

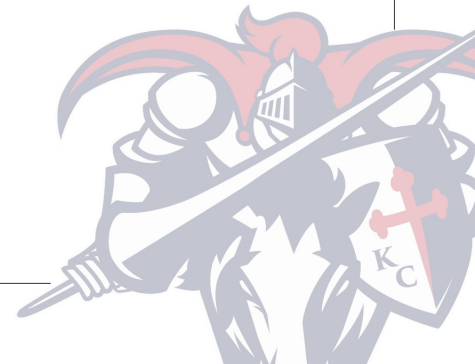


# Junior Parent & Student Information Night

September 28, 2022

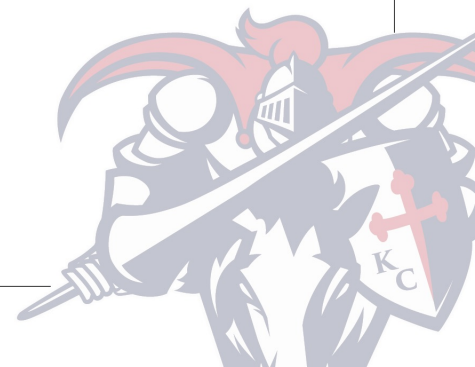
# Tonight's Agenda

- Prayer
- Welcome & Introductions – Meet your KC Counseling Department
- SEL Counselor Support
- SBIRT Screener
- Post-High School Options
- Preparing for Post-High School Options



# New Counseling Model 2022-2023

- New Division of Department
  - College and Career Counselors
  - SEL Counselors
- Full-time Social Worker (SBIRT Grant)
- Paternity Leave: Alvin Lui
- Social Work Intern



# Counseling Department

## SEL Counselors

A-D  
Laura Breshock  
breshockl@kennedyhs.org

E-M  
Diana Soto  
sotod@kennedyhs.org

N-Z & International Students  
Ralph Springer  
springerr@kennedyhs.org

N-Z & International Students  
Alvin Lui  
Luia@kennedyhs.org  
(Fridays only)

## College Counselors

A-L  
Siobhan McVeigh  
mcveighs@kennedyhs.org

M-Z  
Kerry Clark  
clarkk@kennedyhs.org

A-Z Career Specialist  
Laura Breshock  
breshockl@kennedyhs.org

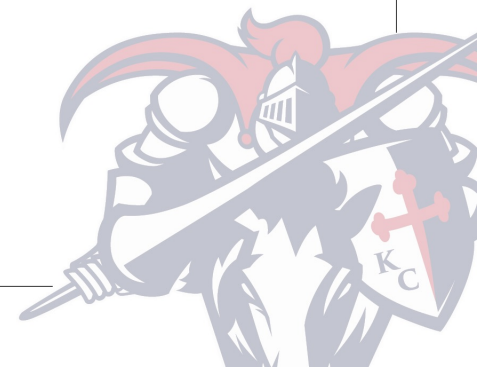
## Social Workers

A-Z  
Susan Tiffany  
tiffanys@kennedyhs.org

MSW Intern  
Alyson Soma  
somaa@kennedyhs.org

# Counseling Department – Getting Info

- [Counseling page on Kennedy Catholic website](#)
- [eNews on Kennedy Catholic website](#)
- Quicklinks on Kennedy Catholic Website



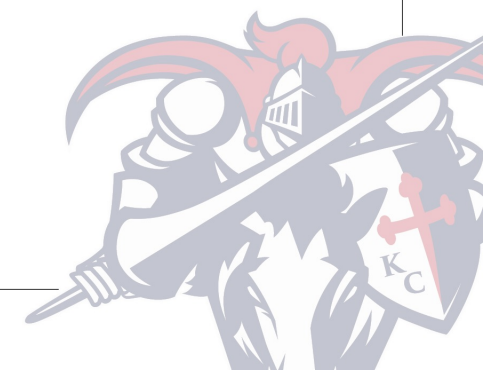
# SEL Counselor Support



# SEL Counselor Support

## What Parents Need to Know

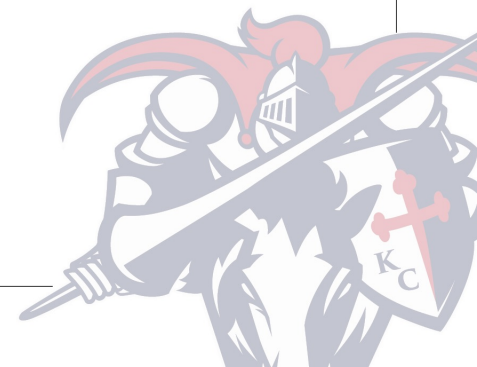
- Junior year can be a challenging year; many students anticipate a difficult year
- We are here to support students in balancing schoolwork, sports, relationships, work, and other concerns
- Never hesitate to reach out if you notice changes in your student (personality, affect, academics, etc.)
- Please contact us if there are situations that uniquely impact your family (deaths, divorce, extended illness, etc.)



# SEL Counselor Support

## What Parents Need to Know

- Student mental health continues to be an issue post-COVID
  - Many students are two years behind in maturity and social skills
- It can be difficult to connect students with a mental health care provider
- We can meet with students who are in crisis
- Our Social Worker, Susan Tiffany, can meet with students until connected with an outside provider





# SEL Counselor Support

## What Students Need to Know

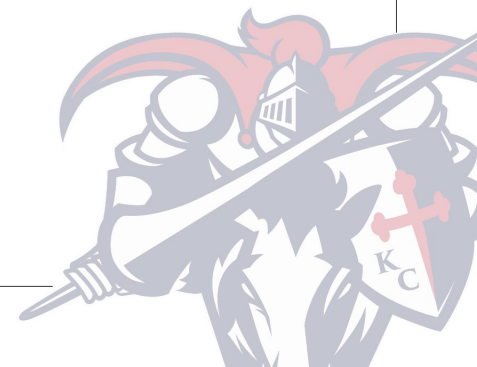
- We continue to be here to support you
- We can only help you if you tell us what is going on
- You can schedule an appointment using our Calendly links
- We will be offering some groups throughout the year such as Mindfulness, Study Skills, Wellness, and Grief
- Next year you will be seniors!
- It is not too late to get involved- join Clubs, go on Retreats!
- These months go by quickly, so do your best to be present and enjoy your junior year



# Paving the Way for Success

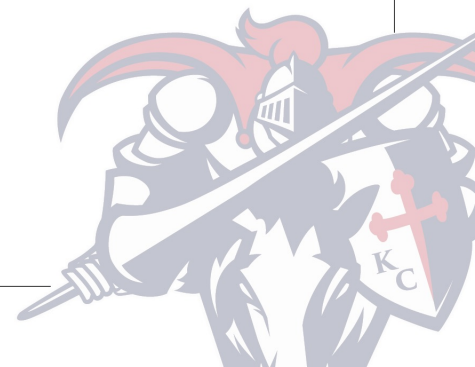
## What Parents/Guardians Can Do

- Set appropriate expectations for grades
- Communicate with teachers directly regarding classroom concerns
  1. Student should first advocate for themselves
  2. If parent/guardian involvement is necessary, contact the Teacher
  3. If issue is not resolved, contact their Counselor
  4. Lastly, contact the Vice Principal of Academics, Dr. Kuzmanich
- Help your student set up a balanced routine



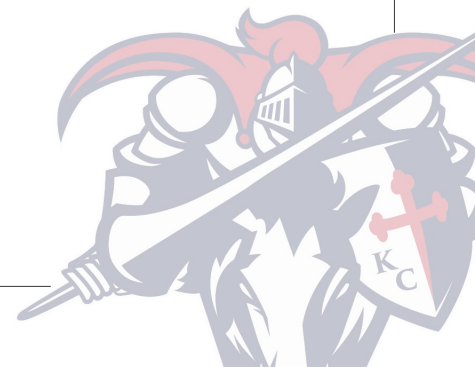
# Paving the Way for Success: What Your Students Can Do

- Check grades in PowerSchool
- Check Canvas for assignment details
- Use their planner or their devices to keep track of classwork/tests
- Communicate with teachers



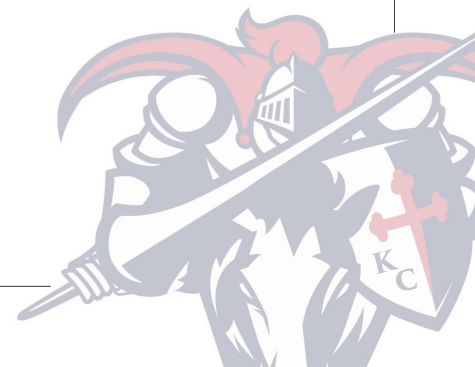
# Support for Students

- **Teacher Office Hours:**
  - 7:30 - 7:55am (M - F)
  - 2:30 - 3:00pm (M - F)
- **Lancer Academy: Currently in Room C186**
  - 2:45 - 3:30pm (M - TH)
- **Library Hours:**
  - 7:30 - 5:00pm (M-F)



# Monitoring Student Progress

- **Grade Book Dates for Semester 1:**
  - Sep. 27 – Interim Reports
  - Oct. 28 – End of Q1
  - Dec. 06 – Interim Reports
  - Jan. 26 – End of S1



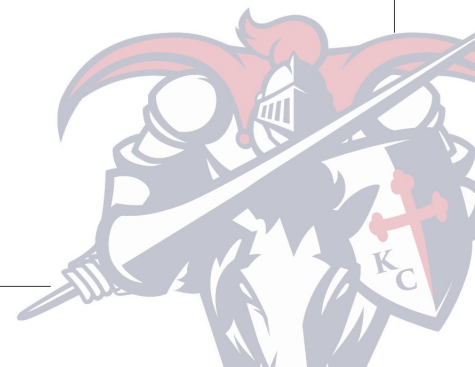
# School Social Worker



# School Social Worker – SEL Support

## Role of the School Social Worker

- Support students who may need more focused social-emotional support
- Coordinate care with outside services providers
- Partner with caregivers and families to support their student's success
- Connect to students through referral



# SBIRT & *Check Yourself* Screener

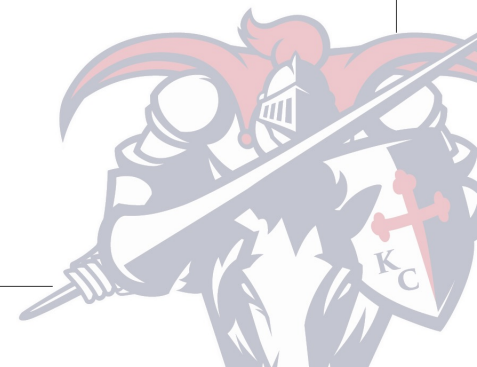




# SBIRT & *Check Yourself* Screener

SBIRT = Screening, Brief Intervention, Referral To (services)

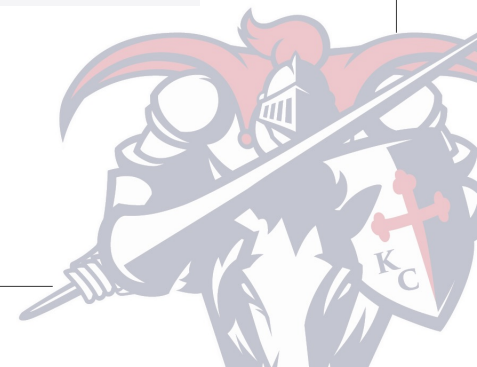
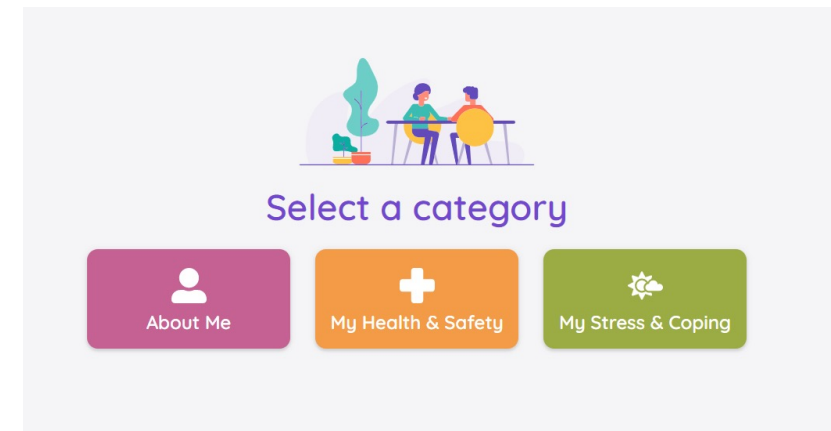
- Provides a snapshot of a student's immediate needs
- Focuses on prevention and brief intervention



# SBIRT & *Check Yourself* Screener

## *Check Yourself* Screener

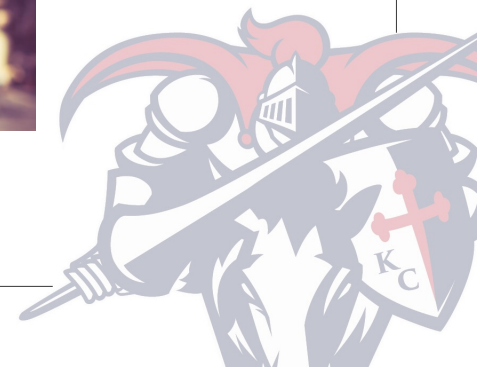
- Voluntary - opt-out option for caregivers and students
- Confidential - information is kept secure
- Helps students think about:
  - personal & family strengths
  - gender & sexuality
  - mental health & substance use



# SBIRT & *Check Yourself* Screener

## Overall Goals

- Provide needed support and services
- Overcome identified challenges and barriers
- Promote student success at school, at home, and in the community

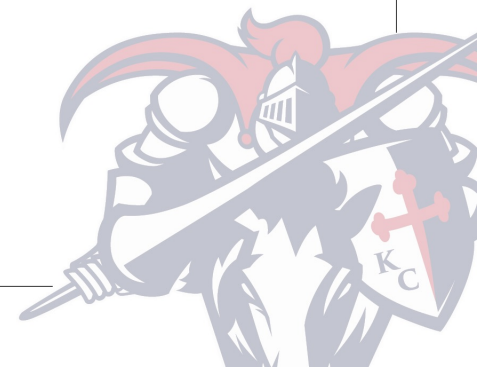


# Post-High School Options



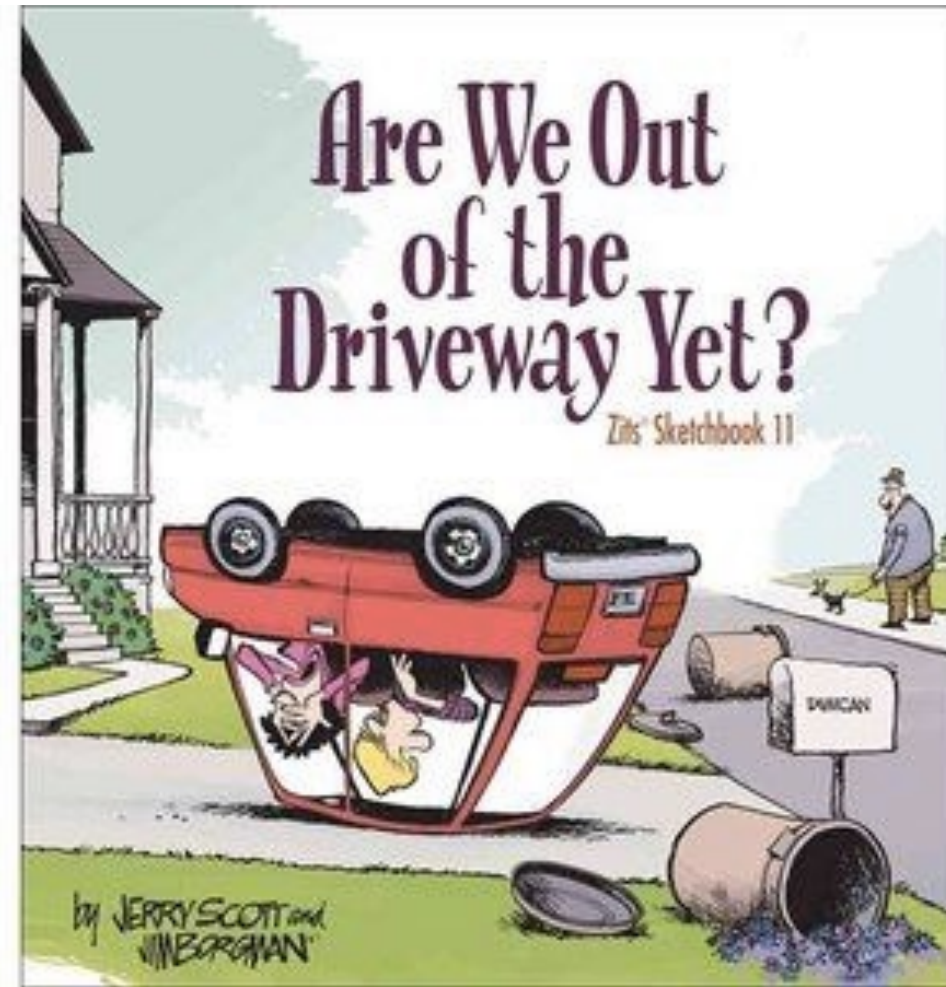
# Finding Fit

- When a student goes to college and feels as if they are in the right place
- Sense of belonging *Social, cultural, academic, activities, athletic, religious...*
- “Zone of proximal development” academically
- Location
- Cost of Attendance (tuition, fees, room, board, books, travel)
- Size and Type of School
- Admissions Requirements, including testing (SAT or ACT, with or without Essay?)
- Fit is a two-way street
  - Colleges are looking for the right students while students are looking for the right college



**Your role as a parent  
is like when you  
teach your child  
to drive...**

# Don't grab the wheel...



# Four-Year Schools





# Four-Year University Considerations

## What colleges are looking for:

- GPA
- Strength of Coursework
- Grade Trends
- Standardized Test Scores
- Personal Statement
- Extracurricular Activities
- Demonstrated Interest
  - Interviews
  - Campus visits/calls)
- Letters of Recommendation

## What students should be thinking about:

- Requirements/Selectivity
- Location
- Size
- Majors/Fields of Study
- Public or Private
- Cost
- Campus Life
- Programs
- Campus Diversity
- Special Needs

# What are colleges looking for?

## Minimum Education Requirements by Institution

	2-Year and 4-Year Colleges, Universities and Military Academies	Performing and Visual Arts Colleges	Vocational and Technical Schools	Business Schools
English	4 years	4 years	4 years	4 years
Science (including laboratory)	3–4 years biology, chemistry, physics	3–4 years	1–3 years	1–3 years
Math	3–4 years Algebra I and II, geometry trigonometry, pre-calculus, calculus	3–4 years	2–4 years	3–4 years
History/Social Sciences	3–4 years	2–4 years	2–4 years	3–4 years
Foreign Language	2–4 years of same language	2–3 years of same language	2–4 years of same language	3–4 years of same language
Other Activities (including community service, and participation in clubs)	Music, art, dance, drama	Music, art, dance, drama	Shop and skills courses	Shorthand, accounting

**Computer skills and foreign languages are becoming prerequisites in many schools.**

# Two-Year Schools



# Two-Year College Considerations

*Ex. Highline College, Bellevue College, Green River*

- Earn an Associate Degree and direct transfer to a four-year college for junior & senior years (Direct Transfer Agreement)
- Benefits:
  - Cost
  - Size
  - Convenience: flexibility and location
  - Transitional step

For comprehensive information, check out Washington State Board for Community & Technical Colleges:

- <http://sbctc.edu/>

# Trade Schools



# Technical/Trade School Considerations

*Career-oriented programs (Example: Engineering, Automotive Tech, Ultrasound Technician, Wind Turbine Technician, Diesel Mechanic)*

- Often found on community college campuses
- Focus on placement into the workforce
- Six months to two years in length (in general)
- Paid apprenticeships are available in some trades
- If interested in this route, talk to Ms. Breshock, our career specialist

For comprehensive information, check out Washington State Board for Community & Technical Colleges:

- <http://sbctc.edu/>

# Service Academies and Military



# Military Academies and Direct Enlistment

## *Service Academies*

- USNA Annapolis, USMA West Point, Air Force Academy Colorado Springs
  - Rigorous process, including comprehensive health screening, the need for a Senatorial nomination, fitness assessment, and interview (start now!)
- Speak with recruiters during school visits or through ROTC programs at colleges
- Contact local recruiters through each branch's website
  - Army, Navy, Marine Corps, Air Force, Coast Guard
- Male U.S. citizens need to register with the Selective Service within 30 days of their 18th birthday



# Gap Year



# Gap Year

Take time to enhance job or college resumes and to add life experience

Possibilities include:

- Traveling domestically or internationally
- Gaining work experience
- Volunteer/Service Corps experience
- May be able to defer college admission
- Some colleges offer a gap year program

# Preparing for Post-High School Options at Kennedy Catholic



# A Timeline of Events for Families

Spring 2023	Summer 2023	Fall 2023
Students participate in Naviance training and the College Search and Application Prep Workshops in Community Period.  Start building list	Create an organization system! (Spreadsheets, folders and checklists)	Participate in the College Application Workshops in Community Period  Schedule meeting(s) with counselor
Schedule an initial meeting with college counselor	Prepare a list of schools (Likely, 50/50 and Reach)	Meet with college reps  Attend college fairs
Schedule college visits for spring break, summer, or fall	Start preparing essays, personal statements, and applications	Ask for teacher letters of rec.
Identify teachers for letters of recommendation	Work, read, travel, volunteer, attend summer program on a college campus or do an internship	Apply for scholarships, FAFSA  Set up interviews  Meet all deadlines

# Visiting Colleges

We have many colleges come to our campus to meet with students. Listen for announcements about upcoming visits and check Naviance for an up-to-date list

**11<sup>th</sup> grade is a great time to go on a visit. On your visit:**

- Meet with an admissions officer
- Take a campus tour
- Speak with current students
- Eat in the cafeteria
- Complete a post-visit [worksheet](#) and keep in a folder to review later

## **Pro Tips:**

- Sit in on a class
- Speak with a professor or coach in your field of interest
- Collect an admissions officer's business card and follow-up with a thank you email or note



# A Note about your Digital Footprint

- College admissions officers can and **DO** look at your online presence: Facebook, Snapchat, Instagram, Twitter, Blogs – make a good impression.
- Create a **professional** email address and check it often!



# For International Students

- World Language requirements to graduate high school are waived for non-native English speakers if a student is in the U.S. education system by 9th grade
- Most schools require TOEFL and/or SAT/ACT unless you have four years of English-based learning by HS graduation
- Scholarships are available for international students, but they are not eligible for financial aid through FAFSA
- Some schools have additional requirements

# For Prospective Athletes

- Know your eligibility (DI, DII, or DIII)
- Create your account in the NCAA portal
- Meet the core academic requirements
  - **16 core courses total**
- Review sliding scale for GPA and test scores
- Request Kennedy Catholic to send your transcript to the NCAA at the end of junior year
- Outside of the NCAA Eligibility Center, start completing prospective athlete forms on college websites (Example: University of Oregon)



# Financial Aid

- **Tuition vs. Cost of Attendance (COA)**

Tuition varies, even among private schools, while cost of living (housing and food) generally run between \$20K to \$25K/per year depending on student and school

- **Use Net Price Calculators** -- Google: “[college name] net price calculator” to determine your estimated Expected Family Contribution (EFC)

- **Know the difference between:**

- Merit v. Need-based Aid
- Grants v. Loans
- Subsidized v. Unsubsidized Loans
- Institutional Scholarships v. Outside Scholarships

# Financial Aid

- **FAFSA (Free Application for Federal Student Aid)** is an application each family will complete starting Oct. 1 of senior year
  - Priority deadline is Oct. 31 of senior year, and a student's college application is generally considered incomplete without it
- **CSS profile**
  - Approximately 400 schools, mostly private
  - \$25 for the first app, \$16 per app after that
  - List of participating schools and other helpful information found [here](#)
- **Western Undergraduate Exchange**
  - Western colleges that participate offer tuition at 1.5 times the in-state cost
  - View information about this program [here](#)

# Standardized Testing

## PSAT / NMSQT: Benefits for Juniors

- Practice for SAT
  - On average, students who take the PSAT score higher on the SAT
- Qualify for scholarships and included for National Merit Scholarship Consideration
- Receive free information from interested colleges & scholarship programs
- Receive access to free [Khan Academy](#) study tools that connect with a student's scores to identify areas to focus on for improvement

# Testing Timeline

## Spring of Junior Year

- Take a full practice version of the SAT and the ACT
  - Whichever version you like more/do better at, start prepping to take in late spring
- Sign up for a late spring (May or June) sitting
- Use Khan Academy for SAT prep and [ACT.org](https://www.act.org) for ACT prep
  - Also, download apps for your phone for test prep
- Depending how you do, be ready to prep more over summer and sign up for a second sitting during fall of senior year
- Keep an eye out for schools that are test optional/test blind (all Washington schools are test optional, and UC schools are test blind)
  - For a list, check out [fairtest.org](https://www.fairtest.org)



# Useful Resources

- <https://Bigfuture.collegeboard.org> - Lots of information, a lot like Naviance
  - Students also like [Cappex](#) and [Niche](#) to search for schools with filters for academics, size, location, and all other aspects of “fit”
- <http://www.act.org> and <http://www.Collegeboard.org> -- Testing registration and score sending sites
- College Navigator: <https://nces.ed.gov/collegenavigator/> -- Source for most statistics
- Individual College websites
- Google (or other search engine) for specific information: deadlines, forms, requirements, etc.



# Feedback Form!



The QR Code is also on the back of the sheet you scanned to access the slides. Thank you for your feedback!