

# Class of 2021

In the Loop Newsletter: August - September

## WELCOME BACK!

I am very excited to be entering sophomore year with you and your students! This year I will be meeting with students each quarter to expand their career & college exploration in Naviance. We will also be learning a lot about the trait GRIT and working hard to grow our GRIT this year. Below you will find information about my recent visit to the English classrooms.

What happened in August?

- Activity Fair
- English Classroom Visits
- Support Your Student Year by Year Parent Meeting (the ppt, handouts, and a video of the event can be found on my webpage under *Support Your Student Year by Year Resources*)

What is happening in September?

- Picture Day: September 5, 2018
- Rotary Youth Exchange Informational Meeting: September 5 at 6:30 p.m. in the cafeteria
- 2019 DIAL Yearbooks: Due September 7, order a 2019 DIAL Yearbook and be entered into the Taylor Swift Concert Ticket contest. Go to [www.balfour.com](http://www.balfour.com) or stop by the yearbook office to order. The 2019 yearbook can be purchased for \$60.00.
- Fall Musical Auditions: September 10 & September 11 (Room B110) after school, sign-up sheets are posted, please mark your audition time.
- Midterm Deficiency Notices are sent: September 12
- School Improvement (1/2 day for students): September 21
- Homecoming Spirit Week: September 24-29
- College Night: September 25, talking to students & parents about the preparation and application process. This night is geared more for juniors & seniors but will allow you to learn about the process and timeline that will be ahead.
- Powder Puff Competition: September 26
- Homecoming Game: September 28
- Homecoming Dance: September 29

English 2 Visit Recap:

The last two weeks of August I had the pleasure of visiting every English 2 classroom. Several topics pertinent to High School success were shared and every student received a yellow folder with materials covering essential sophomore year information. Feel free to ask your student about my visit; I have encouraged every student to keep his/her yellow folder! Below is a rundown of the information covered.

# Class of 2021

## In the Loop Newsletter: August - September

- High School Transcript
  - We reviewed students' freshman year information including grades, attendance, credits earned, and student GPA.
  - I encouraged students to reflect and ask themselves this question – are they happy/proud of their transcript so far, or is there room for improvement?
  - We then looked at the area of the transcript for sophomore year and I have encouraged students to set goals; for example, what kind of grades do they want to see there, how about goals for attendance, credits earned, and cumulative GPA?
  - I also explained to students that we will continue to build their transcript each year; that every student has the opportunity to show excellence and growth. How can I and how can you as a parent help them get there?
  - It is vital students understand that this transcript (a paper reflection of their academic achievement) will go with them after high school, and decisions will be made based from their transcript.
- Naviance: Sophomore Year
  - This handout has been attached to my webpage under *Exploring Naviance Sophomore Year*. Feel free to check it out!
  - Listed are several of the activities, surveys, & assessments we will complete in Naviance this year.
  - I am encouraging students to come up with a big, fun list of post-secondary plans. As we near junior year that list should become more specific so that by senior year students have a good idea of what they want to do after high school.
  - The assessments we will complete this year are: Career Cluster Finder, Career Interest Profiler, Game Plan Survey, and MI Advantage.
  - Students can also access Naviance to add Smart Goals, create a resume, prepare for the PSAT & SAT, as well as sign up for college visit opportunities.
  - College visit opportunities are open to sophomores through seniors. Students must pay attention to upcoming visitors in their Naviance account and must register through Naviance. These meetings are a great way to learn more about college options and for students to demonstrate an interest in specific colleges & universities.
- SMART Goals
  - A worksheet on how to create Smart Goals has been included in students' yellow folders.
  - Smart Goals include goals that are Specific, Measurable, Attainable, Realistic, and Time-Bound. Creating Smart goals as a family can be an engaging experience. Remember to follow up and ask your student how they are doing in reaching their goals.

# Class of 2021

## In the Loop Newsletter: August - September

### ➤ College & Career Packet

Handouts in the College/Career Packet include:

- *College/Career Planning for Freshman & Sophomore Year*: a checklist for students
- *PSAT Information*: students will take the PSAT 10 on April 9, 2019
- *Recommendations: Student Self-Assessment* activity. I included this handout to encourage students to keep a record of their accomplishments, work, volunteer service, extra-curriculars throughout high school. Students will likely have to report on this when they write personal essays and complete future applications. Keeping good record now will help in the long run. Students can also track this in the *Resume* function of Naviance!

### ➤ Academic Packet

Handouts in the Academic Packet include:

- *Take Control of Homework*
- *Know How to Get Good Grades*
- *Time Management*
- *Organizational Skills Survey*
- *Study Plan Worksheet*
- *Study Schedule*
- *Memory Aids*
- *How to Overcome Procrastination*
- *Learning by Listening*
- *Things Students Should Ask When They Get Stuck*
- *Effective Note-Taking*
- *Test Anxiety*

### ➤ Social/Emotional Packet

Handouts in the Social/Emotional Packet include:

- *Dealing with Difficult Emotions*
- *Nine Things Mentally Strong People Do To Manage Stress*
- *Comprehensive Daily Self Care Log*
- *Am I In A Health Relationship?*
- *Challenging Anxious Thoughts*
- *Journaling*
- *Positive Steps to Wellbeing*

I encourage you to talk with your student about the contents of their yellow Welcome Back folder! Feel free to send any questions or thoughts you may have. I am looking forward to another great year working with the Class of 2021.