



# ELHS SOPHOMORE AND JUNIOR CLASS STUDENT & PARENT NIGHT



Thursday, September 22, 2022



“Like” ***East Lyme High School Counseling Office***

# COASTAL CONNECTIONS

INTERESTS+ENGAGEMENT=MEANINGFUL LEARNING

- Director, David Fasulo  
[david.fasulo@elpsk12.org](mailto:david.fasulo@elpsk12.org)
- Part of East Lyme Public Schools
- Classes taken at Coastal Connections, and some at ELHS
- Learning in the classroom and in the field
- Smaller setting
- Working within our greater town community

## Past Internships:

- Deke's Bagels
- Project Oceanology
- Mystic Aquarium
- East Lyme Public Schools
- Radio Stations
- Childcare Centers
- East Lyme Pizza



# COUNSELORS AND SUPPORTS

<u>Counselor</u>	<u>Sophomore Alpha</u>	<u>Junior Alpha</u>
Elizabeth Maiese	A - Co	A - Di
Emily Cacace	Cu - Gi	Do - Har
Jaclyn Sullivan	Gj - Le	Has - Le
Christy Bryant	Li - M	Li - Ra
Lisa Belisle	N - R	Re - Sl
Nadine Barnes	Sel - Z	Sm - Z

- **Counseling Office Administrative Assistant : Ellen Bellos**
- **District Security Officer: Chris Olsen**



# ADDITIONAL SUPPORT STAFF

- **Chris Mountain**
  - School Psychologist
  - *Grade 11 (2024)*
- **Krissy Konesky**
  - School Psychologist
  - *Grade 10 (2025)*
- **Emily Hancock**
  - Social Worker
  - *Grade 11 (2024)*
- **Jessica Blackman**  
(Long Term Sub.: Olivia Mavilla)
  - Social Worker
  - *Grade 10 (2025)*
- **Dan Reynolds**
  - Substance Abuse Counselor

# Important information for the middle years of high school...



- 10<sup>th</sup> and 11<sup>th</sup> grade Counseling Curriculum
  - ELHS District & CT State Testing
    - SAT/ACT/ASVAB
  - Career Concentrations
  - ECE/CCP/AP Classes
    - Naviance
  - Upcoming events



ELHS Daily Block Schedule	
<u>Block</u>	<u>Time</u>
A1/B1	7:30-8:50
Homeroom (M,T,Th,F)/Advisory(W) with Morning Show	8:55-9:15
A2/B2	9:20-10:45
A3/B3	10:50-12:45
Lunch Wave #1	Lunch 10:50-11:20
	Class 11:25-12:45
Lunch Wave #2	Class 10:50-12:10
	Lunch 12:15-12:45
A4/B4	12:50-2:10

# DAILY SCHEDULE



# MAKING THE MOST OF YOUR TIME

## **In School**

- Stay focused in class
- Advocate and ask clarifying questions
- Join clubs/activities
- Use study hall/home room productively to meet with teachers/counselor

## **Working from Home**

- Clear a space to work without distractions
- Check technology regularly to monitor grades and assignments
- Use free time to create a system for organizing
- Create a schedule to work efficiently- and make time to relax!



# IMPORTANT RESOURCES

- ELHS School Counseling Website:
- **Infinite Campus**
- **Naviance**
- **Facebook** *East Lyme High School Counseling*
- **East Lyme Counseling Office Google Classroom**  
Pages for students and parents: (students can invite parents)



Class of 2024 (11th)

**w37yjqb**

Class of 2025 (10th)

**slwd2p2**







## COMING UP THIS FALL...

- **ELHS College Fair**
  - Oct 5th, 6-7:30 in the Commons and North Gym
- **Spirit Week**
  - Oct 3rd-7th
- **PSAT Testing**
  - Oct. 12th for Freshmen & Juniors.
  - Sophomores will be tested in the Spring when the Juniors take the SAT. Date TBA.



# College Fairs

## **VIRTUAL COLLEGE FAIRS**

**CHECK NACAC FOR INDIVIDUAL  
SCHOOL PARTICIPATION**

**[WWW.NACACFAIRS.ORG](http://WWW.NACACFAIRS.ORG)**

- Discuss a plan ahead of time
- Dress to impress/appropriate background
- Practice appropriate greetings
- Be open minded
- Prepare questions ahead of time



# COUNSELING CURRICULUM

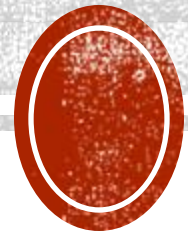
## Classroom Lessons

- Naviance
- Personality and Interest Inventories
- Career Exploration
- Resume
- College Board

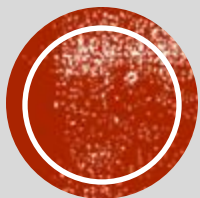
## Individual Meetings

- Meeting with Juniors Individually in early Spring for post high school planning and course selection
- Meeting with Sophomores in early Spring for course selection.

# STANDARDIZED TESTING



# SCHOOL ADMINISTERED ASSESSMENT TIMETABLE



	Fall	Spring
Grade 9	PSAT 8/9	
Grade 10		PSAT 10
Grade 11	PSAT	SAT / NGSS

## Student Choice Test:

SAT – [www.collegeboard.org](http://www.collegeboard.org)

ACT- [www.act.org](http://www.act.org)





# PSAT'S GRADE 9&11

## OCT 12

7:30AM- Report to testing locations

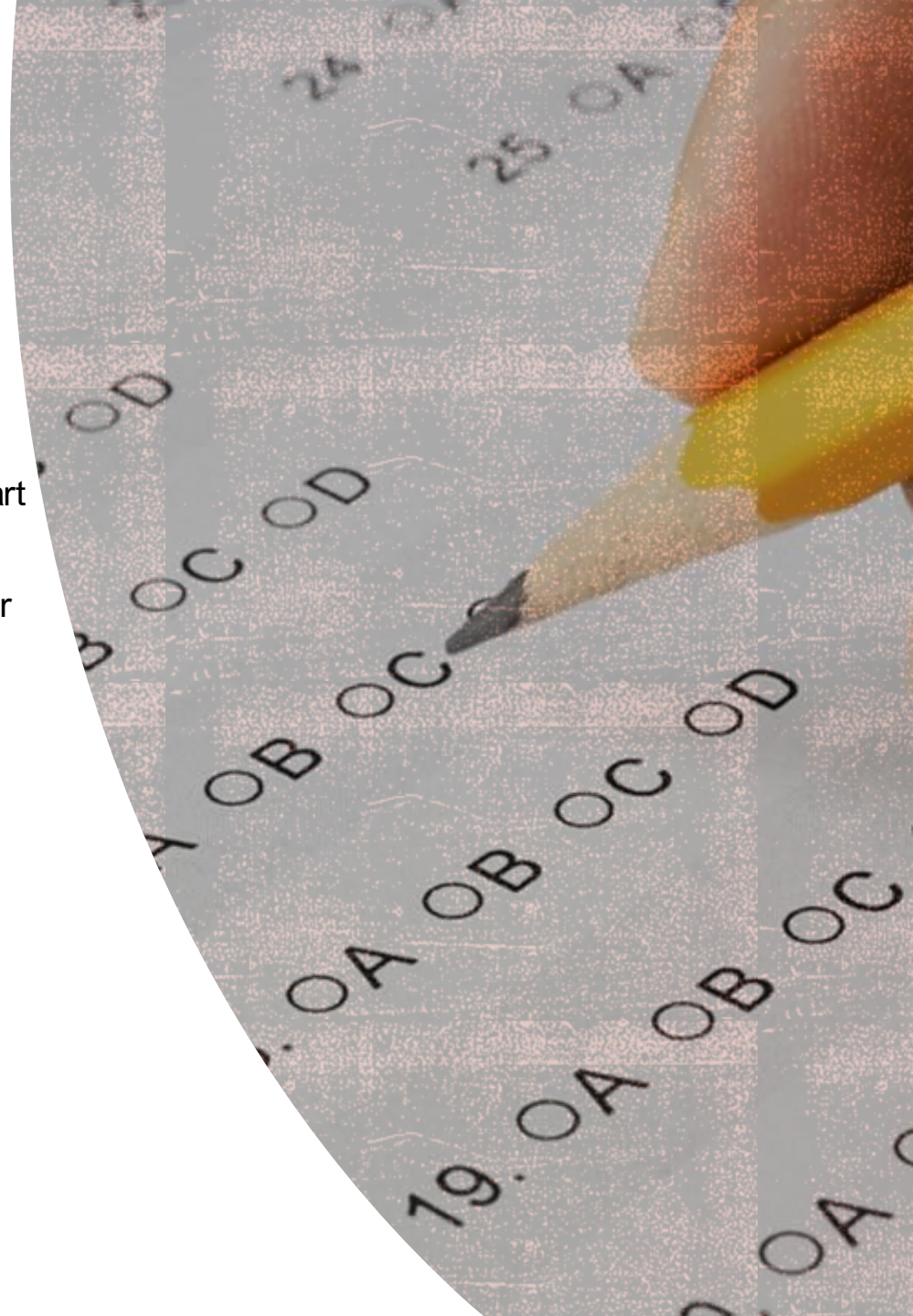
(locations will be posted outside office)

Full School Day, but testing will take up the first part of the day.

Students need to bring #2 pencils and a calculator to the test.

**October PSAT RESULTS Available:**  
**Mid December on [www.Collegeboard.org](http://www.Collegeboard.org)**

TBD- Programming provided for 10th grade.





## All Juniors take SAT

- The Junior test is our state standardized test, but can also be used for college applications



All Sophomores take PSAT  
10

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**SCHOOL DAY SAT TESTING  
SPRING 2023, DATE TBD**



# SAT & ACT TESTS

## **What are the SAT and ACT?**

Both are standardized tests used by numerous colleges and universities as part of the application process.

## **Who should take it?**

We recommend that every junior who thinks they may apply to college take one or both of these tests.

## **When is a good time to start?**

The SAT and ACT are offered several times a year. Most students take the SAT for the first time during the spring of their junior year and a second time during the fall of their senior year. The ACT is also an option and while it covers similar material the layout is different.

## **This is all confusing...What if we aren't sure what is best?**

Counselors will be meeting with juniors individually second semester and we will be hosting a Junior College Planning Night which cover this information in more depth.



# HOW DO YOU PREPARE FOR TESTS?

✧ Academic Coursework

✧ Khan Academy

Students have their own accounts that link to their College Board Account

✧ Classes available to take

✧ listed on Naviance and cost dependent upon company

✧ CollegeBoard.org or ACT.org

- “question of the day”



# ASVAB @ ELHS

19<sup>TH</sup> EDITION

The Armed Services Vocational Aptitude Battery is the most widely used multiple-aptitude test battery in the world. As an aptitude test, the ASVAB measures your strengths, weaknesses, and potential for future success. The ASVAB also provides you with career information for various civilian and military occupations and is an indicator for success in future endeavors whether you choose to go to college, vocational school, or a military career.

Offered to grade 11 and 12 students in the fall. Date TBD.

Or talk to your counselor for more details.

ED SERVICES VOCATIONAL APTITUDE BATTERY

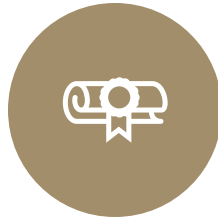


# ENHANCING THE ACADEMIC EXPERIENCE

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CAREER  
CONCENTRATIONS



EARLY COLLEGE  
EXPERIENCE (ECE)



COLLEGE &  
CAREER  
PATHWAYS (CCP)



ADVANCED  
PLACEMENT (AP)



# CAREER CONCENTRATIONS

Career Concentrations at ELHS allow students who are interested in a particular career path to receive a **certificate of accomplishment** for successfully completing courses that help prepare them for a related career field.

- Performing Arts
  - Visual Arts
  - STEM
  - Hospitality
  - Manufacturing
  - Print/Digital Communication
  - Broadcasting
  - Education
  - Business
  - World Languages and Cultures
  - International Studies
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- Applications are on Google Classroom. Students apply senior year.
  - Career Concentrations will be recognized on the transcript.





# EARLY COLLEGE EXPERIENCE CLASSES

University of Connecticut

✂ Students earn college credit through the University of Connecticut

✂ Classes are taught here by ELHS staff.

✂ ECE are dual-enrollment classes, meaning students receive both HS and College Credit

✂ There is a fee involved

❖ Human Development ECE

❖ Calculus BC ECE

❖ English 12 ECE

❖ French V ECE

❖ Spanish V ECE

❖ German IV ECE

❖ Physics I ECE

❖ Physics II ECE

❖ Medical Terminology ECE

❖ Applied Mechanics- Engineering ECE

# ADVANCED PLACEMENT

Students may receive college credit  
determined by their AP Test score and  
attending colleges

## AP Courses

- **Language and Composition**
- **Literature and Composition**
- **French**
- **Spanish**
- **American Government**
- **US History**
- **World History**
- **Psychology**
- **Biology**
- **Physics 1 & 2**
- **Chemistry**
- **Environmental Science**
- **Mobile Computer Science**
- **Computer Science Java**
- **Music Theory**
- **Studio Art**
- **Calculus AB/BC**
- **Statistics**



# COLLEGE AND CAREER PATHWAYS

Three Rivers Community  
College

- **Computer Aided Drafting II**
- **Pre-Kindergarten Lab**



Program Name	Three Rivers College Career Pathways (CCP)	CollegeBoard Advanced Placement (AP)	UConn Early College Experience (ECE)
Registration/ Enrollment Deadlines	September 26th	Payment for exams due November 1st	October 6th
College Credit	Classes on HS transcript Separate TRCC transcript	Test Score results AP Credit Policy	Classes on HS transcript Separate UConn transcript
Credits granted	Request transcript to be sent to attending school in June	Send AP Scores from College Board website	Request transcript to be sent to attending school in June

# COLLEGE CREDIT PROGRAMS





# CLUBS AND ACTIVITIES



- Clubs meet during homeroom, with some out of school hours commitments.
- Club Fair offered during lunch on October 5.
- All Sports are operating normally.
- Access Family ID on School Website to register for sports each season.





6:30 p.m. October 27, 2022 Financial Aid Night (FAFSA, intended for seniors)



6:30 p.m. February 16, 2023 Junior College Planning Night (tentative date)



6:30 p.m. March 2, 2023 Financial Planning Night (tentative date)



# IMPORTANT UPCOMING DATES





# STAY INVOLVED.



- time management
- increase in activities
- decrease in activities
- mood/mental health
- higher expectations
- study skills
- finding balance
- relationships
- advocating
- help maintain usernames and password
- log in to Naviance
- log in to College Board with your child (be careful not to create duplicate accounts!)

