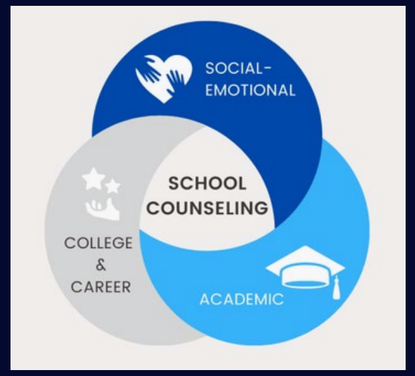
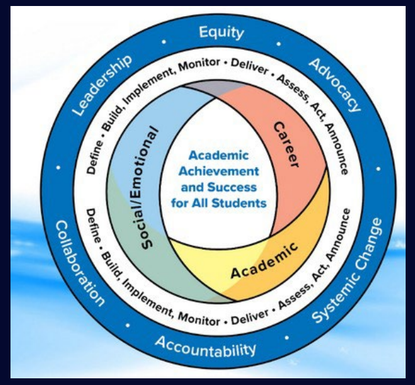
welcome!

SHS NEW STUDENT ORIENTATION

Our proactive and systematic program focuses on supporting the Academic, Career, and Social Emotional growth of all students to enhance their achievements and create a positive school environment.



Guided by the CT Comprehensive School Counseling Framework



Counseling Team SHS School



Gina Garfield 6-12 Team Leader
Victoria Deming
Krisina Kochanek
Robert St. Amand

Book an Appointment

Our Online Appointment Scheduler simplifies booking appointments with school counselors for students and parents.

The SHS website and student warehouse provide links for booking appointments with school counselors at convenient times.

Our program also collaborates with teachers, parents and administration to ensure a coordinated approach to student support.





First Year Experience



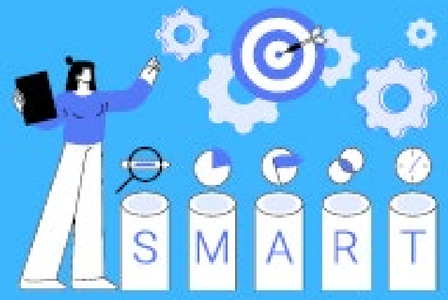
Our First Year Experience program is designed to support incoming 9th graders as they transition to high school. Through small group and classroom lessons school counselors meet with students to cover essential skills in the academic, career and social emotional domains. Our aim is to ensure your child's success and a smooth start to their high school journey.



First Year Experience Programing Lessons

- Transition to high school
- Time Management
- Effective Decision Making
- SMART goal setting
- Career Exploration
- Understanding Graduation requirements.







Academic Counseling

Academic Planning

Academic Interventions

Goal Setting and Study Skills

Engaging Parents for Collaboration



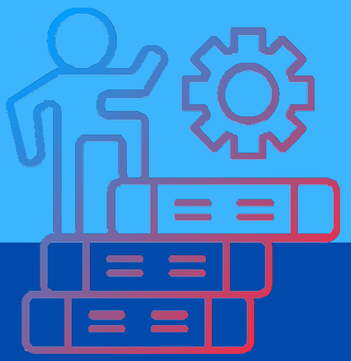
Parental collaboration is crucial for a supportive learning environment. Open communication helps us address challenges, celebrate successes, and ensure students' success.



Assures that every student's academic path matches their strengths, interests, and future objectives.



Improve time management skills, productivity, self-care, stress management, and school-life balance.



Allows for the detection of learning concerns, low grades, or attendance issues that may be hindering a student's progress

College/Career Counseling

- College Career Readiness Calendars
- Career Planning and Goal Setting
- Resume Building
- Post Secondary Exploration
- College Application Process
- Financial aid and Scholarships





actionplan

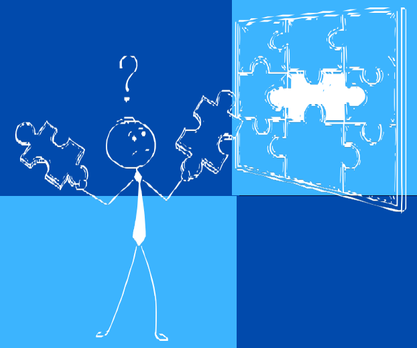
Calendars offer a comprehensive plan that evolves with the student.



Career Planning offering support in college and career readiness to help students make informed decisions, pursue goals, and succeed in their chosen paths.

Resume Lesson

Students gain valuable insights into the world of professional communication and enhance their ability to present themselves in a positive and impactful manner.





Post Secondary Exploration Assist students in researching colleges, universities, and vocational programs. Provide information on admission requirements, academic programs, and financial aid.

Social Emotional Counseling

- Individual Counseling
- Crisis Intervention
- Social Emotional Development Programming



Delivering confidential counseling services to students dealing with social/emotional challenges across academic, career, and social domains.



Providing immediate support for students in crisis, promoting social-emotional skills like self-awareness and responsible decision-making through programs and activities.



Small group lessons cover topics like time management, decision-making, goal setting, and transitioning to high school, benefitting students' social and emotional well-being by establishing a strong foundation.



GRADUATION REQUIREMENTS



In order to graduate and be granted a diploma, students must satisfactorily complete a minimum of 25 credit hours, including not fewer than:

- Four (4) credits in English
- Three (3) credits in Social Studies, including one (1) credit in Civics
- One (1) credit in the Arts
- One (1) credit identified as a Humanities elective in the SHS Course Selection Manual including (.5) credit in Personal Finance.

- 9 Credits in Science, Technology, Engineering and Mathematics:
- Four (4) credits in Math
- Three (3) credits in Science
- Two (2) credits identified as a STEM elective in the SHS Course Selection Manual

2 Credits in Career and Life Skills:

- One (1) credit in Physical Education
- One (1) credit in Life Education (Health)

1 Credit in World Languages

4.0 Credits in Additional Electives



SHS Transcript

A high school transcript is a comprehensive record of a student's academic accomplishments. It lists each course taken, the academic year, the grade received, and the credits earned for each course.

GPA is calculated based on final grades, with the highest possible score being 4.3 for each class.
Weighted GPA (QPA) considers course difficulty levels such as AP or Honors, with the maximum score reaching 5.16. QPA determines a student's decile rank.

Transcripts are essential for college applications and other post-secondary pursuits like vocational training or military service. Additionally, employers may request transcripts during the job application process.



SUFFIELD HIGH SCHOOL
Academic Transcript

Name: [redacted]
SASID#[redacted]
[redacted]
Suffield, CT 06078
Birthday: [redacted]
Grade: 12

Suffield High School
1060 Sheldon Street
West Suffield, CT 06093
Phone: 860-668-3810 Fax: 860-668-3793
CEEB: 070760

Suffield Middle School	Credit
ALGEBRA I SMS	1
SPANISH II A SMS	1
SPANISH I A SMS	1

Grade 9	Final	Credit
17-18 Suffield High School		
ENGLISH I H	A	1
INTEGRATED SCIENCE H	A	1
FOODS I A	A+	0.5
GEOMETRY H	A	1
MODERN WORLD HISTORY H	A+	1
SPAN III H	A-	1
SPORTS CONCEPTS	A	0.5

Grade 9 Credits: 6.00

Grade 10	Final	Credit
18-19 Suffield High School		
ALGEBRA II A	A-	1
AP US GOVERNMENT & POLITICS	A-	1
BIOLOGY I H	A-	1
ENGLISH II H	A+	1
LIFE EDUCATION I A	A+	0.5
SPAN IV H	A+	1
YOGA	A	0.5

Grade 10 Credits: 6.00

Grade 11	Final	Credit
19-20 Suffield High School		
AMERICAN HISTORY H	A+	1
AP ENGLISH LANG	A	1
AP SPAN LANG	A	1
CHEMISTRY H	A	1
PERSONAL FINANCE A	A	0.5
PRECALCULUS A	A	1
WRITING CENTER THEORY & PRACTICUM H	A	0.5

Grade 11 Credits: 6.00

Grade 12	Final	Credit

Grade 12 Credits:

Cumulative GPA: 4.0167
Cumulative QPA: 4.4039
Total Credits Earned: 21.00

Official School Signature _____

Title: _____ Date:

CAPT DATA

Science:

DAILY

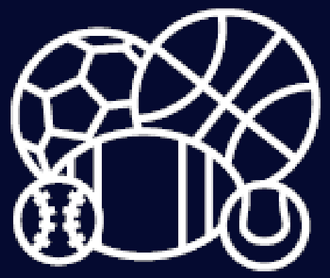


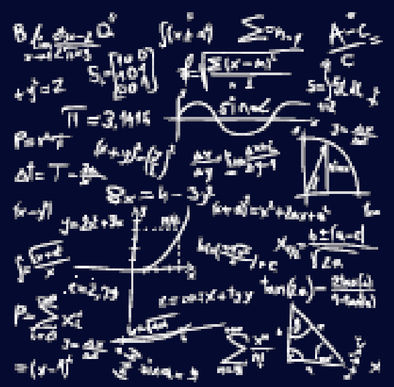
SCHEDULE

Mon A	
7:30-8:18	1
8:21-9:04	2
9:07-9:50	3
9:53-10:36	4
10:39-11:01	Wildcat Advisory
11:04-12:39 11:01-11:31 11:33-12:03 12:09-12:39	5 Lunch
12:42-1:25	6
1:28-2:10	7

	Tues B	Wed C	Thurs D	Fri E
7:30-8:37	1	1	3	1
8:40-9:42	2	2	4	2
9:45-10:47	3	3	5	5
10:50-12:22 10:47-11:17 11:20-11:50 11:52-12:22	4 Lunch	4 Lunch	6 Lunch	6 Lunch
12:25-1:05	5	Wildcat Flex	Wildcat Flex	Wildcat Flex
1:08-2:10	7	6	7	7

Athletic and Extracurricular Eligibility



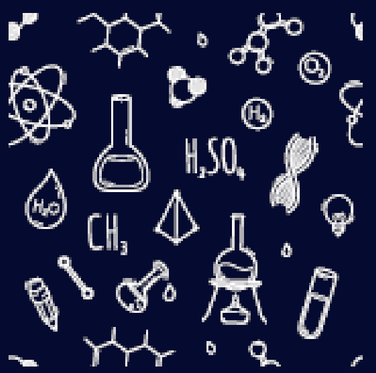














To take part in athletics and extracurricular activities at Suffield High School, students must meet specific academic requirements that exceed those of the Connecticut Interscholastic Athletic Conference (CIAC):

- Enroll in at least 6 or 7 courses.
- Maintain a quarterly G.P.A. of 1.7 or higher with at most one failing grade prior to the season's start.
- Uphold a positive standing within the school community.

Freshmen transitioning to Suffield High School from Suffield Middle School or other sending schools can join fall sports without academic restrictions.

Parents of Student Athletes are encouraged to visit NCAA.org for essential information if their child is considering sports at the collegiate level.

National Honors Society



The National Honor Society (NHS) was created to establish an enthusiasm for scholarship, to stimulate a desire to render service, to promote worthy leadership, and to encourage the development of character in students of the secondary schools of the nation. All students whose Q.P.A is 3.7 or higher after their sophomore or junior year, as determined by the weighted quality point average system used at Suffield High School, shall be considered for membership in the Sigma Chapter of the National Honor Society. After a student has met this scholarship requirement, they are then considered for membership based on three additional qualifications: leadership, character, and service. A vote by the National Honor Society Faculty Council determines the final selection of members.

Please refer to the Student Hand Book for further information

Class of 2028 College Career Readiness Calendar

The SHS School Counseling Department is excited to share with you our "Year at a Glance Checklist" College/Career readiness calendars that can be used as a benchmark checklist.

SCAN ME

January Tip: Start thinking about courses for your sophomore year and have conversations with your Teachers.	☐ Participate in 9th-grade Advisory lessons to prepare for midterms. These lessons include reviewing and copying the exam schedule, understanding exam procedures, and discussing the importance of studying along with effective study techniques. ☐ Course Recommendations for the Next Year. SHS teachers will meet individually with students to discuss placements for next year. They will enter their recommendations and comments into PowerSchool for the 2023-24 school year. ☐ Students start entering course requests into PowerSchool Course Selection PowerSchool Portal opens for all 8-11 grade students to enter in their course requests
February Tip: Meeting with your school counselors helps you choose courses that align with your academic goals, interests, and graduation requirements.	☐ Attend a Course Request meeting with your School Counselor to review and revise 4 Year Course/Career Goal Plan and discuss course requests for the next school year ☐ Choose electives that interest you and/or align with your strengths. Exploring your passions through elective courses can make school more enjoyable and help you discover potential career paths. ☐ 2/12 SHS College Admission Counselor Panel - Virtual Evening Event
March Tip: Career exploration is important to start early because it allows students to understand their strengths and interests better to make informed educational choices.	☐ Participate in FYE Module 5 Career Exploration ☐ Review your completed career assessment results with your school counselor to gain insights into potential career paths and plan your next steps. ☐ National College Fair Hartford Convention Center
April Tip Knowing your graduation requirements in 9th grade helps ensure you take the right courses to graduate on time and sets up a strong academic foundation for your future goals.	☐ Participate in FYE Module 6 Understanding Graduation Requirements ☐ Review next year's schedule with your School Counselors. ☐ National College Fair - Big E Fairgrounds
May Tip Celebrate your accomplishments for the year and identify areas where you need improvement.	☐ Schedule a meeting with your school counselor to review your academic schedule for next year and discuss goal-setting strategies to help you prepare for next year.
June Tip Enjoy your summer!	☐ Finish the school year strong by staying organized and keeping up with your assignments. Use a checklist to ensure you complete all your end-of-year projects and study for your exams.

School Year 2024-2025	Class of 2028 SHS School Counseling College/Career Readiness Calendar *Dates are subject to change due to unforeseen circumstances
August/September Tips: Set academic and personal goals for the year. Develop good study habits, organization skills, and a positive attitude towards school.	☐ 8/24 New Student Orientation ☐ 9/16 - 10/16 UConn ECE Student registration All students taking an ECE UConn course are required to register with UConn to be eligible for credit. 10/20 is the deadline. See your School Counselor for registration questions ☐ Participate in 9th grade Advisory Curriculum ☐ Participate in First Year Experience (FYE) Module 1 and 2 ☐ New Student Orientation ☐ Transition to High School ☐ Getting involved in athletics, clubs, or activities offered at SHS. It's a great way to explore interests, meet new people and begin building a resume for future plans. ☐ Get off to a good start academically and ask for extra help if needed. Make academics a priority. All final grades are posted on your transcript. ☐ 9/28 College Financial Aid Night - How to pay for College - via Zoom. Evening program run by Barnum Financial Services open to students and families grades 9-12.
October Tip: Attending Financial Aid Night can clarify college costs, scholarships, and aid options, helping you plan early and make informed choices.	☐ Participate in 9th grade Advisory Curriculum ☐ Complete FYE Module 3 Effective Decision Making - small groups ☐ Financial Aid Night 10/2 ☐ 10/7 PSAT ☐ 10/10 SHS College Fair ☐ Evaluate your performance in your current classes and ask for help if necessary.
November Tip: Teachers who know you well can highlight your strengths, character, and growth, when writing their recommendations for your college applications.	☐ Schedule a meeting with your school counselor to discuss your College Fair experience and explore potential career ideas. ☐ Build relationships with teachers, and communicate if you need help ☐ Participate in clubs, sports, or other interests to develop new skills and meet new classmates. ☐ Balance your academic responsibilities with extracurricular activities. This can help reduce stress and enhance your high school experience.
December Tip: Specific, measurable, achievable, relevant, and time-bound goals lead to better focus and outcomes.	☐ 12/5 Attend College Future Planning Night to get an introduction into the process of Post Secondary Planning. ☐ Participate in FYE Module 4 SMART Goal setting and Time Management Strategies small group sessions with School Counselors. ☐ Schedule an appointment with your School Counselor to review your achievements and areas for improvement from the first semester. Then, modify your SMART goals based on this mid-year reflection to better align with your current progress and needs.

We are excited to start the new year and are available to assist you! Feel free to contact us if you have any questions.

Your SHS School Counseling Team



Let the Journey Begin