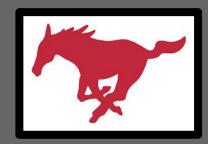


PCH





9th grade Counseling presentation agenda:

- PCH Counselors & other VIP's
 - What we are here for and how we can we help you throughout high school; how you meet with your counselor; resources
- Important info for High School
 - Academic and personal supports, graduation requirements, high school transcript, why grades matter; looking towards the future & beyond high school, A+ program introduction
- *Get to Know You Google Form → sticker grab*
- Coping Strategies quick strategies to cope with stress or anxiety
- Naviance tutorial: Personal Plan of Study (4 year plan for classes)

PCH Counselors

Flagg: A-E

• Lange: F-La

Hussmann: Lb-Ro

• Greenwood: Ru-Z

Prange: Post-Secondary & Assessment Counselor

Other VIPs:

Dr. McCarthy: Building Principal

Mr. Fast: 9th Grade Principal

Ms. Akers: Counseling Department Assistant

Ms. Buettner: Social Worker

Ms. Felix: Care Coordinator

Ms. Bailey: Counseling Department Assistant

What do school counselors help you with?

Academic

- Prepare to graduate from high school earn all needed credits, set you up for success, stay on track
- Help with selecting classes that match your future goals; planning for after high school
- Assist with navigating college and career choices
- Guidance on doing your best in high school: study habits, accessing academic help/support, managing your time

Personal

- Navigate emotional concerns, stress, personal or social issues
- Help with conflicts, important issues or decisions
- Work on coping strategies, provide a safe space to talk & listen
- Referrals to mental health support if needed

How do I meet with my counselor?

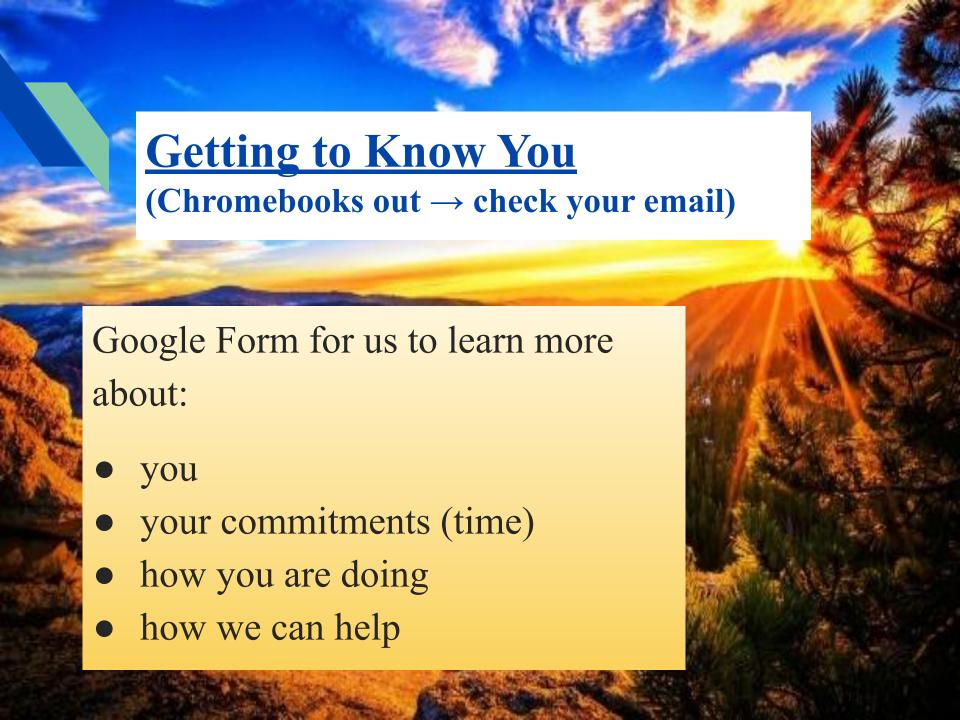
1) Stop by Counseling; Make an Appointment

- We are available for appointments before school, after school, and during lunches. Sometimes students needs to see their counselor during the school day for an urgent need or a personal reason.
- If you want to make an appointment during the school day, please make sure you aren't missing anything important in class. Ask your teacher if you can go talk to your counselor → pass to Counseling
- We send students passes at times if we need to check in with you about something, never think you are in trouble if you get a pass to come to counseling!

2) Academic Lab

- During travel, you can visit Counseling → scan the QR code to check in.
- First come, first-serve (great for quick check ins)

When in doubt- Email Your Counselor Directly!



PCH stats:

- ★ How big is our school?
 - o 1281 students
 - o 311 Freshmen
 - 100+ Teachers/Staff



Get involved!

Activities/Clubs

- ★ Over 40 existing school sponsored clubs/organizations
 - Can't find the club you are looking for? Start one!

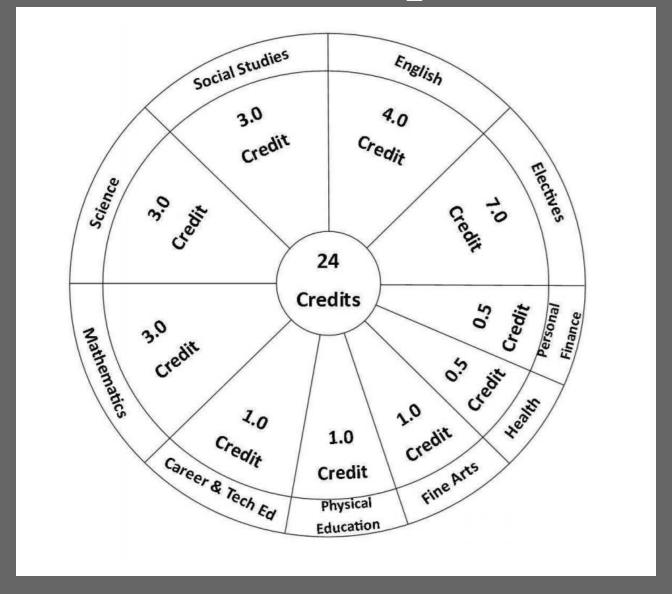
Sports (Fall/Winter/Spring)



PCH athletics are a great way to meet other students, be a part of a team, opportunities for leadership. Check out the website for details.



Graduation Requirements



Counting High School Credits

	91#		10 TH		11 [™]		12 TH	
	SEM1	SEM2	SEM1	SEM2	SEM1	SEM2	SEM1	SEM2
ENGLISH	English 1	English 1	English 2	English 2	English 3	English 3	Composition	= 4
SOCIAL STUDIES	Modern JS History	Modern JS History	World History	World History	Government			
MATH	•	•	1.					
SCIENCE	Biology 1	Biology 2		•				
ELECTIVE #	Phys Fit Ion		Health	Personal Finance	PE Elective			
ELECTIVE #			1					
ELECTIVE #	+ 🗡	+ •						
ADDITIONAL CREDITS	=3.5	=3.5						

Why do my grades matter? Let's look at their impact on Grade Point Average (GPA)

STUDENT A

English F (0)

Math C(2)

History B (3)

Science F (0)

PE A(4)

Art B (3)

<u>Band</u> <u>A (4)</u>

 $16 \div 7 = 2.28 \text{ GPA}$

SUMMER SCHOOL

English A(4)

Science A (4)

 $24 \div 9 =$ **2.66 GPA**

STUDENT B

English A (4)

Math C(2)

History A(4)

Science B (3)

PE A (4)

Art B (3)

<u>Band</u> <u>A (4)</u>

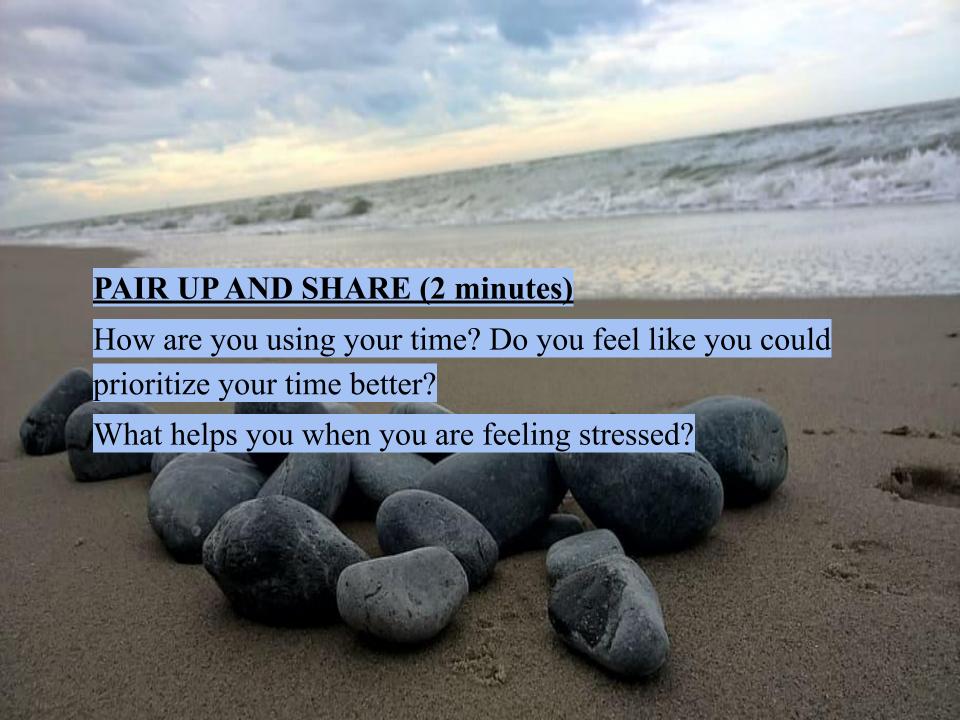
 $24 \div 7 = 3.42 \text{ GPA}$

SUMMER SCHOOL

Ceramics A (4)

Robotics Tech A (4)

 $32 \div 9 = 3.55 \text{ GPA}$



Other important things to know:

ATHLETICS: MSHAA ELIGIBILITY

★ Must pass 3.0 credits (6 classes) to be eligible for athletics and state-sponsored activities in the following semester

NOTE: All incoming freshmen are eligible for sports their first semester of 9th grade

STUDY SKILLS & SUPPORT

- ★ How are you using your time?? Time is SO valuable so we encourage all our students to manage their time wisely
 - use Ac Lab to complete homework/study
 - organize your time outside of the school to complete assignments and study - ask for help if you need it!

GPA & TRANSCRIPT (weighted v. unweighted GPA)

<u>Grade</u>	Regular	Honors
Н	N/A	5.0
Α	4.0	4.5
В	3.0	3.5
С	2.0	2.5
D	1.0	1.5
F	0.0	0.0

A+ Program

Scholarship program for high school students who attend community college/tech school

Staying on Track

• Infinite Campus & GMAIL

- Keep track of your assignments and grades
- Check your email regularly (daily!)
- Parkway Gmail or Infinite Campus login issues?
 - Contact Ms. Lyons in the library (elyons@parkwayschools.net)
 - Download Infinite Campus App if you haven't already

Support from teachers

- Ac Lab (use Lab wisely!), Before/After School, Email
- Schoology/Google Classroom
 - Check regularly for assignments, updates from teachers

Planner/Time Management

• Find a system that works for you! Old School v. New School calendar/planner



Life can be stressful.... COPING STRATEGIES CAN HELP



5-4-3-2-1 Grounding technique

Simple grounding exercise: 5 Things you see 4 Things you feel 3 Things you hear 2 Things you smell 1 Thing you taste Grounding helps with anxiety, anger, and focus.

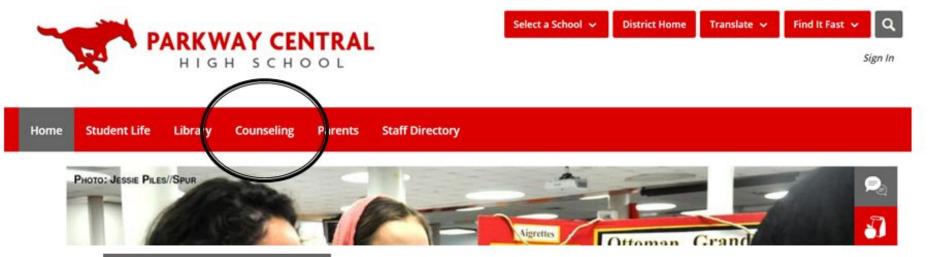
Deep Breathing

Breathe in

Naviance

[College & Career Planning]

Logging into Naviance



Counseling

- ♣ Home
- School Profile
- Naviance
- New Student Registration
- A+ Program
- + Testing (ACT, PSAT, AP)
- Senior Class
- Junior Class
- Sophomore Class

Parkway Central Counseling Department

CONTACTING PCH COUNSELING

Counseling Phone Number: 314-415-7915 (currently working virtually through 10/23)

College admission representatives can now go to https://repvisits.com to schedule a virtual appointment with our high school.

**NOTE: We are virtual through Oct 23, so visits beyond that date have not yet been established.

Department Assistants

Robin Vierling

Tweets by @PCH_Counseling(i)

PCH Counseling Retweeted



2021 HS grads: No ACT/SAT score will be required for DI or DII initial eligibility.

Over the coming year, NCAA members will conduct a broad review of the continued use of ACT/SAT scores in NCAA initial eligibility standards.

Read more on.ncaa.com/tghk2



NCAA Eligibility ... Students who initi... ncaa.org



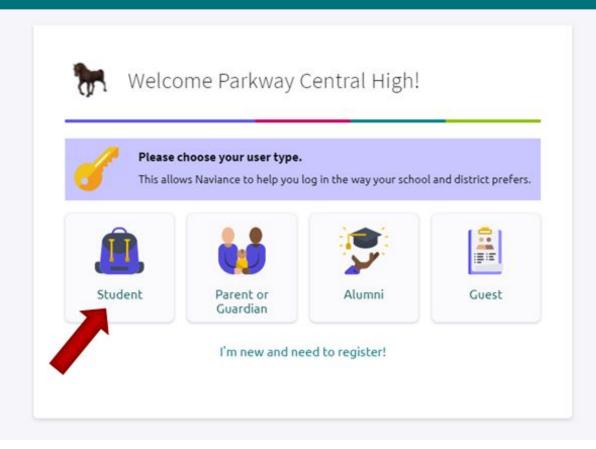




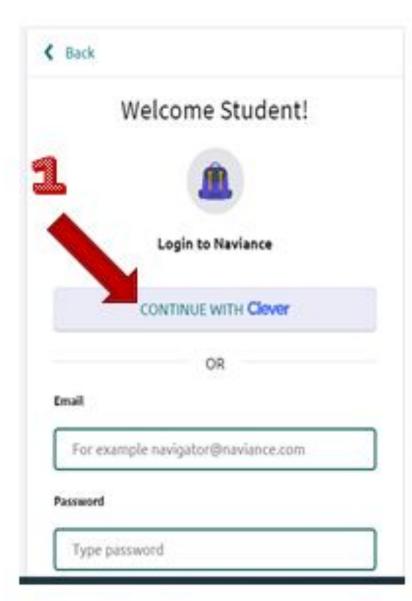


Logging into Naviance

Naviance | Student







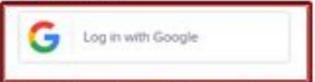
Log in







Not your district?

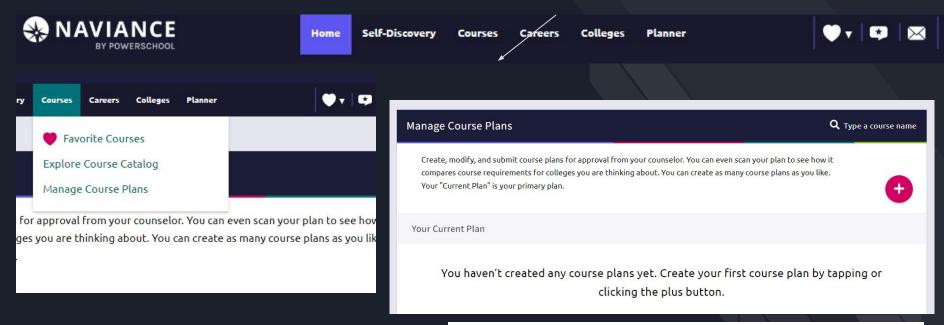


Having trouble? Get help logging in!

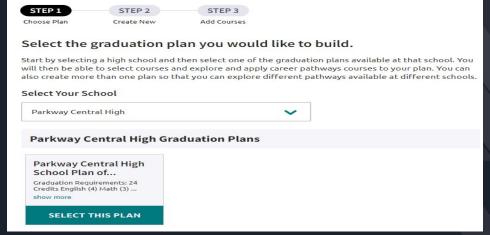


Course Planner in Naviance

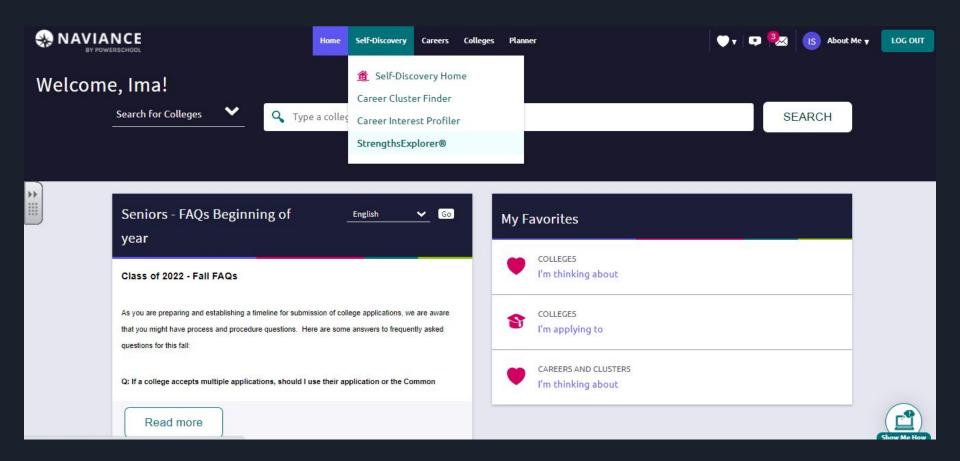
(4 year plan/Personal Plan of Study)



Click on COURSES →
MANAGE COURSE
PLANS → PINK "+ SIGN"
and then "Select this
Plan"



Self-Discovery → **StrengthsExplorer**



78 quick questions that will measure the presence of talents by presenting you with a statement and asking you to choose whether or not that statement applies to you.