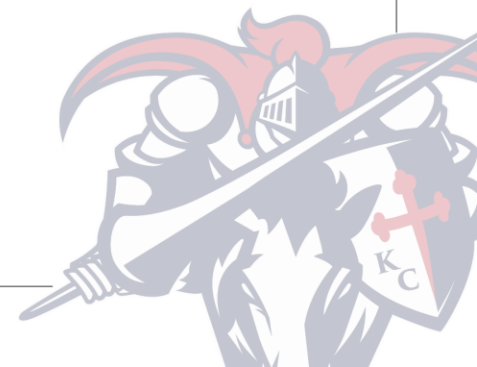




# Sophomore Parent Night

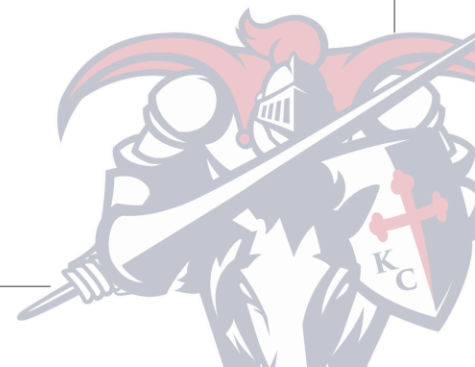
February 21, 2024

# Prayer



# Evening Agenda

- Welcome & Prayer
- Introductions
- SEL Counseling & School Social Worker
- Post-High School Options / College Planning
- Q & A



# Counseling Department

## SEL Counselors

A-B

Laura Breshock  
breshockl@kennedyhs.org

C-I

Diana Soto  
sotod@kennedyhs.org

J-P

Alvin Lui  
luia@kennedyhs.org

Q-Z

Ralph Springer  
springerr@kennedyhs.org

## College Counselors

A-L

Siobhan McVeigh  
mcveighs@kennedyhs.org

M-Z

Kelsey Mark  
markk@kennedyhs.org

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

## Social Workers

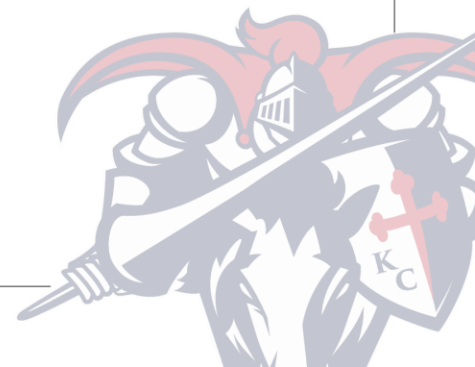
Susan Tiffany  
A-Z, International Students  
tiffanys@kennedyhs.org

Molly Costello  
MSW Intern  
costellom@kennedyhs.org

Alyson Soma  
Social Worker  
soma@kennedyhs.org

# Counseling Department – Getting Info

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



# SEL Counselor Support



# SEL Counselor Support

## What We Do...

- Academic-Advising and Support
- Social/Emotional Counseling and Groups
- College and Career Support
- Conversations are confidential between Counselor and Student unless someone's safety is at risk, or we suspect abuse
- Students can use our Calendly links to make appointments to see their Counselors or use our QR code in the Counseling Department
- Parents/Guardians can call or email to schedule a meeting



# SEL Counselor Support

## What Parents Need to Know

- Student mental health continues to be an issue post-COVID
  - Many students are two years behind in maturity and social skills
- It can be difficult to connect students with a mental health care provider
- We can meet with students who are in crisis
- Our Social Worker, Susan Tiffany, can meet with students until connected with an outside provider





# SEL Counselor Support

## What Students Need to Know

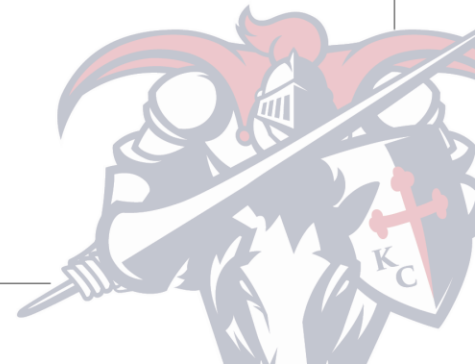
- We continue to be here to support you
- We can only help you if you tell us what is going on
- You can schedule an appointment using our Calendly links
- We will be offering some groups throughout the year such as Mindfulness, Study Skills, Wellness, and Grief
- It is not too late to get involved- join Clubs, go on Retreats!
- These months go by quickly, so do your best to be present and enjoy your sophomore year



# Paving the Way for Success

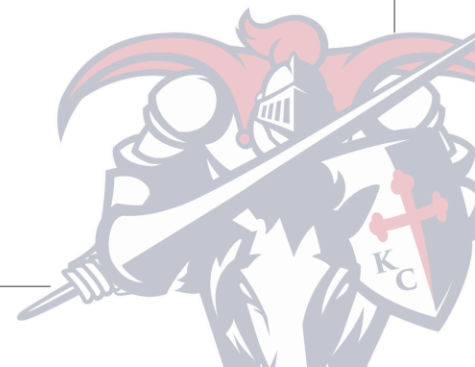
## What Parents/Guardians Can Do

- Set appropriate expectations for grades
- Communicate with teachers directly regarding classroom concerns
  1. Student should first advocate for themselves
  2. If parent/guardian involvement is necessary, contact the Teacher
  3. If issue is not resolved, contact their Counselor
  4. Lastly, contact the Vice Principal of Academics, Dr. Kuzmanich
- Help your student set up a balanced routine



# Paving the Way for Success: What Your Students Can Do

- Check grades in PowerSchool
- Check Schoology for assignment details
- Use their planner or their devices to keep track of classwork/tests
- Communicate with teachers



# Support for Students

## Teacher Office Hours:

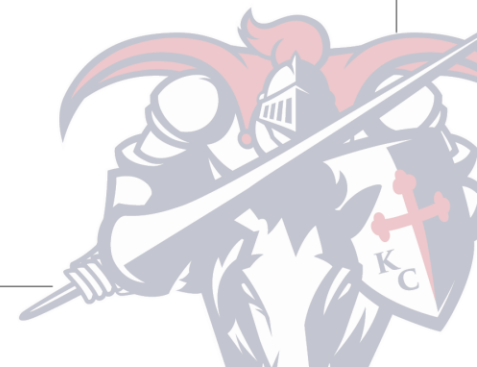
- 7:30 - 7:55am (M - F)
- 2:30 - 3:00pm (M - F)

## Lancer Academy: Currently in Room B227

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

## Library Hours:

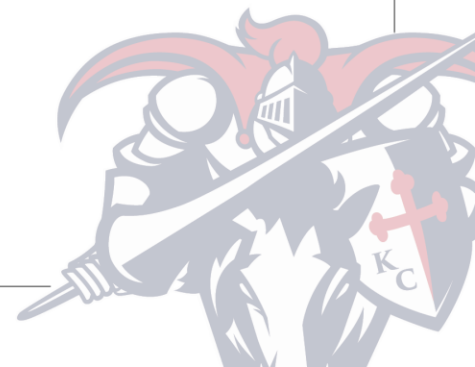
- 7:30 - 5:00pm (M-F)



# Monitoring Student Progress

## Grade Book Dates for Semester 2:

- Feb. 21 – Interim Reports
- Mar. 26 – End of Q2
- May 3 – Interim Reports
- Jun. 6 – End of Q4/S2



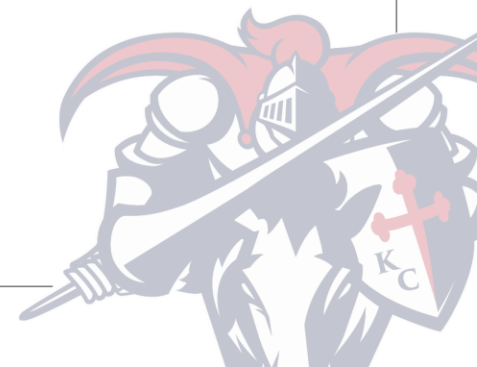
# School Social Worker



# School Social Worker – SEL Support

## Role of the School Social Worker

- Support students who may need more focused social-emotional support
- Coordinate care with outside services providers
- Partner with caregivers and families to support their student's success
- Connect to students through referral
- Coordinate *Check Yourself* survey



# Post-High School Options / College Planning





# Post-High School Options

- Four-year college
- Two-year community college
  - Direct Transfer Agreement
- Technical / Trade
  - Washington State Board for Community & Technical Colleges
- Gap Year
- Military



# Graduation Requirements & CADRs

Subject	KCHS Graduation Requirements	Washington State CADR	Highly Selective Colleges/Universities
English	4	4	4
Math – <i>Algebra II or higher</i> • Senior Year Math-Based Quantitative Course	3	3	4 including Pre-Calc or Calculus
Science – <i>Including 2 years of lab science</i>	3	3	3-4 including Physics
World Language – <i>Second level proficiency</i>	2*	2	2-4 in the same language
Social Sciences – <i>Including WA State History</i>	3	3	2-3
Arts	2	1	1
Theology	4	N/A	NA
Health / Fitness	0.5 / 1.5	N/A	NA
Career & Technical Education	1	N/A	NA
Electives	4	N/A	Advanced courses in major related subject

# Things to Remember

- If students have received an "F" or "I" on their transcript, credit for that class was not earned. This credit may need to be retrieved.
- "D" is a pass, but some colleges look for "C's" and higher (example: California public colleges)
- Students should start to consider challenging themselves in the classroom - increase academic rigor if possible
- **Junior year grades matter** - maintain a strong GPA (including academically rigorous classes)

# How Important?

## PERCENTAGE OF COLLEGES ATTRIBUTING “CONSIDERABLE IMPORTANCE” TO FACTORS IN ADMISSION DECISIONS: FIRST-TIME FRESHMEN, FALL 2013 TO FALL 2023

	2023	2019-2022	2018	2017	2016	2015	2014	2013
High school grades in college prep courses	77%	---	73%	71%	77%	---	79%	82%
Total high school grades (all courses)	74	---	75	81	77	---	60	52
Strength of high school curriculum	64	---	62	51	52	---	60	64
Essay or writing sample	19	---	23	17	19	---	22	22
Student’s interest in attending	16	---	16	16	14	---	17	20
Counselor recommendation	12	---	15	11	15	---	17	16
Teacher recommendation	11	---	14	7	11	---	15	14
Extracurricular activities	7	---	6	4	8	---	6	10
Admission test scores (ACT, SAT)	5	---	46	52	54	---	56	58
Portfolio	5	---	6	5	6	---	7	6
High school class rank	5	---	9	9	9	---	14	15
Interview	4	---	6	4	5	---	4	8
State graduation exam scores	2	---	2	2	2	---	4	3
Work	2	---	4	2	3	---	1	3
Subject test scores (AP, IB)	1	---	6	4	7	---	7	8

--- Data are not available

SOURCES: NACAC’s Factors in the Admission Decision, 2022-23, NACAC’s Admission Trends Surveys, 2012-2022.



# For Prospective Athletes

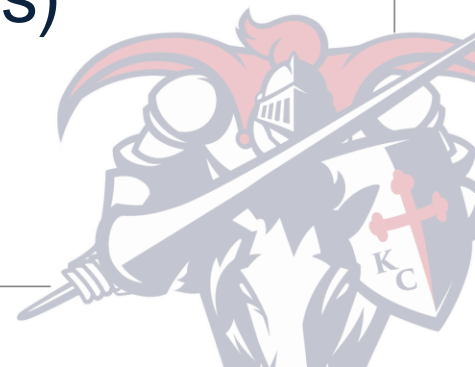
- Know your eligibility (DI, DII, or DIII)
- Create your free profile page account in the NCAA portal
- Meet the core academic requirements
  - **16 core courses total**
- Review sliding scale for GPA and test scores
- Request Kennedy Catholic to send your transcript to the NCAA at the end of junior year
- Outside of the NCAA Eligibility Center, start completing prospective athlete forms on college websites (Example: University of Oregon)

# What Can You Do Now



# College & Career Planning: Academics

- Academic rigor
- Maintain your GPA
- Recognize how you learn best
- Take classes for intended major / career
- Find out college / career entrance requirements (start with Naviance)
- Use Naviance to explore personality traits, career options, and learning habits (Login info to be sent in the coming weeks)



# College Planning: Standardize Tests

- Utilize PSAT score report to look for areas of strength / deficient
- Use test prep resources for SAT/ACT
  - SAT: [Khan Academy](#) and [Albert.io](#)
  - ACT: [ACT.org](#)
- Keep an eye out for schools that are test optional/test blind (all Washington schools are test optional, and UC schools are test blind)
  - For a list, check out [fairtest.org](#)
- Qualify for scholarships and included for National Merit Scholarship Consideration
- Receive free information from interested colleges & scholarship programs



# College & Career Planning: Personal

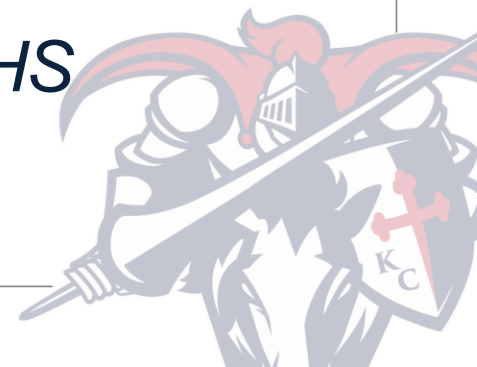
- Get involved in the community (school, local, church, etc.)
  - Join clubs, sports teams, volunteer opportunities, etc.
- Sustained involvement – opportunities for more responsibility and/or leadership
- Attend college visits and college fairs
  - PNACAC Spring College Fair – April 27 at Seattle University
- Use Naviance to explore personality traits, career options, and learning habits (Login info to be sent in the coming weeks)
- Start keeping track of your awards, involvement, experiences (Use Naviance Resume tool to document)



# Summer Opportunities

- Volunteer (beyond the ISLE hours)
- Internships
- Pre-college programs at colleges and universities
  - TeenLife - Summer Programs
- Summer courses
  - Catholic Virtual (More information will be available in the spring)
  - Community college courses\* (major / career related that Kennedy does not offer)
- Work Experience

*\*These college courses will most likely not count towards KCHS graduation requirements*





**Thank you for  
attending!**

**Questions?**