# NEWPORT HIGH SCHOOL CLASS OF 2026



# **9<sup>TH</sup> GRADE AGENDA**



- STRESS MANAGEMENT
- MEET YOUR COUNSELOR
- GRAD PATHWAY
- GRAD REQUIREMENTS
- NAVIANCE
  - > X2VOL

#### **NHS COUNSELING TEAM**

**NHS COUNSELING WEBSITE** 

Ms. Erickson (Chu-Hu)



Ms. Schulz (Pe-Th)



Ms. Bosone (Ti-Z)



Ms. Suh (Hi-Le)

Mr. Rios (College & Career Advisor)



Ms. Maxfield (Li-Pa)

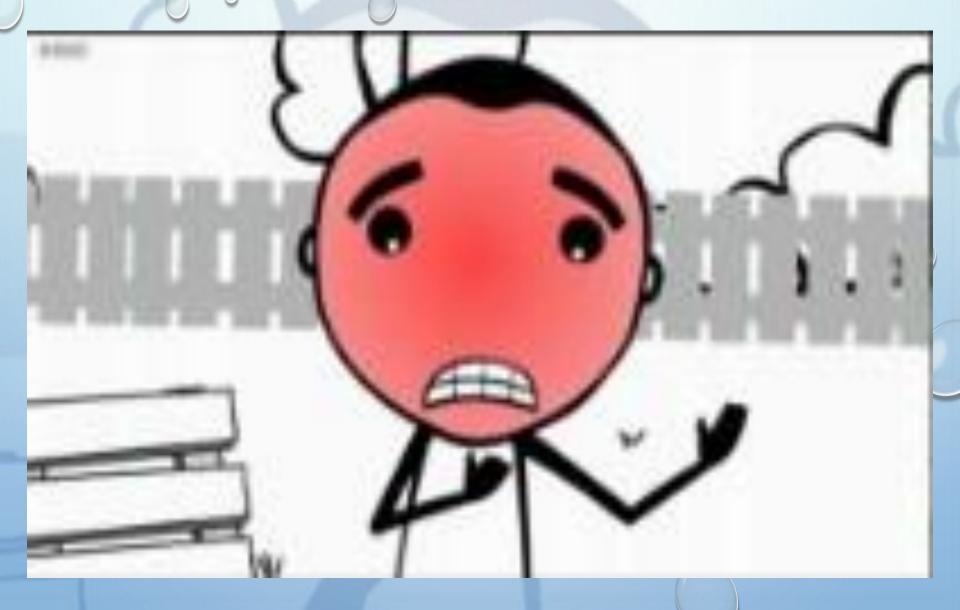
Ms. Huynh -**Counseling Secretary** 







# **MANAGING STRESS**





#### **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

PsychCentral

#### Fawn: Appease the threat.

people-pleasing codependency lack of boundaries hard time saying "no" avoids conflict defers to others in decision-making WHAT DOES STRESS LOOK LIKE AT NEWPORT?

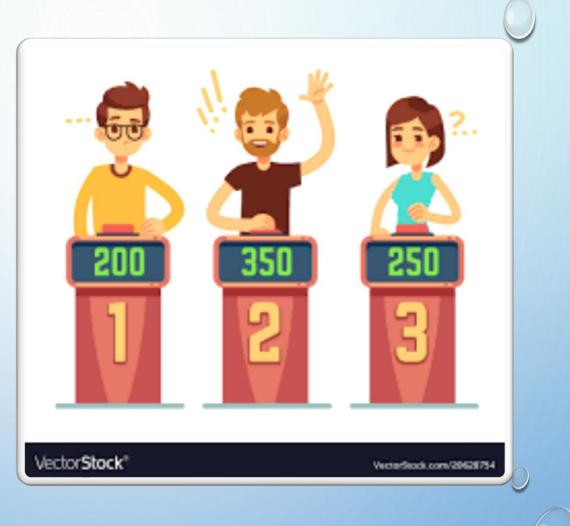
• TAKE 1 MINUTE TO DISCUSS WITH YOUR TABLE GROUP:

THINGS THAT MIGHT PRODUCE ANXIETY AT SCHOOL



WHAT ARE WAYS THAT NEWPORT STUDENTS COPE WITH STRESS?

 TAKE 1 MINUTE TO DISCUSS IN YOUR TABLE GROUPS



### **HEALTHY WAYS OF COPING**

HEALTHY COPING TECHNIQUES THAT ARE GOOD FOR YOUR BODY

#### AND

GOOD FOR YOUR RELATIONSHIPS **AND** 

FEEL GOOD

HAPPY HEALTHY LIFE

IF SOMETHING MEETS **ALL** CRITERIA, IT IS A HEALTHY WAY TO COPE.

### HEALTHY COPING EXAMPLES

Creative: Painting

Active:

Going for a walk

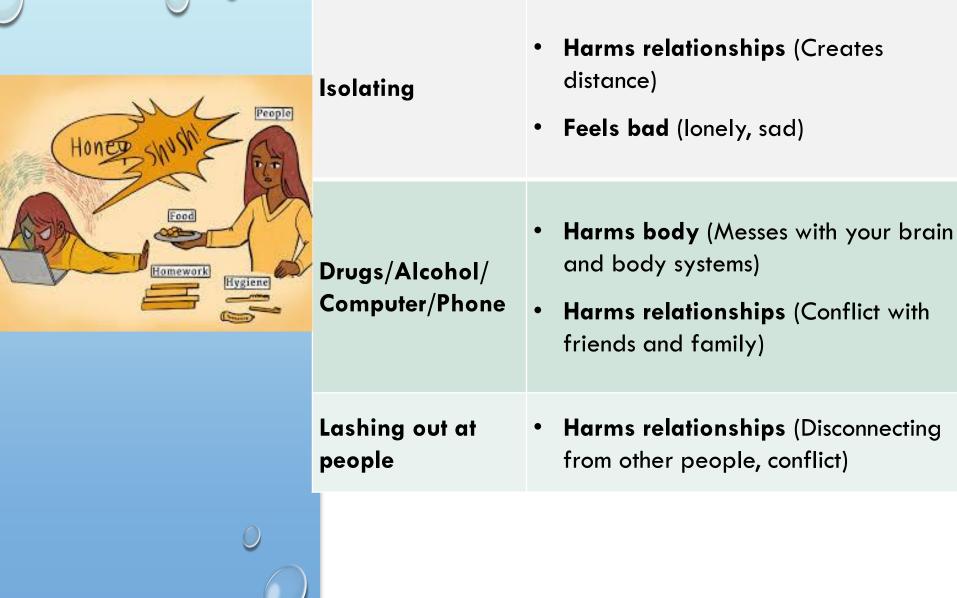
Calming: Talking with a friend

- Good for body (Getting exercise, going outside)
- **Good for relationships** (Improved mood around other people)
- Feels good (More energy, gives brain a break)
- **Good for body** (Uses and develops different parts of your brain)
- **Good for relationships** (Feel calmer and/or positive around other people)
- Feels good (Challenging self, pride in what you've created, meditative)
- Good for body (Increases healthy chemicals in the brain)
- **Good for relationships** (Strengthens connections with other people)
- Feels good (Feel listened to and cared for)

# DO YOU HAVE UNHEALTHY OC COPING SKILLS?

COPING TECHNIQUES THAT HURT YOUR BODY OR HURT YOUR RELATIONSHIPS OR HURT YOUR SELF-ESTEEM IF SOMETHING MEETS ANY OF THESE CRITERIA, IT IS AN UNHEALTHY WAY TO COPE.

### UNHEALTHY COPING EXAMPLES



# Importance of Moderation



| Healthy                | But When in Excess                                                                                                                                                                                                                   |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Exercise               | <ul> <li>Harms your body (injury)</li> <li>Harms relationships (takes time away from friends and family)</li> </ul>                                                                                                                  |
| Playing Video<br>Games | <ul> <li>Harms your body (sleep deprivation; damages vision)</li> <li>Harms relationships (takes in-person time away from friends and family)</li> <li>Can feel bad (avoidant, overtired, disconnected from others, etc.)</li> </ul> |
| Eating<br>Chocolate    | <ul><li>Harms your body (too much sugar and caffeine)</li><li>Can feel bad (sick to your stomach)</li></ul>                                                                                                                          |

### Relaxing Breath 4 - 7 - 8

Start by letting out all breath with a big "whoosh"



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



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

#### FOCUSED BREATHING



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

### HEALTHY COPING TECHNIQUES

| Think | Think of active, calming, or creative ways you cope with stress. |
|-------|------------------------------------------------------------------|
|       |                                                                  |
| Name  | Name 2 Healthy Coping Strategies you will use.                   |
|       |                                                                  |
| Take  | Take 1 minute to discuss in your group                           |
|       |                                                                  |



- 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...

### OTHER ACADEMIC AND MENTAL HEALTH SUPPORTS

GUIDANC

ADVICE

ASSISTANCE

SUPPORT

- COLLEGE & CAREER CENTER
- COMMUNITY AGENCY COUNSELORS (PERSONAL ISSUES, DRUG/ALCOHOL SUPPORT, FRIEND/FAMILY PROBLEMS)
- MHAT TEAM
- 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!



### COMMENTS OR QUESTIONS SO FAR?

#### 24 Credits (28 possible)

2.0 Minimum GPA

40 Hours Community Service

High School and Beyond Plan

Washington State History

Graduation Pathways – English Language Arts & Math

## **GRADUATION REQUIREMENTS** *©*

| AGRICULTURE SCIENCES PAT           | THWAY     |
|------------------------------------|-----------|
|                                    | Credits   |
| Environmental Sustainability       | 1.0       |
| Floral Design 1                    | .5        |
| Floral Design 2                    | .5        |
| Introduction to Horticulture       | 1.0 or .5 |
| Nursery & Greenhouse Operations    | 2.0       |
| BUSINESS & MARKETING PAT           | HWAY      |
|                                    | Credita   |
| Accounting 1                       | .5        |
| Accounting 2                       | .5        |
| Accounting 3                       | .5        |
| Accounting 4                       | .5        |
| Personal Finance                   | .5        |
| Economics                          | .5        |
| AP Microeconomics/Macroeconomics   | 1.0       |
| Entrepreneurship                   | .5        |
| IB Business & Management HL        | 1.0       |
| IB Business & Management SL        | 1.0       |
| Business Law                       | .5        |
| Cisco Networking Academy – CCNA    | 3.0       |
| Advanced Cisco – CCNP              | 3.0       |
| Advanced Cisco – Cybersecurity     | 1.0       |
| AP Computer Science                | 1.0       |
| AP Computer Science Principles     | 1.0       |
| C5201 - Coding in Python 1         | .5        |
| C5202 - Coding in Python 2         | .5        |
| C5203 - Coding in Python 3         | .5        |
| C5204 - Coding in Python 4         | .5        |
| Mobile Game Development            | .5        |
| Special Topics in Computer Science | 1.0       |
| Web Publishing                     | .5        |
| Retail Management – Student Store  | .5        |
| Introduction to Marketing          | 1.0       |
| Advanced Marketing &               | 1.0       |
| Entrepreneurship                   |           |
|                                    |           |

| SKILLED & TECHNICAL SCIEN                                                                                                            | ICES                  |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Digital Media Production 1                                                                                                           | Credita               |
| Digital Media Production 2                                                                                                           | .5                    |
| Advanced Digital Media Production                                                                                                    | .5                    |
| Cinematography & Cinema                                                                                                              | 2.0                   |
| Production                                                                                                                           | .5                    |
| Radio & Podcast Production                                                                                                           | 1.0                   |
| Television Broadcasting                                                                                                              | 1.0                   |
| Photography 1<br>Photography 2<br>AP Photography Portfolio/2-D Design<br>Video Game & Simulation Design<br>Interior Design & Housing | .5<br>.5<br>1.0<br>.5 |
| Costume Design                                                                                                                       | .5                    |
| Technical Theatre 1                                                                                                                  | 1.0                   |
| Technical Theatre 2                                                                                                                  | 1.0                   |
| Woods Technology 1<br>Woods Technology 2<br>Building Industry Technologies – Core<br>Plus Construction – NEW!                        | .5<br>.5<br>3.0       |
| Computer Technology                                                                                                                  | 5                     |
| Computer Graphics 1                                                                                                                  | 5                     |
| Computer Graphics 2                                                                                                                  | 5                     |
| Netals Technology 1<br>Netals Technology 2<br>Welding Technology, Design &<br>Fabrication                                            | .5<br>.5<br>2.0       |
| Automotive Technology 1                                                                                                              | 3.0                   |
| Automotive Technology 2                                                                                                              | 3.0                   |

| EANILY A CONCUMER CONSUL                                                                                                                                                                                                               |                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| FAMILY & CONSUMER SCIEN                                                                                                                                                                                                                | CES                                                   |
| PATHWAY                                                                                                                                                                                                                                |                                                       |
|                                                                                                                                                                                                                                        | Credita                                               |
| Teaching Academy 1                                                                                                                                                                                                                     | 2.0                                                   |
| Teaching Academy 2                                                                                                                                                                                                                     | 2.0                                                   |
| Bakery & Pastry 1                                                                                                                                                                                                                      | .5                                                    |
| Culinary Essentials 1                                                                                                                                                                                                                  | .5                                                    |
| Culinary Essentials 2                                                                                                                                                                                                                  | .5                                                    |
| Culinary Arts                                                                                                                                                                                                                          | 3.0                                                   |
| Advanced Culinary Arts                                                                                                                                                                                                                 | 3.0                                                   |
| Independent Living                                                                                                                                                                                                                     | .5                                                    |
| Child Development                                                                                                                                                                                                                      | .5                                                    |
| HEALTH SCIENCES PATHW                                                                                                                                                                                                                  | AY                                                    |
|                                                                                                                                                                                                                                        | Credits                                               |
| Anatomy & Physiology                                                                                                                                                                                                                   | 1.0                                                   |
|                                                                                                                                                                                                                                        | 1.0                                                   |
| Biotechnology                                                                                                                                                                                                                          | 1.0                                                   |
|                                                                                                                                                                                                                                        |                                                       |
| Biotechnology                                                                                                                                                                                                                          | 1.0                                                   |
| Biotechnology<br>Introduction to Health Care<br>Health Science Careers                                                                                                                                                                 | 1.0<br>.5<br>3.0                                      |
| Biotechnology<br>Introduction to Health Care                                                                                                                                                                                           | 1.0<br>.5<br>3.0                                      |
| Biotechnology<br>Introduction to Health Care<br>Health Science Careers<br>STEM – SCIENCE, TECHNOLO                                                                                                                                     | 1.0<br>.5<br>3.0                                      |
| Biotechnology<br>Introduction to Health Care<br>Health Science Careers<br>STEM – SCIENCE, TECHNOLO                                                                                                                                     | 1.0<br>.5<br>3.0                                      |
| Biotechnology<br>Introduction to Health Care<br>Health Science Careers<br>STEM – SCIENCE, TECHNOLO<br>ENGINEERING AND MATH                                                                                                             | 1.0<br>.5<br>3.0<br>)GY,<br>Credits                   |
| Biotechnology<br>Introduction to Health Care<br>Health Science Careers<br>STEM – SCIENCE, TECHNOLO<br>ENGINEERING AND MATH<br>Introduction to Robotics<br>Introduction to Engineering Design 1                                         | 1.0<br>.5<br>3.0<br>(GY,<br>Credits<br>.5             |
| Biotechnology<br>Introduction to Health Care<br>Health Science Careers<br>STEM – SCIENCE, TECHNOLO<br>ENGINEERING AND MATH<br>Introduction to Robotics<br>Introduction to Engineering Design 1<br>Introduction to Engineering Design 2 | 1.0<br>.5<br>3.0<br>IGY,<br>Credits<br>.5<br>.5       |
| Biotechnology<br>Introduction to Health Care<br>Health Science Careers<br>STEM – SCIENCE, TECHNOLO<br>ENGINEERING AND MATH<br>Introduction to Robotics<br>Introduction to Engineering Design 1                                         | 1.0<br>.5<br>3.0<br>OGY,<br>Credits<br>.5<br>.5<br>.5 |

CTE Graduation Pathway Options (2 credits in one area meets GP)

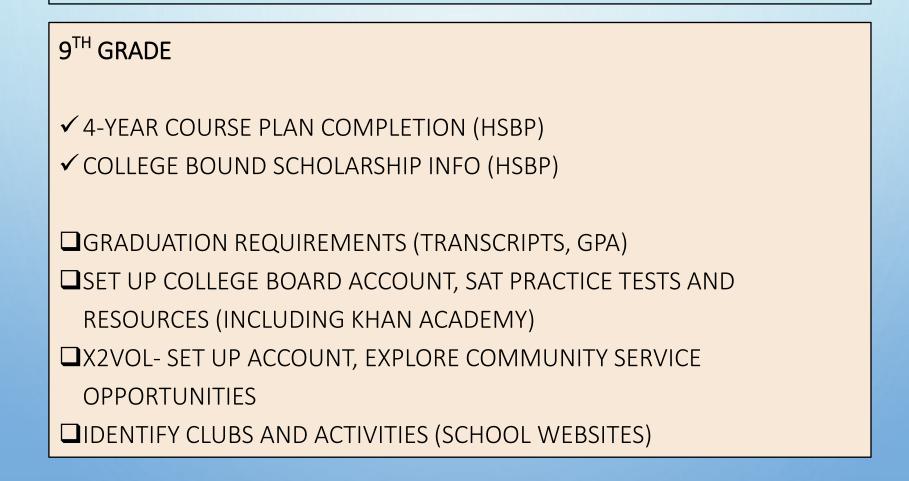
#### GRADUATION PATHWAY THROUGH CTE 2022-2023

#### 6 CAREER & TECHNICAL EDUCATION GRADUATION PATHWAYS:

- Agriculture Sciences Pathway
- Business and Marketing Pathway
- Skilled and Technical Sciences Pathway
- Family and Consumer Sciences Pathway
- Health Science Pathway
- STEM Pathway

Two (2) credits in one pathway!

#### SUPER WEDNESDAY OCTOBER 12, 2022









Naviance is 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



Complete your High School and Beyond Plan (Grad Requirement)

# NAVIANCE: LOG IN

#### 1) GO TO THE NEWPORT HIGH SCHOOL WEBSITE (OR CLEVER APP)

HTTP://WWW.BSD405.ORG/NHS/COUNSELING OR HTTPS://STUDENT.NAVIANCE.COM/NEWPORT

- 2) UNDER RESOURCES: CLICK ON NAVIANCE
- 3) ENTER NEWPORT HIGH SCHOOL OR 98006 THEN "STUDENT"

4) CLICK ON CLEVER LINK:

Sign in with **Clever** 

5) TYPE IN: NEWPORT

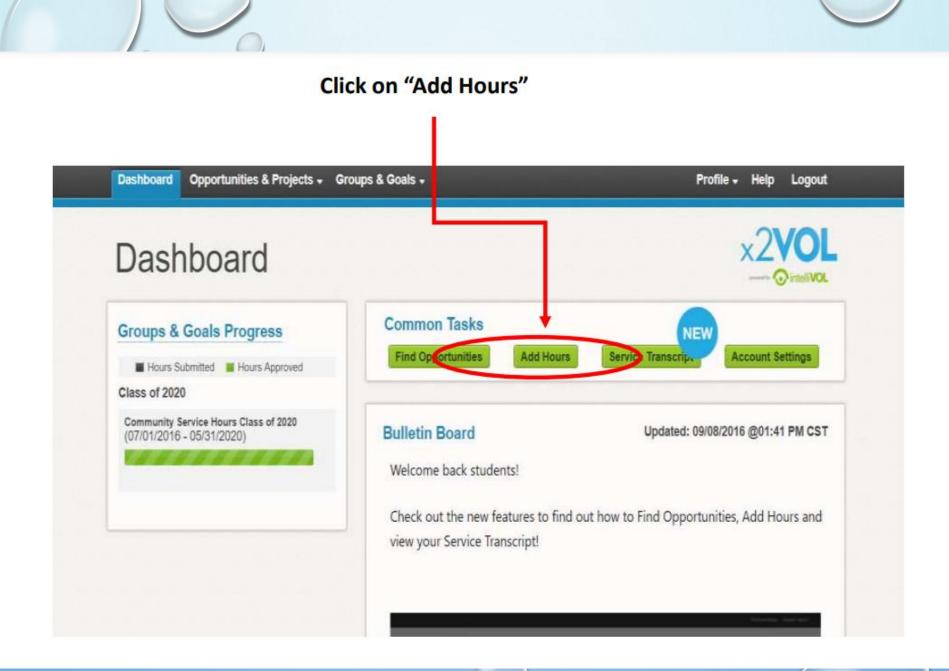
6) CLICK ON:



Log in with District Account

### X2VOL – Community Service How to record service hours

|                                           |                   |                                                   | Scroll down to the<br>bottom of the page.<br>Click on x2VOL |
|-------------------------------------------|-------------------|---------------------------------------------------|-------------------------------------------------------------|
| Resources to get ready Naviance Test Prep | Document F        | Resources x2VOL                                   |                                                             |
|                                           |                   |                                                   |                                                             |
| From My School                            | PAGES             | UPDATES                                           |                                                             |
| 5AT 17                                    | Family Connection | Your school has no new updates. Check back later. | 0                                                           |
|                                           |                   |                                                   | C                                                           |
|                                           |                   |                                                   |                                                             |
|                                           | 0                 |                                                   |                                                             |





| Click | On | "Create | New" |
|-------|----|---------|------|

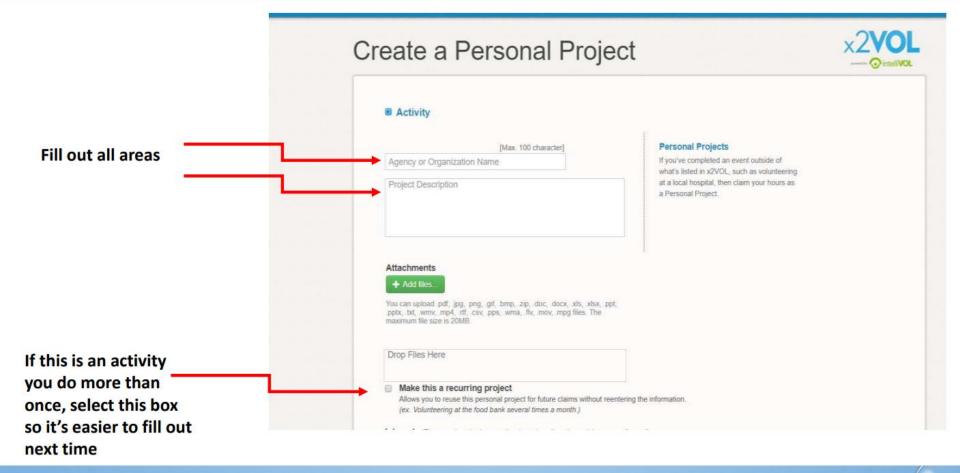
| ACTIVE PROJECTS                                                                                       | 2                |                   |                   |                      | Newest to  | Oldest |
|-------------------------------------------------------------------------------------------------------|------------------|-------------------|-------------------|----------------------|------------|--------|
| Math Tutoring     Helping students with Geometry assignments.                                         |                  |                   |                   |                      | Add Hours  | Delete |
| OPPOR TUNITY                                                                                          | CLAIMED<br>HOURS | VERIFIED<br>HOURS | APPROVED<br>HOURS | RESUBMIT<br>ALLOWED? |            |        |
| Bellevue School District     O6/05/2019     Spring Fling- helped with 2 other people at a game statio | 2.00             | 2.00              | 2.00              | 0                    | Edit Entry | Delete |
| Sellevue School District     05/23/2019     (supervised the children in a classroom while watching a  | 2.00             | 2.00              | 2.00              | 0                    | Edit Entry | Delete |
| Math Tutoring     O2/01/2018     Holping students with Geometry assignments.                          | 7.00             | 7.00              | 7.00              | 0                    | Edit Entry | Delete |
| Bellevue School District     07/27/2017     Operation Exploration (summer school) - i volunteered as  | 62.00            | 62.00             | 62.00             | •                    | Edit Entry | Delete |
|                                                                                                       | Find New         |                   |                   |                      | Neweist to | Oldest |



11 10

S. 8







|                                 | Humanitarianism  | Faith-based | Environmental                                                                                                                    |
|---------------------------------|------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------|
|                                 | Government       | Educational |                                                                                                                                  |
| ontact                          | Activity Contact |             | Verification                                                                                                                     |
| nformation for<br>he person who | Name             |             | The contact specified here will receive a<br>verification request through the email<br>address you've provided. The contact will |
| vill verify your                | Phone            |             | verify that the service hours claimed for this event are accurate. (Remember that this                                           |
| ommunity service                | Email Address    |             | information may also be audited.)                                                                                                |





#### Fill out these areas

| Claim Hours(Da<br>If you volunteered mu<br>You can provide the d<br>If you have been instr | Itiple days for the<br>ates/date range | e same activity, plea<br>in the Description s | se enter the TOTAL ection at the top of the | amount of hours<br>is page. | and select the most re | ecent date voluntee |
|--------------------------------------------------------------------------------------------|----------------------------------------|-----------------------------------------------|---------------------------------------------|-----------------------------|------------------------|---------------------|
| Date                                                                                       | Hours                                  | Minutes                                       |                                             |                             |                        |                     |
| <br>                                                                                       | 00                                     | • 00                                          | •                                           |                             |                        |                     |
| Reflections                                                                                |                                        |                                               |                                             |                             |                        |                     |



#### 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  | CREDITED | REMAIN |
|-----------------|----|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|----------------------|-----------|-------|----------|--------|
| Aake sure to    | 0  | Apply to all Non-Exclusive Go                                                                                                                        | als:                                                          |                      |           |       |          |        |
| elect these two |    |                                                                                                                                                      |                                                               |                      | 10000000  | 10000 |          | 8      |
| ptions          |    | Community Service Hours Cla<br>2020                                                                                                                  | ass of Class of 2020                                          | 7/1/2016             | 6/31/2020 | 40.00 | 73.00    | 0      |
|                 | *  | Sponsored Goals - Goals offer                                                                                                                        | red by an organization                                        |                      |           |       |          |        |
|                 |    | The hours that I am submitting are<br>outhful. I understand that the inform<br>f inaccuracies are discovery<br>consequences may be impo-<br>comments | nation I am submitting may be a<br>ed, I understand that I ma | udited for accuracy. |           |       |          |        |
|                 |    | NACO MOINES                                                                                                                                          |                                                               |                      |           |       |          |        |
|                 | DA | TE USER                                                                                                                                              | COMMENT                                                       |                      |           |       |          |        |
|                 |    |                                                                                                                                                      |                                                               |                      |           |       |          |        |
|                 |    |                                                                                                                                                      |                                                               |                      |           |       |          |        |
|                 |    | laim History                                                                                                                                         |                                                               |                      |           |       |          |        |
| Submit 🕲 🗕 🔤    | DA | TE/TIME                                                                                                                                              | EVENT                                                         | US                   | ER        |       |          |        |
|                 | Su | Cancel                                                                                                                                               |                                                               |                      |           |       |          |        |
|                 |    | 0                                                                                                                                                    |                                                               |                      |           | 0 (   |          |        |



## **QUESTIONS?**

