivity of colleges
- ▶ Juniors
  - ▶ Begin working with college advisors
  - ▶ Take SAT/ACT
  - ▶ Look for colleges that offer programs that fit
- ▶ Seniors - Time to Apply
  - ▶ Take SAT/ACT one last time if needed
  - ▶ Know applications requirements and deadlines



# Homecoming/Week October 29 - November 2

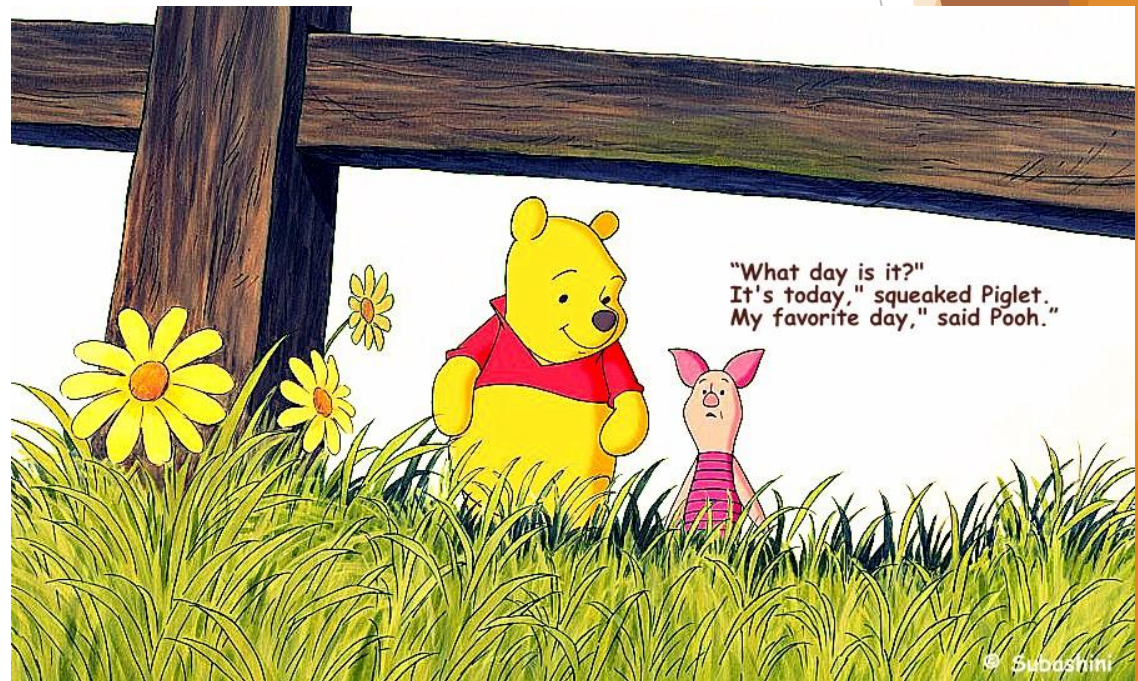
- Funky Schedules all Week-Check online calendar!!
- Class based competitions
- Dress up
- Huge Rally on Friday, dance on Saturday
- Tons of ways to be involved
  - Skit, Dance, Song, Decorations, Sports Day

# Spring

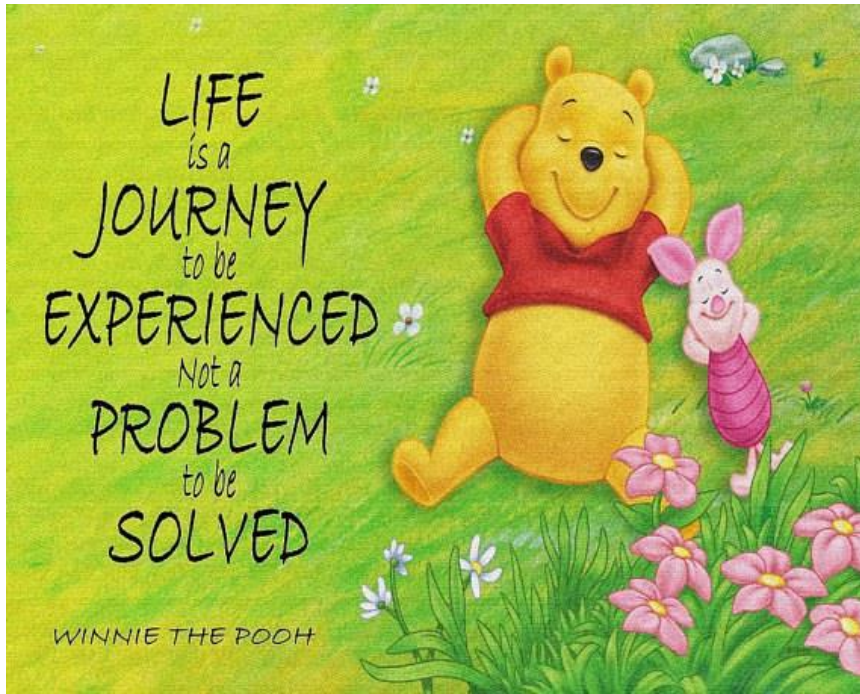
- ▶ Parent Evening (Course Scheduling Night) January 16
- ▶ In-Class Presentation on Course Scheduling
- ▶ Individual meetings - Counselor/Student - all semester
- ▶ Course Registration, applying for Honors and AP classes

# Balance/Tips for Success

- Balance
  - Sleep
  - Physical exercise
  - Healthy eating
  - Spiritual Growth
  - Personal Time
  - Fun!
- Study Skills
- Devices



# Supports / Suggestions



- ▶ Get involved
  - ▶ Sports
  - ▶ Academic teams
  - ▶ Clubs
  - ▶ Performing arts
- ▶ Academic Support
  - ▶ Tutoring
  - ▶ Resource Specialist
- ▶ Know who to ask
  - ▶ If you aren't sure, ask me!

# Questions?

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- ▶ 916-737-5057

