

# — Junior Seminar 2

April, 2020

Wellness & Post High School Planning  
With Your Counselor!

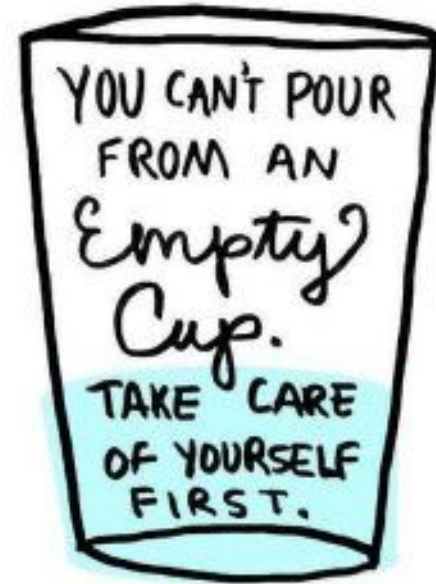
# What are the goals for today?

- Wellness
- Naviance/Student
- My Game Plan
- Schedule Your Junior Meeting!



# Taking Care of Yourself!!!

- Wash your hands
- Get good sleep- 8-9 hours
- Prioritize your time
- Eat wisely
- Sun- get outside!
- Disconnect & connect
- Practice gratitude
- How do you unwind?
- Life after high school...

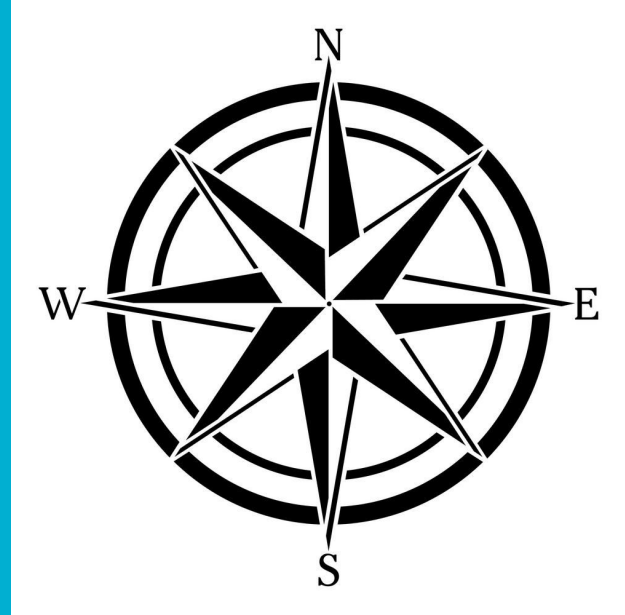


# Post-High School Planning Guide

Click here: [Post High School Planning Guide](#)

Many post-secondary options (p 4-5):

- **Education**
  - 4-year college
  - 2-year college
  - Technical college
  - Specialty school
- **Military**
- **Employment**
- **Apprenticeship**
- **“Gap year”**



# Self-Reflection (p 6-7)

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- Keep in mind, everyone goes through this process at their own pace. Please do not compare yourself to your peers!
- What do YOU want? (interests, strengths, values, goals)
- Picture yourself one year from right now....
- Start with the basics (distance from home, setting, size, majors, \*cost)

***\*NOW is the time to start talking to your parents about finances for college, if you haven't had that talk yet!  
It's important to be on the same page!***

# How to Start: Exploring College Options

*Will any of these items be important to you?*

- 1.) Turn to page 7
- 2.) Circle 3 qualities or factors that are important to you
- 3.) Start conversations with family about what factors are most important!



# Junior Meeting with Counselor

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Take out your phone right now and enter a reminder to schedule your appointment!

- We'll go over your transcript, credits, and class registration
- Complete "My Game Plan" before Junior Meeting
- This is YOUR time to do some self-reflection and talk about next-steps that are right for you!

# A great resource...

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**Phil Trout, MHS College Counselor**

**Phil.Trout@minnetonkaschools.org**

**<http://www.minnetonkaschools.org/schools/high-school/mhs/counseling/college>**

## **College and Career Center (CCC)**

**“It has often been said that the college search is a match to be made, and not a prize to be won. I’ll help you find the right fit.” PHIL TROUT, THE COLLEGE GUY**





# Campus Visits

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- Would you buy a car without test driving it?
- Can be difficult for schools that are far away. Talk to your parents.
- How to set up?
- What to expect?
- What to ask?



[Click here for a helpful resource to take with you!](#)

# College Admission Tests

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- To Test or not to test?
- To take the ACT or SAT?
- How to prepare?

To register for a national ACT Test Date:

[www.actstudent.org](http://www.actstudent.org)

To register for a national SAT Test Date:

[www.collegeboard.org/sat/register](http://www.collegeboard.org/sat/register)

# Naviance Student

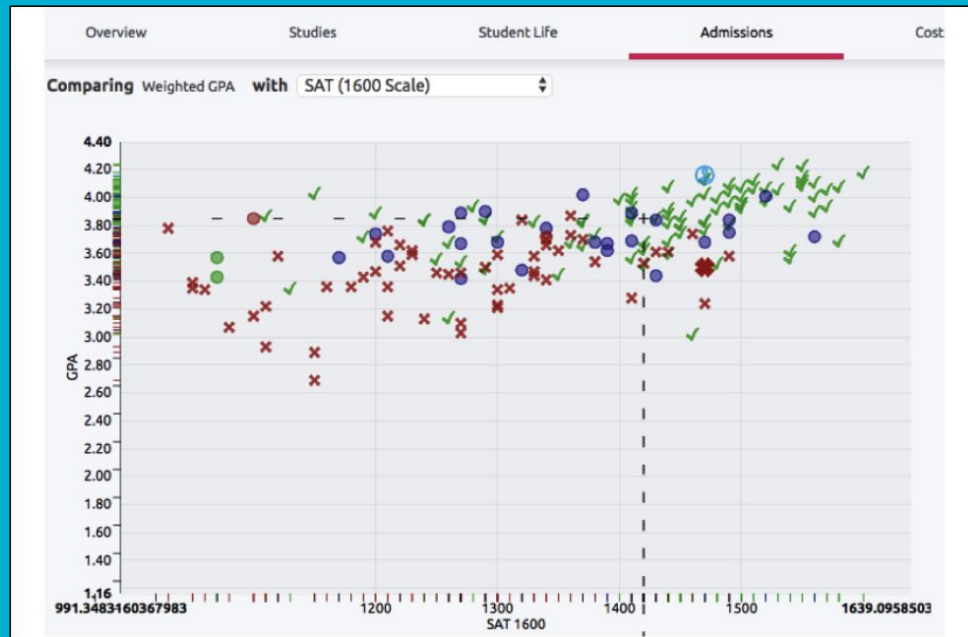
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- 1.) Log into your SSO account
- 2.) Click on Naviance App



# Let's explore Naviance Student

- College Search Tools (let's try one)
  - Save any that interest you!
  - [SuperMatch Tutorial](#)
- College Admissions Reps
- Scattergrams
- College Visit schedule
- Scholarship List
- Method Test Prep



# Complete 'Game Plan Survey' in Naviance

- ❑ Click three lines in upper right hand corner
- ❑ Click on "My Planner"
- ❑ Click on "Tasks"
- ❑ Scroll down to "Tasks You Need To Work On" and click "Game Plan" and answer Q's!
- ❑ Don't stress- just answer to the best of your ability :)



# Don't Forget!

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Schedule Your Junior Meeting!!!

Email or Schoology message your counselor to set-up up a time we can connect live!

\*\*\*Presentation (with links) will be posted to Schoology AFTER today  
Schoology, Counseling Dept. 2019-2020, Class of 2021

