



High School Planning Guide

IHS Counseling Department



Irondequoit High School

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IHS Counseling Department

Students are assigned to School Counselors alphabetically in grades 9 through 12. Counselors typically remain assigned to students through all four years of high school. We work with students on their academic, college and career, and social-emotional needs. Along with that, we have three School Social Workers, a School Psychologist, and a Substance Abuse and Prevention Counselor that are available to support students for a variety of needs.

Counseling Center Staff	Position	Email
Gretchen Bush	School Counselor	gretchen_bush@westiron.monroe.edu
Kristen Iannopollo	School Counselor	kristen_iannopollo@westiron.monroe.edu
Shelly Laraby	School Counselor	michelle_laraby@westiron.monroe.edu
Kevin McDonald	School Counselor	kevin_mcdonald@westiron.monroe.edu
Andrew Palmer	School Counselor	andrew_palmer@westiron.monroe.edu
Whitney Raymo	School Counselor	whitney_raymo@westiron.monroe.edu
Jessica Wollschleger	School Psychologist	jessica_wollschleger@westiron.monroe.edu
Jeremy Carrier	School Social Worker	jeremy_carrier@westiron.monroe.edu
Lindsey Long	School Social Worker	lindsey_long@westiron.monroe.edu
Teisha Maldonado	School Social Worker	teisha_maldonado@westiron.monroe.edu
Nicole Corcimiglia	Substance Abuse Prevention Specialist	nicole_corcimiglia@westiron.monroe.edu

STUDENT/COUNSELOR ASSIGNMENT

2023-2024

COUNSELOR	GRADE 9	GRADE 10	GRADE 11	GRADE 12
MR. MCDONALD	A-Chi	A-Cas	A-Cass	A-Con
MS. IANNOPOLLO	Chr-Gig	Cat-Fo	Cast-Gon	Coo-Gon
MS. LARABY	Gil-Mat	Fr-Lo	Gra-Kir	Gra-La
MR. PALMER	May-Pal	Lu-Pac	Kor-Pan	Le-Ph
MS. RAYMO	Par-Sm	Pag-Sch	Par-She	Pi-St
MS. BUSH	Su-Z	Sco-Z	Sil-Z	Su-Z

NYS Graduation Requirements

Regents Diploma		Advanced Regents Diploma	
Required Courses	Credits	Required Courses	Credits
English	4	English	4
Social Studies	4	Social Studies	4
Math	3	Math	3
Science	3	Science	3
World Language	1	World Language	3
Art/Music	1	Art/Music	1
Health	.5	Health	.5
Physical Education	2	Physical education	2
Electives	3.5	Electives	1.5
Total	22	Total	22

Regents Exams Required (Must pass with a 65 or higher)	
Regents Diploma	Advanced Regents Diploma
English Language Arts	English Language Arts
Algebra 1 (or another math exam)	Algebra 1, Geometry, & Algebra 2
Global 2	Global 2
US History	US History
Living Environment (or another science)	Living Environment & Earth Science (or another science – two total)
	World Language Level 3 Exam
Total: 5 Exams	Total: 8 Exams

<https://www.nysed.gov/curriculum-instruction/credit-requirements>

All students must complete 22 credits including all required courses to graduate with a NYS high school diploma. Students are required to be enrolled in Physical Education for every semester they are in high school. Students who receive Special Education services may have alternate paths for graduation requirements. School Counselors monitor and track student graduation requirements annually and discuss student progress during course planning meetings.

9th Grade Timeline

Fall

- School Counselors push into classes to provide a Welcome to High School lesson

Winter

- Counselors meet with students individually to discuss career goals and select courses for the following year

Spring

- Counselors push into classes to provide a Personality Social/Emotional Learning & Naviance Introduction lesson

- English 9 or Adv. English 9
- Global 1 or Adv. World History
- Algebra or Geometry
- Living Environment or Earth Science
- World Language Level 2
- Physical Education
- Elective Choices (typically working on art/music req.)
- Lunch
- Study Hall or Support Period

Typical 9th Grade Schedule



- Attend Post High School Planning Workshop in November
- Utilize Naviance for career exploration
 - See Naviance Section pg. 10
- Begin building resume
- Utilize College and Career Center to explore community programs
- Get involved with school or community activities!
 - IHS Clubs

College & Career Exploration



10th Grade Timeline

Fall

- School Counselors push into classes for a Career Social Emotional Learning & Naviance Lesson

Winter

- School Counselors meet with students individually to discuss post high school planning, career interests, and select courses for the following year
- Students interested in applying for an EMCC/BOCES program are taken to visit
 - Applications are due February 12

Spring

- School Counselors push into classes for a Social Emotional Learning lesson

- English 10 or Adv. English 10
- Global 2 or AP World History
- Geometry or Algebra 2
- Earth Science or Chemistry
- World Language Level 3
- Physical Education
- Health (.5 credit)
- Elective (.5 credit)
- Lunch
- Study Hall or Support Period

Typical 10th Grade Schedule



- Attend Post High School Planning Workshop in November
- Utilize Naviance for career exploration
 - See Naviance Section pg. 10
- Continue developing resume
- Utilize College and Career Center to explore community programs
- Get involved with school or community activities!
 - IHS Clubs

College & Career Exploration



11th Grade Timeline

Fall

- PSAT is offered to 11th grade students in October
- School Counselors push into classes for a two-day College and Career lesson including individualized work time utilizing Naviance

Winter

- School Counselors meet with students individually to update post high school planning and career interests. Counselors will review graduation requirements and map out the senior year schedule.
- Students interested in applying for New Visions Medical or Education programs are taken on February visit
 - Applications are due by March 1st

Spring

- School Counselors push into classes for post high school planning review lesson with individualized work time
- National College Fair in March (both family and school visit option)
- Students should be registering to take the SAT and/or ACT

- English 11 or AP Language
- US History 11 or AP US History
- Algebra 2 or Pre-Calc
- Chemistry or other Science Course
- Physical Education
- Elective Choices (could continue with World Language as well)
- Lunch
- Ind. Study or Support Period

Typical 11th
Grade Schedule



- Utilize Naviance for career exploration
 - See Naviance Section pg. 10
- Continue developing resume
- Utilize College and Career Center to explore community programs
- Get involved with school or community activities!
 - IHS Clubs

College &
Career
Exploration



12th Grade Timeline

Fall

- School Counselors will meet individually with each senior to review graduation requirements and plan for next steps after high school (college, career/trades certification, military, etc.)
- Students should register to take or retake SAT's/ACT's
- College bound students should be completing college applications by Thanksgiving break, or earlier depending on individual deadlines

Winter

- College bound students and families submit FAFSA for Financial Aid
 - Be on the lookout for scholarships available through the College & Career Center newsletter (The Chronicle - also available online and in all Eng. classes)
- Students should have college applications submitted or plan in place for military/employment path

Spring

- College bound students begin receiving decision notifications from schools
 - Decision day and deposit due in May
- Continue scholarship application submissions - be aware of deadlines!
- Counselors complete exit survey with students to send final transcripts out to school of choice
- Senior activities and Graduation!

- English
- Part. in Government & Economics
- 4th year math recommended
- 4th year science recommended
- Physical Education
- Electives
- Lunch
- Ind. Study or Support Period

Typical 12th
Grade Schedule




- Utilize Naviance for college and career exploration
 - Complete Resume
 - College bound students using to complete applications
- Complete Common App if applying to 4 year school
- Utilize College and Career Center to explore opportunities

College &
Career
Exploration





Naviance is our college and career exploration program. Students are exposed to Naviance each year during school counselor lessons in the classroom to work on different components of the post high school planning process. Some features to note:

- Resume Builder
- Career Exploration
- College Search Options
 - "Favoriting" a school (clicking the ) adds it to the "Colleges I'm Thinking About List" which identifies students to notify for college representative visits
- Tracking Colleges/Universities of Interest

*Students also utilize Naviance in senior year for the application process including requesting letters of recommendations from teachers and keeping their list of schools applying to.

TO ACCESS NAVIANCE:

On student laptop - Launch Google Chrome Browser

Click "Clever" App

Click "Log in with Microsoft"

Click "Naviance" App

Explore!

Navigating College Testing SAT's & ACT's

What are they?

- Standardized exams that may be required or helpful for four year college admissions
- Colleges do not typically have a preference of SAT vs. ACT
- For SAT's visit www.collegeboard.org
- For ACT's visit www.act.org

Why should my student take them?

- Some colleges and universities require these exams as part of the application process
- If a college/university is "test optional" they do not require the exam, but a student can choose to send them
 - Students will have the choice to send their scores and can choose which scores are sent
- Merit based scholarships may use SAT/ACT scores as part of their requirements
- NCAA Eligibility Center has required the SAT or ACT in the past

What to expect on the exam?

- SAT tests students on reading/writing and math skills
- ACT tests students in the areas of math, English, reading, and science

When are they taken?

- Students typically take them in the spring of their Junior year (March-June)
- Students can re-take them in the fall of Senior year to improve test scores

How can my student prepare?

- Both SAT and ACT websites offer test prep (some free!) and practice exams
 - Students can access Khan Academy through College Board for free prep
- 11th grade students can take the PSAT (practice SAT) in the fall of their Junior year



ELIGIBILITY CENTER

[Click here to view Guide!](#)

NCAA
GUIDE FOR
THE COLLEGE-BOUND
STUDENT-ATHLETE
2023-24

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Resources for Families

IHS Counseling Center Newsletter

- <https://www.smores.com/n/cdxnb>

IHS Counseling Center Website

- <https://ihs.westirondequoit.org/departments/counseling-center>

IHS Course Catalog

- <https://resources.finalsite.net/images/v1711649554/westirondequoitor>

Parent Schoology Access

- <https://uc.powerschool-docs.com/en/schoology/latest/parents>

Parent Infinite Campus Access

- <https://wicsd.tech/wp-content/uploads/2020/08/Campus-Parent-Portal.pdf>

College Board (SAT/AP)

- www.collegeboard.org

ACT

- www.actstudent.org

NCAA Eligibility Center

- <https://web3.ncaa.org/ecwr3/>

Mental Health Provider Search Engine

- <https://www.psychologytoday.com/us/therapists>

Monroe County Crisis Hotline - 211

- <https://www.monroecounty.gov/files/mh/MC-CrisisServices.pdf>