

# Welcome Parents!

Sophomore Parent Counseling Evening



# Agenda

- Counseling Model
- Things to Consider Sophomore Year
  - Wellness
  - Academic
- Preparing for College



# Guidance Counseling

- **Academic Counselor**
  - Caroline O'Sullivan, [cosullivan@mercyhsb.com](mailto:cosullivan@mercyhsb.com)
- **Wellness Counselor (all grades):**
  - Joy Phillips, [jphillips@mercyhsb.com](mailto:jphillips@mercyhsb.com)



# Who should my student contact?

- Classroom and Grading specific questions?
  - Contact the teacher.
- Questions about the classes you take?
  - Contact Mrs. O'Sullivan
- Questions about how to manage workload and create study plans?
  - Contact Mrs. O'Sullivan *and* the teacher.
- Questions about student wellness/emotional support?
  - Contact Mrs. Phillips



# Supporting your Sophomore



# Theme of the Year: Exploration & Engagement

- See a reallocation of energy from learning how to “do” high school to exploring more difficult classes and navigating complex social situations
- Only year a student’s main task is to be present and engage at Mercy



# Social/Emotional Development

- Sophomore year students become TRUE teenagers
  - Seek more independence (hello learner's permit!)
  - More emotional/moody
- Changing classes and schedules= changing friend groups= increased friend drama
- Rising interest in dating/ “talking”/ hanging out



# How to Survive: Live by the 3 L's

**L**ove

**L**isten

**L**imits

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





# Parenting during Covid 19

- Check in more often and keep an eye out for mental health red flags:



Too much sleep or trouble sleeping



Trouble focusing or having racing thoughts



Changes in appetite



Isolating yourself from others or losing interest in things you once enjoyed



Irritability or having a short temper

- Remember to keep the big picture in mind this year and focus on keeping things simple whenever possible.



# Academic Development

- Things to consider
  - More challenging classes
  - Explore something new
  - Balance with extracurriculars
  - Appropriate Goal Setting
- Resources for Academic Support
  - On campus: Teachers, Counselors, Resource center
  - Off campus: [Khan Academy](#), [Crash Course](#), [Quizlet](#)



# Sophomore Meetings (happening now!)

Academic: What are your goals for the new school year? How are you going to set yourself up for success?

- Goals
- Plan
- Self-Care: How do I want to take care of myself this school year given DL? How do I balance screen time? What are activities I can do to take care of my physical/emotional health?
- Please reach out if you or a friend need support!



# Preparing for College

- Be present in high school
- Explore student interests
- Visit local college campuses if possible
  - Campuses are closed but you can walk on most college campuses. Talk to your student about what they like and dislike about the colleges.
- You are not behind!
- Students start meeting with the College Counselor spring semester of their junior year!



Thank you!

