

# The High School Years



**CLASS OF 2015  
PARENT EVENING**

**OCTOBER 5, 2011**

# School Counseling Office

## Dean of Student Services

Mrs. Pearl

## Guidance Counselors

Mrs. Campana

Students with last names A-F

Miss Lisk

Students with last names G-N

Mrs. Ford

Students with last names O-Z

## Adjustment Counselor/Guidance Counselor

Mrs. Cumming/(Mrs. Hebden through mid-Nov.)

## 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 Transition Activities



- Freshmen Orientation (August)
- Grade 9 Classroom Guidance:
  - “Your High School Years” (October)
  - SOS Suicide Prevention Program (November)
  - January- NEW - Career Development
- Freshmen Lunches with Peer Counselors (Late October)
- School–wide Advisory Program
- 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



- Why is Grade 9 important?
- High School Career 9-12
- Meeting requirements for Graduation
- Goal Setting
- Impact of 4 Year Plan on Options
- Development of Academic and Personal Skills

# High School Record- Starts Now



- **Transcript**
  - Identifying Information
  - Courses taken by year
  - Level of courses
  - Grades attained
  - Credit earned
- **GPA**
  - Cumulative average based on total credits attempted
  - Calculated at year end, weighted and unweighted
  - All courses that meet full time
  - Failed courses are included in calculation
  - Weighted GPA is on a 7.0 scale

# High School Requirements



- Must take minimum of 32 credits per year: 30 must be academic subjects or electives
- Full Year Courses=6 credits
- Half Year Courses=3 credits
- PE-earns 1 credit per semester
- Minimum passing grade is 60.

- Must pass the minimum number of credits below to move to next grade level and graduate with class:

Grade 9	Grade 10	Grade 11	Grade 12
30	60	96	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                         8 semesters
- \*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

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 . . .

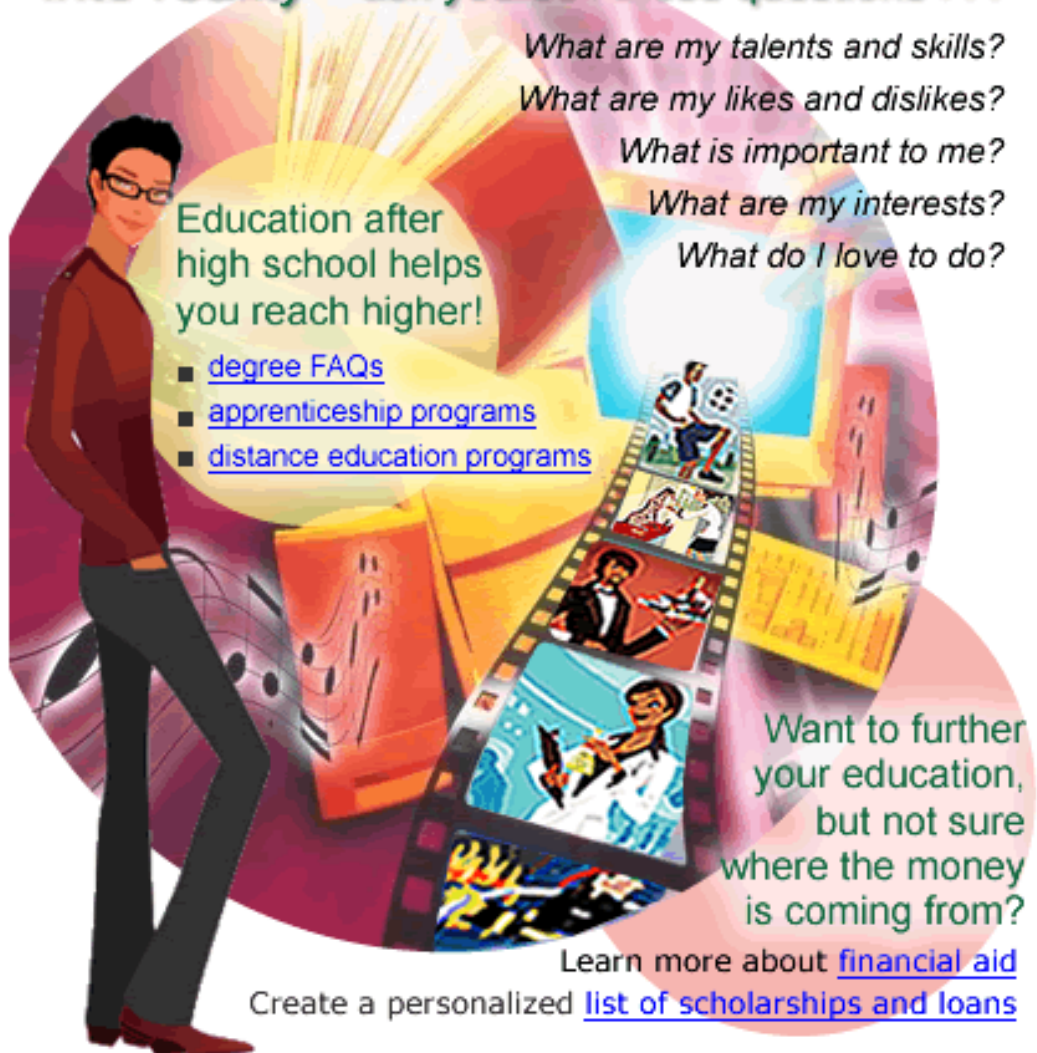
- What are my talents and skills?*
- What are my likes and dislikes?*
- What is important to me?*
- What are my interests?*
- What do I love to do?*

Education after high school helps you reach higher!

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

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](#)

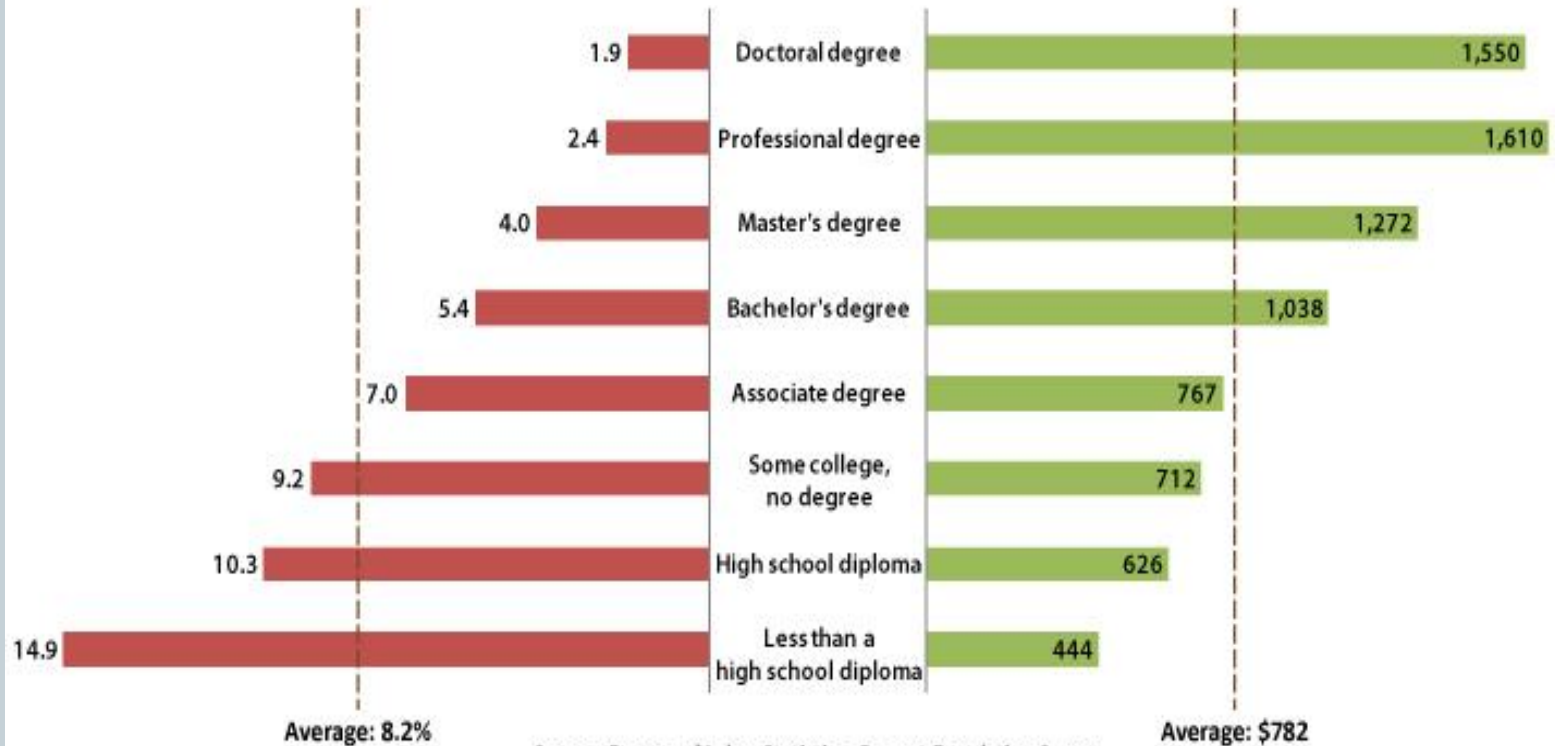
# EDUCATION PAYS



## Education pays:

Unemployment rate in 2010 (%)

Median weekly earnings in 2010 (\$)



Source: Bureau of Labor Statistics, Current Population Survey

# Options



- College- 2 or 4 year
- Trade or vocational
- Employment
- Military-enlisted, service academies, ROTC
- Prep/Post Grad Year or Gap Year

# 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 (optional)
  - SAT SUBJECT TESTS (optional)
  - AP US History- May
- **Junior Year**
  - PSAT – October (recommended)
  - SAT & SUBJECT TESTS – March, May or June
  - ACT – June
  - AP Exams - May
- **Senior Year**
  - SAT & SUBJECT TESTS – October or November
  - ACT – September or October
  - AP Exams - May
- **Note- Testing is a personal choice based on future plans. Colleges may require a college admissions test, SAT or ACT. Over 350 colleges are now test optional.**

# Admissions Requirements

## **State 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 SAT scores.**

# Strategies for Academic Success



- ✦ Agenda Use
- ✦ Study Partners
- ✦ Seek after school teacher help-Review, test preparation and homework initiation, help with concepts
- ✦ NHS Tutors
- ✦ Concerns/Questions-communicate with teachers
- ✦ Missed assignments

# Parent Support



- Teach and model time management skills and goal setting
- Foster good study habits
- Encourage self advocacy and responsibility
- Monitor Portal and report cards
- Monitor absences/missed work
- Texting and Internet Use
- Assist, but don't do work for them!
- Model and support district and school values-
  - ouR TRIP!

# Academic Checkpoints



- **How are things going?**
  - Visit Portal on ongoing basis
  - Mid point of terms
  - End of term
- **End of term 1 is November 4.**
  - Celebrate success or identify areas for improvement
  - Help them identify what is and isn't working, revise strategies if needed.



Questions?

Please complete the Program  
Evaluation.

Thank you for coming.

# Websites for Career/College Information

- [www.bls.gov.k12](http://www.bls.gov.k12)
- [www.mapping-your-future.org](http://www.mapping-your-future.org)
- [www.masscis.intocareer.org](http://www.masscis.intocareer.org) (log on using town/zip code/type of user)
- [www.collegeboard.com](http://www.collegeboard.com)
- [www.nces.ed.gov/collegenavigator](http://www.nces.ed.gov/collegenavigator)

# Other Helpful Sites



## College Financing

- [www.mefacounselor.org](http://www.mefacounselor.org)
- [www.studentaid.ed.gov](http://www.studentaid.ed.gov)
- [www.fafsa4caster.ed.gov](http://www.fafsa4caster.ed.gov)

## Resources Related to Parenting Your Teen

- [www.yourteen.org](http://www.yourteen.org)
- [www.theantidrug.com](http://www.theantidrug.com)