

# THE 9-10 CONNECTION

December 2022

It's December! I can't believe it's finally here, and yet time has flown this school year. The 2nd 9 weeks is about to wrap up right before Christmas Break. Make sure that you are keeping up on your homework, study for those tests, and make the most of your school year! "Future you" will thank you, I promise! As a reminder, if you ever want to meet with me, please reach out via my [School Counselor Request Form](#).

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

## Mrs. Shipe, 9/10 School Counselor



jshipe@amanda.k12.oh.us



(740) 969-7251 ext. 2108



[School Counselor Request Form](#)

## HIGHLIGHTS OF THE MONTH

- Dec 1 - 6-8pm - Eastland-Fairfield Career Center Open House!
  - More program info [HERE](#)
- Dec 20 - End of the 2nd 9 Weeks
- Dec 21- Jan 3 - NO SCHOOL - Christmas break

## ON-GOING & PROACTIVE SELF-CARE

FIND MORE INFO [HERE](#) & [HERE](#)!

Behind in your school work and feeling stressed or overwhelmed? Practicing self-care activities regularly could help keep those feelings in check and help you to be pro-active in even preventing those feelings from becoming as overwhelming in the future!

- **Develop habits and routines for healthy living** - regular sleep, good nutrition, proper hygiene are all basic acts of self-care, but they can go a long way in setting a foundation.
- **Rely on an organizational system** - relying on your own memory to recall if something is due is NOT going to work forever. Having a system to stay organized, whether electronic or paper, will go a long way in managing areas you need to focus on.
- **Build time into your schedule for self-care** - scheduling time with friends, or little breaks into your day, makes it a *commitment* and not just something you can opt out of.
- **Control your environment** - know what works and doesn't work for you. Limit distractions, create spaces for working on school work, and spaces to relax/rest. Avoid discussions or social media that cause unwanted anxiety/stress.
- **Identify stress relieving activities** - Are there healthy/safe activities that help you relax and recharge? *I included a graphic in this newsletter to help you find an activity that works for you!*
- **Monitor overwhelm** - Stress is to be expected and can often help move us forward. However, you know yourself best. How do YOU know that you are stressed? Know your next steps!

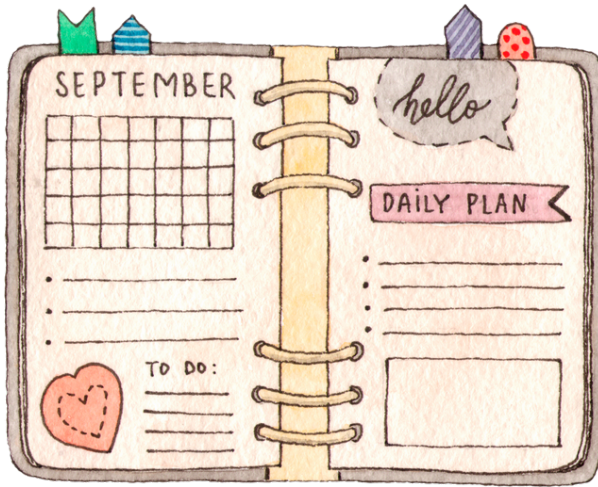


Like this? Find your copy [HERE](#)

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# Making the Most of Your Time

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*Have you ever used a planner? I talk to many students who haven't. However, they all say that they think it could help if they knew how to use it AND actually used it. The problem is, if you don't know how to do something, chances are you won't actually do it... find below some tips on using a planner to make the most of YOUR time!*

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## ***Planner Basics***

Paper planners or electronic planners are really your only options. Personally, I think paper planners are the best for high school students just learning to track their assignments and time. But, many students like the ease of electronics. You need to decide what's best for you!

### ***Paper Planner Tips***

- Find a planner that has a month view AND a week/daily view
- Use the month view to track school breaks, when big projects are due, work, etc.
- Use the daily/week view to track homework. I suggest putting each subject you have that day on a line.
- Pull out your planner at the beginning of every class! You won't use it if you don't see it at first. Remember - you are building a habit here!
- Use a color coding system - highlight each class with a different color. Or use a different color for work, school, other things you need to remember, etc. You decide what's best!

### ***Electronic Planner Tips***

- Figure out [which platform](#) or app you want to use - below are a few ideas...
  - Google Calendar
  - Homework App
  - My Homework App
- Use your time in class wisely - when a teacher mentions something about upcoming homework, make sure to put it in your app!
- Be sure to mark off homework that has been complete and/or turned in (just like with a paper planner!)

Find more tips and tricks [HERE](#), [HERE](#), and [HERE](#)!

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# Your Personality and Your Future

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***Has anyone asked you, "what do you want to do when you get older?" Typically, they are referring to a job/career. You may or may not have had an answer. And chances are, that will likely change with time.***



When you think about life after high school, what do you think about? Do you consider your personality, the things you like and dislike about certain situations you find yourself in, when you are most excited, and the things that absolutely bore you? If not, you really should start!

Work is *SO MUCH MORE* than just the "job" or what you're good at! When thinking about that future job for yourself, try thinking about the type of environment you would like to work in, if you like working with a team or solo, if you need to have windows or work outside, if you need a consistent and predictable job, or if you need more variation.

Believe it or not, your experience in school, your part-time jobs while in school, and how you interact with your family and friends can really give you the best insight into the things you would desire to have in a future workplace.

***Interested in figuring out what careers could match up with your personality?***

**THE TYPEFINDER® FOR  
CAREER PLANNING**

Find the Ideal Career for Your Personality Type

ACCURATE, INSIGHTFUL  
PERSONALITY TESTS

*Click here!*

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# Graduation Requirements

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***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](#).

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## [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!***

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