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
- Wellness Counselor (all grades):
 - Joy Phillips, 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

Love

Listen

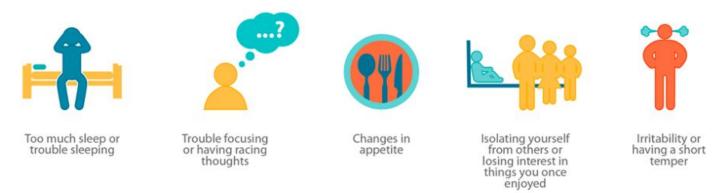
Limits

*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:



 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: <u>Khan Academy</u>, <u>Crash Course</u>, <u>Quizlet</u>



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 afficend 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!

