

9<sup>TH</sup> GRADE  
GUIDANCE

INTERLAKE HIGH  
SCHOOL

FALL 2023



# Today's Topics

Let's Talk About Stress

Rest & Fun

Words of Wisdom

Naviance





Entrance Ticket

Nearpod  
Code: WT37Q

[HTTPS://APP.NEARPOD.COM/?PIN=WT37Q](https://app.nearpod.com/?pin=WT37Q)

# School Counselors *What we do*

We help with Academic, Personal/Social  
and College/Career concerns

## **When should you reach out to your counselor?**

- When you're feeling overwhelmed or stressed out
- Having trouble in a class or with a teacher
- Problems with friends or worried about a friend
- Family issues
- Questions about planning for the future

Confidentiality - we keep our conversations confidential with a few  
specific exceptions:

*If you are hurting yourself, hurting others or if someone is hurting  
you*

# Who's your counselor?

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Elizabeth Galvan (A-Con)  
Carri McDermott (Coo-Hi)  
Alyssa Flaherty(HI-Lon)  
Maya Vergien (Lop-Pari)  
Chelsea Kearns (Park-Su)  
Scott Marcum (Sw-Z)  
Janice Lin (Secretary)



# How To Access Your School Counselor



Before School (7:30-8:00)



Your Lunchtime



After School (3:00-3:30)



Email Your Counselor

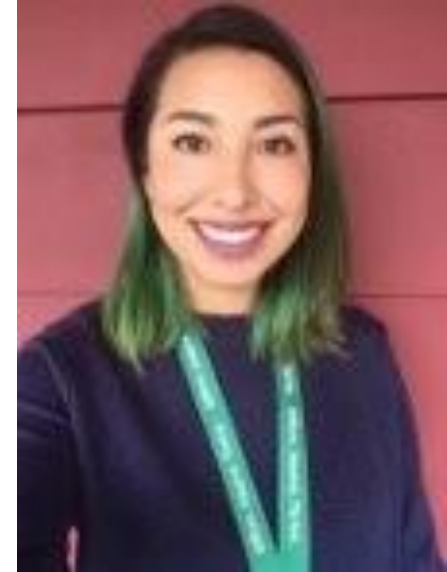


Check in with Counseling Secretary (Ms. Lin) for  
counselor availability

# Other Academic and Mental Health Supports

- MHAT Counselors
- Tutorial
- Peer Tutors
- College & Career Center – Mr. Valdez, College & Career Advisor
- Community Agency Counselors (Personal issues, Drug/Alcohol Support, Friend/Family problems)
- Hotlines:
  - Crisis Connections: 866-427-4747 (24 Hour Crisis Line)
  - Crisis Text Line: Text START to 741741
  - TeenLink – 1-866-TeenLink (833-6546)
- Ask your counselor about other resources!

Ms. Rosas



Ms. Asplund

# https://bsd405.org/interlake/counseling/

*(So many other resources here!)*

Home →

## Welcome to the Interlake Counseling Center

### Counseling Center Hours

M,T,Th,F  
7:30 AM to 3:30 PM

Wed  
7:30 AM to 1:00 PM

### Phone Number

Counseling Center  
425.456.7231

### Address

16245 NE 24th Street  
Bellevue, WA 98008

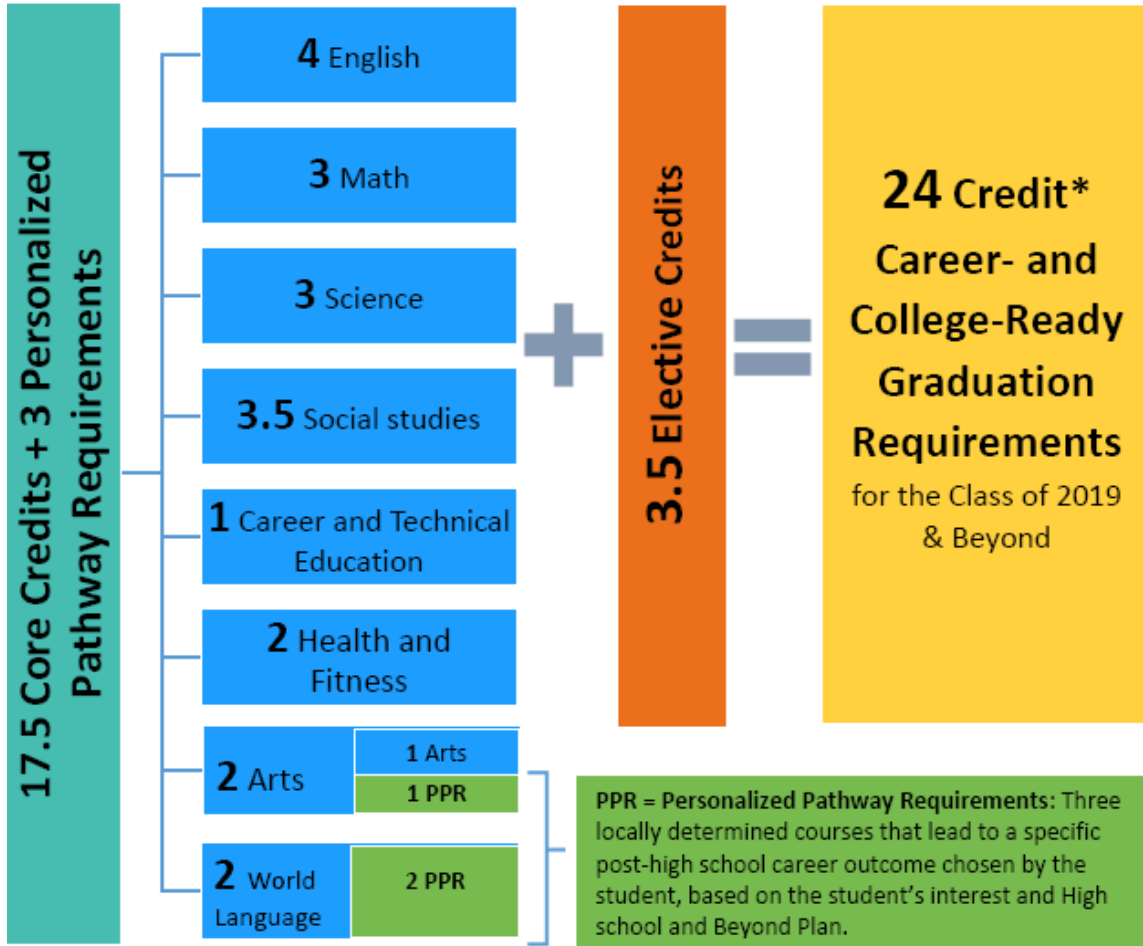


- Course Registration & Graduation Planning
- College & Career Center
- College Planning
- High School and Beyond Plan
- Mental Health Resources
- Community Service
- Naviance





$$17.5 + 3 + 3.5 = 24$$



# Academic Graduation Requirements

# Life AFTER high school

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2- or 4-year  
college

Join the  
Military

Get a Job

Training  
Program

Gap Year

See the  
World

Study  
Abroad

Volunteer

# What is the High School & Beyond Plan? (HSBP)

- Graduation Requirement
- There are SEVEN parts to the HSBP.
- All tasks are assigned in Naviance.

9 <sup>th</sup> Grade	10 <sup>th</sup> Grade	11 <sup>th</sup> Grade	12 <sup>th</sup> Grade
✓ Four Year Course Plan	✓ Career Interest Profiler	✓ Graduation Pathway	✓ Financial Aid Survey
✓ The Game Plan Survey	✓ Resume		✓ Graduation Survey – <b>to be completed in June of 12<sup>th</sup> Grade!</b>

# Community Service x2VOL

## **Submit your community service hours online!**

*40 hours required for graduation*

- Paper community service forms are not accepted
- Submit online through x2VOL
  - Log your own hours (you will need your supervisor's email address)
  - Condense entries when possible
    - (For example: If you volunteered for a half-hour every day after school for a week, enter in one 2.5-hour entry instead of five 0.5-hour entries)
  - Look for community service opportunities
  - Track your hours

***Instructions are available on the  
Interlake Counseling Website***

# *Naviance*

*Let's log in*



A web-based program designed for students and parents



It will help you make decisions about classes, colleges and careers!



It will be used to send your records for college applications

# Bellevue School District

[Not your district?](#)



Log in with District Account

Having trouble?

Your school's tech support

Or [get help logging in](#)

Clever



Clever Badge log in

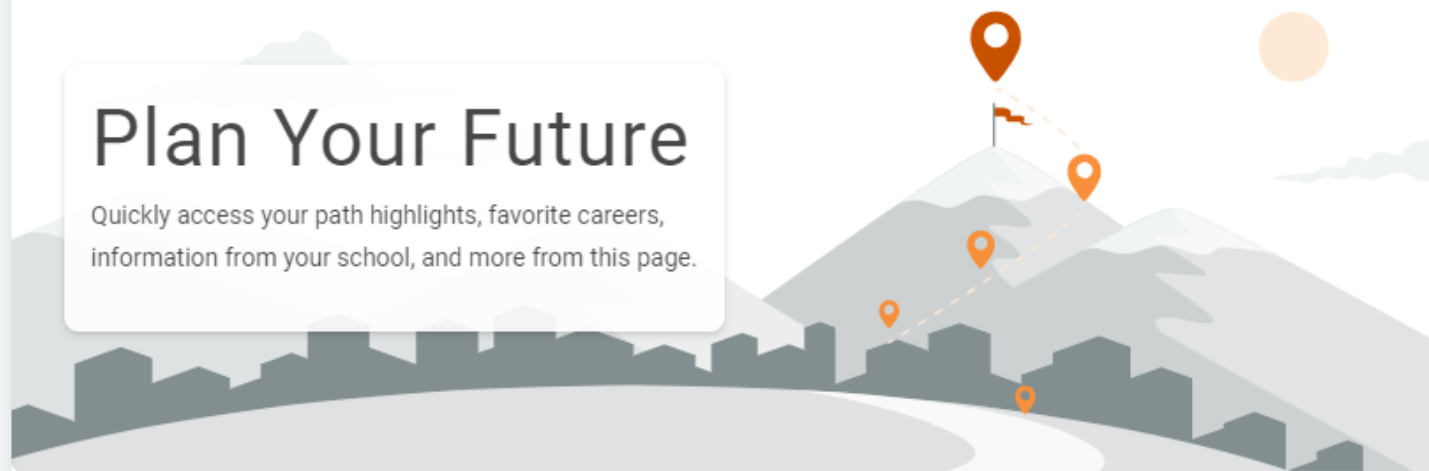
## Demo's Future Planning

Career Education or Trade School

[Edit Path](#)

# Plan Your Future

Quickly access your path highlights, favorite careers, information from your school, and more from this page.



## Career Path Highlights

Self-Discovery

## Welcome to Naviance

Welcome to Interlake High School's Naviance Program, funded by the Bellevue Schools Foundation! This program will help you with College and Career searches, college planning and sending your applications. It will keep all of your information confidential and provide you with an organized structure as you move through the college application process. If you have any questions about navigating the site, please contact your student's counselor at Interlake.

[Additional Information from Your School](#)

## Tasks from My School


Task Or To-Do	Priority	Date
<input checked="" type="checkbox"/> <a href="#">Complete SuperM... Task</a>	None	05/31/24
<input checked="" type="checkbox"/> <a href="#">Complete Career I...</a>	None	07/15/24

# It's Your Life! What Motivates YOU?

- ❖ 9<sup>th</sup> Graders completed this on Super Wednesday
- ❖ Aligns your personality with career ideas
- ❖ The results of this personality assessment included your Myers-Briggs letters

Navigate pathway:

Self-Discovery → Personality → Achieveworks Personality



## AchieveWorks Personality®





[START ASSESSMENT](#)

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

This tool will reveal your true personality and provide tips to achieve success, in a way that works for you.

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### How it Works

 Plan to spend at least 15 minutes on this assessment.	 Relax, there are no right or wrong answers.
 You are unique. Just choose the options that are most like you.	 Don't be influenced by what others may expect of you.



# Myers-Briggs

Helps us understand ourselves and others

Your results offered 4 letters



For example:  
ESFP

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Extraversion  or  Introversion

Opposite ways to direct and receive energy

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Sensing  or  iNtuition

Opposite ways to take in information

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Thinking  or  Feeling

Opposite ways to decide and come to conclusions

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Judging  or  Perceiving

Opposite ways to approach the outside world

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# Are you an Introvert or Extrovert?

## Introversion (I) vs. Extraversion (E)

How we interact with the world and where we direct our energy.



### Introversion

- Focus attention inward
- Enjoy tasks that require concentration
- Work best on one project at a time
- Work at a careful, steady pace
- Consider things fully before speaking

YOU



### Extraversion

- Focus attention outward
- Enjoy a variety of tasks
- Seek out and need other people
- Work at a rapid pace
- Need to talk through their ideas

# How You Rest & Have Fun is a Personal Preference

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**Extroversion - Ambiversion - Introversion**

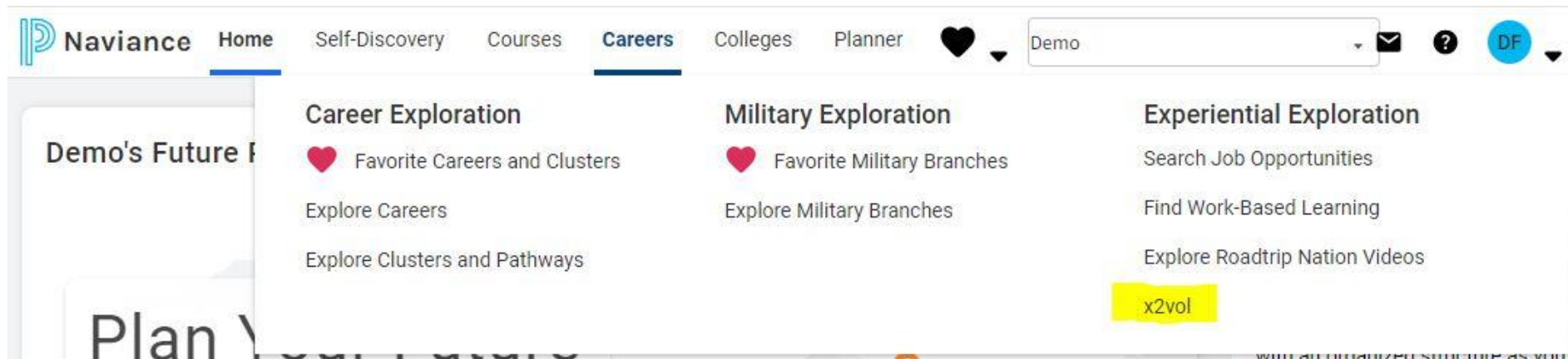


*Preference  
for **more**  
stimulating  
environments*

*Preference  
for **less**  
stimulating  
environments*

# Logging Community Service Hours

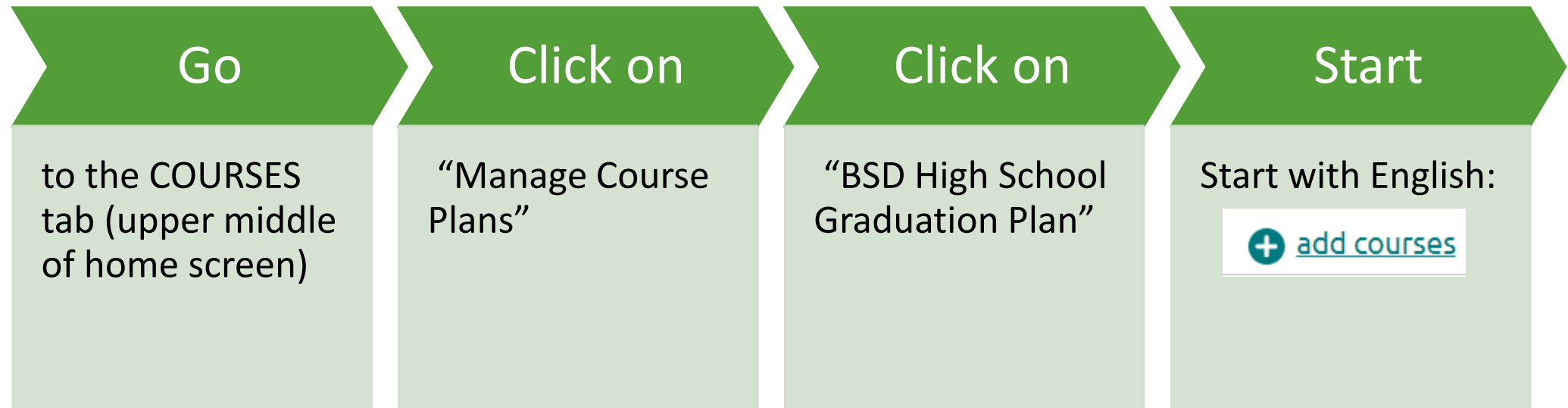
1. Sign into Naviance
2. Find X2Vol under “Careers” and “Experiential Exploration”
3. Complete your x2VOL profile



# 4 Year Course Plan

Graduation Requirement!!

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# Choose Your Own Adventure!

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Achieveworks

Myers-Briggs

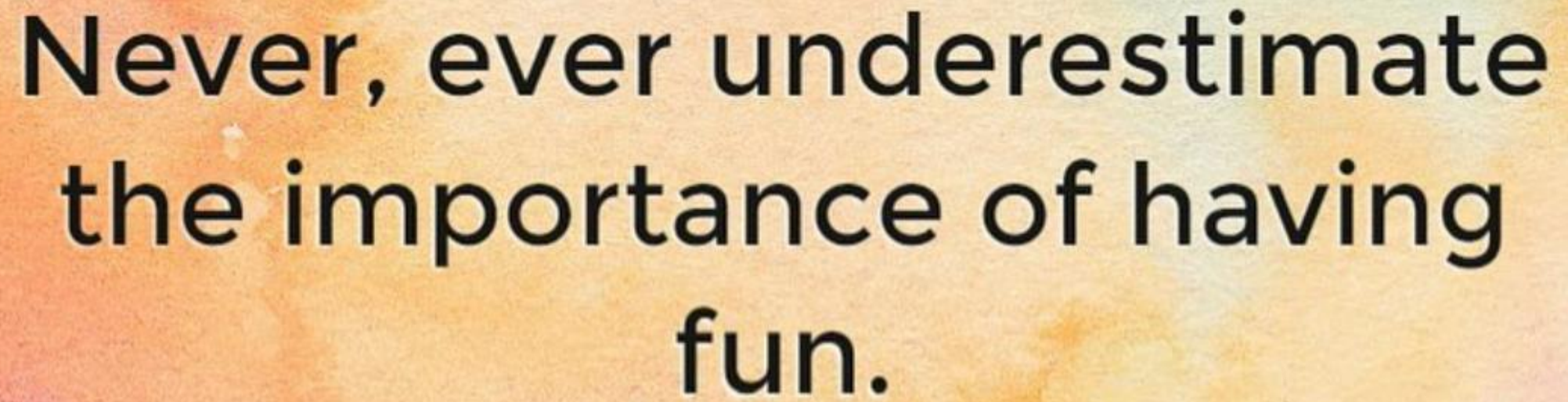
Log  
Community  
Service Hours

Achieveworks

Explore Careers

4 year course  
plan

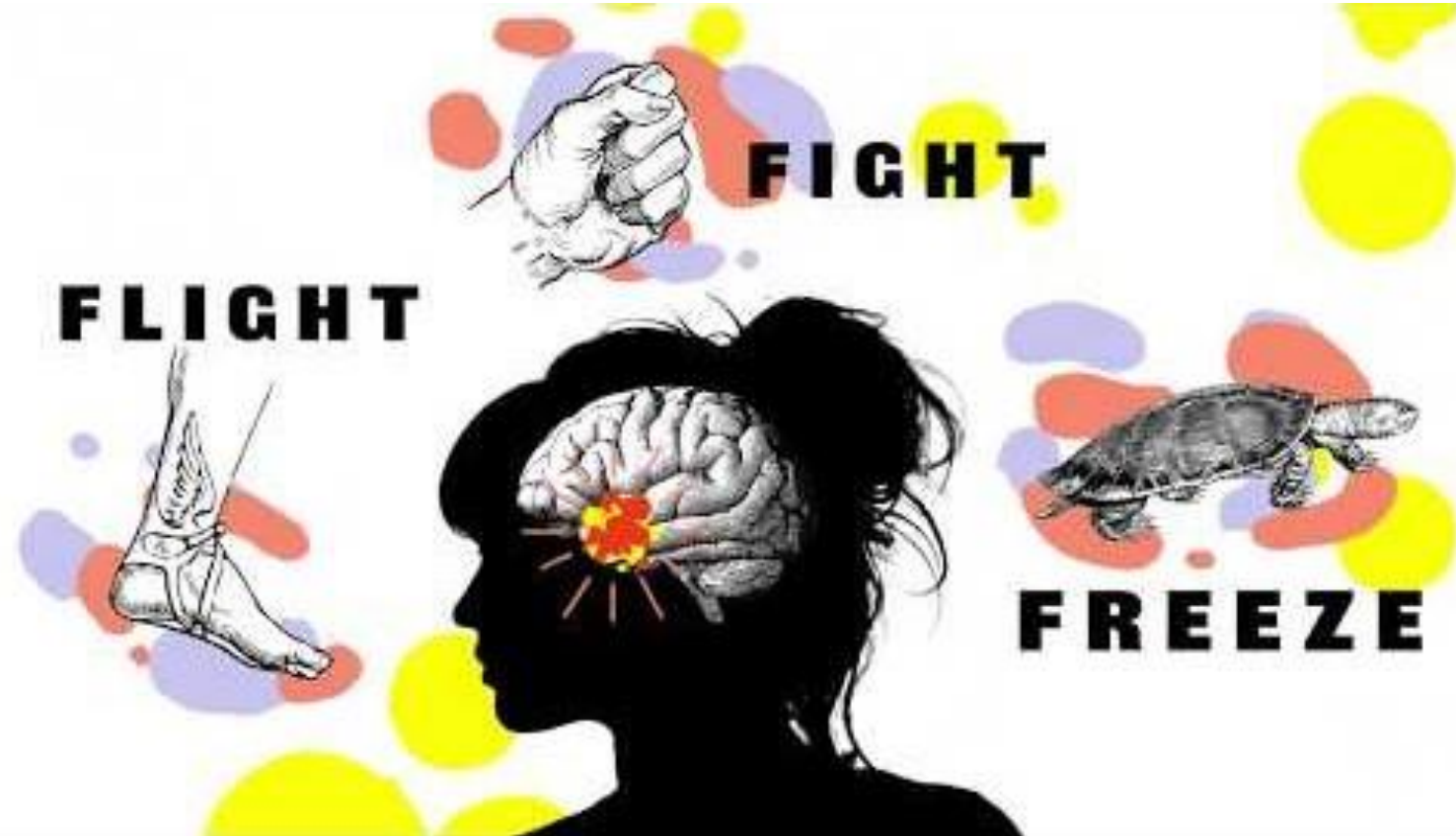
Resume



Never, ever underestimate  
the importance of having  
fun.

# About Stress

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# Fight, Flight or Freeze

## Involuntary responses to a threat

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Fight – Prepare for battle

Flight – Escape

Freeze – Physically, mentally, and emotionally immobilized

- Neither fight or flight are possible
- “Disappearing” *yourself*, to block out what’s too scary to take in

# WHAT TRIGGERS YOU?

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- What does stress look like at Interlake?
- Name three healthy and three unhealthy ways that students manage stress

*Chat with your neighbors*

# Interlake Students

## *How Do You Cope?*

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### COMMON SOURCES OF STRESS

Keeping up on homework/tests/amount of homework/projects

Good grades/grades matter

Time management/extracurriculars

Difficult class(es)

Keeping grades up while playing sports

### HOW STUDENTS COPE

Time alone/sleep

Listen to music

Hang out with/talk to friends

Watch TV/Netflix/YouTube

Do something active/exercise

Work on what is stressing you out

Talk to parents/older people

# Healthy Ways of Coping

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Are good for your body

*and*

Are good for your relationships

*and*

Feel good

If something meets **all** these criteria, it is a healthy way to cope.

# Healthy Coping Examples

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<b>Going for a walk (Active)</b>	<ul style="list-style-type: none"><li>• <b>Good for body</b> (Getting exercise, going outside)</li><li>• <b>Good for relationships</b> (Improved mood around other people)</li><li>• <b>Feels good</b> (More energy, gives brain a break)</li></ul>
<b>Painting (Creative)</b>	<ul style="list-style-type: none"><li>• <b>Good for body</b> (Uses and develops different parts of your brain)</li><li>• <b>Good for relationships</b> (Feel calmer and/or positive around other people)</li><li>• <b>Feels good</b> (Challenging self, pride in what you've created, meditative)</li></ul>
<b>Talking with a friend (Calming)</b>	<ul style="list-style-type: none"><li>• <b>Good for body</b> (Increases healthy chemicals in the brain)</li><li>• <b>Good for relationships</b> (Strengthens connections with other people)</li><li>• <b>Feels good</b> (Feel listened to and cared for)</li></ul>

# Healthy Coping When in Moderation

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Healthy	But When in Excess...
Exercise	<ul style="list-style-type: none"><li>• Harms your body (injury)</li><li>• Harms relationships (takes time away from friends and family)</li></ul>
Playing Video Games	<ul style="list-style-type: none"><li>• Harms your body (sleep deprivation)</li><li>• Harms relationships (takes in-person time away from friends and family)</li><li>• Can feel bad (overtired, disconnection from other people, etc.)</li></ul>
Eating Chocolate	<ul style="list-style-type: none"><li>• Harms your body (too much sugar and caffeine)</li><li>• Can feel bad (sick to your stomach)</li></ul>

# Unhealthy Ways of Coping

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Hurt your body

*or*

Hurt your relationships

*or*

Feel bad

If something meets **any** of these criteria, it is an unhealthy way to cope.

# Unhealthy Coping Examples

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<b>Isolating</b>	<ul style="list-style-type: none"><li>• <b>Harms relationships</b> (Disconnected from other people, creating distance)</li><li>• <b>Feels bad</b> (Feel lonely)</li></ul>
<b>Drugs/Alcohol</b>	<ul style="list-style-type: none"><li>• <b>Harms body</b> (Messes with your brain and body systems)</li><li>• <b>Harms relationships</b> (Conflict with friends and family)</li></ul>
<b>Lashing out at people</b>	<ul style="list-style-type: none"><li>• <b>Harms relationships</b> (Disconnecting from other people, conflict)</li></ul>



# Coping strategy: Breathing

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Put one hand on chest, one hand on belly



Breathe in for 4 counts, moving your breath all the way down into belly



Belly should rise



Breathe out slowly for 6 counts

Focus your gaze on one area

Step 1: Take deep breaths and think of 3 things you see

Step 2: Take deep breaths and think of 3 things you hear

Step 3: Take deep breaths and think of 3 things you physically feel (e.g. my feet on the ground, my hood on my head)

Repeat steps 1-3 but think of 2 things for each step, then do it again but only think of 1 thing for each step

# Advanced Breathing

# “Coping” vs “Maintaining”

*What color are  
you today?*

How will YOU stay  
Green or get  
there?

## Student Mental Health - Signs to Notice



### Green - GO

#### FEELINGS

Optimism, happy, good energy  
Sad or irritable at times  
Anxiety during times of stress

#### THOUGHTS

Able to focus  
Clear headed  
Motivated

Infrequent down days, low level  
frustration

#### ACTIONS

Eating and sleeping well, exercise  
Spending time with friends and family  
Able to ask others for help/support



### Yellow - CAUTION

#### FEELINGS

Worthless or hopeless  
Occasionally angry  
Frequently irritable or down

#### THOUGHTS

Unable to concentrate  
Forgetful and lost in thought  
Racing mind

Easily frustrated

#### ACTIONS

Missing school/work  
Spending more time alone  
Changes in sleeping/eating habits  
Experimentation with drugs/alcohol



### Red - WARNING

#### FEELINGS

Numb, guilty or hopeless  
Cry or overreact frequently  
Uncontrolled anxiety

#### THOUGHTS

Urges to self harm, suicidal thoughts  
Indecisive and lack of focus  
Hears and sees things others do not  
Negative self talk and inner critic

#### ACTIONS

Overwhelmed by everyday tasks  
Complete withdrawal from others  
May stop self care, stop taking meds,  
regularly bathing.

# Rest is important!

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*“Rest is not this optional leftover activity. Work and rest are actually partners. They are like different parts of a wave. You can’t have the high without the low. The better you are at resting, the better you will be at working.”*

Alex Soojung-Kim Pang, Author

*Rest: Why You Get More Done When You Work Less*

# HOW DO YOU KNOW WHEN YOU NEED TO REST?

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- How does it show up in your body?
- How does it impact our mood?
- What would people notice in your behavior?

*Chat with your neighbors*

# What Kind of Rest Might *You* Need?



Physical rest - Sleep



Mental Rest – short breaks, light exercise, disconnect



Social Rest – Just say no!



Emotional Rest – vent to a trusted friend/adult , journal



Sensory Rest – Turn off your phone, even for 5 minutes!



Creative Rest – Art, nature, FUN

# 12<sup>th</sup> Grade Advice: Arantxa Mata Jaime Build Relationships

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# 12<sup>th</sup> Grade Advice: Airah Virani

## Take care of yourself

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# Alumni Advice: Nathan Kim What's Your Theme & Be Kind

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# 12<sup>th</sup> Grade Advice: Ryan & Lucas Get Involved, Stay Organized, Make Time

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## Reminder: Who's Your Counselor?

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Elizabeth Galvan (A-Con)  
Carri McDermott (Coo-Hi)  
Alyssa Flaherty(HI-Lon)  
Maya Vergien (Lop-Pari)  
Chelsea Kearns (Park-Su)  
Scott Marcum (Sw-Z)  
Janice Lin (Secretary)



Exit Ticket

Nearpod  
Code: XG9N8

<https://app.nearpod.com/?pin=XG9N8>