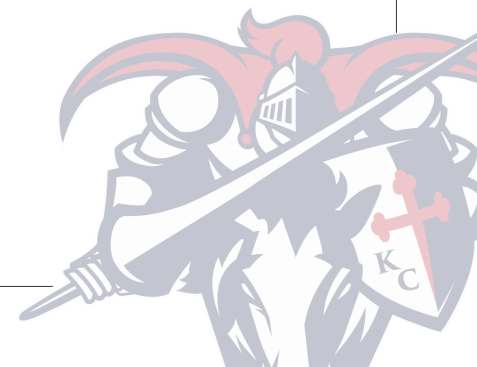




# Frosh Parent Night

September 14, 2023

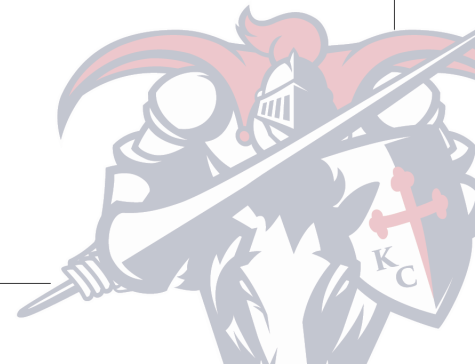
# Prayer





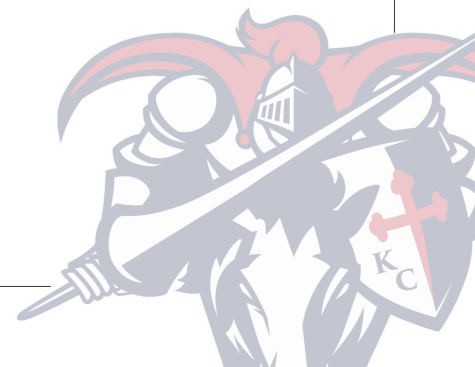
# AGENDA

- Vision & Mission
- Staff Introductions
- Social & Emotional Learning (SEL) Counseling
  - Roles & Responsibilities
  - Paving the Way for Success
  - Resources
- College & Career Counseling
  - Four-Year College Admission Requirements
  - Post-High School Options
  - Naviance
- FAQs



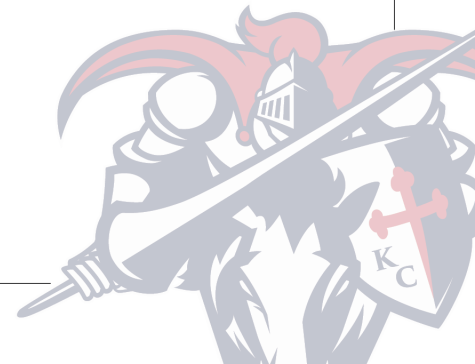
# Vision

To provide comprehensive, developmental student-centered SEL and College and Career Counseling programs that are committed to pursuing the fullest potential of every student and aligns with best practice standards set forth by the American School Counseling Association (ASCA) and the Washington State Counseling Association.



# Mission

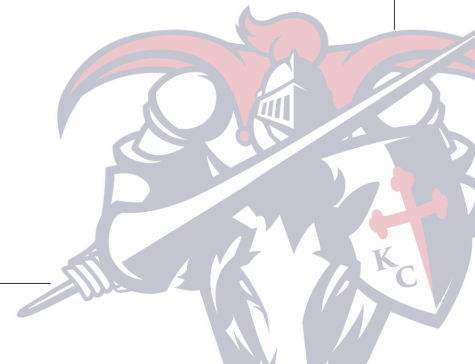
As an integral component of the school community, the Counseling Department actively supports the school's mission by recognizing the unique needs and self-worth of all students. In order to assist students in reaching their fullest potential, in keeping with their individual gifts and talents, the Kennedy Catholic counselors intentionally support each student in developing their academic, personal/social knowledge and skills; identifying and planning for career/college preparation and becoming positive, contributing members of society.



# SEL Counseling

## What Is It?

Social Emotional Learning is a process by which students build self-awareness and develop skills to better manage emotions, set goals, establish relationships, and make responsible decisions that help them to be successful at school, at home, and in their community.



# Counseling Department

## SEL Counselors

A-B, STC  
Laura Breshock  
BreshockL@kennedyhs.org

C-I  
Diana Soto  
SotoD@kennedyhs.org

J-P  
Alvin Lui  
LuiA@kennedyhs.org

Q-Z, STAR  
Ralph Springer  
SpringerR@kennedyhs.org

## College Counselors

A-L  
Siobhan McVeigh  
McVveighS@kennedyhs.org

M-Z  
Kelsey Mark  
MarkK@kennedyhs.org

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

## Social Workers

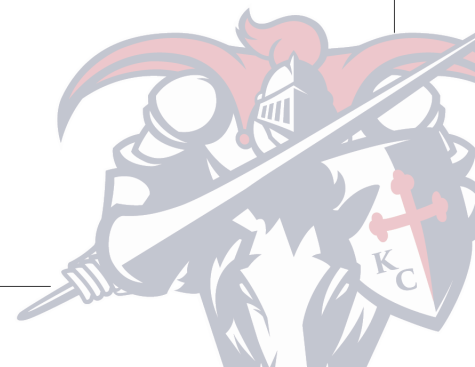
Susan Tiffany  
A-Z, International Students  
TiffanyS@kennedyhs.org

Alyson Soma  
A-Z, by assignment  
SomaA@kennedyhs.org

Molly Costello  
MSW Intern  
A-Z, by assignment

# SEL Counseling Roles & Responsibilities

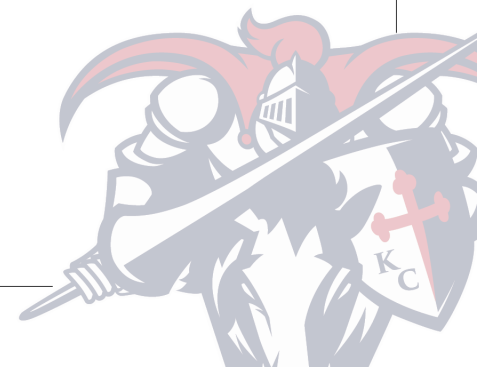
- Direct Student Services
  - Instruction
  - Appraisal & Advisement
  - Counseling
- Indirect Student Services
  - Consultation
  - Collaboration
  - Referrals



# SEL Counseling

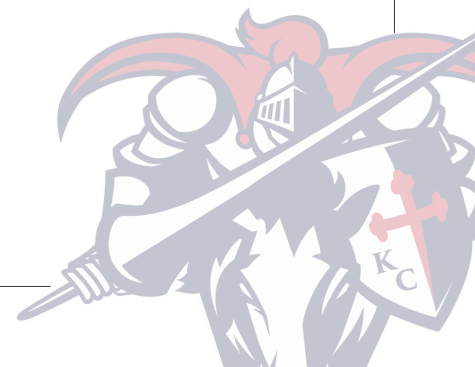
## Roles & Responsibilities, cont.

- SEL Counselors
  - Academic Advising
  - Accommodation Plans
  - Grade Checks
  - Monitor Attendance
  - Skill Building
  - Facilitate Groups
  - Crisis Intervention
  - Conflict Resolution
  - Resource & Referral



# **SEL Counseling Roles & Responsibilities, cont.**

- Social Workers
  - Assessment
  - Consultation
  - Collaboration
  - Accommodation Plans
  - Skill Building
  - Facilitate Groups
  - Crisis Intervention
  - Mental Health Support
  - Resource & Referral





# Paving the Way for Success

## Parent/Guardian

- Set expectations and boundaries
- Promote good habits
- Be supportive
- Monitor digital footprint
- Monitor PowerSchool and Schoology
- Communicate with faculty, counselors, and administrators
- Get involved
- Ask for help

## Student

- Follow expectations and boundaries
- Monitor Schoology and PowerSchool
- Develop good habits
- Monitor digital footprint
- Communicate with teachers and counselors
- Get involved
- Ask for help



# Monitoring Student Progress

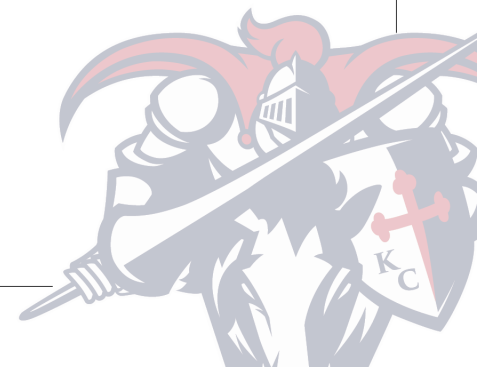
## Grade Book Dates for Semester 1:

Oct. 5 – Interim Reports

Oct. 26 – End of Q1

Dec. 5 – Interim Reports

Jan. 19 – End of Q2/S1



# Support for Students

## Teacher Office Hours:

7:30am - 7:55am (M - F)

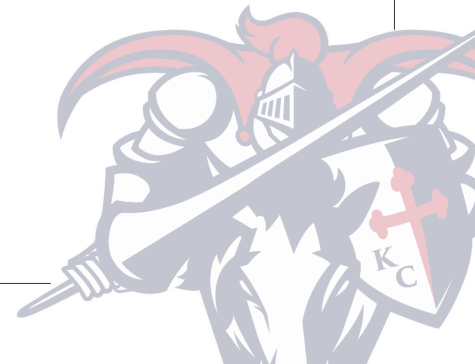
2:30pm - 3:00pm (M - F)

## Lancer Academy: Currently in Room B227

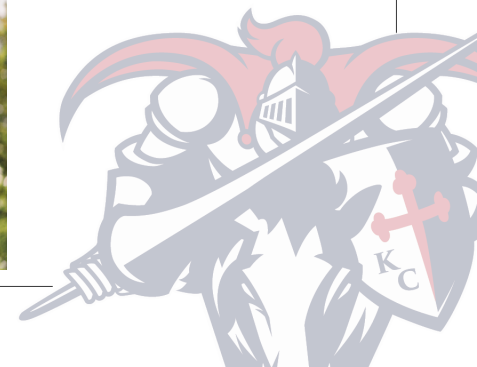
2:45pm - 3:30pm (M - TH)

## Library Hours:

7:30am - 5:00pm (M-F)



# Moment of Mindfulness

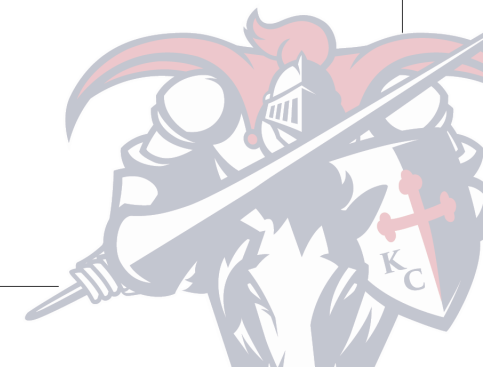


# High School Graduation Requirements – Class of 2027

9th Grade	10th Grade	11th Grade	12th Grade
Theology 9	Theology 10	Theology 11	Theology 12
English 9	English 10	English 11	English 12
Math	Math	Math	Elective/Math
Intro to Health/PE	World History	US History	American Gov. + SS Elective
Science	Science	Science	Elective/Science
World Language	World Language	Elective/World Language	Elective/World Language
Art Elective	Art Elective	Elective	Elective

## Electives

Fitness: 0.5 credits  
CTE: 1.0 credit



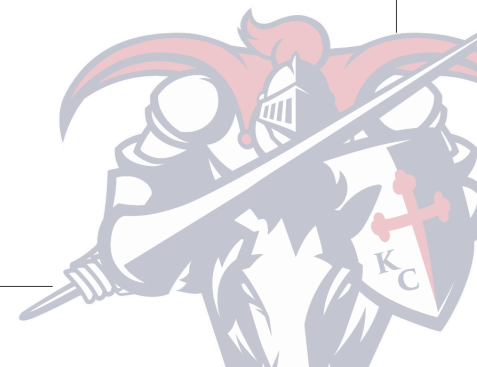


# Washington State College Admission Standards

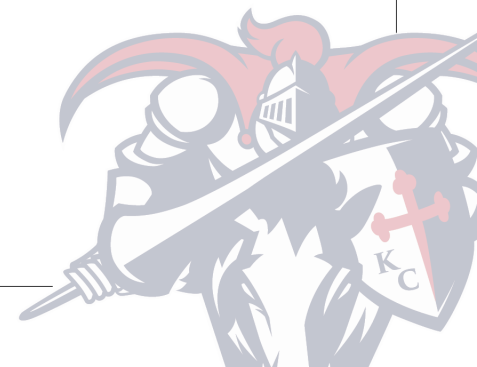
English	4	
Mathematics	3 credits +	During senior year, students must earn 1 credit in a math-based course. An algebra-based science course taken during senior year would also satisfy this requirement
Science	3 credits	2 credits must be laboratory science
World Languages	2 credits	Credits must be earned in same language
Social Sciences	3 credits	0.5 credits of Civics credit required; 0.5 credit of Washington state history is required if not earned prior to high school
Arts	2 credits	2 credits of fine, visual, or performing arts

\*A senior year math-based quantitative course is required. This can be met by:

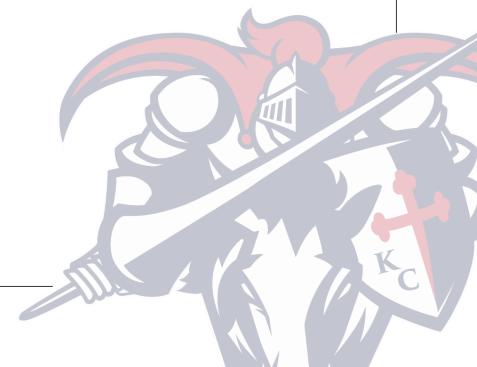
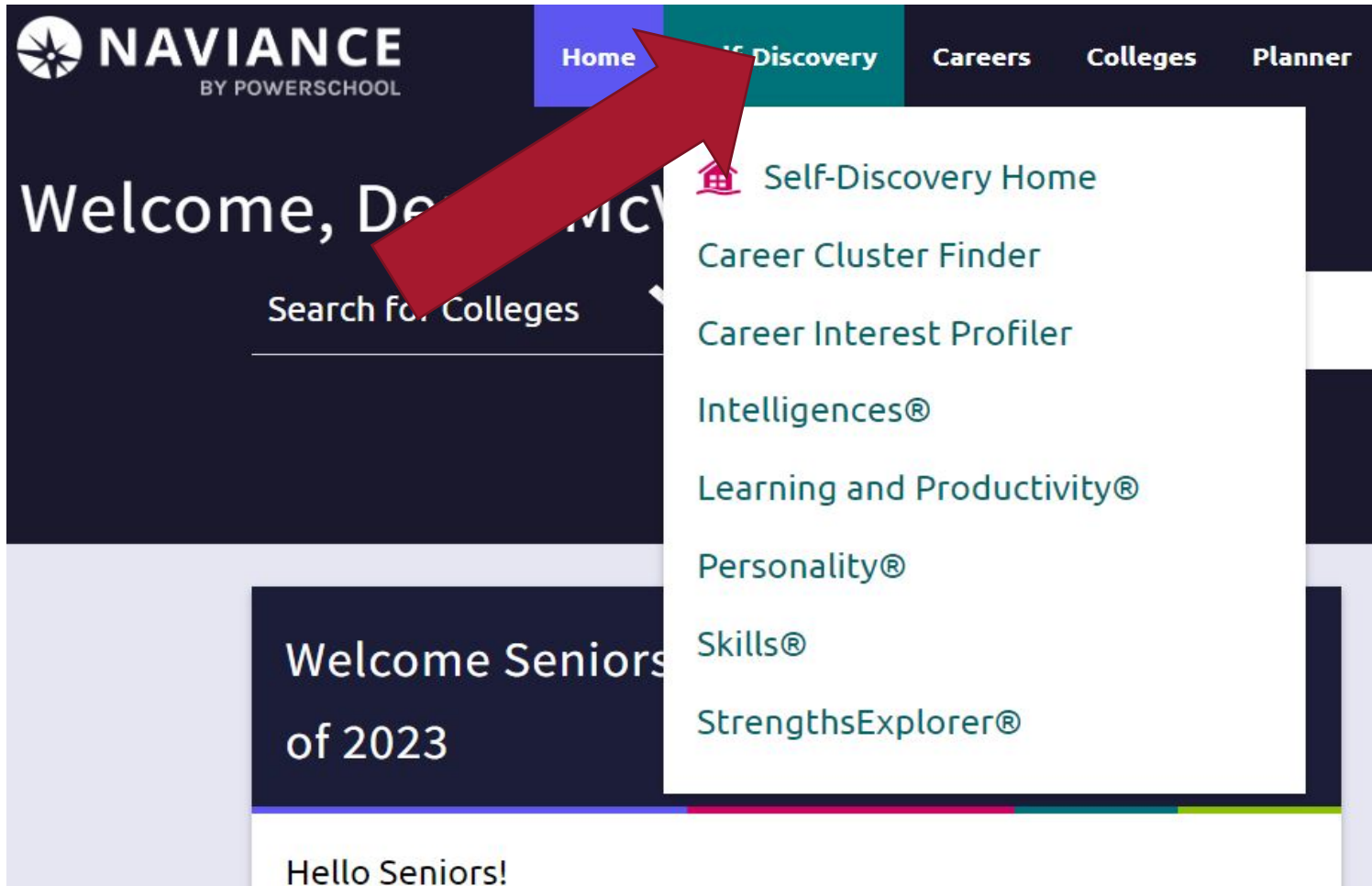
- taking a math class during senior year
- taking an algebra-based science class during senior year
- completing Pre-Calculus by junior year



# Post-High School Options



# Naviance – Self-Discovery Assessments






# Naviance – Self-Discovery Assessments

## Self-Discovery


**AchieveWorks Intelligences®**  
*Formerly MI Advantage*



Intelligence comes in many forms. **AchieveWorks Intelligences®** helps you uncover your different intelligences and how to leverage them.

START ASSESSMENT


**AchieveWorks Learning and Productivity®**  
*Formerly Learning Styles Inventory*



Discover your sensory, environmental and mindset preferences to help develop and adjust your study practices.

START ASSESSMENT


**AchieveWorks Personality®**  
*Formerly Do What You Are*



**AchieveWorks Personality®** helps you identify your personality type by asking you to choose scenarios that best represent how you behave in real life.


START ASSESSMENT

**AchieveWorks Skills®**






**AchieveWorks Skills®** helps you identify and develop your skills and connects your skills to careers that might interest you.


START ASSESSMENT

**Career Cluster Finder**  
COMPLETED Nov 25 2019

**Top Clusters**

-  Arts, Audio/Video Technology and Communication
-  Education and Training
-  Science, Technology, Engineering, and Mathematics


RETAKEVIEW RESULTS

**Career Interest Profiler**  
LAST UPDATED Nov 25 2019




PROGRESS15%

The **Career Interest Profiler** captures your interests to help identify your personality traits and suggest careers based on the U.S. Department of Labor's data.


RETAKECONTINUE

**Career Key**  
COMPLETED Nov 25 2019

**Holland Traits**

-  Realistic
-  Social
-  Conventional

RETAKEVIEW RESULTS

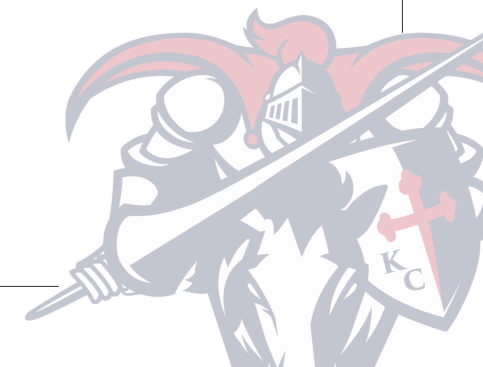
**Gallup StrengthsExplorer**  
LAST UPDATED Nov 25 2019

PROGRESS15%

**Gallup StrengthsExplorer** helps you identify your key strengths that you can use as you proceed on your college, career and life readiness journey.

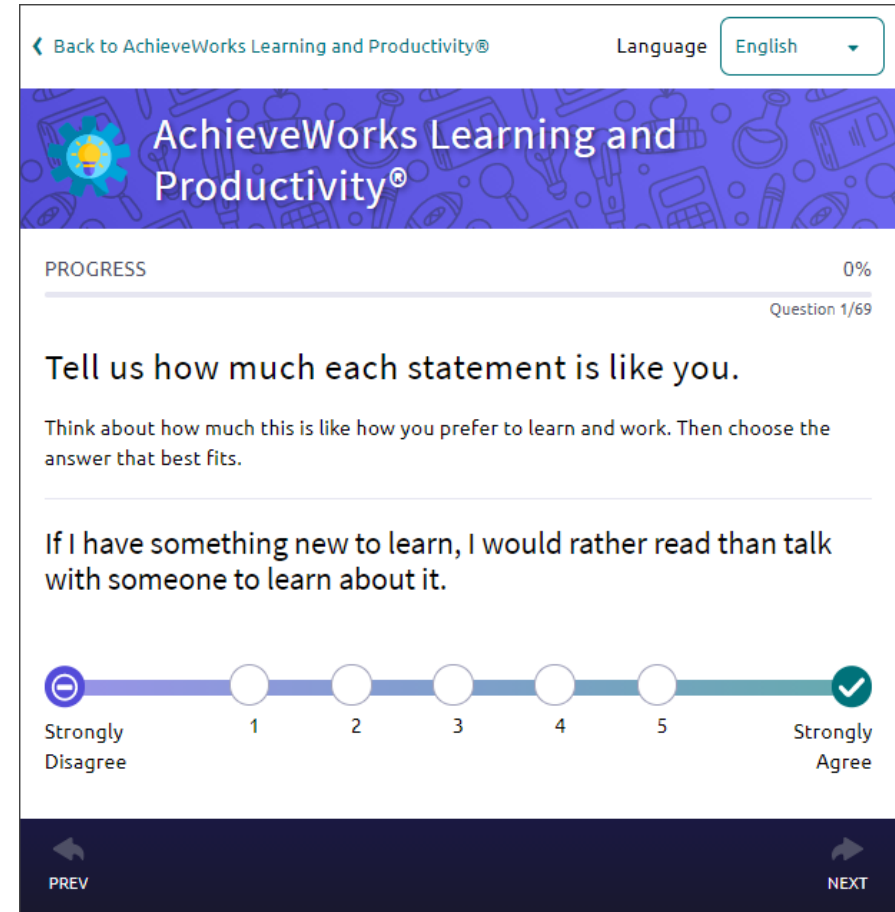
CONTINUE

KENNEDY CATHOLIC HIGH SCHOOL



# Naviance - AchieveWorks® Learning and Productivity

- Helps students identify their sensory and mindset preferences to help them develop study practices.
- Students will discover how they learn the best and how to be most productive.
- Approximately 20 minutes and includes 69 questions.



← Back to AchieveWorks Learning and Productivity® Language English

**AchieveWorks Learning and Productivity®**

PROGRESS 0%  
Question 1/69

Tell us how much each statement is like you.

Think about how much this is like how you prefer to learn and work. Then choose the answer that best fits.

If I have something new to learn, I would rather read than talk with someone to learn about it.

Strongly Disagree 1 2 3 4 5 Strongly Agree

PREV NEXT

# Naviance - AchieveWorks® Learning and Productivity

- Results include tips for making studying easier and more effective and strategies for how students can be more comfortable and successful in class.
- Summary: Includes next steps and an overview of the student's learning and productivity preferences.
  - Sensory Preferences
  - Environmental Preferences
  - Mindset Preferences

AchieveWorks Learning and Productivity®  
COMPLETED Dec 2nd 2020

TABLE OF CONTENTS  
Summary

PREV NEXT

### Your Learning and Productivity Preferences

#### Sensory Preferences

You learn with four senses. You may like to learn with only one or two, but research has shown that you benefit most when learning through multiple sensory modes. So it will help to use more than just your preferred senses.

Low Visual	High Visual
Low Kinesthetic	High Kinesthetic
Low Auditory	High Auditory
Low Tactile	High Tactile

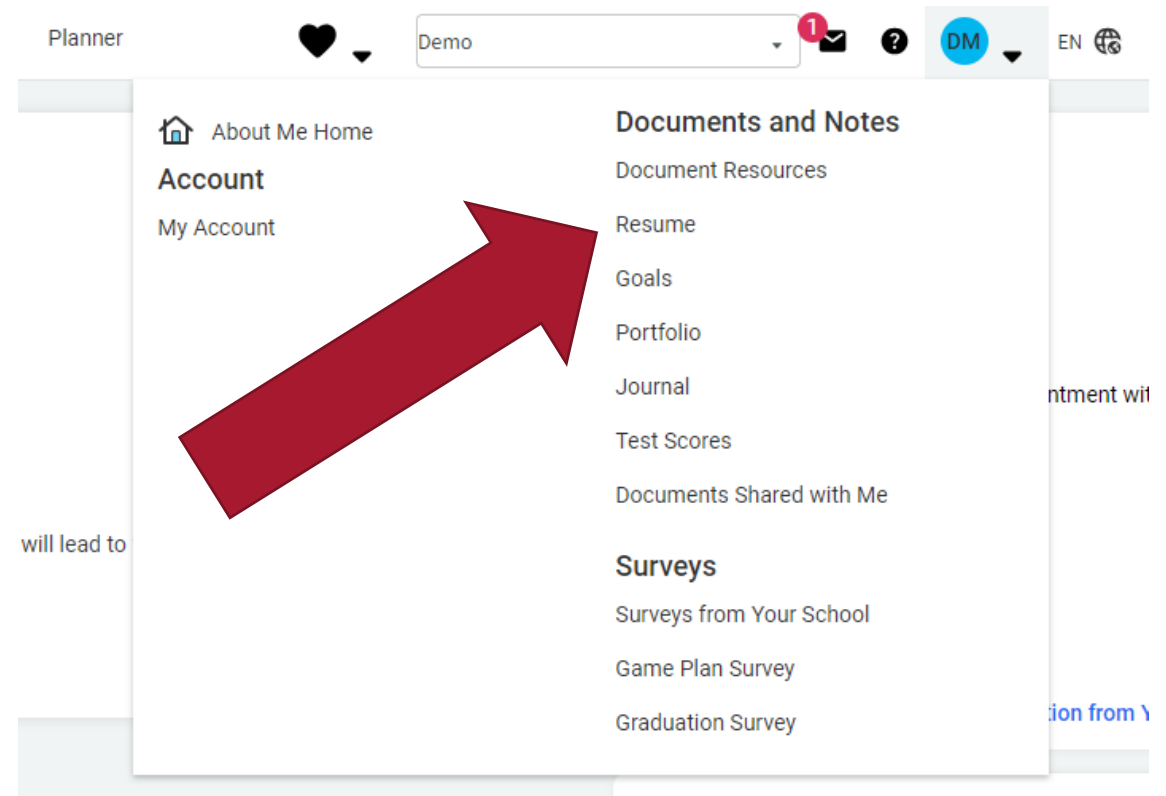
#### Environmental Preferences

These are simple preferences that don't require further development. For these, simply adjust your learning environment, when reasonable, to suit your strongest preferences.

Cool Environment	Warm Environment
No Intake	Likes Intake
Low Light	Bright Light
Quiet in Background	Sound in Background
Casual Setting	Traditional Setting
Late in the Day	Early in the Day
Stillness	Mobility

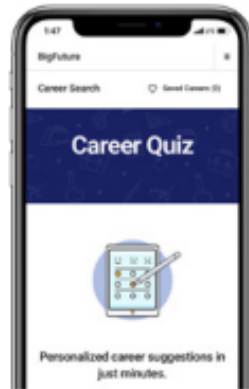
# Naviance – Resume Building

- Start keeping track of any:
  - Activities (sports, clubs, etc.)
  - Jobs
  - Internships
  - Volunteer hours
  - Awards
  - Accomplishments
  - Hobbies
  - Leadership positions
  - Family responsibilities



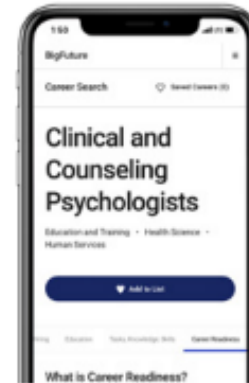
# BigFuture – Explore Careers

Career exploration is a top priority of students, regardless of their pathway after high school. BigFuture® offers all students free, personalized tools to find careers and the education they need to reach them.



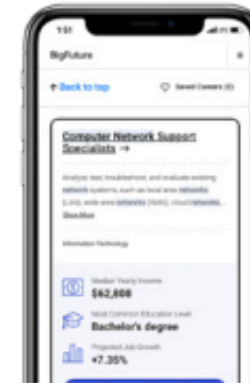
## 1. Take a Career Quiz. Get Personalized Career Recommendations.

Students can take a 10-minute career quiz about their interests and get matched to a list of 30 potential careers to explore.



## 2. Explore Over 1,000 Career Profiles Matched To Interests And Skills.

Students can access detailed state and national information about income, job growth, and common education level. BigFuture also shows students how their math, reading, and writing skills measured by the SAT® Suite of Assessments connect to career readiness<sup>1</sup>.



## 3. Start a Career List. Qualify For \$40K.

Students can save careers to their list to keep track of their interests.

10th and 11th graders qualify for \$500 and \$40,000 BigFuture Scholarships when they save three or more careers.

<sup>1</sup> Connect Students to Career Possibilities: <https://bigfuture.collegeboard.org/career-insights>

# Upcoming Events

- **PSAT**
  - Wednesday, October 11th
- **Career Day**
  - Thursday, October 12th
- **College Visits at Kennedy Catholic**
  - September - November
- **Seattle National College Fair**
  - Friday, October 6th, 9am-12pm
  - Saturday, October 7th, 12-4pm



# FAQs

## **How can I see upcoming events, school holidays, and daily schedules?**

The best place to find this information (and more) is the [calendar](#) on the school website.

The weekly [e-news](#) is also a great source of information. You should be receiving these in your email, but they are also published on the school website.

## **Will students have the same counselors throughout high school?**

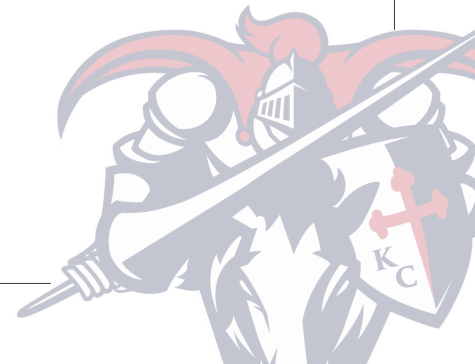
Ideally, yes. This is to help develop a better connection between student and counselors as students progress through high school.

## **Where can I find the most up-to-date grades for my student?**

The best place to find up-to-date grades for your student is on PowerSchool.

## **Where can I find the school graduation requirements?**

Graduation requirements can be found on the [school website](#).





# FAQs

## **What are the library hours this year?**

The library will be open from 7:30am – 5pm, Monday-Friday.

## **What is a fitness waiver?**

Students need to take three semesters of PE class to graduate high school. Students can earn one semester of PE credit if they participate in one season of KCHS athletics. This can only be applied for one season each academic year, regardless of how many seasons in which a student participates. Students cannot waive Intro. to PE and they cannot waive Intro. to Health. This information will be added to transcripts at the end of each season, so long as students complete the sports season.

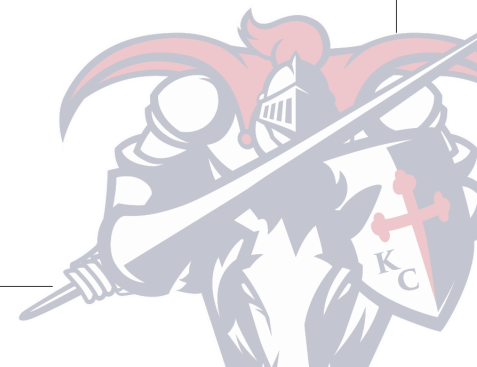
For non-KCHS athletics and activities, students must obtain permission from the PE/Health Department Chair and the Academic Office.

If the activity is deemed eligible, students will need to obtain a waiver form from our school registrar, Mrs. Ezbekorn.

## **Where can I find a list of clubs and team sports offered at Kennedy Catholic?**

You can find both of these on the school website.

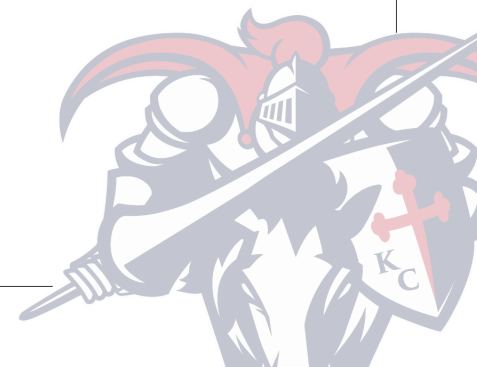
[Click here for a list of clubs](#), [and click here for a list of team sports](#).





# Counseling Department – Getting Info

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



# Parents – How to Get Involved



KENNEDY CATHOLIC



BSHARP

[Click here for more information about the parent clubs!](#)

