




The 9-10 Connection


November 2022

Happy November, everyone! By now I hope you are in the groove of things school-wise and are able to balance things pretty well. If not, there will be lots of tips and tricks in this newsletter. As a reminder, if you ever want to meet with me, please reach out via my [School Counselor Request Form](#).

Mrs. Shipe, 9/10 School Counselor



 jshipe@amanda.k12.oh.us

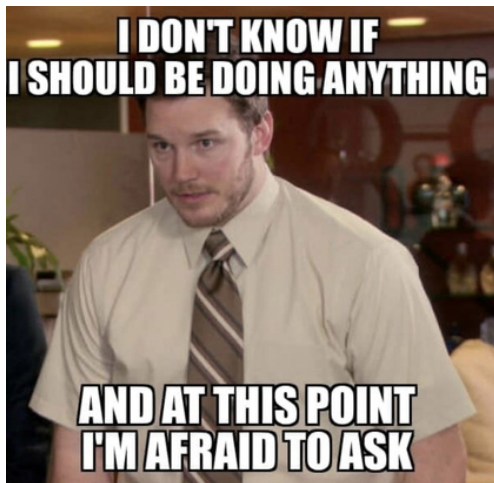
 (740) 969-7251 ext. 2108

 [School Counselor Request Form](#)

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

HIGHLIGHTS OF THE MONTH

- November is National Gratitude Month
- November is Career Development Month
- Nov 3 - Sophomore visits to [Fairfield Career Center](#) or [Satellite programs](#)
- Nov 8 - NO SCHOOL - Parent/Teacher Conferences
- Nov 17 - Sophomore visits to [Eastland Career Center](#)
- Nov 23 - 28 - NO SCHOOL - Thanksgiving Break
- Nov 30 - 2 Hour Late Start



WHAT'S IN THIS ISSUE OF THE 9-10 CONNECTION?

This issue of *The 9-10 Connection* will include a lot of tips and tricks as you move through fall semester into the holidays.

REMEMBER: your grades in high school count! If you do not pass certain courses, you will have to make them up and pass them in order to progress toward and ultimately graduate. I have many students I am meeting with to help keep them accountable for their grades, organization, etc. [Please reach out to me if you would like to meet about this too!](#)

November: National Gratitude Month

"Research shows gratitude isn't just a pleasant feeling—being grateful can also support greater health, happiness, and wisdom in ourselves and our communities."



What is gratitude?

Gratitude is the quality of being thankful; readiness to show appreciation for and to return kindness.



Benefits of gratitude and gratefulness on our mind:

Some benefits to gratefulness include:

- Deepening resilience
- Strengthen positive recall
- Feel happier more often
- Boost immunity & heart health
- Calm the nervous system
- Strengthen ties with friends, loved ones, and others.

Some simple ways to show gratitude:

- Saying thank you to someone for something they did
- Keeping a gratitude journal
- Sharing with someone things you think are really great about them
- Making healthy choices for yourself
- Donate items to your local shelter
- Support a cause you feel passionate about
- Look for ways in your day to day to say thank you more (i.e. when someone holds the door for you, etc.)
- Thank yourself for stepping out of your comfort zone!

"Strengthening your positive recall bias makes it easier to see the good things around you even when times are dark"

~ Nancy Davis Kho



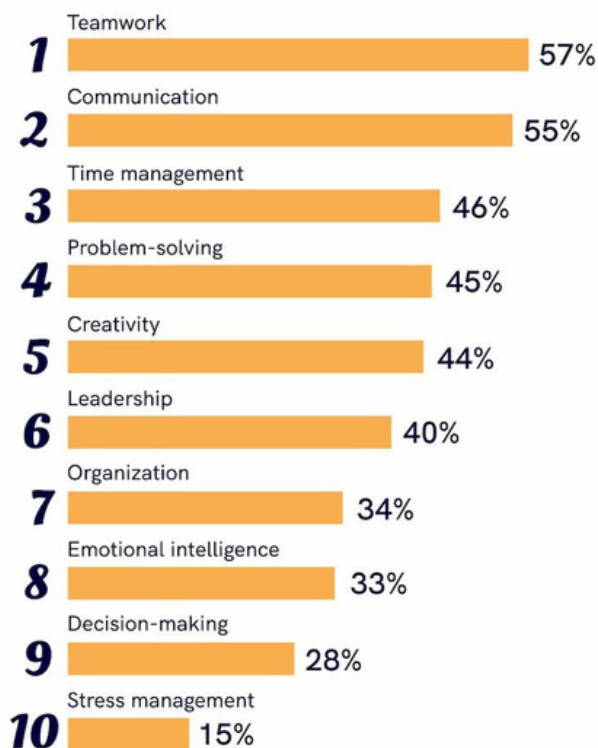
You can find more information [HERE](#), [HERE](#), and [HERE](#)!

November: Career Development Month

What is career development & why does it relate to YOU?

Career development is a process in which you assess where you are now, where you want to be in the future, and make a plan to get there! Obviously this all relates to a career or job one day, but this is very applicable to your every day choices as a high school student. Each and every day you are learning or practicing skills that will either help you or hold you back in the future... *you decide*. See below what employers are saying they look for in employees.

TOP 10 Most Important **Soft Skills** as chosen by recruiters and hiring managers



2020 study on skills employers look for conducted by **zety**



Hard skills vs. Soft Skills

Hard Skills - easier skills to teach and measure. These are abilities that are typically specific to a job and can be easily obtained through education and/or training.

Soft Skills - transferable skills typically related to how you work with other people and include: social skills, communication skills, emotional skills, and people skills (to name a few).

Don't worry if you don't have some of these skills yet! YOU have the power to learn and practice these skills here at school and at home whether you know it or not. Come see me if you ever want to chat about this!

Click [HERE](#) for more info!

Career and Job Information

Overwhelmed? Would rather not think about the future? I get it... However, it's coming whether you acknowledge it or not. Let's be prepared when it does!

Beginning this year, all high school students are taking a Career & College Readiness course here at A-C! *This is a big deal!* Believe it or not, that class is one of the most important you will take as it is designed to prepare YOU for real life things coming very quickly. Many schools do not offer something like this and often students can feel very ill-equipped when they begin things like college or a job.

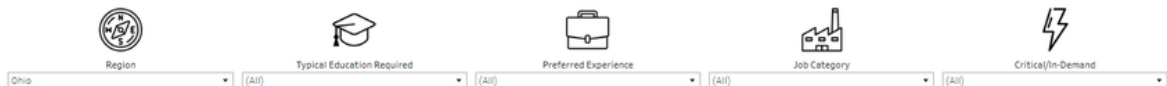


There are a TON of resources out there to assist you as you seek more skills, knowledge and experience as it relates to you now and in the future! One resource is [Ohio's Top Jobs List](#) (see image below!). This site is designed not only to show you top jobs here in Ohio, but when you click on a job, you can also see the skills that are required for that job. This is important so you can know what you need to work on, or if it could be a good fit for you!



Ohio's Top Jobs List

Whether you're searching for a job, looking for talent, helping shape educational curriculum, trying to decide on your future career, or advising someone who is in one of these roles, Ohio's Top Jobs List can help guide you.



Top Jobs

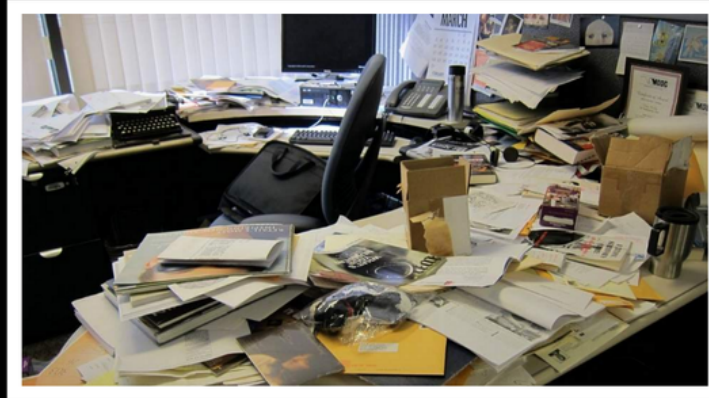
Click Bars to view Job Summary

Learn about what makes a top job

Download PDF

Title	Median Salary					Growth \uparrow			Employment			Openings							
	\$0K	\$50K	\$100K	\$150K	\$200K	\$250K	-1,000	0	1,000	2,000	0K	50K	100K	150K	0	5,000	10,000	15,000	20,000
Home Health Aides (Direct Support Professional)	\$23K								1,725			56,510						9,025	
Personal and Home Care Aides (Direct Support Professional)	\$23K								1,487			46,454						8,998	
Registered Nurses	\$68K								1,225			127,481						8,357	
Software Developers, Applications	\$91K								696			35,855						3,466	
Laborers and Freight, Stock, and Material Movers, Hand	\$31K								600			119,583						17,626	
Construction Laborers	\$43K								489			47,997						6,099	
Truck Drivers, Heavy and Tractor-Trailer	\$46K								444			78,554						9,628	
Farmers, Ranchers, and Other Agricultural Managers	\$69K								438			81,504						8,752	
Medical Assistants (Direct Support Professional)	\$34K								432			24,124						3,327	

Work Smarter, Not Harder!



ORGANIZATION

KNOWING WHERE EVERYTHING IS EXCEPT
FOR THAT ONE THING YOU'RE LOOKING FOR

Does this look like your backpack, locker, bedroom, etc.???

It is really important for you to find and create a system of organization for yourself as you move forward in life. This will look different for everyone for many reasons. What works for me, may not work for you! That's okay. However, you shouldn't avoid it any longer...

Here are some tips on how to get started:

1. Get into a routine
2. Set rules for yourself
3. Write everything down
4. Set your own deadline
5. Don't multitask
6. Use tools to stay organized - planner, pencil pouch, folders, notebooks, etc.
7. Use a planner!
8. Take organized notes
9. Color-code and label everything
10. Break down big tasks into smaller ones

Want to know more about each of these? Click [HERE](#)

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."

P.S. I am going to include this in every issue of The 9-10 Connection because it's that important!

