

Ninth Grade Guidance Presentation: An Introduction to Staples High School

Staples High School Guidance Department

September 2021



Photo by Brandon Malin SHS '21

Finding Your People

Team approach: assistant principal, grade level assistant, school counselor, Connections teacher, Link Crew mentors, additional support staff, classroom teachers

Communicating with staff and utilizing school resources

Guidance Department philosophy and timeline

Role of the school counselor



Supporting Academics

Strike a balance: parental involvement while fostering resilience

Know your child and where they are developmentally

Encourage communication with teachers and the right level of extra help

Importance of developing healthy routines and habits

Honest and authentic work and actions

How we envision a successful high school experience

Outside the Classroom

Quality participation, not necessarily quantity

Broaden your idea of what it means to be involved in your community

Involvement Fair in late September



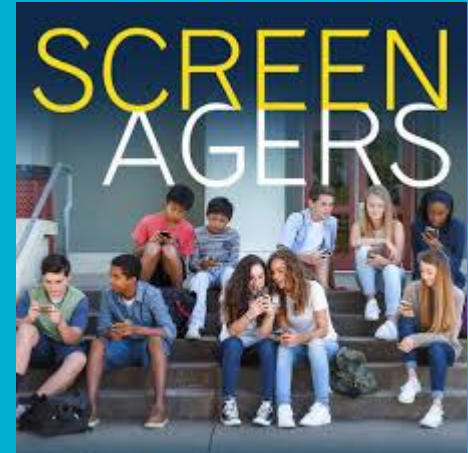
Managing Technology

Negotiate appropriate expectations and limits in your family

Challenges of social media

How to use PowerSchool and Schoology

Students should check school gmail account on a regular basis



Adolescent Brains Are Characterized By...



SIPRESS

"How am I supposed to think about consequences before they happen?"

- Executive functioning challenges and short-term thinking
- Tendency to miss big picture
- Focus on pros of a situation while de-emphasizing risks
- Orientation toward peers for affirmation and advice
- Flexibility and openness to change

Teens Continue To Need...

- Reminders to focus on what they can control
- Connection to trusted adults
- Acceptance of who they are
- Opportunities to practice managing emotions and stress
- Opportunities to channel energy into areas of interest



Fostering Resilience

Ability to handle discomfort and bounce back

Importance of resilience and what we observe at Staples

How to help your child thrive and grow:

- Open lines of communication: listening, validation, open-ended questions
- Pause before reacting
- Keep academic information private and make choices based on family values
- Maintain optimism; trust and believe that it will all be ok!



Additional Resources

[Staples High School Class of 2025 page](#)

[5 Tips to Ease Back to School Anxiety](#)

[Staples Resilience Project website](#)

[“Dear Kids, Love From Your Brain”](#) by Karen Young

[“How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success”](#) by Julia Lythcott-Haims

Questions???

Use Q&A at bottom of your screen



Instagram: Stapleshighschool_counseling



Twitter: SHS_Counseling1