

# Freshman Parent Night



# Agenda

- Welcome and Introductions
- Goal Setting
- Balance and Well-Being
- What to Expect and How to Support Your Freshman
  - Academic
  - Social-emotional
- Questions???



# Meet Our Counseling Team

Elisabeth Franco- Academic  
[efranco@mercyhsb.com](mailto:efranco@mercyhsb.com)

Joy Phillips- Wellness  
[jphillips@mercyhsb.com](mailto:jphillips@mercyhsb.com)

Meave Ward- Academic  
(Sept- Feb)  
[mward@mercyhsb.com](mailto:mward@mercyhsb.com)

Francesca Ohanessian- College  
(Works primarily with 11th &12th grade)  
[fohanessian@mercyhsb.com](mailto:fohanessian@mercyhsb.com)



# Goal Setting

What are your goals for your student(s) over the next four years at Mercy?

- Why?
- Why?
- Why?



# Balance and Well-Being

- The mission of Mercy is to provide an excellent education for young women
- Effective learning occurs when students are well rested, emotionally healthy, and have positive connections with their peers, family, and larger community
- **Balance** ⇨ energy ⇨ productivity ⇨ confidence, self-efficacy, and resilience



## Promoting Balance at Home:

1. Put grades in their proper place.
2. Spend time listening to what is important to your student and enjoy positive time together doing something fun or enjoyable
3. Keep the BIG goals in mind: health, happiness, and a meaningful and fulfilling life
4. Enlist the help and support your new Mercy family



# What to Expect (Academic)

- Transition to High School
- Independence and Self Advocate
- Technology



# How to Support Your Freshman (Academic)

- Partnering with you
- Grade Checks
- Tier System
- Weekly Meeting





# What to Expect (Social-Emotional)

- Freshman year is a year of transition and newness
- Hello HORMONES and independence seeking behavior!
- Expect a rollercoaster of highs and lows as students settle in.



# How to Support Your Freshman (Wellness)

- Live by the 3 Ls\*:
  - Love
  - Listen
  - Limits
- Freshmen need more scaffolding and support-- but don't be afraid to outsource!
- Expect the highs and lows-- Keep calm and carry on!

\* From "Your Defiant Teen," Barkley, Robin, and Benton, 2007



# Questions?

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