

The background of the slide is a solid orange-brown color with a pattern of faint, stylized autumn leaves in various shades of brown and gold. The leaves are scattered across the page, some overlapping, creating a seasonal and nostalgic atmosphere.

# **The High School Years**

**Class of 2013 Parent Evening**

**November 9, 2009**

# School Counseling Office

- ☐ Guidance Counselors
  - ☐ Mrs. Campana    Students with last names A-F
  - ☐ Miss Lisk        Students with last names G-L
  - ☐ Mrs. Ford        Students with last names M-Z
  
- ☐ Adjustment Counselor/Guidance Counselor
  - ☐ Mrs. Pearl
- ☐ Psychologist
  - ☐ Dr. Worthley
  
- ☐ Guidance Secretary
  - ☐ Mrs. Rockwood

# Adolescence

*We search on our journeys for a self to be,  
for other selves to love,  
And for work to do.....  
We find by losing, we hold on by letting go.*

*Frederick Buechner*

# Adolescent Development

- The Teen Brain
  - Executive functioning: planning, impulse control and reasoning
  - May see poor decision making, recklessness and emotional outbursts
  - Exercise the brain
- Cognitive changes
  - Concrete Thinking moves to Abstract Thinking
  - Slowly begin to understand cause and effect
- Autonomy
  - Ambivalence- Conflict
- Physical
  - Rapid growth of Puberty moves to secondary sexual characteristics
  - Concern about physical changes decreases as interest in personal attractiveness increases
  - Sleep
- Peer Group
  - Partner relationships
  - Strong peer allegiances
- Identity- Am I normal?
  - Experimentation
  - Value system

# Surviving the Teen Years

- Identify for yourself, which behavior is
  - Ideal?
  - Acceptable?
  - Intolerable?
- Focus on intolerable
- Clearly define with your teen:
  - Expectations
  - Privileges
  - Consequences
  - Be firm, fair and consistent

# Grade 9 Guidance Activities

- Freshmen Orientation- (August)
- Grade 9 Classroom Guidance:
  - “Your High School Years” (Fall/Spring)
  - SOS Suicide Prevention Program
- Freshmen Lunches with Peer Counselors (Late October)
- Responsive Services: Addressing issues re Peer Relationships, Harassment, Preventive Interventions, and Personal Concerns
- Individual Planning: grades/academic performance, consultation with parents and teachers
- Program of Studies Meeting/Course Selection Input

# Four Year Plan

- Importance of Grade 9
- Goal Setting
- Impact of 4 Year Plan on Options
- Appropriate Challenge
- Development of Academic and Personal Skills

# High School Record- Starts Now

- High School Transcript
  - Identifying Information
  - Courses taken
  - Level of courses
  - Grades attained
  - Credit earned
  - Grade Point Average (GPA)- Weighted
- Testing Results

# High School Requirements

- Must take minimum of 32 credits per year: 30 must be academic subjects or electives/2 in PE
- Full Year Courses=6 credits
- Half Year Courses=3 credits
- PE-earns 1 credit per semester\*
- Students must pass the minimum number of credits below to move to next grade level and graduate with their class:

Grade 9

30

Grade 10

60

Grade 11

96

Grade 12

128

# Diploma Course Requirements

- All students must complete a minimum of 128 credits
- Senior Year- Must successfully pass 24 credits

- Minimum Course Requirements:

■ English	24 credits	4 classes
■ Mathematics	18 credits	3 classes
■ Science	18 credits	3 classes
■ Social Studies	18 credits	3 classes
■ Physical Ed.	8 credits	4 classes

\*Most 4 year colleges require a minimum of 2 years of the same foreign language

# Additional Diploma Requirements

- All students must
  - attain proficient scores (240 and above) on the Grade 10 MCAS English Language Arts and MCAS Math tests
  - Attain a passing score on a Science MCAS test (taken in Grade 9)

# Career Development

How can parents be involved?

Assist with and encourage:

- Exploration Interests and Possible Careers
- Encourage volunteer opportunities
- Stay informed of academic progress
- Begin to explore colleges and other post secondary options (Informal visiting)
- Plan financially for possible college attendance

# Websites for Career Information

Grade 9 students may wish to do some informal career exploration on websites such as

[www.bls.gov.k12](http://www.bls.gov.k12)

[www.mapping-your-future.org](http://www.mapping-your-future.org)

[www.masscis.intocareers.org](http://www.masscis.intocareers.org) (log on using town/zip code/type of user)

Global Search

GO

Occupations & Employment

- Occupations
- Occupation Sort
- Working for Yourself
- Military Careers
- Job Search
- Keep That Job

Education & Training

- Mass Schools
- US Colleges & Universities
- Undergraduate School Sort
- Graduate School Sort
- Programs of Study
- Financial Aid
- Financial Aid Sort

Assessment Tools

- Assessment Link
- O\*NET Interest Profiler
- SKILLS
- O\*NET Work Importance Locator
- Reality Check

## To start turning dreams into reality - ask yourself these questions . . .



**Education after high school helps you reach higher!**

- [degree FAQs](#)
- [apprenticeship programs](#)
- [distance education programs](#)

*What are my talents and skills?*  
*What are my likes and dislikes?*  
*What is important to me?*  
*What are my interests?*  
*What do I love to do?*

Want to further your education, but not sure where the money is coming from?

Learn more about [financial aid](#)  
Create a personalized [list of scholarships and loans](#)

MA Zip Login 1

Welcome



Create "My  
MassCIS  
Portfolio"

Additional Resources

**Junior** [MassCIS](#)



[Tools for Counselors and Teachers](#)



[Tools for Users](#)



[Glossary](#)



[Article Directory](#)



[Employer Locator](#)

Mass Resources

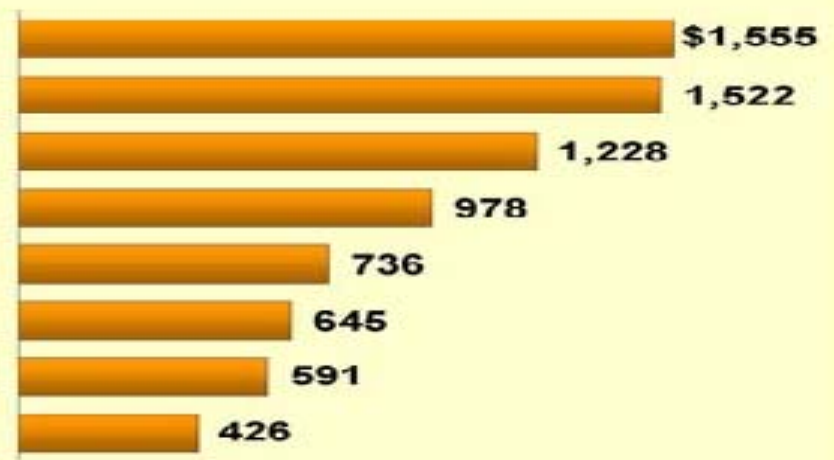
- [Mass EOLWD](#)
- [Mass DOE](#)
- [Mass JobQuest](#)
- [TERI College Access](#)

# EDUCATION PAYS

Unemployment rate in 2008



Median weekly earnings in 2008



Source: Bureau of Labor Statistics, Current Population Survey

# What do colleges consider?

- Strength of program
- Grades
- GPA
- Testing: SAT or ACT
- Extra- curricular Activities\*
- Community Service
- Work Experience
- Letters of Recommendation
- Personal Essay
- Interviews
- Portfolio/Auditions for art/music

# College Admissions Testing

- Sophomore Year
  - PSAT – October
  - SAT SUBJECT TESTS-BIOLOGY
  - AP US History- May
- Junior Year
  - PSAT – October
  - SAT I & SUBJECT TESTS – March, May or June
  - ACT – June
  - AP Exams - May
- Senior Year
  - SAT I & SUBJECT TESTS – October or November
  - ACT – September or October
  - AP Exams - May

# Admissions Requirements

## State College/Universities as a Guide

Sixteen college preparatory courses distributed as follows are required.

- ◆ English: 4 courses
- ◆ Mathematics: 3 courses (Algebra I & II and Geometry or Trigonometry, or comparable coursework)
- ◆ Sciences: 3 courses (including 2 courses with laboratory work)
- ◆ Social Sciences: 2 courses (including 1 course in U.S. History)
- ◆ Foreign Languages: 2 courses (in a single language)
- ◆ Electives: 2 courses (from the above subjects or from the Arts & Humanities or Computer Sciences)

Grade Point Average requirements

State College GPA

3.00

University GPA

3.00

Applicants must also submit an SAT or ACT score.

# Academics

- Strategies for Success
  - Agenda Use
  - Study Partners
  - Teacher Extra Help for review, test preparation and homework initiation
  - NHS Tutors
  - Concerns/Questions-communicate with teachers
  - Missed assignments
- Parent Support
  - Foster good study habits
  - Teach and model time management skills and goal setting
  - Encourage self advocacy and responsibility
  - Monitor Portal and report cards
  - Monitor absences
  - Cell phones/texting
  - Assist, but don't do work them!

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Questions?

Please complete the Program  
Evaluation.

Thank you for coming.