



# Sophomore Parent Coffee



**Class of 2020**

**A copy of this presentation and handout can be found on  
our website:**

**[www.unihigh.org/counseling](http://www.unihigh.org/counseling)**


# Icebreaker Question:

- What do you encourage your student to do for stress management?
- Get out your cell phones!
  - Website Link for responses:
    - [PollEv.com/annjacobson215](http://PollEv.com/annjacobson215)
  - Text responses:
    - Text annjacobson215 to 37607
    - Then text your response



[https://www.polleverywhere.com/free\\_text\\_polls/vejHyZrjCpByOk4](https://www.polleverywhere.com/free_text_polls/vejHyZrjCpByOk4)

# Stress: Perception is Everything

- High school can be stressful
    - We encounter stress at many different times in our lives
  - It is a normal response to something people care about
  - How we perceive it is more impactful than the stress itself
  - Mind Over Mood Study (Jamieon, Nock, Mendes, 2012)
    - Stress is Good
    - Ignore Stress
    - Control Group (told nothing)
- 



# Ways to Support Students

- Use more realistic and helpful language
  - “ I HAVE to get an A vs. I WANT to get an A”
- Help them point out their own resiliency
  - Remember past and lessons learned
- Teach them to ask questions
  - “What can I learn from this experience?”
- Encourage a MINIMUM 8 hours of sleep
- Praise effort and hard work, not the grade
- Help them make a plan and seek support
- Encourage balance
- Help them recognize things beyond their control



# Sophomore Counseling Meeting

- Meetings scheduled **December - May**
- About two weeks before your appointment you will receive an email with:
  - **Appointment date and time**
  - **\*\*Link to Sophomore Planning Conference Video**
    - On counseling website → Academics → 10th grade
    - General info regarding graduation & college requirements, SAT/ACT testing, college planning and career exploration
    - Be sure both you and your student watch **BEFORE** meeting
      - Note: counselors will not cover material in this video during the meeting
  - **Graduation/College Requirements & Course list**
    - Start discussing desired courses with your student for 11<sup>th</sup> and 12<sup>th</sup> grade

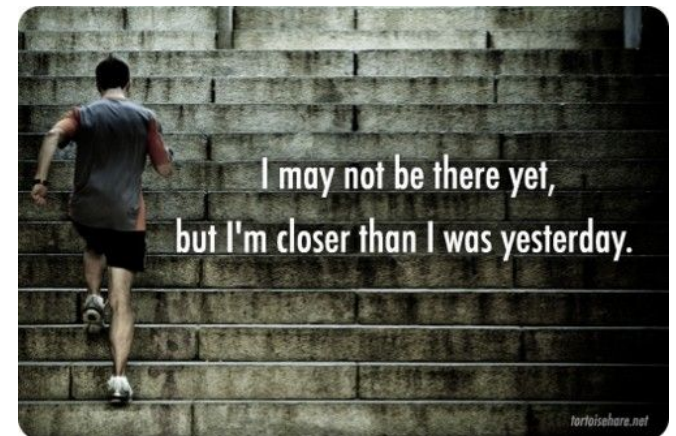
# Sophomore Meeting Topics

- Items covered in the meeting:
    - Transcript review and course selection
    - Post high school options
    - College admission testing planning
    - Career interest profiler
    - College & Career Center and ROP information
- \*\* Meeting will be approximately 30 minutes



# 10<sup>th</sup> Grade Primary Focus: ENGAGE

- Academics
- Extra-curricular Activities
- College and Career Exploration
- Preparing for college admissions testing
- Maintain BALANCE!



# Academic Resources

- **Academic Support**

- Teachers are your student's #1 resource!
- Office Hours
- Peer Tutoring (after school M-Th Rm 319)



- **UHS Website** [www.universityhigh.org](http://www.universityhigh.org)

- HS Website → Academics → Counseling

- **UHS Counseling Webpage**

- Life After High School Planning Guide
- Naviance
- REMIND app or text alerts
- Course Catalog

- **UHS Home Page** → **Links tab**

- Parent Portal, Canvas, Newsletter, Weekly Bulletin

## STAY UP-TO-DATE ON UHS COUNSELING INFO & DEADLINES!

To receive text alerts (or be notified through the "remind" app) please send a text to [81010](tel:81010) and include the message below:

Class of 2018:

Text the message "@uhscoun"

Class of 2019:

Text the message "@uhscouns"

Class of 2020:

Text the message "@uhsc"

Class of 2021:

Text the message "@uhs2021"

# Extra-Curricular Activities

## Help your child to ENGAGE their PASSIONS

- Athletics
- Clubs
- Academic Teams
- ASB/Student Council
- Visual and Performing Arts
- Community Service



# Career Guidance: Holland Code



- **REALISTIC**
  - Likes to work with their hands; use tools, machines, equipment; build/fix
  - Values practical things you can see, touch, and use
- **INVESTIGATIVE**
  - Likes to study, research, and solve problems
  - Values analysis and intellect
- **ARTISTIC**
  - Likes to create and design
  - Values aesthetics, self-expression, and independence
- **SOCIAL**
  - Likes to help people
  - Values relationships and collaboration
- **ENTERPRISING**
  - Likes to lead, persuade, sell, and take risks
  - Values influence and competition
- **CONVENTIONAL**
  - Likes to organize, manage data, and write reports
  - Values organization and structure

# College & Career Center

- College Resources
- College and Career Website
- Scholarships
- Admissions Tests
- College Visits
- Summer Activities
- Community Service
- ROP



# Coastline ROP

- Career technical education courses for high school students
  - hands-on learning experiences and a variety of classes, from introductory courses to internships
- 13 of 15 Industry Sectors
  - i.e. Animal Health Care Internship, Medical Nursing Careers Internship, Programming and Robotics, etc.
- Offerings in fall & spring semester
  - Madison Thomsen- ROP coordinator
    - [madisonthomsen@iusd.org](mailto:madisonthomsen@iusd.org)



COASTLINE  
REGIONAL OCCUPATIONAL PROGRAM  
*Innovate • Educate • Inspire*

# College Guidance



- **Sophomore Checklist**
  - Your student should stay consistent with academics
  - Encourage your student to get involved
- **Where does your student want to be?**
  - Size, Location, Public/Private, Cost/Financial Aid, Degrees and Curriculum, Activities
  - What is your student's goal?
  - Where will your student thrive?
- **Comes down to:**
  - Your student knowing his/herself
  - Selecting colleges that are the best fit

**Start the Conversation!**

YOU HAVE BRAINS IN YOUR  
HEAD. YOU HAVE FEET IN YOUR  
SHOES. YOU CAN STEER  
YOURSELF ANY DIRECTION  
YOU CHOOSE.

~ DR. SEUSS



BRIGHT  
DROPS

# College Admission Testing Preparation

## ● 10<sup>th</sup> Grade

- Optional Practice Tests available
  - PPSAT (Practice PSAT) - \$20
    - Feb. 2018
  - SAT/ACT Combo Test – \$20
    - April 2018

## ● 11<sup>th</sup> Grade

- PSAT – October 2018
- ACT
- SAT (<https://collegereadiness.collegeboard.org/sat>)
  - Evidence-Based Reading, Writing & Language, Math, Essay
  - 1600 scoring scale
  - No penalty for guessing!



# Personal and Social Resources

- **School Counselor**
- **Project Success**
- **Wellness Counselor**
- **Family Resource Center**
- **Private Referrals**
- **IUSD Parent Workshops**
  - Positive Discipline
  - Active Parenting Now
  - Active Parenting of Teens
  - Helping Your Child Succeed in School

**What can you do if you have a concern about your student or another student?**

*Call us. We cannot help if we are not aware.*



Crisis Hotlines  
1-800-273-TALK  
1-877-7-CRISIS

# Maintain Balance



- **Engage in discussions about:**
  - Maintaining a healthy life balance
    - Academics, extra-curricular activities, sleep, exercise, social time
      - Teens need 8 - 10 hours a night
      - Only 15% of teens are getting the recommended amount of sleep



# Conclusion

- What is one new strategy you can use to help your student manage his/her stress?
- Get out your cell phones!
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# Questions?

