

The background of the slide is a light blue surface covered with a dense layer of small, multi-colored confetti pieces in shades of red, yellow, and white. In the top right corner, there is a solid yellow rectangle.

Class of 2025

10TH GRADE COUNSELOR LESSON

AGENDA FOR TODAY



10th Grade Check In



Counseling (and other) Support



Your Future

Graduation

Post High School
Planning/Career
exploration

Gratitude Moment

- ▶ You had a 4-day weekend to be thankful for friends and family!
- ▶ Tell your neighbor one thing you appreciate, are thankful for and/or are looking forward to



Challenges?

- ▶ What have been some challenges you have encountered this school year? Academic, social, emotional...





Overcoming Challenges

- ▶ Your Counselor
- ▶ Other Counselors
- ▶ College and Career Advisor
- ▶ Tutorial
- ▶ Peer Tutors

NHS COUNSELING TEAM

NHS COUNSELING WEBSITE

Ms. Edwards (A-Cho)



Ms. Erickson (Chu-He)



Ms. Suh (Hi-Le)



Ms. Maxfield (Li-Pa)



Ms. Schulz (Pe-Th)



Ms. Bosone (Ti-Z)



**Mr. Rios
(College & Career Advisor)**




Ms. Huynh – Counseling Secretary





- ▶ We help with Academic, Personal/Social and College/Career concerns
- ▶ When should you reach out to your counselor?
 - ▶ *Feeling Overwhelmed and/or stressed*
 - ▶ *Future Planning*
 - ▶ *Class or Teacher issues*
 - ▶ *Friendship problems or worried about a peer*
 - ▶ *Family issues*
- ▶ Confidentiality - we keep our conversations confidential, with a few exceptions...

A desert landscape with a paved road leading into the distance under a clear blue sky. The road is dark asphalt with two yellow lines, curving slightly to the right. The surrounding area is sandy with sparse green desert shrubs. The sky is a clear, light blue.

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

Bryant McGill

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?
- ▶ How do you respond? How is the response working to your benefit?
- ▶ What does it look like/sound like to others while you are stressed?



Trauma Responses



Fight: Confront the threat.

anger
rage
confrontation
high energy



Flight: Run away from the threat.

anxiety
panic
avoidance
high energy



Freeze: Shut down to block out the threat.

dissociation
numbness
shutdown
low energy



Fawn: Appease the threat.

people-pleasing
codependency
lack of boundaries
hard time saying "no"
avoids conflict
defers to others in decision-making

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

Focused Breathing



Focus your gaze on one area



Step 1: Take deep belly breaths, identify 3 things you see, and focus on those things as you breathe



Step 2: Take deep belly breaths and focus on 3 things you currently hear



Step 3: Take deep belly breaths and focus on 3 things you are physically feeling (e.g. feet on the ground, hood on my head)



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

Turn and Talk – Social Media and Mental Health

Effects of social media and mental health –
*positive benefits and negative impacts



- 1) Have you ever tried decreasing your social media usage? How did you feel? What did you do instead?
- 2) When do you feel the happiest in life? How does social media affect your self-image and mental health?

Moving forward and thinking about your generation's future...

Knowing humankind's reliance on electronics and social media, how can the NHS community work together to build more in person connection and reduce dependence on social media communication?



Social Media, Teams Chat, Email “etiquette”

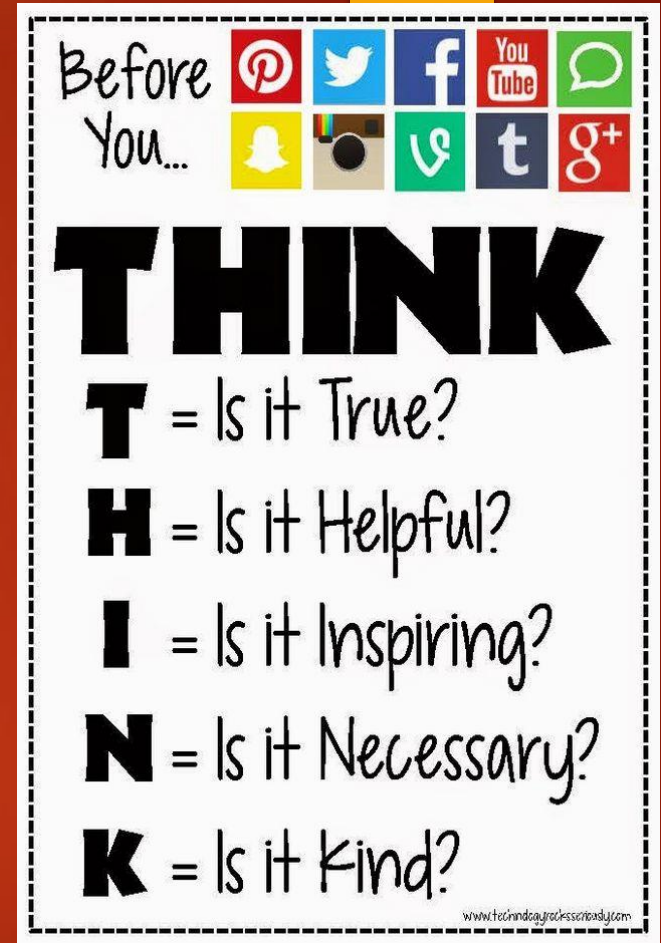
S = Stop

T = Think

O = Options

P = Plan

- ▶ Keep it clean
- ▶ Keep it appropriate
- ▶ Academic focus - boundaries
- ▶ Gaggle alert
- ▶ Log off when feeling overwhelmed.
- ▶ Know your audience and the potential consequences of your digital footprint





Digital Citizenship: *Technology Responsible Use Pledge*

✓ All students who receive a BSD laptop are expected to review and agree to the “Technology Responsible Use Pledge” with their family at home. **Have you read this? Do you know what is expected of you?**

✓ This is important! If you have not reviewed this document, please do so!



Technology Responsible Use Pledge

Students and Parents/Guardians: PLEASE READ AND DISCUSS THIS TOGETHER.

Statement of Purpose

Bellevue School District educators believe that technology allows for unique opportunities for students to learn, thrive, innovate, create, communicate, collaborate and so much more. Regular use of technology for educational purposes provides students an opportunity to become responsible digital citizens. We expect all students to be thoughtful and responsible digital citizens, who are empowered to make good choices as they use technology to enhance their learning experience.

BSD provides device, network, email, software and other technology resources to students as part of the learning environment. Its effectiveness relies on everyone's responsible and ethical use. A violation of this pledge, the district's policies and procedures, and/or the student handbook, may result in consequences. Activity and communications while using district technology are neither private nor confidential.

Responsible Use Pledge

Students will use district technology safely and responsibly in support of education, research and the cores values of the district.

- I agree to read the Bellevue School District's [Acceptable Use Procedure 2022P](#).
- I agree to follow my teacher's/school/district instructions when using technology
- I agree to use technology carefully, productively, and appropriately
- I agree to be polite and considerate and will use appropriate language. I will not swear, use vulgarities, use ethnic or racial slurs, access inappropriate websites, engage in hacking or vandalism, or view offensive material
- I agree to never use technology to bully, harm or frighten others
- I agree to tell an adult if I read, see or access something inappropriate
- I agree to refrain from interfering with or circumventing any network security, privacy or filtering measures
- I agree to conserve limited and shared district resources, including devices, networks, software and other technology (e.g. limit music/video streaming and cloud file storage to educational purposes)
- I agree to not share my passwords, except with my teachers, technology staff, or parents/guardians
- I agree to only use my own files and folders. I will not access another individual's files without their permission
- I agree to not reveal or share/post my personal information or the personal information of others (e.g., passwords, address, and/or telephone numbers)
- I agree to follow copyright laws, licenses and terms of other use agreements related to my learning



“Gaggle” Monitoring Software – keeping BSD students and schools SAFE!

What is Gaggle?

- A service that utilizes both machine learning and human monitoring of student emails, Teams chat, documents, photos, etc. **Please remember, anything you type, send, or save can be viewed by district staff.**
- The information is monitored 24/7/365
- All unsafe situations/language trigger alerts to school admins, district leaders and local law enforcement agency (when needed).
- All BSD secondary students are monitored.





"Gaggle" Monitoring Software – keeping BSD students and schools SAFE!

Why does BSD use Gaggle?

To help provide a safer digital learning environment for every student, and to prevent violence and self-harm.

Please remember, your BSD laptop is not your personal property. It is the property of BSD.





“Gaggle” Monitoring Software – keeping BSD students and schools SAFE!

What Might Trigger a Gaggle Alert?

- ✓ *Inappropriate language or jokes*
- ✓ *Profanity*
- ✓ *Claims of potential harm to self or others*
- ✓ *Bullying Claims*
- ✓ *Threats*
- ✓ *Words Like – “harass, bully, punch, hit, kill, death, guns” etc.*

Students might be joking when they are saying these words, but these are very serious, and we will investigate. This is designed to keep you safe.



Knights Take Responsibility for their actions – technology violation consequences

If/when a student sends unkind or inappropriate messages on their district laptop or account (e-mail or Teams), **BSD administrators are sent automatic alerts and will review your Teams messages/emails.**

If/when we receive Gaggle reports that include inappropriate or harmful language, messages or content, the following interventions may be applied:

- 1) *Counselor/student conference or check-in*
- 2) *Principal/student conference*
- 3) *Principal/student/parent conference (reviewing your messages together)*
- 4) *Restorative Conference (student(s), parents, staff)*
- 5) *Technology restrictions – Teams Chat removal, internet restrictions, etc.*
- 6) *Behavior Contract/Safety Plan*
- 7) *Lunch/After School Detention*
- 8) *In-School-Suspension/Emergency Expulsion*
- 9) *Financial responsibility for damage or loss of district-issued device(s)*
- 10) *Legal action and/or prosecution (police involvement)*

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?

The High School & Beyond Plan (HSBP)

There are SEVEN tasks of the HSPB in Naviance.

9 th Grade	10 th Grade	11 th Grade	12 th Grade
<ul style="list-style-type: none">✓ Four Year Course Plan (wait on this one while it is getting fixed)✓ The Game Plan Survey	<ul style="list-style-type: none">✓ Career Interest Profiler✓ Resume	<ul style="list-style-type: none">✓ Graduation Pathway	<ul style="list-style-type: none">✓ Financial Aid Survey✓ Graduation Survey – to be completed in June of 12th Grade!

Looking toward your future...

High School Graduation

- Community Service
- High School and Beyond Plan

What do you need?

- Complete the Game Plan Survey
- How to use the Career Inventory results
- Create a resume

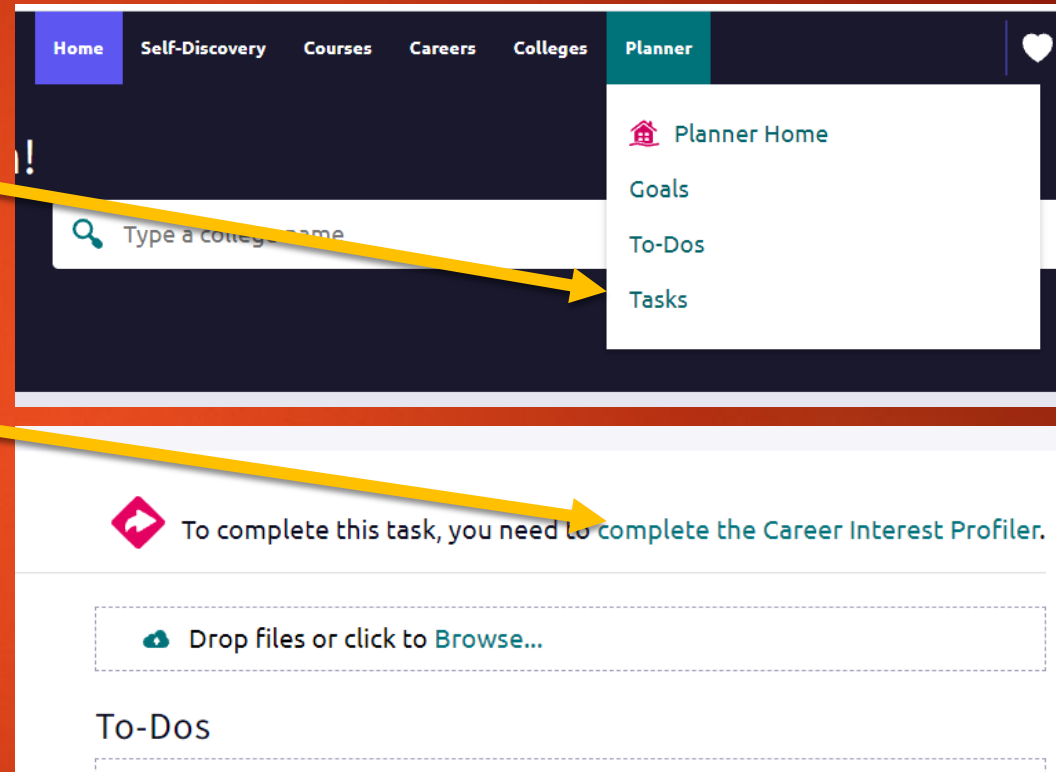
Community Service:

How to create an X2Vol account and enter hours



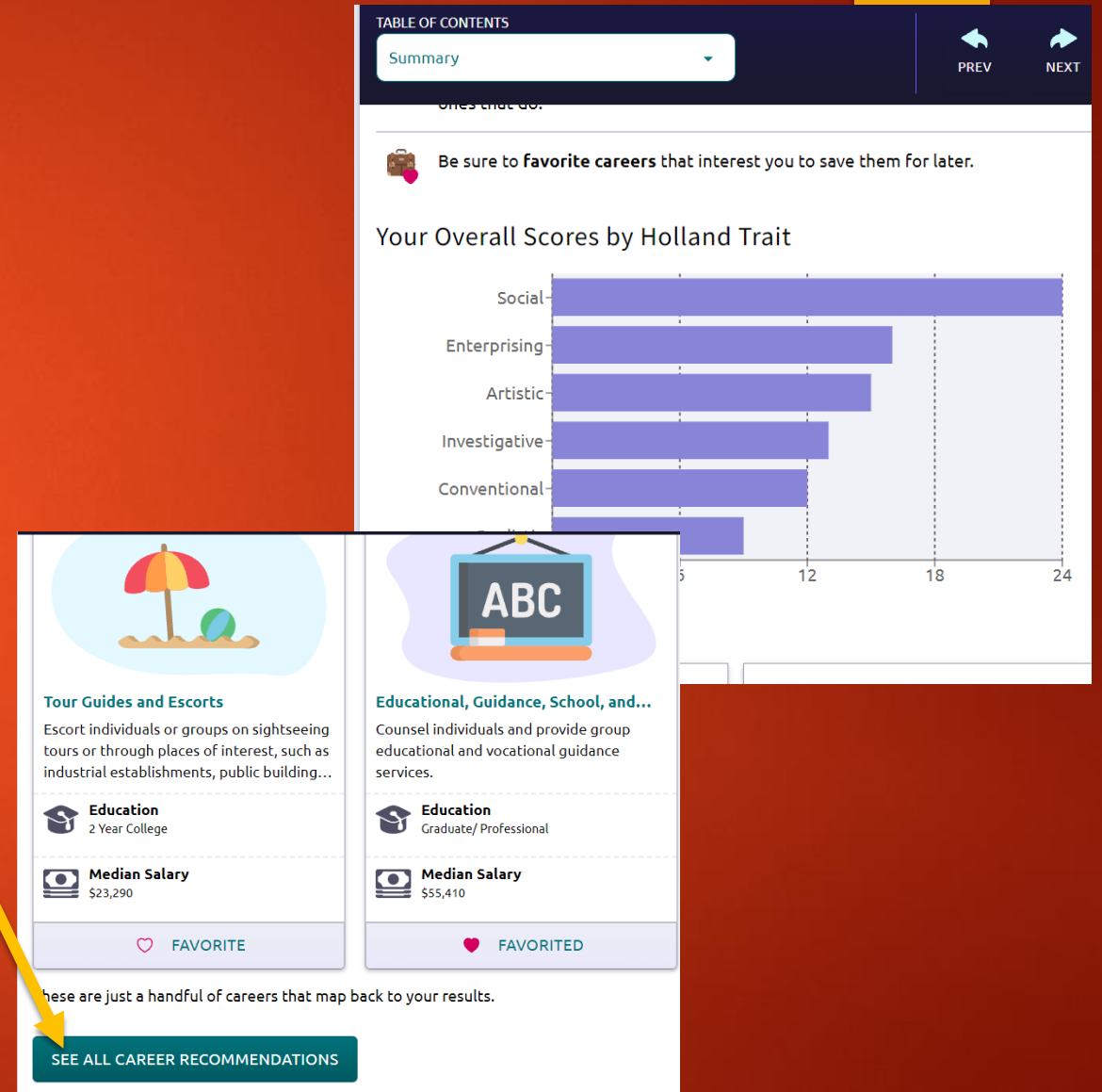
10th Grade HSBP Tasks – Career Interest Profiler

- ▶ 1. Log into Naviance using Clever.
- ▶ 2. Select Planner, then Tasks
- ▶ 3. In “Filters”, select “Graduation”
- ▶ 4. Click the hyperlink “Complete the Career Interest Profiler”



10th Grade HSBP Tasks – Career Interest Profiler

- ▶ When you finish the survey, you can:
 - ▶ See your top Holland Traits
 - ▶ See your top Career Recommendations
 - ▶ Click “see all recommendations to view more options.
 - ▶ Explore wages
 - ▶ Identify college majors (click the major to see what colleges offer that major)
 - ▶ Not quite right? Click on “Related Careers ” to see more options

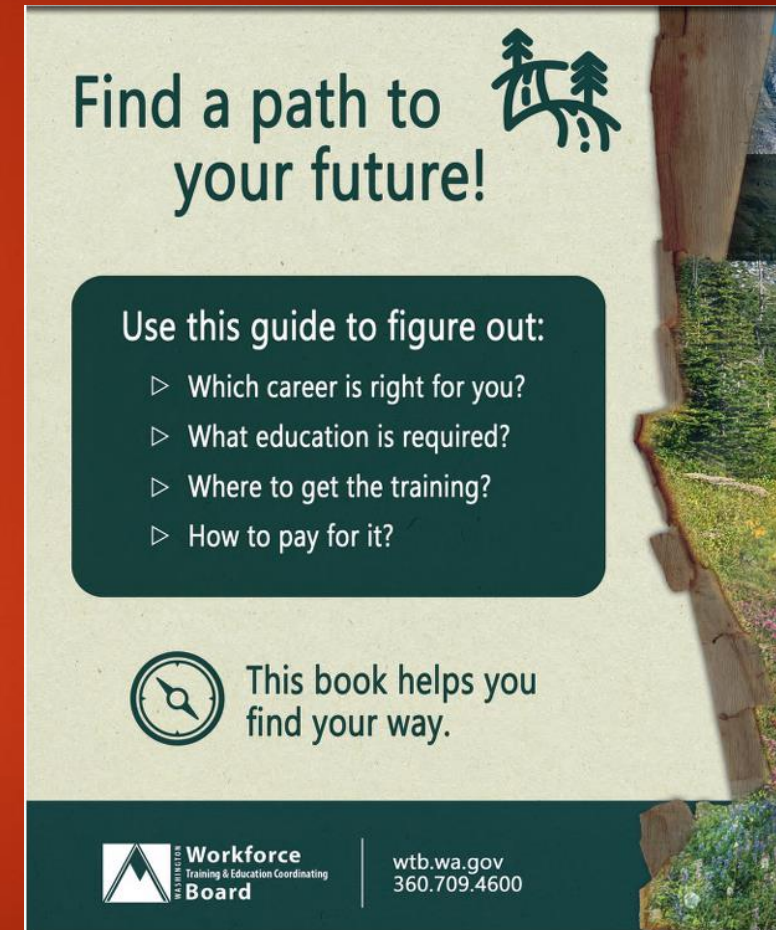
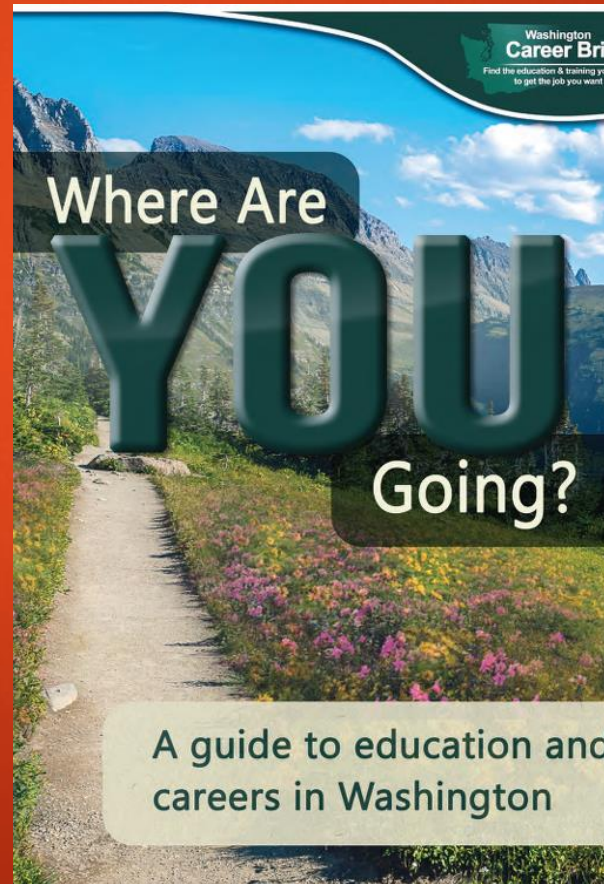


Additional career exploration resource with WA State statistics and data!

Where are you Going? [Guide to education and careers in Washington](#) – paper version

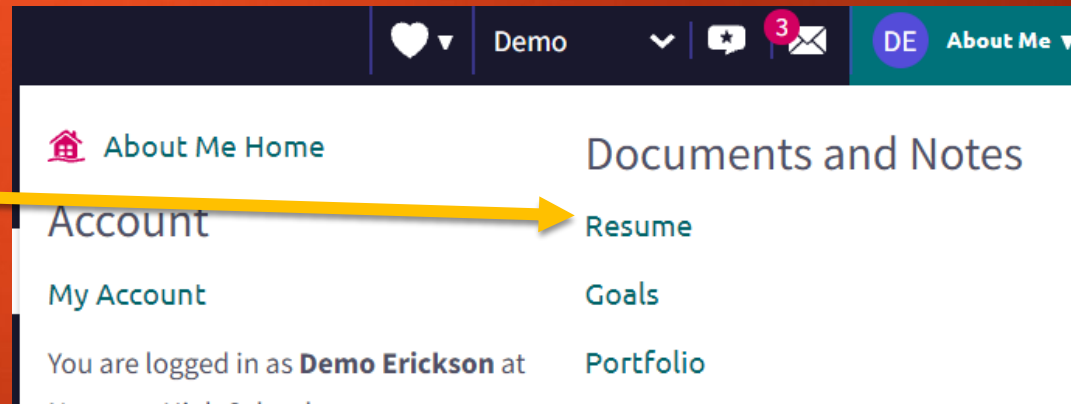
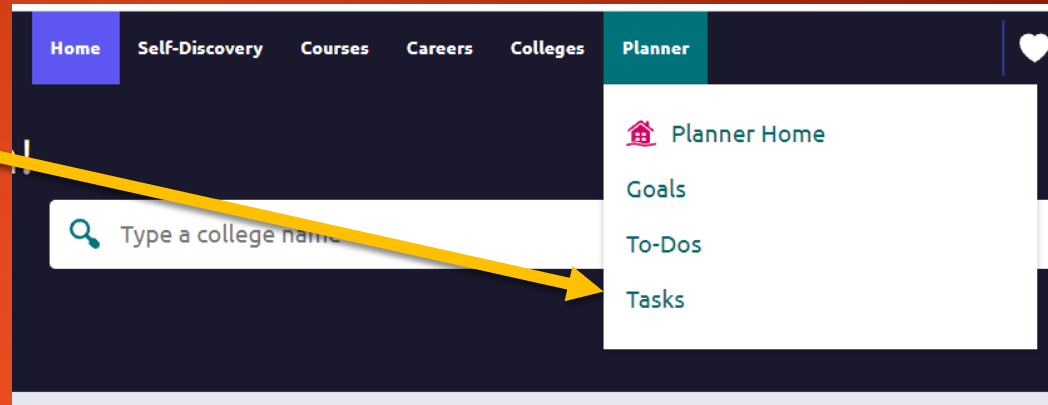
Link to [WA Career Bridge](#)

- ▶ Explore interests
- ▶ Career cluster quiz
- ▶ Career search
- ▶ Paying for college
- ▶ Apprenticeships: Earn while you learn



10th Grade HSBP Tasks – Upload Resume

- ▶ 1. Log into Naviance using Clever.
- ▶ 2. Select Planner, then Tasks
- ▶ 3. In “Filters”, select “Graduation”
- ▶ 4. Click “Upload Resume”
- ▶ 5. You can either upload an existing resume or create one in the Resume Builder.
 - ▶ Click “About Me” , then “Resume”
 - ▶ Start adding sections to your resume



Your Choice!



Create X2 Vol account and enter
Community Service hours



Work on High School and Beyond Plan
(complete 3 components)



Career Research and Exploration



College Search



Please
Complete...

...THE SELF
ASSESSMENT

**Always
remember...**

You matter

You are valuable

You are more than your grades or test scores

You are why I am here

Take care of your friends

Communicate with your counselor if you need help or if you are worried about a friend.