




FCHS Counseling

*9th and 10th Grade
Parent Night*

*"Freshman Becoming A Sophomore -
Planning for Next Year and
Beyond"*





Other FCHS Guidance Supports

 Zach Thompson - NRCS Clinician

 Heidi Hawkins- School Psychologist



 Dean Rowe - Career Coach

 Traci Walters - Women's Resource Center

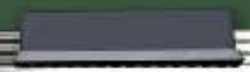


9TH GRADE = TRANSITION YEAR / allow students to adjust and feel comfortable with high school. The credits count.

10TH GRADE = the year for EXPLORATION

11th GRADE = the year for PLANNING

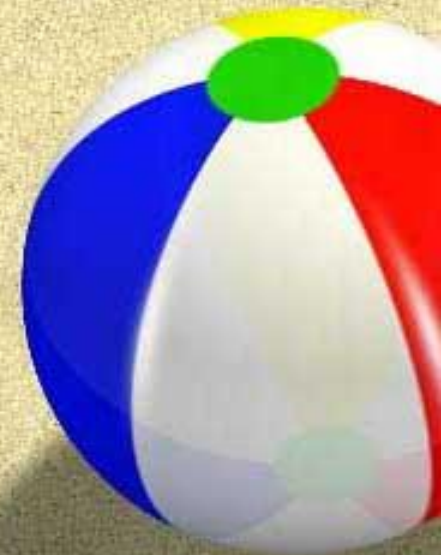
12th GRADE = DECISION MAKING (putting your plan into action)



Counseling and Guidance

- ☾ 1. What counselors work on with students:
- ☾ ** Goals in general - and specifically in these three areas

- ☾ a) Personal / Social
- ☾ b) Academic (schedules, credits, classroom performance, etc.)
- ☾ c) Career (activities toward and decisions about future direction)

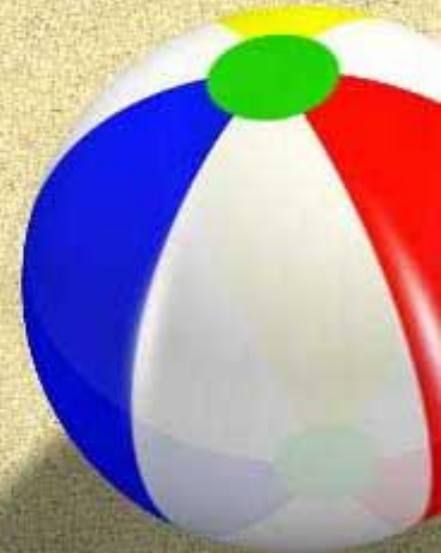


Counseling and Guidance

(cont)

☾ Ways that counselors work with students

- a) **Groups - “purpose”**
- b) **Classroom - “teaching” or “visits”**
- c) **Individual meetings**



Freshman Sophomore Years

What to Think About Now-Parents

- Keep the lines of communication open, kids are stressed
 - Students think every question is “nagging” – they respond: “I know, I can take care of it”....they probably can!
 - They will make mistakes, learning will happen!
 - Don't give up on communication. Phrase questions in multiple ways. “How can I help?” “What do you need?”
 - Listen, listen, listen
 - Talk about topics other than school
- Set aside family time (dinner, weekend activities)
- It's natural to talk about what your kids are doing at this age but be careful to not fall into the trap of comparison with others
- Your child is unique and has his own set of talents and gifts



Freshman Sophomore Years

What to Think About Now-Parents

- Help your student to find avenues to explore and support their personal goals
- Help your student make thoughtful class choices for himself
 - ☾ Encourage your student to take classes related to their goals
 - Encourage your student to take AP/Honors classes, when appropriate for their individual needs. If your student tells you he doesn't like English, Advanced Placement English may not be the best choice for him. Students should take AP/Honors classes in areas they enjoy, not AP everything.
 - If your student tells you, "I think US History AP might be too much next year", listen to him with your parent ear, balance is important



Academic Support

- Academic Tutoring After School
 - Sara Landis, English
 - Daria Neal, Math
- Teachers help students during planning periods if possible
- Parent-Teacher-Student Conferences
- Individual Conferences with counselor
 - Study Skills, Time Management
- Parent Portal

NO 2 HB

Life After High School

- There is no one path for **life** after high school, individual needs are important
- We have many students who go to four and two-year colleges while others take advantage of different opportunities – vocational & art schools, gap year
- With respect to college, students feel pressured about “good colleges” – about following the pack – avoid the “good college” trap and think of “good fit”
- The fit is so important—what is good for your neighbor’s daughter who loves math, may be different than what’s good for your son who loves to draw
- Many factors should go into a college choice—academic fit, location, size, programs...

Sophomore Year

What to Think About Now-Parents

- Help your student find an academic and social balance
 - If your student is involved in 3 sports and loves athletic participation, then recognize this type of dedication could mean less time for academics
- Stay in the present, don't make each day high stakes
- Go with your parenting instincts: children need emotional support, parental supervision, adequate sleep, healthy eating habits, physical and intellectual challenges, resilience, and time to reflect and plan

NO 2 HB

Academic and Career Development

- 9th Grade = Individual Meetings with students to Complete 4-Year plans
- 10th Grade
 - Wizard – Career Assessment completed during Health/PE under direction of Career Coach
 - Classroom Visits by Counselors to discuss what to do in 10th grade to prepare for college/future
 - PSAT – October 12, last day to sign up is September 16

ACADEMIC AND CAREER DEVELOPMENT continued

- Job Shadowing-Find someone to watch for a day/week
- Community Services
- PSAT Follow-up – December
- www.vawizard.org
- www.collegeboard.com
- www.act.org
- www.assist.org
- www.MyCollegeOptions.org



Any Questions??

- Please feel free to contact the Guidance Office at any time.
- **THANK YOU FOR COMING!**