

# WELCOME TO FROSH PARENT NIGHT

## Archie Williams HS Counseling Department

*We work together toward a common goal of success for all students.*



# PEOPLE YOU SHOULD KNOW

- \* Principal
  - \* LaSandra White
- \* Assistant Principals
  - \* Nate Severin
  - \* Kaki McLachlin
- \* College/Career Specialist
  - \* Lisa Neumaier
- \* School to Career Liaison
  - \* Greg Davison
- \* Counselors
  - \* Molly Baker
  - \* Kyle Kassebaum
  - \* Sheila Souder
  - \* Molly Yasuda
- \* Counseling Secretary
  - \* Jenny Poster
- \* Wellness Personnel
  - \* Katrina Southard
  - \* Beatrix Berry

# COUNSELORS WORK WITH STUDENTS ON THESE GOALS

- \* Recognize & access resources to explore personal, academic & career goals
- \* Understand how current choices impact your future
- \* Understand the importance of balance (know how to lower stress/anxiety)
- \* Know how to communicate effectively (ALL STUDENTS have their OWN email account)
- \* Identify personal strengths, values, challenges & boundaries

# SUPPORT FOR THE WHOLE CHILD

## Counselors Provide:

- \* Support through four years of student growth and development
- \* Referral services when students require in-depth therapeutic support
- \* Academic, social and emotional support
- \* Enrollment in all graduation requirements
- \* Support to students as they make post-secondary plans

# FROSH YEAR SERVICES

- \* Presentations on counselor role, definition of success, getting involved, goal setting & four year pattern of courses (video, pp, Q&A)
- \* Individual meetings at student request
- \* Self-advocacy is a skill that will serve students during and well beyond high school, so encourage your student to reach out to us if we can help them

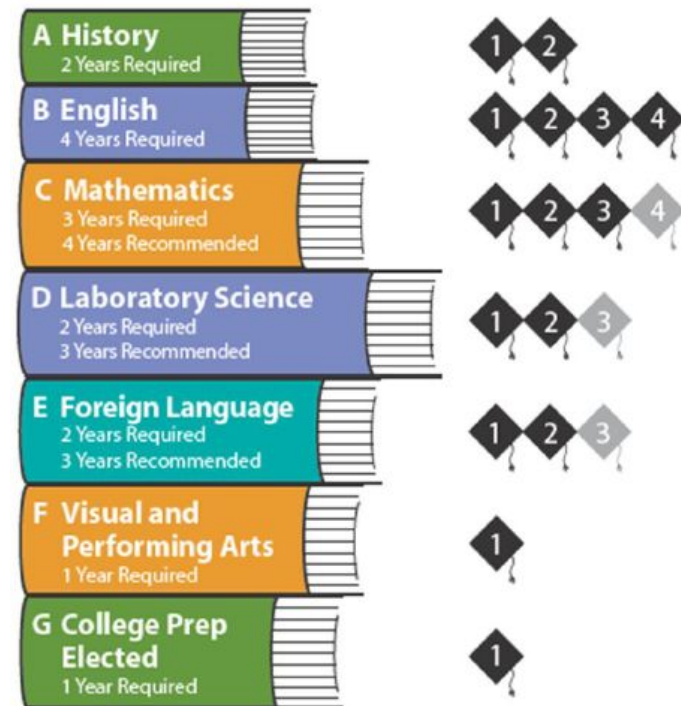
# TRANSITION TO HIGH SCHOOL

- \* Expectations are Higher:
  - \* Course material is more challenging & students have to work harder
  - \* Attending class every day on time, utilizing classroom teacher supports, and turning in all work on time are good strategies for success
  - \* If your student says they do not have h/w for a few days ... something is awry
  - \* Students are encouraged to take more initiative & more responsibility

# ACADEMICS & COLLEGE ELIGIBILITY!

## TUHSD GRAD UC/CSU ELIG

- \* Grades count in 9<sup>th</sup> grade!
- \* Graduation & College Prep: some overlaps & a couple of differences
  - \* Social Studies x 4
  - \* English x 4
  - \* Math x 3
  - \* Science x 3
  - \* Visual/Performing Arts x 1
  - \* Physical Ed x 2
  - \* Foreign Lang x 0



# WHAT MAKES FOR A SUCCESSFUL FROSH YEAR?

- \* Direct Communication with teachers and counselor
- \* Use of Resources:
  - \* Tutorial, Homework Club (starting week of 9/12), Wellness Center, Peer Resource
- \* Knowing syllabus, teacher expectations, how to look up grades and assignments (Canvas)
- \* Excellent attendance, which includes being on time
- \* Connection to School beyond Academics
  - \* Drama, music, athletics & clubs (Club Days 9/14-15)
  - \* Performing or Attending; Leadership positions



# MY STUDENT IS NOT READY

- \* Every year, we receive this parent call:
- \* “I know you are trying to encourage self-advocacy, BUT Gary is unique and not like other kids. He won’t contact you. He’s never asked an adult a question.”
- \* Instead, we want you to do this: “Gary, I am confident in your ability to walk into the counseling office and put in a request to see your counselor or email them directly. They want to get to know you. Otherwise, you will never figure out how to communicate independently.”

# PARENT/STUDENT CONVERSATIONS

- \* Supporting your students to develop autonomy and adult communication skills
- \* Sit with your child & discuss priorities
- \* Reviewing their course options/opportunities
- \* Staying abreast of the Calendar & School Communications
- \* Focus on College Prep too early can backfire due to anxiety about performance
- \* Not all decisions about course choice or extracurriculars need to be based on what looks good for colleges. Focus should be on student engagement and curiosity
- \* Develop your OWN intellectual interests – you’ll be more interesting and competitive – colleges don’t want 500 4.5 gpa engineers!
- \* Listen, ask clarifying questions & help them come to their own resolutions!

# WHAT IF MY STUDENT IS DOING POORLY IN CLASS?

- \* Communicate w/ your student to discover the root of the problem (i.e., study habits, motivation). Create a study/homework plan at home
- \* Encourage your student to use the Academic Support
  - \* Tutorial Weekly (office hours)- Ask them, “Which two teachers are you going to meet with this week?”
  - \* Homework Club/Peer Tutoring after school (tba)
- \* If necessary, contact the teacher directly
- \* If problems persist and/or personal social problems exist, contact the counselor and utilize personal & social resources (i.e., Wellness)

# HOW CAN I HELP MY STUDENT DEAL WITH STRESS?

## \* Look for Signs of Stress

- \* Anxiety
- \* Sadness/depression
- \* Feeling hurried/pressured
- \* Stomach problems, headaches, chest pain
- \* Problems sleeping
- \* Drug/alcohol use

## \* Strategies to Manage

- \* Set up weekly school/work schedule
- \* Set up sleep/electronics schedule
- \* Be realistic – avoid overscheduling
- \* Think of change as a challenging & normal part of life
- \* Focus on effort & willingness to try new things v. grade focus
- \* Setbacks = temporary & solvable
- \* Participate regularly in activities for relaxation & fun
- \* Have a support system & ask for help
- \* Eat healthy, sleep enough & exercise
- \* Take action to solve problems & use resources available

# HOW TO CONTACT YOUR STUDENT'S COUNSELOR

## \* STUDENTS:

- \* Drop in to our office
- \* Counselors leave a portion of their day open for student issues & emergencies

## \* PARENTS:

- \* Encourage young adults to communicate directly
- \* Call/e-mail your student's Counselor
- \* Meetings typically include students
- \* Attend ALL school events for your student's grade level (or review virtual material)

\* COUNSELORS USE @TAMDISTRICT.ORG EMAIL ONLY.

\* NO PARENT SQUARE OR CANVAS

# ADDITIONAL SUPPORT SERVICES

- \* Peer Resource
- \* Peer Tutor/Homework Club(Days/Times TBA)
- \* Tutors - Peer and Adult (lists on counseling website)



# What Does Wellness Provide?

## *Direct Student Services & Support*

- \* Counseling (individual and group)
- \* Drug & alcohol counseling (individual & group) and education
- \* Crisis support and intervention
- \* Sexual and reproductive health services
- \* Case management and referral
- \* Youth development programming

## *Schoolwide Services & Education*

- \* Classroom workshops and presentations on health and wellness topics
- \* School-wide health awareness events and campaigns
- \* Health education information & interactive Wellness Website
- \* Youth Leadership Opportunities – Wellness Youth Advisory
- \* Staff consultation and professional development
- \* Parent/caregiver consultation and education
- \* Community partnerships and resourcing



# NAVIANCE STUDENT

- \* Your student is entering a new developmental era. Naviance will help them explore themselves & their interests.
- \* Email from Lisa Neumaier with some tasks to help them clarify strengths, interests and ideas for their future:
  - \* Interest Inventory
  - \* Career searches
  - \* College Admission Information
  - \* Personality Profile

# CONTACT INFORMATION

## COUNSELORS DON'T KNOW EVERYTHING!

- \* Student grades/progress: Teacher
- \* Student attendance: Mark Machado
  - \* You will get calls if your student is absent from a class. If your student thinks it was an error, don't ignore it.  
Contact the teacher to confirm.
- \* Athletic eligibility: Jett Russell
- \* Transcripts: Jenny Poster
- \* E-Mail/Parent Vue/Synergy update: Brittany Mullery ([bmullery@tamdistrict.org](mailto:bmullery@tamdistrict.org))
- \* Administrative Support: Kaki McLachlin & Nate Severin
- \* Staff Phone list: Parent News & AWHHS website

# ARCHIE WILLIAMS COUNSELING WEBSITE

- \* AWHs Website, Counseling & College & Career Center pages for information on:
  - \* Upcoming counseling events and programs
  - \* College resources
  - \* Overview of counseling services
  - \* Check list by grade level for college and career planning
  - \* Instagram: @awhs\_counseling
  - \* Instagram: @awhscollegecareer

# GRADING PLATFORMS, ATTENDANCE, AND CLASSWORK

- ★ You will find out tonight about Canvas
- ★ Check your email for account information

- ★ Canvas:
  - Assignment information
- ★ Synergy:
  - Report card grades
  - Student attendance
  - Student schedules

# YOU HAVE QUESTIONS... WE HAVE ANSWERS



- \* Molly Baker:  
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- \* Kyle Kassebaum:  
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