

Class of 2021



In the Loop Newsletter: November

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Important Dates and Events November/December:

- October 30-November 9: Meet with students for Q2 visits in all English classes.
- November 15: Mid-term Deficiency Notices go out
- November 19-23: Non-Attendance, Fall Break
- December 7: Semester 2 schedule change request deadline
- December 19 & 20: Final Exams
- December 21: Student Non-Attendance Day, Teacher Institute

Recap of Quarter 2 Visits in the English Classroom:

GRIT Conversation Overview

- ❖ Students received their GRIT scores from the Grit Scale Survey they took Q1. Scores range from 1 to 5 (with 5 being the highest/most gritty score).
- ❖ What does all of this mean? Well, GRIT is defined as perseverance and passion for long-term goals. Grit entails working strenuously toward challenges, and maintaining effort and interest over years despite failure and adversity.
- ❖ Basically, the higher your grit score, the more likely you are to try, try, try again and never give up. Also, gritty students outperformed their less gritty peers. Your level of academic success has more to do with how **gritty** you are than any other factor.
- ❖ So how can you use this information to motivate yourself to achieve your goals? First, realize that you don't have to "be" or "think" you are smart to do well in school and achieve your goals. All you have to do is:
 - set goals for yourself,
 - believe in yourself,
 - ask for help when you need it and never give up.

Students were reminded that entire faculty and staff at CCHS, parents at home, and adult supports in their lives are here to support them and help them achieve goals; that it is vital to ask questions, get help when needed, and strive to be their personal best.

Videos to check out related to GRIT:

This is a full website on Angela Duckworth and her research behind GRIT. You will find lots of useful information here. Definitely check out the video titled *Grit: The Power of Passion & Perseverance*.

<https://www.characterlab.org/grit>

This video is a Ted Talk with Amy Morin on *The Secrets of Becoming Mentally Strong*.

<https://www.youtube.com/watch?v=TFbv757kup4>

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In the Loop Newsletter: November Unplugged Challenge Experience

On Monday, October 29 students and families were encouraged to ‘unplug’ from technology in some way. On average I had about 1-2 students participate per English class. Hence I believe this is a reflection of just how difficult this challenge is for today’s teenager! I did unplug and I learned just how connected I am (though I didn’t think) and that a lot of my distractions are due to screen time activities. I talked with students about how enlightening this experience can be and that one will definitely notice pros and cons with the use of technology (be it social media, texting, gaming, tv-watching, etc.).

Students are aware that I will propose another Unplugged Challenge quarter 3; so they need to be checking their email and listening to announcements for that date in January! Attached to my website & included in my email home is an article written by Angela Duckworth regarding *Social Media and Well-Being*; she wrote this in her “Thoughts of the Week” blog just this week (I think it is a sign)! It is a good read; take a look.

Naviance (Career/College Exploration) Activities

The rest of the class visit consisted of students working independently in Naviance to complete at least two activities from the following (career surveys and exploration) while I met with students individually to review their *Graduation Checklist*:

- ❖ Career Cluster Finder [provides list of broad career pathways]
 - Online questionnaire that helps students uncover career clusters that are most related to his/her interests.
 - Once completed, students will see a ranking of all career clusters as they relate to his/her results.
 - Students can re-take this questionnaire at any time.
 - Career Clusters help students identify career AREAS that may transform into future post-secondary careers.
- ❖ Career Interest Profiler [getting more specific - provides list of leading career interests & careers by preparation type]
 - This is a career assessment based on Holland’s interest codes
 - Students can take the assessment only ONCE.
 - Total of 180 questions
 - Students will get results of their top and lowest career interest area (Realistic, Investigative, Artistic, Social, Enterprising, and Conventional)
 - Students can then click *View Matching Careers* to see a list of careers and the amount of preparation it takes to have that career [begins to build what degrees are needed for specific career].
- ❖ Game Plan Survey
 - Series of questions designed to help me work with you to develop a game plan for achieving goals after graduation.
 - 30 questions and can be updated anytime

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○ You will be asked about career interests, college interests, specific college preferences, and potential references

- ❖ Journal Options: (1) reflect on the Unplugged Challenge experience or what you learned from others regarding the Unplugged Challenge. (2) check out the videos shared with you and journal your thoughts/reflection of what you learned, or (3) write a goal you have for sophomore year.

Graduate Checklist Review

I met with every student individually to look at and review his or her Grad Checklist, which is housed in my office and will be updated each year. **Students learned if they were (1) currently on track for graduation; (2) their freshman year cumulative GPA; (3) PSAT 8/9 score from last December; (4) and students wrote notes on current post-secondary plans, potential college options, and adult supports.** Be aware that there are about 50 students I still need to see (as I did not get to meet with them in class or they were absent).

Naviance: Spaces to be aware of...

1. THE WHAT'S NEW SECTION

(Found at the bottom right of the home page)

*As a sophomore you can sign up to meet with college visitors. See upcoming visits and register on this page!

2. THE NAVIANCE TEST PREP SECTION

(Found at the very bottom left of the home page)

*This is a great place to prepare for the upcoming exam!

*Students will be taking the **PSAT 10 on April 10, 2019**. This will be the last official full-group practice before students take the SAT the spring of their junior year.

*The PSAT/NMSQT (National Merit Scholarship Qualifying Test) will be offered October of students' junior year. There is a fee to take this exam but is another opportunity to prepare for the SAT and the only test offered to look for eligible students for the National Merit Scholarship Program.

S2 Schedule Changes

Students **MUST** have semester 2 schedule change *requests* in by **FRIDAY, DECEMBER 7**, to be considered for review. Students can request a schedule change by leaving a note in the Counseling Secretary's Office, or by emailing me. Please make sure students include details (what class they are wanting to add/drop and why).

What's Important Sophomore Year?

To have a....

STRONG, SUCCESSFUL ACADEMIC YEAR

Students should focus on Academics, Wellness, and Overall Balance