HIGH SCHOOL 101

Your Guide to Success at IHS

Issaquah High Counseling Team

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Rachel Auffant

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Issaquah High Counseling Team

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Stacy Clawson

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Julianna Jenkins

Counselor |Step-Z|

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Maureen Lipsen

Counseling Secretary

lipsenm@Issaquah.wednet.edu

Important Staff to Know



BENEDICT



PIKE

Ms. Benedict - Registrar

Ms. Pike - Data Processor

Ms. Gensheimer - Graduation Specialist

Ms. Shaw – Graduation Specialist



GENSHEIMER



Shaw

AMY STOTTS

Swedish Mental Health Counselor

- Email Ms. Stotts directly: stottsa@issaquah.wednet.edu
- Talk with your counselor and they can connect you!



WAYS TO REACH YOUR COUNSELOR:

APPOINTMENT

- Scan QR Code from posters around school
- Click on Link at ihscounseling.com or in the Counseling Canvas

EMAIL

- Email your counselor to ask quick questions
- Be sure to check out the Counseling Website for lots of great resources!

WALK-IN

- Walk in and make an appointment with Ms. Lipsen
- Drop in hours everyday during before-school, after-school, and during Lunch A & B for quick questions, no appointment necessary

COUNSELING

ISSAQUAH HIGH SCHOOL | 425-837-6140

Counseling Office Hours

- Regular Hours: 7:40am to 3:20pm (M, T, Th, F) and 8:00am to 4:00pm (Wednesday)

2022-2023 Counseling Student Appointments

***PARENTS:** please email your students counselor to set up a meeting, emails located on the staff tab. If you do make an appointment through calendly, please know that it will be cancelled. If you are to arrive, please be aware you may be turned away. Always email your students' counselor to set up an appointment.

*Students, use the links, following your counselor, to schedule an appointment.

- Hilde Tzemos ; **Last Names: [illegible]**; Student Appointments
- Deanna Skoglund; **Last Names Chf-Fr**; Email
  *On Leave through November: Emily Combellick; **Last Names: Chf– Fr***
- Rachel Auffant; **Last Names: Fs – Jo**; Student Appointments
- Maegan Pedersen; **Last Names: Jp – Mark**; Student Appointments
- Madison McCune; **Last Names: Marl – Po**; Student Appointments
- Stacy Clawson; **Last Names: Pp – Steo**; Student Appointments
  Counseling Department Lead, August - November
- Julianna Jenkins; **Last Names: Step – Z**; Student Appointments

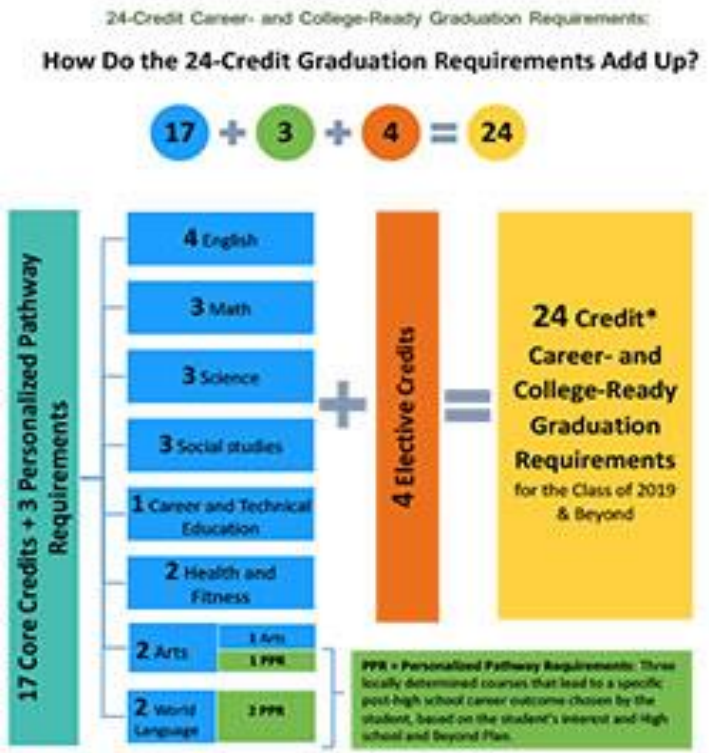
COUNSELING WEBSITE
ihscounseling.com

ACADEMIC
PERSONAL/SOCIAL
CAREER

School Counselors support students in various areas.

ACADEMICS

- Academic Planning (Graduation Requirements)
- Grade Level Guidance Lessons
- Credit Retrieval
- Outside Credit Options (Online Learning, Summer School, PE, Language Exam)
- Staying on track
- Academic Supports (ex. Math Lab, Grade Checks, NHS Tutoring)
- Goal setting



PERSONAL/SOCIAL

Individual Counseling

- Stress
- Anxiety
- Depression
- Friend conflicts
- Teacher Concerns
- Home situations
- *Connecting to resources

Small Groups or Classroom Lessons

Social Emotional Learning

- Time Management
- Anxiety
- Coping Skills

CAREER

Providing Information on:

- Connecting classes to life after high school
- Informing you on all the options available: 2-year colleges, 4-year colleges, Gap Year, Apprenticeships, Certification Programs
- Selecting classes that match with your *flexible* plan

College & Career Center

- Collaboration
- High School & Beyond Plan
- Xello
- WANIC
- Work-based Learning
- ASVAB Test
- College visits
- https://sites.google.com/site/issaquahhsccc



Castellon

GPA (GRADE POINT AVERAGE)

What colleges look for

- Scale of 0 to 4.0
- A = 4.0
- B = 3.0
- C = 2.0
- D = 1.0

Example: Semester 1 Freshman Year

- Three As, Three Bs, One C (7 Classes)
- 4+4+4+3+3+3+2 = 23 Grade Points
- 23 (Grade Points) ÷ 7 (Classes)
  = **3.28 GPA**

ATTENDANCE IS KEY!

Importance of class time

- ✓Missing critical information on content, explanation of confusing concepts, upcoming projects, etc.
- ✓Hard to get caught up
- ✓Double Duty: Stay on top of work while also making up missing work
- ✓School policy: +1 day for every day of an excused absence

  *Does not always apply to larger assignments where the upcoming deadline is clearly communicated

ORGANIZATION

Canvas & Class Syllabus

- ✓ Deadlines for important projects, tests, policy on late work, etc.
- ✓ Print out syllabus, file in your binder(s), bookmark on your computer

Planner

- ✓ Use your phone (iCal, Google, Outlook, etc.)

Backpack/Organization System

- ✓ Use binders and folders
- ✓ Find a style/system that works for you

BALANCE

Challenging yourself

- ✓Understand more about the world and what you are interested in

Monitoring progress

- ✓Skyward
- ✓Canvas

Prioritizing your time

Ask for help! We are here to support you.

- ✓Counselors, Administrators, Teachers, Graduation Specialist, Eagle Crew Mentor, School Resource Officer

ADVICE FROM PREVIOUS FRESHMEN

Words of wisdom

STUDENT TO STUDENT ADVICE:

- One of the biggest factors that can impact your grades is missing work.
- Extra credit is not a guarantee in a class, and will have minimal impact on your grade.
- It is your responsibility to talk with your teachers when you are absent.
- Problems with friends can be a significant source of stress and can make it difficult to concentrate in class.
- High school is a lot more challenging than middle school. Asking for help is normal and expected!
- Get involved. Join a club.

Activities

IHS ACTIVITES & ATHLETIC PAGES

Welcome to Issaquah High School Activities!

Thank you for visiting the High School and learning about our clubs, activities and sports groups. You will find information about forming clubs, or maintaining clubs on this site. This site will also be updated with FAQs about ASB sponsored events during the 2022-23 school year. If you cannot find desired information, contact the **Activities Coordinator**

At Issaquah High School we have a goal to ensure that every student is able to build meaningful connections within and beyond the classroom. On this page you can find more information about ASB student leadership, clubs, and funding at Issaquah High. We encourage all students to get involved in a club, or start one of their own! Activities provide students rich extra-curricular opportunities to engage with peers, interact with dedicated advisors, and develop lifelong skills.

WHO TO CONTACT

Activities Coordinator: Kurtis Evans 425-837-6110

ASB Bookkeeper: Margaret Pfeifle 425-837-6014

Activities Handbook

ASB Resource Guide

The Issaquah High Times

HIGH SCHOOL & BEYOND PLAN: 9TH GRADE

Xello & Instruction Sheet

SAY HELLO TO XELLO!

Xello is an online program that helps you create your own, unique roadmap through high school and beyond, to future success! Discover your own pathway through self-knowledge, exploration, and planning.

- **You can find some items you saved last year already in your Xello account.**
- **You can toggle back to your Career Cruising account from inside Xello.**



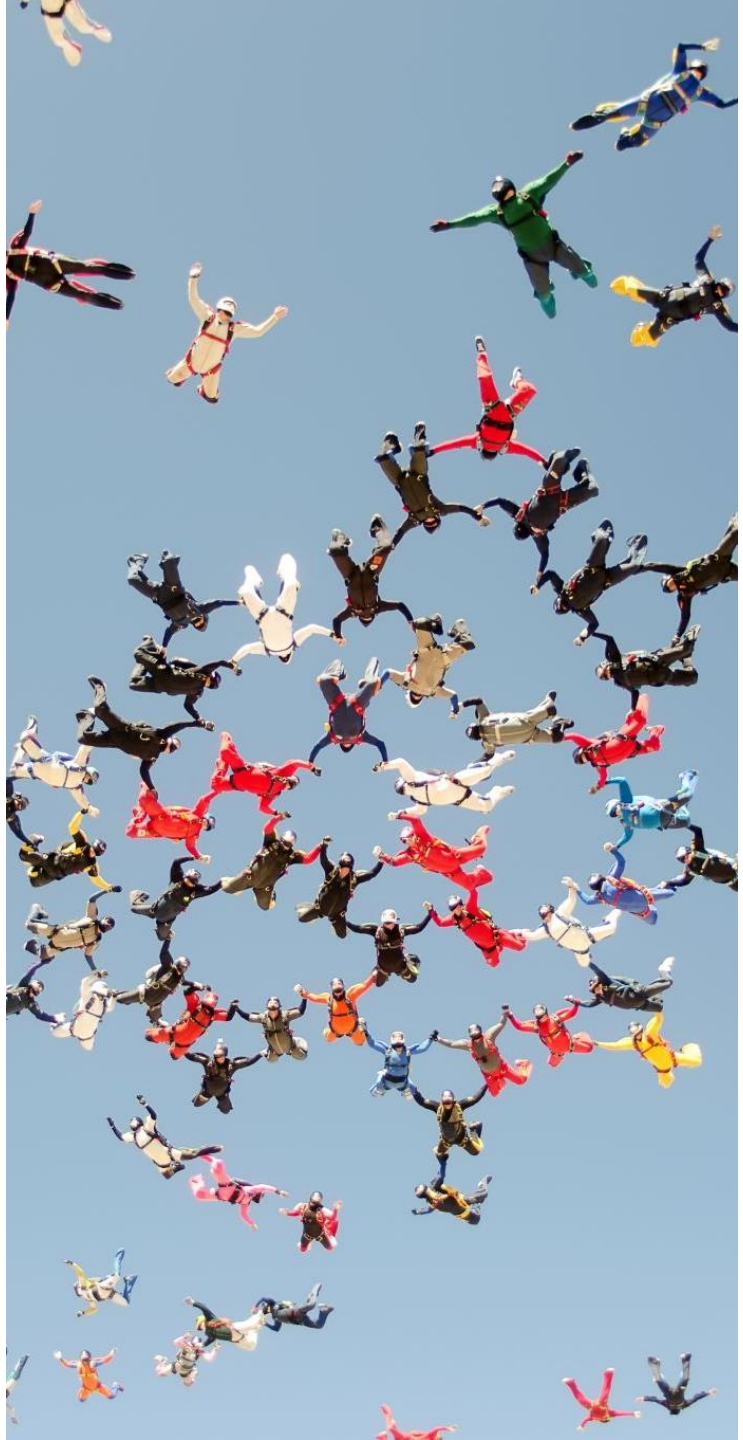
YOUR XELLO ACCOUNT

Throughout high school, your Xello account can serve not only as a place to explore careers, majors, and schools, and a place to complete your High School & Beyond Plan...

...it will also provide a place where you can collect information about yourself, that will help you with job applications, resumes, &/or college applications and scholarships later!

You can:

- Save assessment results
- Keep notes on careers & schools that interest you
- Save info about scholarships & financial aid
- List extracurricular activities &/or awards
- Document employment & volunteer experiences
- Store documents (essays, certificates, recommendations, presentations, etc)
- Create & save a professional resume



GOALS FOR TODAY

- ✓ Log into the Xello website
- ✓ Add (or review) three saved Careers of interest, and five Experiences to your Xello account.
- ✓ Complete the required 9th grade Lessons for your HSBP:
  1. **Work Values**
  2. **Getting Experience**

HSBP DIRECTIONS FOR TODAY

HAND OUT HSBP DIRECTION SHEET TO STUDENTS

Today is your time to engage in the required **9th grade HSBP Assignments** listed on this handout.

Make good use of your time today, and you may be able to complete this requirement. It will also help you plan for your future.

If you finish the directions, please feel free to **explore** other features on the Xello website.

LOG ONTO YOUR XELLO ACCOUNT

You can log into Xello from your **ClassLink** account:

- https://launchpad.classlink.com/issaquah
- sign in with school login & password
- then click on Xello.

You can also log into **Xello** directly:

- https://login.xello.world/
  - **Username:** ISSA-Username *(e.g., ISSA-SmitJoh22, ISSA-LeeMar22)*
  - **Password:** same as your school password – you may be prompted to change the password when you log in.