

THE 9-10 CONNECTION


October 2022


MEET THE SCHOOL COUNSELOR

Hello! I am Mrs. Shipe, the 9th & 10th Grade School Counselor here at ACHS. I am excited to be working with you all this 2022-2023 school year! Although I am new to A-C, I am not new to this position. I was a school counselor for 5 years and have also worked in career development with a non-profit. I have a passion to help others find that "thing" that helps them come alive! I have enjoyed the opportunity to meet many of you already this school year. As a reminder, if you ever want to meet with me, please reach out via my [School Counselor Request Form](#).



CONTACT INFO:

 jshipe@amanda.k12.oh.us

 (740) 969-7251 ext. 2108

 [School Counselor Request Form](#)

HIGHLIGHTS OF THE MONTH

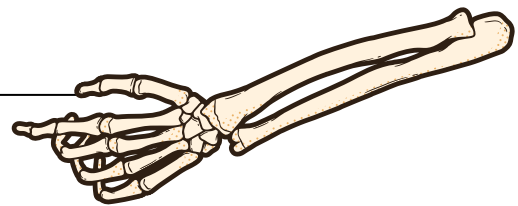
- October is World Bullying Prevention Month
- Oct 3 - Bullying Prevention Awareness Day - WEAR BLUE
- Oct 7 - End of the 1st 9 weeks
- Oct 10 -14 - NO SCHOOL - Fairfield Co. Fair
- Oct 21 - NO SCHOOL
- Oct 26 - 2 hour late start

SO, WHAT IS THE 9-10 CONNECTION?

The 9-10 Connection is a NEW monthly newsletter for 9th & 10th grade students and families! It will be used to inform you of important topics and updates from the school counseling office just for YOU - a 9th or 10th grade student! It is my hope that it will serve as a helpful tool for you as a freshman or sophomore student here at ACHS & assist you in finding much success this school year.

Different information will be included in each issue of *The 9-10 Connection* - all of it geared toward 9th & 10th graders! This issue is going to serve as a reminder of things you need to keep in mind as you progress through this school year. Be sure to keep up on your grades - high school grades COUNT! This is not middle school anymore, and the habits you created for yourself in middle school may not be serving you well now. Use the tips below to help you this school year.

TIP: Anything in BLUE is a link for more information!



October: World Bullying Prevention Month

What is bullying?

Bullying is Intentionally aggressive behavior, repeated over time, that involves an imbalance of power

Bullying is different than mean or rude behavior in three important ways:

- Repetitive
- Imbalance of power (stronger, older, bigger, more socially connected)
- On purpose

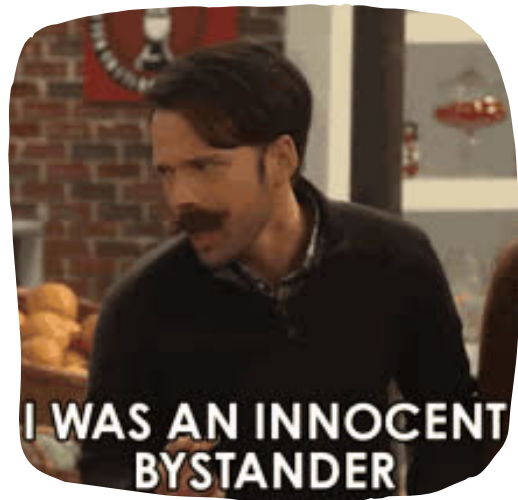
Effects of bullying:

Students who are bullied are more likely to experience: low self-esteem and isolation, perform poorly in school, have few friends in schools, negative view of school, experience physical and mental health issues (depression, suicidal thoughts, and anxiety). Find more info [HERE!](#)



Effects of being the bully:

"Youth who bully others are at increased risk for substance use, academic problems, and experiencing violence later in adolescence and adulthood. Youth who bully others and are bullied themselves suffer the most serious consequences and are at greater risk for mental health and behavioral problems." More info [HERE](#)



Bystanders can be powerful allies!

Students have a unique power to prevent bullying. More than half of bullying situations (57 percent) stop when a peer intervenes on behalf of the student being bullied. Find more info [HERE!](#)

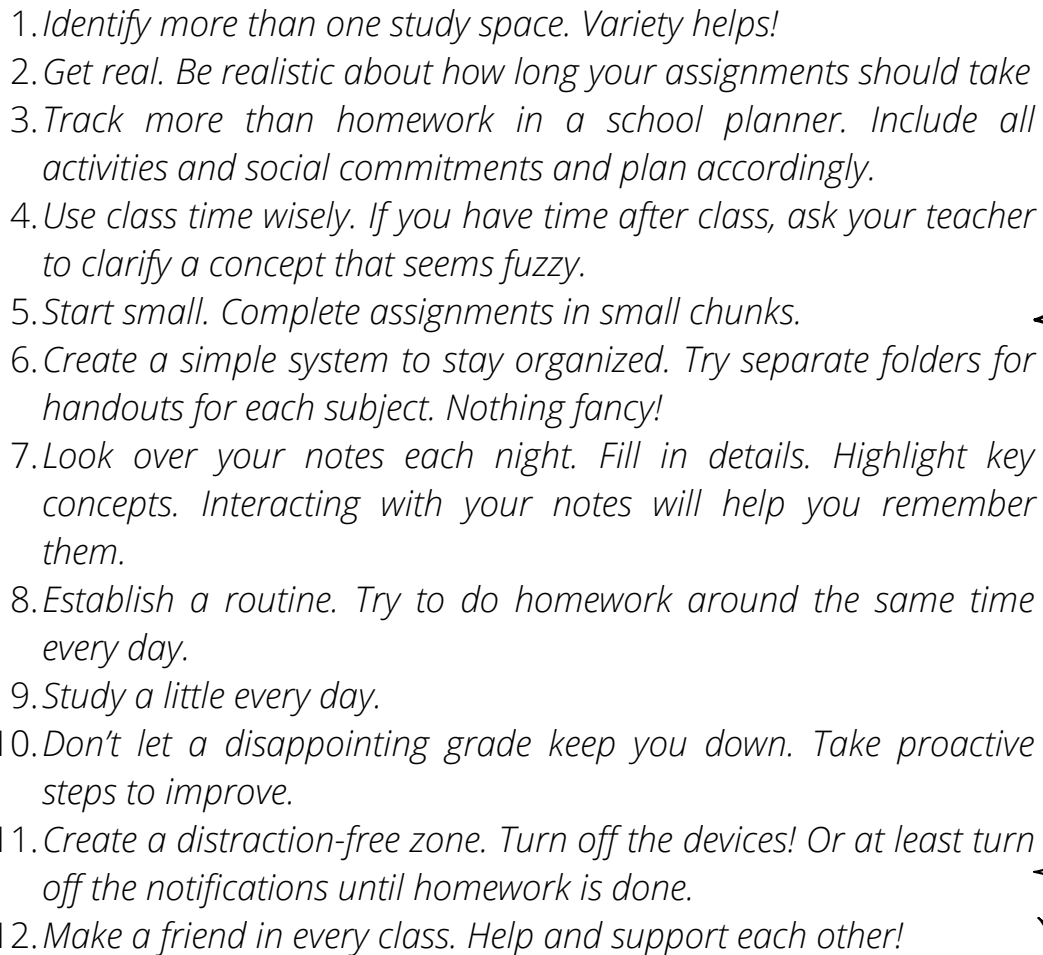
Who to reach out to if you suspect bullying at school:

Contact your teacher, principal, or school counselor.

12 Study Tips for Students

Are you struggling to be a successful student? Don't get discouraged, it's not magic! But it will require desire, dedication, and a lot of work from YOU.

Here are some valuable strategies for effective study skills from [Princeton Review](#):

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1. *Identify more than one study space. Variety helps!*
 2. *Get real. Be realistic about how long your assignments should take*
 3. *Track more than homework in a school planner. Include all activities and social commitments and plan accordingly.*
 4. *Use class time wisely. If you have time after class, ask your teacher to clarify a concept that seems fuzzy.*
 5. *Start small. Complete assignments in small chunks.*
 6. *Create a simple system to stay organized. Try separate folders for handouts for each subject. Nothing fancy!*
 7. *Look over your notes each night. Fill in details. Highlight key concepts. Interacting with your notes will help you remember them.*
 8. *Establish a routine. Try to do homework around the same time every day.*
 9. *Study a little every day.*
 10. *Don't let a disappointing grade keep you down. Take proactive steps to improve.*
 11. *Create a distraction-free zone. Turn off the devices! Or at least turn off the notifications until homework is done.*
 12. *Make a friend in every class. Help and support each other!*

Graduation Requirements

Below you will find more information regarding graduation requirements. It may be difficult for you to wrap your head around all that is required to graduate. We are here to help!

It may seem like graduation is really far away right now. But, it will be here before you know it! Be sure to keep up-to-date on your status toward graduation through your Career & College Readiness course, or [schedule a meeting with me](#).



[Graduation Requirement Info from the Ohio Department of Education](#)

"Students in the classes of 2023 and beyond (those who entered grade 9 on or after July 1, 2019) are now required to meet a new set of graduation requirements. These new graduation requirements consist of three key components:

1. Course Completion

Students will satisfy Ohio's curriculum requirements and any additional local requirements. Students will complete the state minimum 20 units, with specific units required in each content area.

2. Demonstrating Competency

Students will demonstrate competency in the foundational areas of English language arts and mathematics or through alternative demonstrations, which include College Credit Plus, career-focused activities, their ACT or SAT scores, or military enlistment.

3. Demonstrating Readiness (Seals)

Students will demonstrate readiness for their post-high school paths by earning two diploma seals that allow them to demonstrate important foundational and well-rounded academic and technical knowledge, professional skills, and leadership and reasoning skills."



Freshman Year Checklist

Here are some important things to keep in mind during your freshman year!

- **Know your high school graduation requirements** - Make a four year plan & be sure to evaluate it as the year goes on to make sure you're doing what is best for your future!
- **Get organized** - Make sure to check your school email, keep up on your grades, have an "Important Papers" folder, use a planner/calendar to keep up with assignments, etc.
- **Practice time management** - High school is very different from middle school. Make sure that you have a system to manage your time so nothing is missed!
- **Figure out how you learn best!** - This will help you in every area of life, but especially as you begin high school.
- **Decide now if you want to attend the vocational school** - There is a lot to plan for the next year if you are thinking you want to go to the vocational school.
- **Interested in the College Credit Plus program?** Meet with your school counselor to discuss if this would be a good option for you!
- **Get involved!** - Join a club, athletics, the arts, volunteer in the community. Do something fun and enjoy yourself! *Hint: this looks good on a resume for a job, college application, or application to the vocational school.*
- **Evaluate the classes you are taking** - Do you need to challenge yourself more? Should you be taking more electives to diversify yourself?
- **Start exploring careers**
 - Take advantage of your work in your Career & College Readiness course!
 - Go to <https://ohiomeansjobs.ohio.gov/> for opportunities to learn more about careers that align with your future goals and your personality
 - Career Cluster Inventory, Budget Calculator, Lifestyle Calculator, 16 Personality Test



Sophomore Year Checklist

Here are some important things to keep in mind during your sophomore year!

- **Know your high school graduation requirements** - Make sure you are on track to graduate. If there are any classes you need to make up, be sure to do that ASAP!
- **Stay organized** - make sure to check your school email, keep up on your grades, have an "Important Papers" folder, use a planner or a calendar to keep up on important dates for school, etc.
- **Time management** - be sure you have a system to manage your time and balance your responsibilities. This could be a planner or calendar (digital or paper).
- **Make schoolwork a priority** - no matter what your future holds, you need to ensure that you graduate! Studying and keeping up with assignments is important!
- **Planning to attend the vocational school?** Make sure you take a tour & meet with your school counselor to discuss your plans! Don't forget to apply before the deadline!
- **Interested in the College Credit Plus program?** Meet with your school counselor to discuss if this would be a good option for you!
- **Interested in the Advanced Placement (AP) program?** Speak with your school counselor to discuss your options!
- **Get involved!** - If you haven't gotten involved yet, now is a perfect time.
- **Evaluate the classes you are taking** - do you need to challenge yourself more? Should you be taking more electives to diversify yourself? Do the classes you are taking align with your career plans?
- **Continue exploring careers and interests**
 - Go to <https://ohiomeansjobs.ohio.gov/> for opportunities to learn more about careers that align with your future goals and your personality Career Cluster Inventory, Budget Calculator, Lifestyle Calculator, 16 Personality Test
- **Consider getting a part-time job** - This will help you manage your time, have a little extra spending money, & learn valuable skills for life. *Plus, it looks great to colleges, scholarship committees, & future employers!*
 - For help with interview tips, visit <https://ohiomeansjobs.ohio.gov/>

