

CLASS OF 2026

WELCOME TO 10<sup>TH</sup> GRADE  
GUIDANCE





**AGENDA  
FOR  
TODAY**

Welcome & Gratitude

Mental Health

Who is your School Counselor?

Advice From Upperclassmen

Graduation Requirements

High School & Beyond Plan

< All teams



Class of 2026 Counselo... ...

Common Application Tips

Fee waiver for college application info

FERPA Waiver

Financial Aid

Finding the Right Fit

High School and Beyond Plan

Holistic Review, what is it

Junior Counselor Lessons

Letters of Recommendation

Naviance Instructions and To Do

Pre - Post Tests



SAT ACT Test optional information



**Pre - Post Tests** Posts Files +

+ New

Upload

Edit in grid view

All Documents

**Pre - Post Tests**



Name

Modified

Modified By



Pre and Post Test Links.docx

25 minutes ago

Kearns, Chelsea M

# Entrance Ticket

# GRATITUDE MOMENT

- You've had a couple long weekends to connect with others (and a break coming up soon)!
- Tell your neighbor one thing you appreciate, are thankful for, and/or are looking forward to



## TURN & TALK ABOUT CHALLENGES

What have been some challenges you or others you know have encountered this school year? Academic, social, emotional...



WE ALL RESPOND DIFFERENTLY TO STRESS. HOW CAN WE TAKE CARE OF OURSELVES WHILE MAINTAINING RELATIONSHIPS WITH OTHERS?

Identify what is happening physically, mentally, emotionally?

What does it look like/sound like to others while you are stressed?

How do you respond? How is the response working to your benefit?



Start by letting out all  
breath with a big  
“whoosh”

# Relaxing Breath

4 - 7 - 8



Rest your tongue  
behind your front teeth



Close your mouth  
Breathe in through your nose  
Count to 4




Keep your mouth closed  
Hold your breath  
Count to 7



Open your mouth  
Breathe out in a WHOOSH  
Count to 8

Repeat cycle 4 times, twice a day

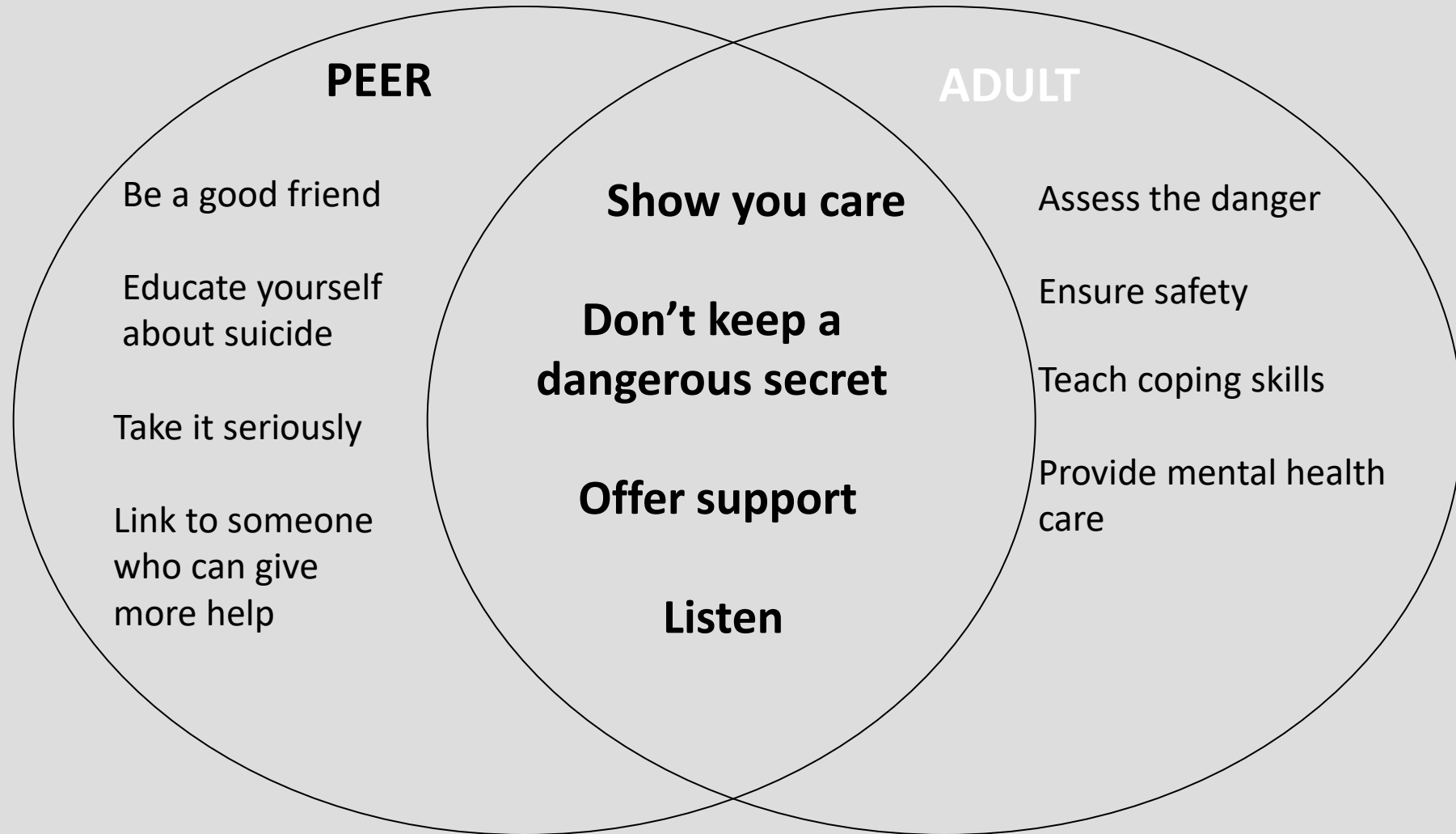
A photograph of a desert landscape. A paved road with two yellow lines runs through the center, leading towards the horizon. The road is flanked by sand dunes and sparse, dry vegetation. The sky is a clear, bright blue. Overlaid on the image are three horizontal red bars containing white text.

Taking care of yourself is  
the most powerful way to  
begin to take care of others.

Bryant McGill



# WHAT IF YOU'RE WORRIED ABOUT A FRIEND?



\*Follow SOS process (lesson from science class everyone will receive this year)



# INTERLAKE TEAM

Elizabeth Galvan (2022), A-Con

Carri McDermott (2014), Coo-Hi

Alyssa Flaherty (2022), HI-Lon

Maya Vergien (2008), Lop-Pari

Chelsea Kearns (2014), Park-Su

Scott Marcum (2003), Sw-Z

Janice Lin, Counseling Secretary (2020)

Abigail Asplund & Ruth Rosas: MHAT Counselors

# MENTAL HEALTH RESOURCES

**Teen Link:** call [teenlink.org](https://teenlink.org), or text  
866.833.6546

Reach out to your **IHS School  
Counselor**

Reach out to an **MHAT Counselor**

**NAMI:** 425.885.6264

**Suicide Hotline:** 988 800.273.8255

**Youth Eastside Services:** 425-747-  
4937

**988** (911 for mental health)

Text **HOME** to 741741 to text with a  
crisis counselor

**King County Crisis Line  
resources:**

- Call 211 or 866.427.4747
- Visit [www.211.org](https://www.211.org)
- Text: 877.211.9274



**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***

Tutorial and connecting with your teachers/peers

College & Career Center Center- Jose Valdez

Ask your counselor about other resources!

**OTHER ACADEMIC AND POST-SEC  
SUPPORTS**

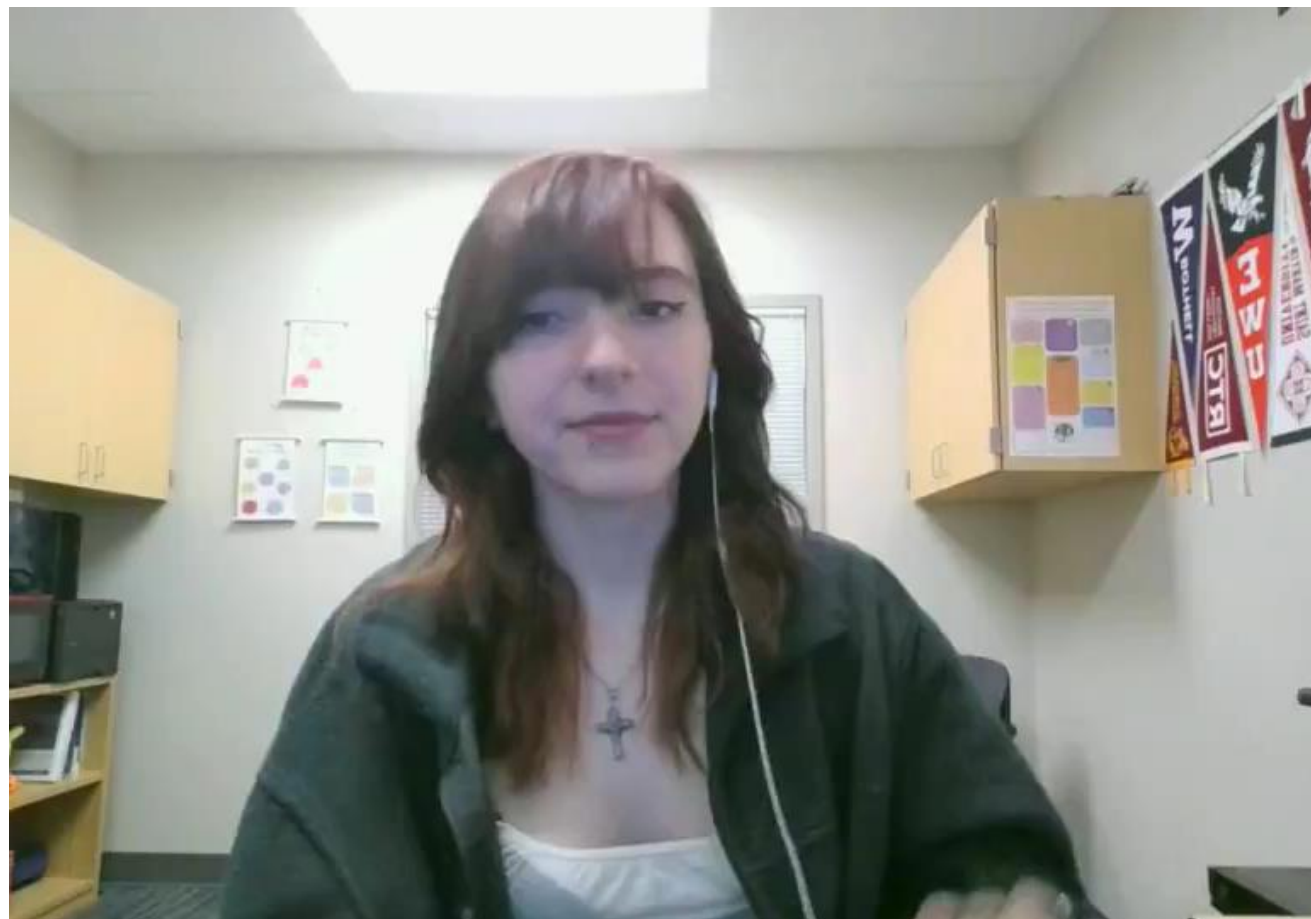


**STUDENT  
VOICE**

SENIOR ADVICE:  
MADISON SMITH  
AND JORDAN  
LAUINGER:  
GET ORGANIZED!



SENIOR ADVICE:  
MILO STEWART  
ADVOCATE FOR  
YOURSELF & MORE!



GRADUATE ADVICE:  
ETHAN SHEN  
BUILD  
RELATIONSHIPS &  
MORE!





SENIOR ADVICE:  
SHIVANI SINHA  
GET INVOLVED  
& MORE!



PAUSE TO  
ACKNOWLEDGE...

- Our next section is about **your future** (academics, career, etc)
- **BUT**
- We **DO NOT** want to send the message that your academics are all that matter
- **SO**
- What comments and questions about your **personal well-being** do you want to share before we transition?

LOOKING  
TOWARD YOUR  
FUTURE...

## High School Graduation

- **Academics – how to see your graduation requirements**
- **Community Service**
- **High School and Beyond Plan**

## And then what's next?

- **Your career plan**
- **What info do you need?**

# ACADEMIC GRADUATION REQUIREMENTS

$$17.5 + 3 + 3.5 = 24$$

17.5 Core Credits + 3 Personalized Pathway Requirements

- 4 English
- 3 Math
- 3 Science
- 3.5 Social studies
- 1 Career and Technical Education
- 2 Health and Fitness
- 2 Arts
  - 1 Arts
  - 1 PPR
- 2 World Language
  - 2 PPR

+

3.5 Elective Credits

=

**24 Credit\***  
 Career- and College-Ready Graduation Requirements  
 for the Class of 2019 & Beyond

PPR = Personalized Pathway Requirements: Three locally determined courses that lead to a specific post-high school career outcome chosen by the student, based on the student's interest and High school and Beyond Plan.



**ADDITIONAL GRADUATION  
REQUIREMENTS**

**High School Beyond  
Plan**

7 Tasks in Naviance

**Complete Graduation  
Pathway**

Math

ELA

**Washington State  
History**

Usually taken in  
middle school

**Community Service**

40 hours of  
community service

# ACTIVITY: REVIEW YOUR GRAD PROFILE

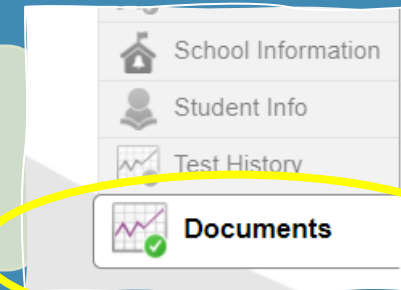
Open

- Student Vue



Click on

- the Documents tab



Click on

- HS Grad Reqs (Student Graduation Requirement Profile)

08/03/2022

HS Grad Reqs

Course History						
Required		Completed		In Progress		Needed
Subject Area	Credits	Course Title	Credits	Course Title	Credits	Credits
English 9	1.000	EN_401.0 - Honors Freshmen Comp	0.500			
		EN_401.0 - Honors Freshmen Comp	0.500			
English 10	1.000					1.000
English 11	1.000					1.000
English 12	1.000					1.000
Mathematics	3.000	MA_400.0 - Algebra 1	0.500			1.000
		MA_400.0 - Algebra 1	0.500			
		MA_401.0 - Geometry	0.500			
		MA_401.0 - Geometry	0.500			
Science	3.000	SC_401.0 - Biology	0.500			2.000
		SC_401.0 - Biology	0.500			
Career and Tech Ed	1.000					1.000
Fine Arts	2.000	VA_407.3 - Stained Glass 1	0.500			1.500
Physical Education	1.500	PE_401.0 - Foundations Of Fitness	0.500			0.500
		PE_401.0 - Foundations Of Fitness	0.500			
Health	0.500					0.500
Social Studies	1.500	SSA403.0 - AP Human Geog	0.500			0.500
		SSA403.0 - AP Human Geog	0.500			
US History	1.000					1.000
Civics/Contemporary World	1.000					1.000
World Language	2.000	SP_201.1 - Spanish 1b S1	0.500			
		SP_201.2 - Spanish 1b S2	0.500			
		SP_501.0 - Spanish 2	0.500			
		SP_501.0 - Spanish 2	0.500			
Elective	3.500	EL_430.3 - Peer Coach	0.500			2.000
		SPH601.0 - IB Spanish 3	0.500			
		SPH601.0 - IB Spanish 3	0.500			
Personal Pathway						
<b>Totals</b>	<b>24.00</b>		<b>10.00</b>			<b>14.00</b>

Test Requirements			
Test Name	Performance Level	Score	Status
HIGH SCHOOL & BEYOND PLAN	Not Met		Not Passed
WASHINGTON STATE HISTORY	Met		Passed
WA STATE SEAL OF BILITERACY			Not Taken
WASHINGTON STATE HIGHER ED PLACEMENT			Not Taken
ENGLISH LANGUAGE ARTS STANDARD	Not Met		Not Passed
MATH STANDARD	Not Met		Not Passed

Service Learning Requirement		
Required Hours	Hours	Status
40.00	0.00	Not Passed

GPA Requirement			
Name	Required GPA	GPA	Status
Cumulative HS GPA	2.000000	3.9	Passed



# STUDENT COURSE HISTORY

Student Course History (in Student Vue) has a list of all the classes you have taken and your progress towards graduation

- Home
- Synergy Mail
- Calendar
- Assessment
- Attendance
- Class Schedule
- Course History**
- Grade Book
- Report Card
- School Information
- Student Info
- Test History
- Documents

## Graduation Status *Class of 2023*

Detail:  off

Subject Area	Progress	
English 9	100.0%	<div style="width: 100%; height: 15px; background-color: green;"></div>
English 10	0.0%	<div style="width: 0%; height: 15px; background-color: orange;"></div>
English 11	0.0%	<div style="width: 0%; height: 15px; background-color: gray;"></div>
English 12	0.0%	<div style="width: 0%; height: 15px; background-color: gray;"></div>
Mathematics	33.3%	<div style="width: 33.3%; height: 15px; background-color: green;"></div> <div style="width: 33.3%; height: 15px; background-color: orange;"></div> <div style="width: 33.3%; height: 15px; background-color: gray;"></div>
Science	33.3%	<div style="width: 33.3%; height: 15px; background-color: green;"></div> <div style="width: 33.3%; height: 15px; background-color: orange;"></div> <div style="width: 33.3%; height: 15px; background-color: gray;"></div>
Career and Tech Ed	0.0%	<div style="width: 0%; height: 15px; background-color: orange;"></div>
Fine Arts	50.0%	<div style="width: 50%; height: 15px; background-color: green;"></div> <div style="width: 50%; height: 15px; background-color: gray;"></div>
Physical Education	66.7%	<div style="width: 66.7%; height: 15px; background-color: green;"></div> <div style="width: 33.3%; height: 15px; background-color: orange;"></div>

A close-up photograph of two hands, one larger and one smaller, gently cupping a bright red, glossy heart. The hands are positioned in the center of the frame, with the heart resting in the palm of the larger hand. The background is a soft, out-of-focus grey.

## **COMMUNITY SERVICE X2VOL**

**Submit your community service hours online!**

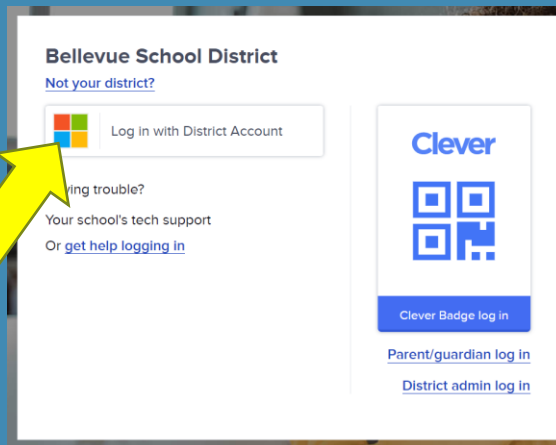
*40 hours required for graduation*

- **Must use BSD email**
- **Submit online through x2VOL**
  - **Log your own hours (you will need your supervisor's email address)**
  - **Look for community service opportunities**
  - **Track your hours**

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

# LOGGING ON TO NAVIANCE:

## LOG IN WITH: CLEVER



### ■ Desktop:

1. Click on Clever icon
2. Click "Log in with District Account"
3. Click blue Naviance icon

### □ Web:

1. Go to <https://student.naviance.com/interlakehs>
2. Click "Continue with Clever"
3. Click on "Student"
4. Click "Log in with District Account"

# ACCESS X2VOL THROUGH NAVIANCE

Sign

- Sign into Naviance via Clever

Click on

- Click on the Careers tab and find x2VOL under Experiential Exploration

Complete

- [Complete your x2VOL profile](#)

The screenshot shows the Naviance website interface. At the top, there is a navigation bar with tabs for 'Courses', 'Careers', 'Colleges', and 'Planner'. The 'Careers' tab is currently selected and underlined. To the right of the navigation bar are icons for a heart, an envelope, a question mark, and a user profile labeled 'MA'. Below the navigation bar, the page is divided into two main sections: 'Military Exploration' and 'Experiential Exploration'. Under 'Military Exploration', there is a red heart icon followed by the text 'Favorite Military Branches' and a link 'Explore Military Branches'. Under 'Experiential Exploration', there is a link 'Explore Roadtrip Nation Videos' and a highlighted blue button labeled 'x2vol'. The right edge of the screenshot shows a partial view of another section with the text 'Na', 'nd', and 'anc'.

The screenshot shows the x2VOL dashboard interface. At the top, there is a navigation bar with 'Dashboard' selected, and other options like 'Opportunities & Projects' and 'Groups & Goals'. On the right side of the navigation bar are 'Profile', 'Help', and 'Logout'. The main content area is titled 'Dashboard' and features the x2VOL logo. There are three main sections: 'Groups & Goals Progress' on the left, 'Common Tasks' in the center, and 'Bulletin Board' on the right. The 'Common Tasks' section contains four buttons: 'Find Opportunities', 'Add Hours', 'Service Transcript', and 'Account Settings'. A red arrow points from the 'Groups & Goals' menu item in the navigation bar to the 'Add Hours' button. The 'Add Hours' button is also circled in red. The 'Bulletin Board' section has a 'NEW' badge and a message: 'Welcome back students! Check out the new features to find out how to Find Opportunities, Add Hours and view your Service Transcript!'.

GO TO THE  
DASHBOARD AND  
CLICK ON ADD HOURS

# CREATE A NEW PROJECT

The screenshot shows the 'My Activity Log' page with the x2VOL logo in the top right. The navigation bar includes 'Personal Projects' and a 'Create New' button, which is circled in red. Below the navigation bar, there is a section for 'ACTIVE PROJECTS' with a 'Math Tutoring' project listed. Below this is a table of activity log entries.

OPPORTUNITY	CLAIMED HOURS	VERIFIED HOURS	APPROVED HOURS	RESUBMIT ALLOWED?	
<b>Bellevue School District</b> 08/05/2019 Spring Flap, helped with 7 other people at a game stati...	2.00	2.00	2.00		<a href="#">Edit Entry</a> <a href="#">Delete</a>
<b>Bellevue School District</b> 05/23/2019 I supervised the children in a classroom while watching a...	2.00	2.00	2.00		<a href="#">Edit Entry</a> <a href="#">Delete</a>
<b>Math Tutoring</b> 02/01/2018 Helping students with Geometry assignments.	7.00	7.00	7.00		<a href="#">Edit Entry</a> <a href="#">Delete</a>
<b>Bellevue School District</b> 07/27/2017 Operation Exploration (summer school...) volunteered as...	62.00	62.00	62.00		<a href="#">Edit Entry</a> <a href="#">Delete</a>

**THE  
ORGANIZATION  
MUST BE A NON-  
PROFIT!  
IF IT IS NOT A  
NON-PROFIT  
ORGANIZATION-  
THEN IT MIGHT BE  
AN INTERNSHIP!  
BOTH ARE GREAT  
FOR RESUMÉ  
BUILDING**

**Create a Personal Project** x2VOL

**Activity**

[Max. 100 character]  
Agency or Organization Name

Project Description

**Attachments**  
+ Add files

You can upload pdf, jpg, png, gif, bmp, zip, doc, docx, xls, xlsx, ppt, .potx, pptx, xrm, mp4, flv, doc, ppt, wma, flv, mov, mpg files. The maximum file size is 20MB.

**Personal Projects**  
If you've completed an event outside of what's listed in x2VOL, such as volunteering at a local hospital, then claim your hours as a Personal Project.

**YOU MUST HAVE  
THE EMAIL  
ADDRESS OF AN  
ADULT CONTACT  
WHO CAN VERIFY  
YOUR HOURS!**

**\*THIS CANNOT  
BE A PARENT OR  
A PEER**

**\*TALK TO YOUR  
SCHOOL  
COUNSELOR IF  
YOU NEED HELP**

The image shows a portion of a web form with the following elements:

- Select an interest**: A heading with a red arrow pointing to the "Interests (Please)" label.
- Interests (Please)**: A section containing two radio button options: "Humanitarianis" (selected) and "Government".
- Contact information for the person who will verify your community service hours**: A heading with three red arrows pointing to the "Name", "Phone", and "Email Address" input fields.
- Activity C**: A partially visible heading with a blue square icon.



**ENTER HOURS IN  
CHUNKS- DO  
NOT ENTER ONE  
AT A TIME!**

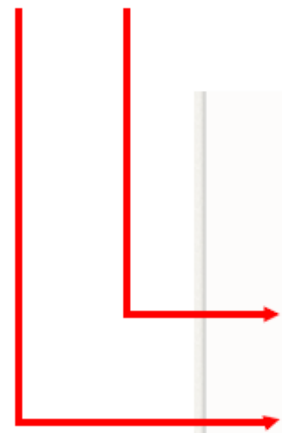
**Fill out these areas**

**Claim Hours**(Date that you performed the service.)

If you volunteered multiple days for the same activity, please enter the TOTAL amount of hours and select the most recent date volunteered. You can provide the dates/date range in the Description section at the top of this page.  
If you have been instructed to provide one entry per date please do so.

Date	Hours	Minutes
<input type="text" value=""/>	<input type="text" value="00"/>	<input type="text" value="00"/>

Reflections



Make sure to  
select these two  
options

#### Apply Hours to Goal(s)

##### Organization Goals

Select where the hours being claimed will be credited to. Either choose an [Exclusive Goal](#) or choose the option ["Apply to all Non-Exclusive Goals"](#).

**NOTE:** Below are all ACTIVE goals in your organization. If you are logging hours that do not belong in an active goal below, choose "Apply to all Non-Exclusive Goals" and the hours will appear in your activity log for the date you submitted.

GOAL NAME	GROUP	START	END	GOAL	CRE
<input type="radio"/>	Apply to all Non-Exclusive Goals:				
	Community Service Hours Class of 2020	7/1/2016	5/31/2020	40.00	7
* Sponsored Goals - Goals offered by an organization					

The hours that I am submitting are accurate and the details (including hours, dates, location and contact information) are truthful. I understand that the information I am submitting may be audited for accuracy. If inaccuracies are discovered, I understand that I may be removed from x2VOL and additional consequences may be imposed by my school.

#### Comments

DATE	USER	COMMENT
<input type="text"/>		

#### Claim History

DATE/TIME	EVENT	USER
<input type="text"/>		

Submit 😊

# COMMUNITY SERVICE: SUBMISSION



## WHAT IS THE HIGH SCHOOL & BEYOND PLAN (HSBP)?

The High School & Beyond Plan is a graduation requirement which is used to guide your high school experience and prepare you for postsecondary / college education or training and career.

[Instructions for completing your HSBP](#)

9 <sup>th</sup> Grade	10 <sup>th</sup> Grade	11 <sup>th</sup> Grade	12 <sup>th</sup> Grade
<ul style="list-style-type: none"> <li>✓ Four Year Course Plan</li> <li>✓ The Game Plan Survey</li> </ul>	<ul style="list-style-type: none"> <li>✓ resumé</li> <li>✓ Career Interest Profiler</li> </ul>	<ul style="list-style-type: none"> <li>✓ Graduation Pathway</li> </ul>	<ul style="list-style-type: none"> <li>✓ Financial Aid Survey</li> <li>✓ Graduation Survey – <b>to be completed in June of 12<sup>th</sup> Grade!</b></li> </ul>

THERE ARE **SEVEN** PARTS TO THE HSPB. ALL TASKS ARE ASSIGNED IN NAVIANCE.

**HIGH SCHOOL AND  
BEYOND PLAN**

**10<sup>th</sup> grade  
Requirements**

**\*resumé  
\*Career  
Interest  
Profiler**

# UNLOCKING YOUR FUTURE: THE POWER OF A RESUMÉ



Why use resumés?

Important  
components

Tips on the resumé-  
writing process

Activity



WHY USE RESUMÉS?

---

A marketing tool

---

A skill-building  
exercise in it of  
itself

---

Opens doors to  
opportunities in  
the future

# IMPORTANT COMPONENTS OF A HIGH SCHOOL RESUMÉ

Contact Information

Objective or  
Summary Statement

Education

Extracurricular  
Activities, Volunteer  
Work, and  
Leadership Roles

Awards and  
Achievements

Skills and  
Ceritications



# TIPS ON THE RESUMÉ-WRITING PROCESS



# BRAINSTORM

Take out a sheet of paper and write down some of the most valuable skills or experiences you have gained over the past couple of years.

*Think about your in-school involvement and your out-of-school involvement. Examples include paid or unpaid work (ex: babysitting), helping to organize a club, taking on a leadership role in a club/sport, working in a team setting, participating in AL, AP, or IB classes, classes that really showcase your abilities.*

Building a Resume Posts Files +

+ New Upload Edit in grid view All Documents

Building a Resume

Name	Modified	Modified
High-School-Student_Example-1.pdf	42 minutes ago	Kearn
High-School-Student_Example-2.pdf	41 minutes ago	Kearn
High-School-Student_Example-3.pdf	41 minutes ago	Kearn
Resume Template Links.docx	40 minutes ago	Kearn

Home Self-Discovery Courses Careers Colleges **Planner**

Tasks Assigned to Me Goals To-Do List Calendar View

### My Tasks

Tasks are assigned to you by your school. They can be pretty important, some of them are even required to graduate! So, make sure to go through them to be sure you're on track.

Tasks you Need to Work On	Tasks for future grades
<b>TASK</b> Add careers to my list DUE Friday May 31, 2024 Assigned by Maria Frieboes <b>REQUIRED</b>	<b>11th Grade</b> <b>TASK</b> Create/Update 4 year course pl DUE Tuesday Jul 15, 2025 Assigned by Maria Frieboes
<b>TASK</b> Add colleges to my list DUE Friday May 31, 2024 Assigned by Maria Frieboes <b>RECOMMENDED</b>	<b>TASK</b> Create X2Vol Account, Comple DUE Tuesday Jul 15, 2025 Assigned by Maria Frieboes
<b>TASK</b> Complete SuperMatch™ college search DUE Friday May 31, 2024 Assigned by Maria Frieboes <b>RECOMMENDED</b>	<b>12th Grade</b> <b>TASK</b> Create/Update 4 year course pl
<b>TASK</b> Upload and/or Update Resume DUE Friday May 31, 2024 Assigned by Maria Frieboes <b>GRADUATION</b>	

COMPLETE THE RESUMÉ USING TEMPLATES  
IN COUNSELOR CORNER;  
UPLOAD A RESUMÉ IN "PLANNER: TASKS"



## **WHAT IS THE CAREER INTEREST PROFILER?**

The Career Interest Profiler is an online assessment that analyzes student's interests and pairs the results with potential career matches.

# **COMPLETE THE “CAREER INTEREST PROFILER”**

**Click on**

**“Self Discovery” tab on the top left**



**Click on**

**“Career Interest Profiler”**



**Click on**

**Check out other resources in the Careers tab:  
Career Cluster and Roadtrip Nation Videos**

# CAREER INTEREST PROFILER

[← Back to Self-Discovery](#)

## Career Interest Profiler

START ASSESSMENT

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

### How it Works



Plan to spend at least 15 minutes on this assessment.



You'll answer 60 questions about your interests.



The **Career Interest Profiler** then maps your results to Holland's 6



Naviance then shows you careers that map to your traits and

# CAREER INTEREST PROFILER RESULTS:

## TABLE OF CONTENTS

Summary



PREV

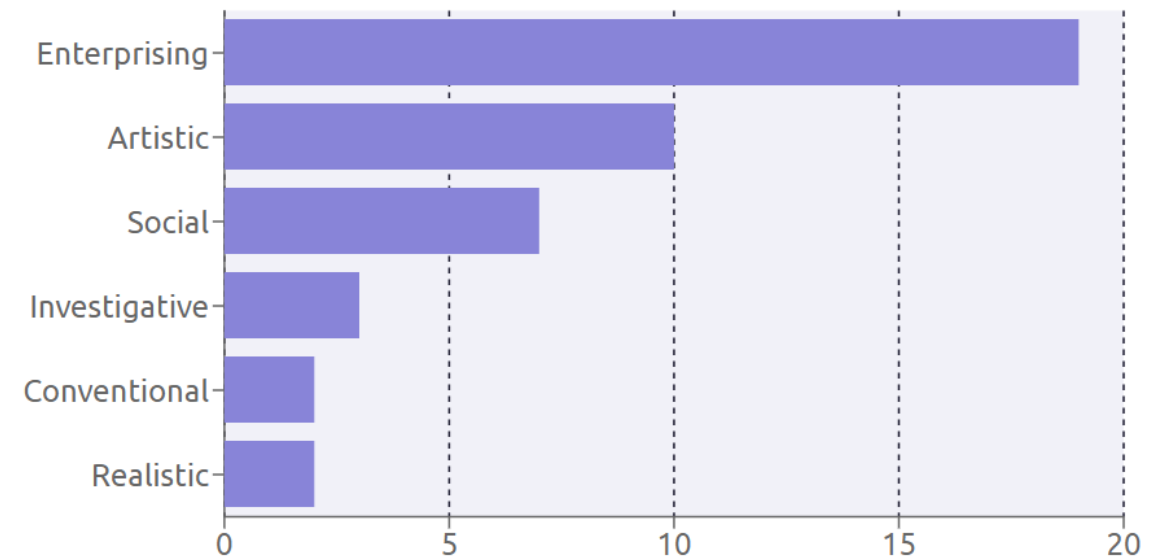


NEXT



Be sure to **favorite careers** that interest you to save them for later.

## Your Overall Scores by Holland Trait



## YOUR CHOICE!

Work on resumé: See Counselor Corner for resources!

Career Research/Exploration or Career Interest Profiler

College Search: Advanced College Search, SuperMatch, etc.

Create X2 Vol account and enter Community Service hours



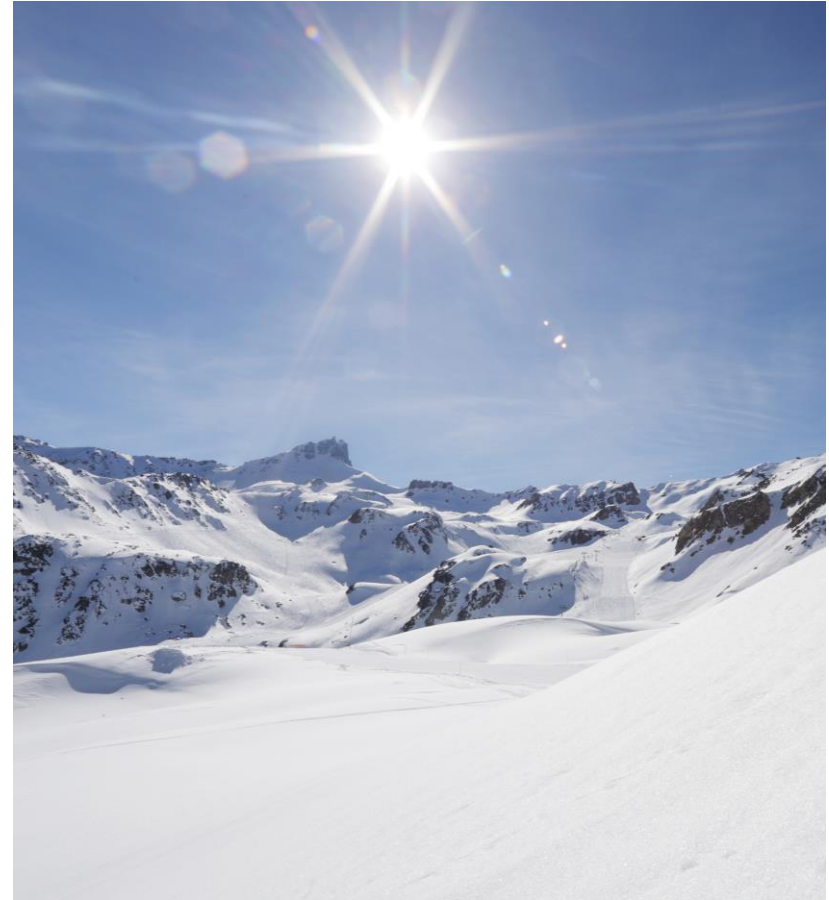
# REMINDERS

**Running Start Info Session January 31st**

**College Conference February 7th**

**Registration will begin next semester**

**If you have questions about the High School and Beyond Plan, reach out to the College & Career Advisor, Mr. Valdez, on Teams!**



< All teams



Class of 2026 Counselo... ⋮

Common Application Tips

Fee waiver for college application info

FERPA Waiver

Financial Aid

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+ New ▾

↑ Upload ▾

📄 Edit in grid view



☰ All Documents ▾



### Pre - Post Tests

Name ▾	Modified ▾	Modified By ▾
Pre and Post Test Links.docx	25 minutes ago	Kearns, Chelsea M

# Exit Ticket