

## Topics to be Covered

1. Who's Who in School Counseling?
2. School Counseling Services
3. Graduation Requirements
4. Department Presentations
5. CTE Presentation

## Who's Who in the School Counseling office?

Mr. George Heilshorn
Mrs. Meaghan Varrell
M - Z
Mrs. Jillian Dubois
Crisis Intervention Counselor
Mrs. Christine Reusch Secretary/Registrar

## What do High School Counselors do?

## Assist students and families with:

"Academic Planning

- College and Career Planning
-Social and Emotional Support


## How do School Counselors do this?

- School Guidance Curriculum
- Classroom Presentations
- Small Group Presentations
- Interdisciplinary curriculum development
- Student/Parent workshops \& instruction
- Individual Planning
- Individual counseling
- Academic Advisement
- College and Career Planning
- Response Services
- Consultation
- Individual \& small group counseling
- Crisis counseling
- Referrals
- Peer facilitation
- System Support
- Professional Development
- Consultation, collaboration, and teaming
- Program management and operations


## Course Request Process

- Course Selection sheets were given to your students today
- Core Course Recommendation Levels (Regular or Honors) will be given to your students at the end of this week or early next week.
- Core classes are in: English, Math, Science, and Social Studies.
- If your student wishes to take an honors level course they will need to fill out a waiver with their signature, a parent signature, and a signature from the recommending teacher for that particular course.
- Waivers are available in homerooms or from Mrs. Cote.
- HS School Counselor's and Mrs. Cote will meet with students on March 9th and March 10th during the school day to register for classes on Xello.


## Course Request FAQs

- Are students making their schedules for next year?
= No, just requesting courses. Student choices will determine what classes make it into the master schedule. Power School will then build schedules based on all the course requests.
- Will every course listed be offered?
- Probably not. A few courses might not run because of under-enrollment, scheduling issues, and/or budgetary constraints. That's why students are asked to choose an additional 2 credits of alternative classes.
- How many classes should be requested?
- ALL students will request 8 credits worth of classes


## PLUS

- 2 credits of Alternates in case a first-choice class is not offered.


## What is a CREDIT?

Credits are earned when a high school course is passed.
The amount of credits is based on the the length of the class:

- 1 credit for a semester
- $1 / 2$ credit for a quarter
- 2 credits for a year

A minimum of $\mathbf{2 6}$ credits are required for graduation.
A student can earn $\mathbf{3 2}$ credits in four years if they pass all of their classes each year and have a full 8 credit schedule every year.

## Graduation Requirements

$\square$ Art Ed.
$\square$ Computer Ed.
$\square$ English
$\square$ Math
$\square$ Science
$\square$ Social Studies
$\square$ Health \& Physical Ed.
$\square$ Electives
TOTAL
0.5 credit
0.5 credit

4 credits
4 credits
2 credits
2.5 credits

2 credits
10.5 credits

26 credits

## Class Standing

- Based on the number of years a student has attended high school:
- Freshman
- Sophomore
- Junior
- Senior

First year
Second year
Third year
Fourth year

- If graduation requirements are met early, students may be allowed to "graduate early" after meeting with their school counselor, principal, and parent/guardian to discuss educational or career planning.


## Important Tidbits:

1. PowerSchool information will transfer over from Middle School.
a. usernames, passwords, \& contact information.
b. Any new contact information, please notify our front office.
2. The Student Handbook to reference rules and policies is located on our school website under the "For Families and Students" tab.
3. Our Program of Studies is posted on the homepage of our High School website. It contains class descriptions, graduation requirements, college expectations and a whole lot more!


Scan QR Code to access our SHS Scheduling Hub for all information on Course Registration.

Student Course Selection Sheets have this QR Code too!

Sing

Chorus or the Spring Musical


Digital Media
Adobe Photoshop, Illustrator Animation, Web Design


Theatre
Act, Direct, Produce, Set Design


Musical Instruments Join the Band


## Which courses meet the English Requirement?

## Survey of Literature** <br> World Literature <br> American Literature

British Literature
(AP Literature and Language OR AP Language \& Composition can substitute for American or British Lit)
*English courses must be taken in this order.

Electives:

- Mythology
- Philosophy
- Foundations**
- Dystopian Literature
- Introduction to Journalism
- Short Story
- Debate
- Everyday English
- Creative Writing
- SAT Prep
- Public Speaking
- NYT Best Sellers



# What we may be writing as Freshmen! 

- Frequent if not daily journal writes!
- Vocab and Grammar Work
- Narrative Piece
- Analysis Essay
- Informative Essay
- Compare and Contrast Essays
-Culminating Research
 Paper


## Competencies!!!!

4 Major Competencies

- Common Core State Standard Assessments
- Used to ensure students leave our classes with the required skills necessary to succeed in the future


## Competency

A specific range of skill, knowledge ability to do something successfull being adequately or well qualified the condition of being capable of to meet demands, requirements

1. Reading Comprehension
2. Writing for a Variety of Audiences
3. Speaking \& Listening
4. Research \& Inquiry

Students will need to score a 3 out of 4 on each competency and pass the course with nothing less than a $60 \%$


## Which courses meet which the Math Requirement?

Math Requirement Track


## IM1 and Honors IM1 Resources

## CARNEGIE <br> LONG + LIVE + MATH

MATHia®
Web-based
component


## IM1 and Honors IM1 Topics



$f(x)=x^{2}$
Quadratic




## Which courses meet the Science Requirement?



## $\square$ Physical Science

- Freshman Year
$\square$ Biology
- Sophomore Year



## What is Physical Science?

## Physics

## Chemistry



## Science Electives



## HEALTH \& WELLNESS

Freshmen Requirement: Physical Education (1 credit) Sophomore Requirement: Health (1 credit)

HEALTH ELECTIVES

- Leadership \& Coaching
- Nutrition \& Well-being
- Exercise Science
P.E. ELECTIVES
- Physical Education
- Exercise Science
- Team Sports
- Fitness Activities



## Which courses meet the Social Studies Requirement?

(9) Honors Modern World History OR World Cultures \& Geography
(10) Honors US History OR US History OR AP US History
(11) Honors Government OR Government
(11) Honors Economics OR Economics OR Marketing I (CTC)

## World Cultures \& Geography

What we study:

- Themes of geography
- What is culture?
- Different places all around the world
- Includes countries in South America, Asia, and more!
- Map skills

Types of projects we do:

- Current events!
- Travel Brochures and more!



## Honors Modern World History

 What we study:- The Age of Exploration
- Empires of the World!
- Includes Mongolian, Ottoman, Mali Empires and more!
- Types of governments throughout history
- Yes, we study the British Monarchy!
- Revolutionary movements throughout history
- Advancements in technology and inventions that changed the world


where YOUR future, meets YOUR opportunity...


Somersworth Career Technical Center Career Technical Education(CTE) Careers, Jobs, Passion \& Opportunities!

Pathway Planning starts NOW!

## Consider a "new" way to think about after high school...

Old way of thinking included 2 trends:
. "I must be college bound OR job bound."

## A better way to think of "after high school" for students is to frame it around - Career Pathways!

- what is the BEST Program of Study for my student based on their interests and aspirations?

The BEST FIT MAY include CTE:

- CTE experiences in high school EXPANDS post-secondary opportunities, including college
- CTE is an opportunity to take advantage


## CAREER TECHNICAL EXPERIENCES [1/2 CREDIT] Audience - 9th and 10th Grade

## Animation \& Web Design

Automotive Strand

- Introduction to Automotive

Broadcast Technologies Strand

- Acting \& Directing for the Screen
- Introduction to Media
- Drones, GoPros, \& Robot Cameras

Building Trades Strand

- Woodworking Technology I \& II
- Basic Home Repair

Culinary Arts Strand

- Introduction to Baking
- Cooking for 2
- Introduction to Digital Media
- Adobe Photoshop \& Adobe Illustrator

Marketing Strand

- American Advertising
- Making the Most of Microsoft Office
- Sports Marketing
- Personal Finance (IOth Grade)


## Pre-Engineering Strand

- Engineering Basics

Design of Theater
Technology

- Intro to Theater Production

Career Pathway Planning
Strand:

- Career Pathways and a Touch of Life Skills


## New Diploma Track? Diploma of Distinction

Third diploma track to recognize students:

- Academic Achievement

Character
Contributions to the community.

We would like to get your feedback!



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