



USE THE QR CODE TO SIGN IN

Senior CONFERENCE

24-25



CONGRATULATIONS

SENIOR STATUS

TOPICS FOR TODAY

- Meet the Team
- Counselor Corner
- How to Help Yourself
- Who do I talk to?
- Graduation Requirements
- HAC
- Rank/GPA
- STARR/SAT/ACT
- Life After High School
- Schoology



Counseling TEAM



Brandi Blomquist
(Lead Counselor)



Monica Iles
(A-Car)



Erica Bell
(Cas-F)



Robert Zemel
(G-Ja)



Dominique Thomas
(Je-Men)



Angelica Izaguirre
(Meo-P)



Ashley Golden
(Q-Sol)



Stacey Fernandez
(Som-Z)



Chelsea Little
Secretary



Nancy Corna
Secretary

Counselor's CORNER

01 ACADEMIC
CONCERNS

02 REQUEST TO VISIT
YOUR COUNSELOR

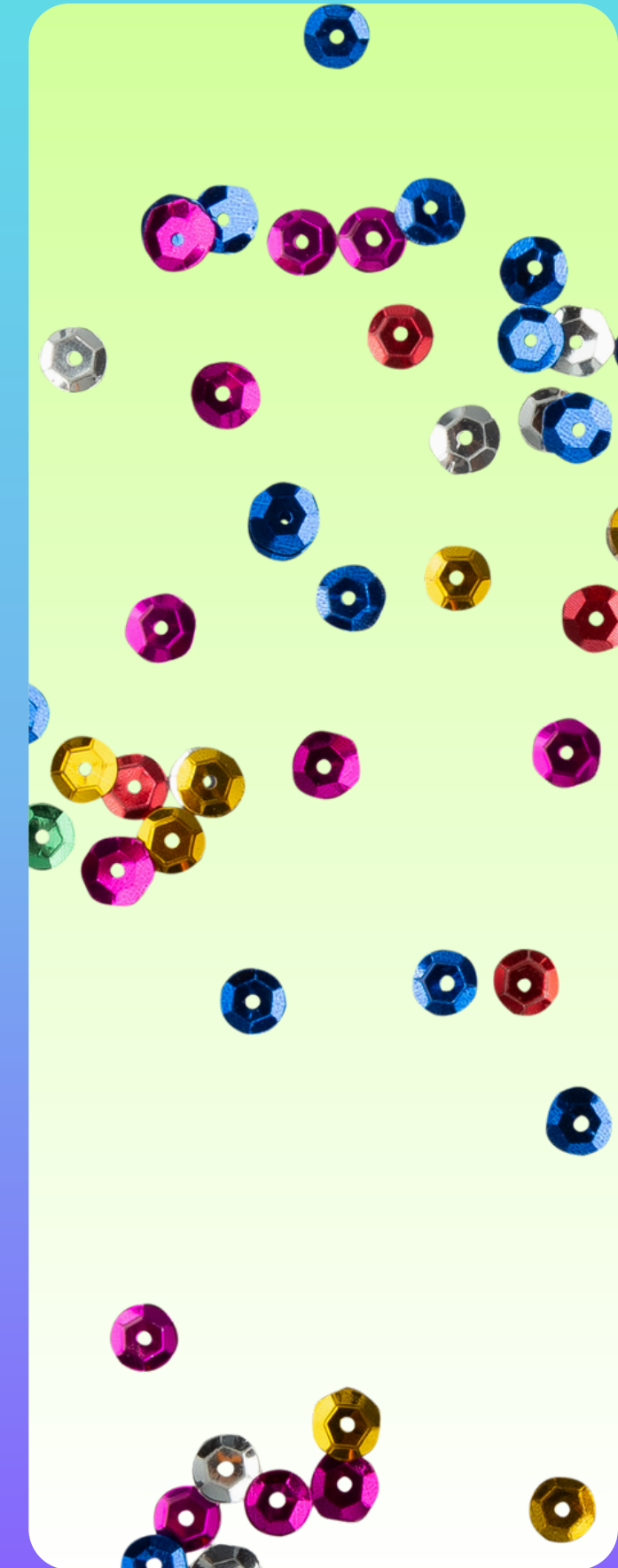
03 ASK GENERAL
QUESTIONS

04 ACCESS TO A
WEALTH OF
INFORMATION-
BROCHURES/FLYERS



Who DO I TALK TO?

- Attendance & Discipline
 - Assistant Principal
- Credits, Schedules, and Personal Concerns
 - Counselor
- Grades & Assignments
 - Teacher
- Missing more than 2 days of school & excuse/doctor's notes
 - Attendance Office



Healthy RELATIONSHIPS

MUTUAL RESPECT

Each person values who the other is and understands the other person's boundaries.

COMMUNICATION

Each partner should speak honestly & openly to avoid miscommunication. If one person needs to sort out his or her feelings first, the other partner should respect those wishes and wait until he or she is ready to talk.

STAYING TRUE TO YOURSELF

Neither partner should have to compromise who he/she is, and his/her identity should not be based on a partner's. Each should continue seeing his or her friends and doing the things he/she loves. Each should be supportive of his/her partner wanting to pursue new hobbies or make new friends.

How TO HELP OTHERS

**KNOW THE SIGNS
OF AN
INDIVIDUAL IN
DISTRESS**



**LISTEN AND BE
THERE FOR YOUR
FRIEND**



**REFER THE FRIEND
TO THE SCHOOL
COUNSELOR OR
TALK TO ADULT**



How TO HELP OTHERS VIDEO



HOW TO HELP YOURSELF



**CONTACT A
CARING ADULT**



**DEVELOP A SENSE
OF CONNECTION
IN SCHOOL**



ASK FOR HELP!



**DEVELOP COPING
STRATEGIES**

Suicide FACTS

The US loses an average of 125+ young people to suicide each week.

1

Suicide is the 2nd leading cause of death for youth ages 10 - 14.

2

For middle & high school students ages 12 - 18, suicide is the 3rd leading cause of death.

3

Swicide RISK FACTORS

YOUTH RISK FACTORS

- Separation/Divorce
- Family Crisis
- Harassment/ Bullying by peer
- Sexual Identity issues
- Relationship break-up
- Stress due to perceived need to achieve
- Inadequate problem-solving/coping skills

GENERAL RISK FACTORS

- Mental disorders
- Alcohol and substance abuse
- History of trauma or abuse
- Family history of suicide
- Access to lethal means (pills, guns, etc.)
- Lack of social support and a sense of isolation
- Hopelessness
- Previous suicide attempt

Behavior WARNING SIGNS

- Irritability/anger
- Writing/drawing about death/suicide
- Withdrawal from friends/activities
- Under the influence
- Giving things away
- Relief or sudden improvement



VERBAL WARNING SIGNS

- “You’d be better off without me!”
- “I can’t take it anymore!”
- “My parents won’t have to worry about me anymore.”
- Frequent physical complaints
- “I wish I were dead!”
- “I’m going to kill myself!”

SUICIDE IS

Preventable

- Coping and problem-solving skills
- Cultural and religious beliefs that discourage suicide
- Connections to friends, family, school, and community support
- Supportive relationships with care providers
- Availability of physical and mental health care
- Limited access to lethal means among people at risk

RESILIENCE

Resilience is the ability to bounce back from setbacks and challenges, adapting and recovering quickly.

DEFINITION

Resilience involves maintaining a positive mindset, perseverance, and the ability to learn and grow from adversity. Resilient individuals display mental and emotional strength, allowing them to navigate through difficult situations with determination and resilience.

EXAMPLES

People with resilience may have the following traits:

- Adaptability
- Optimism
- Self-confidence
- Problem-solving
- Flexibility
- Emotional regulation
- Determination

Help IS AVAILABLE

If you need help or are looking for mental health support and resources, speak with a counselor or trusted adult.

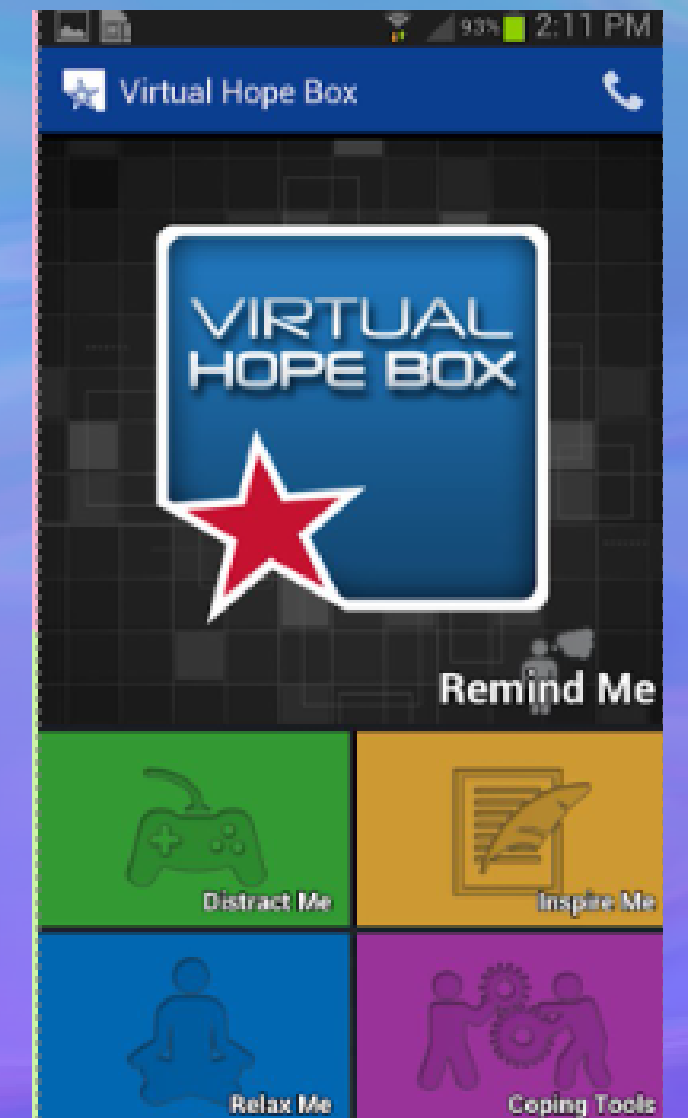
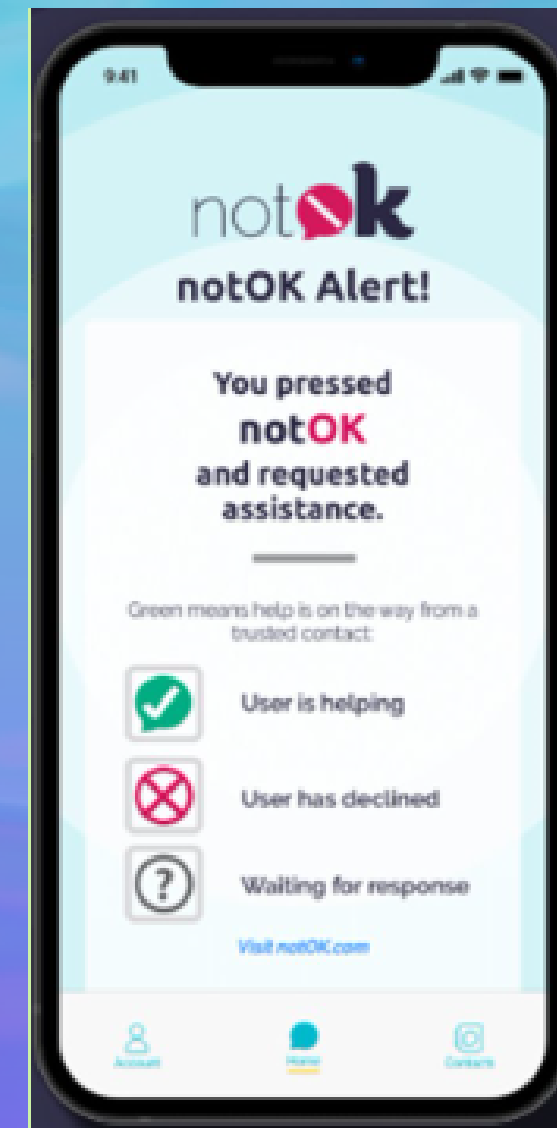
988 Suicide & Crisis Lifeline

- Dial or text 988

The Harris Center Crisis Line

- 713-970-8210

If an emergency, go to the nearest emergency room or call 911.



Classification

Freshman

Middle School
Promotion

Sophomore

1 year of HS attendance
PLUS
5 credits
*must include English 1 &
Algebra 1

Junior

2 years of HS attendance
PLUS
11 credits

Senior

3 years of HS attendance
PLUS
17 credits

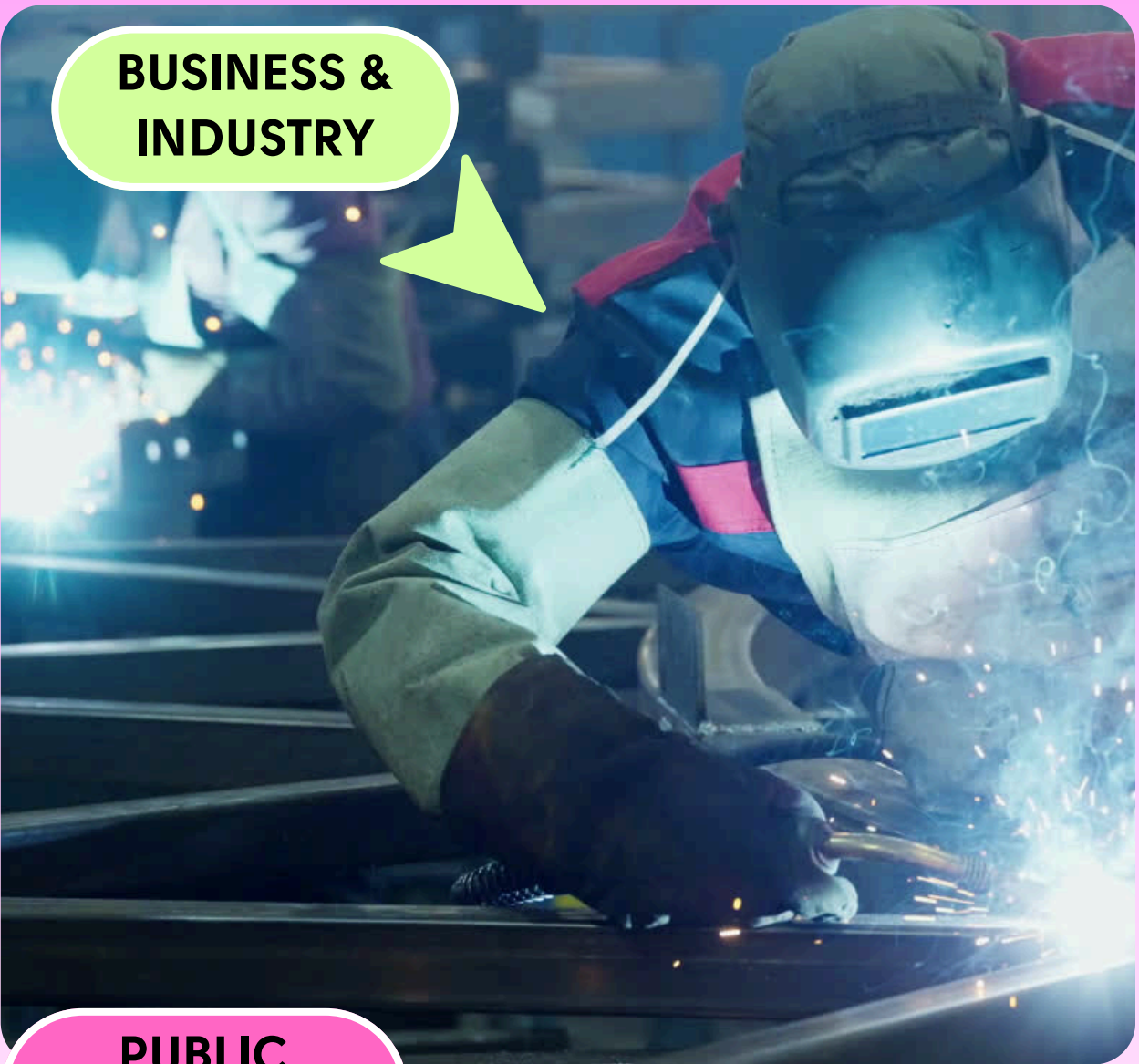
Graduation PLAN

	Foundation	+ Endorsement	Distinguished Level of Achievement
Discipline	Credits	Credits	Credits
PACE	½		
English	4		
Math	3	1	Incl. Algebra II
Science	3	1	
Social Studies	3		
Languages other than English (Foreign Language)	2		
Fine Arts	1		
PE	1		
Health	½		
Electives/Endorsement Courses	4	2	
Total Credits for Graduation	22	26	26

A student must earn Distinguished Level of Achievement and pass Algebra II to be eligible for the Top 10% Automatic Admission Program

Endorsements

ARTS & HUMANITIES



BUSINESS & INDUSTRY

STEM



PUBLIC SERVICE



MULTIDISCIPLINARY

CURRENT CLASS RANK

TOP 6%	1-38
TOP 10%	1-64
1st Quarter	1-159
2nd Quarter	163-319
3rd Quarter	322-479
4th Quarter	481-641

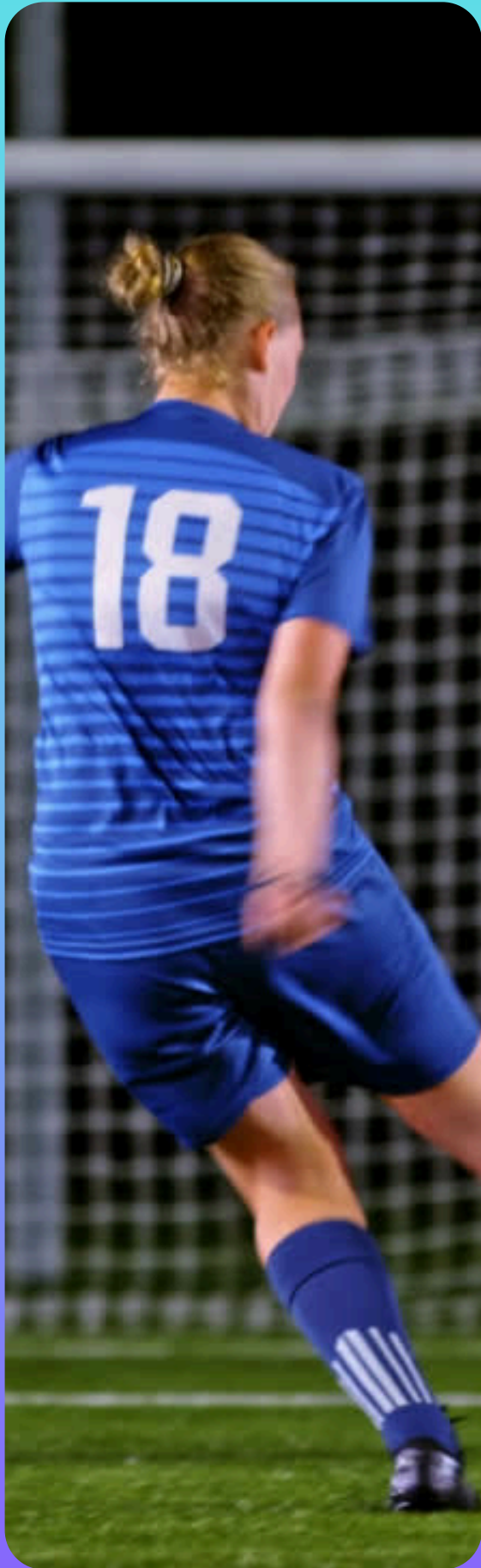
EA's factor into your GPA as Zero grade points like an F!

MockRANK

- At the end of the 3rd marking period the district runs a mock ranking of GPA to determine the seating of Honor Grads.
- Your 1st semester & 3rd marking period grades impact mock ranking!
- There will be a final ranking and GPA at the end of the year.
- EA's factor into your GPA as Zero grade points like an F!

Pass/FAIL

- In 11th and 12th grade only - up to 2 credits
- Must meet eligibility requirements - 3rd or 4th year of a program
- Will not count in GPA
- The transcript will show a "P" or "F"
- Failing grades in a Pass/Fail class will affect eligibility in extra-curricular activities



Credits & EA'S

Excessive absences WILL cause a loss of earned credit, no matter what grade you received in the class; this impacts your GPA

1

EA'S MUST be cleared with the Assistant Principals by the deadlines they set

2

Loss of credit from EA'S WILL cause you to potentially NOT graduate, if they are courses and/or credits that are required

3

SEMESTER EXAM & Exemptions

HOW MANY EXAMS CAN I EXEMPT:

9th-1 Exemption
10th-2 Exemptions
11th-3 Exemptions
12th-4 Exemptions
in Fall & all classes
in Spring

HOW DO I QUALIFY FOR EXEMPTIONS:

5 Absences or Less in Class & 75 or higher average in class.

No DMC/Suspensions/AL C placements or U's in conduct.

TO EXEMPT:

1. Exemption card must be turned in by deadline.
2. No late cards accepted
3. No Scratch outs accepted on card

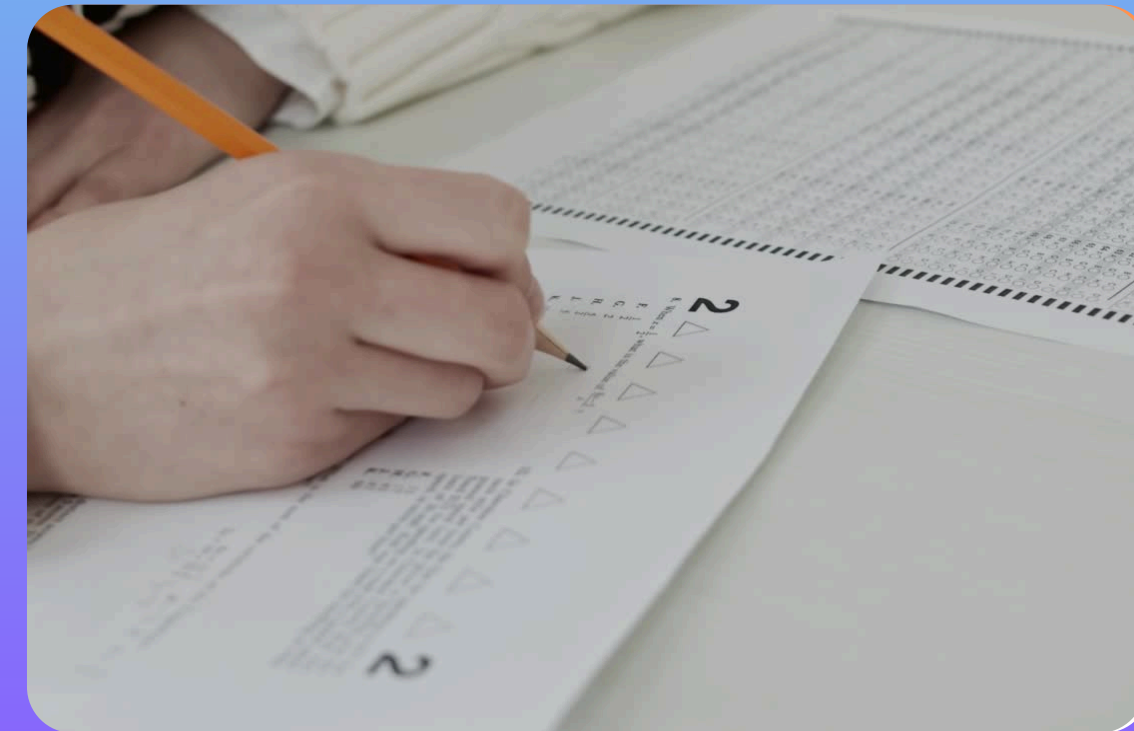
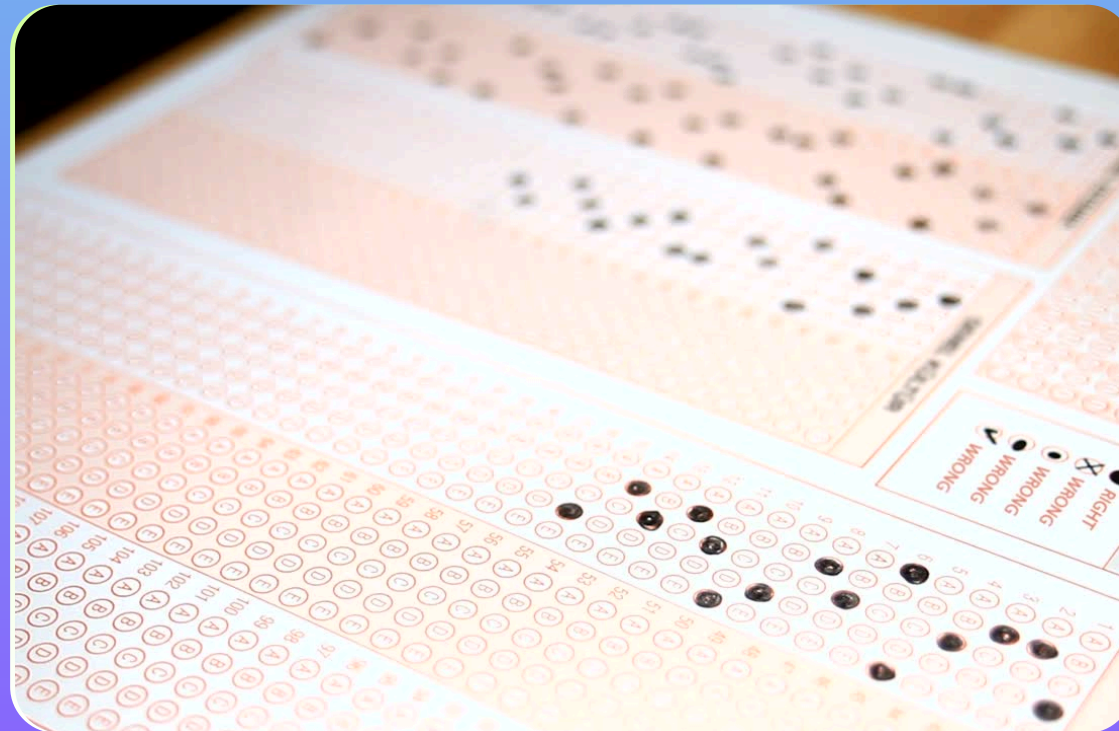
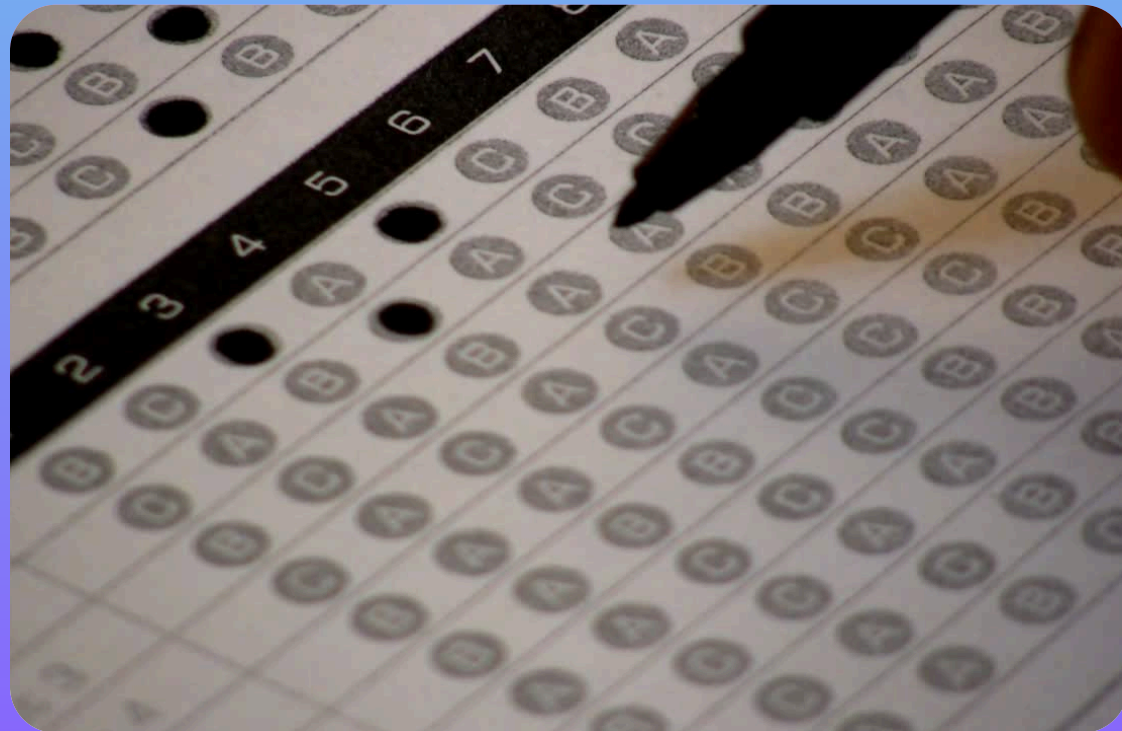
- No Early Exams Given
- Must have permission from Ms. Francis to take a late exam. A grade of a ZERO is put for the final exam.
- Final Exams are 1/7 of your grade. Missing the exam can result in a failing semester grade.

Starr EOC RETEST DATES

ENGLISH I - DEC 10TH

**ALGEBRA I, US HISTORY,
& BIOLOGY - DEC 11TH**

ENGLISH II- DEC 12TH





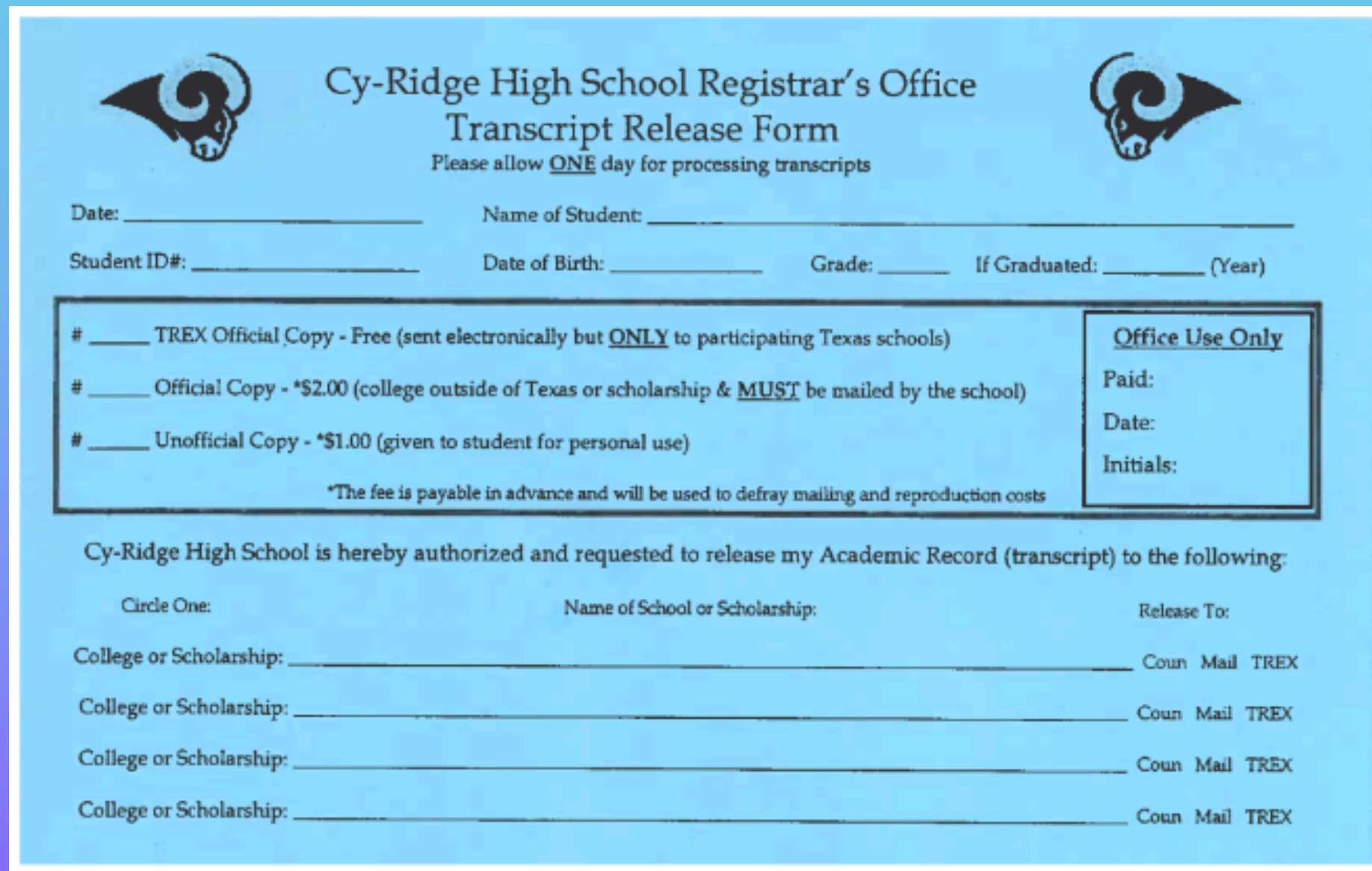
Dual Credit STUDENTS



Remember to request your transcript from Lone Star to be sent to the colleges you are applying to, as well as on Apply Texas.

* See instructions on the College & Career website.

It will ask you if you took dual credit-click the Lone Star option – if only Lone Star Woodlands is available, that is ok....that is the main headquarters

Request TRANSCRIPT



 **Cy-Ridge High School Registrar's Office** 
Transcript Release Form
Please allow ONE day for processing transcripts

Date: _____ Name of Student: _____
Student ID#: _____ Date of Birth: _____ Grade: _____ If Graduated: _____ (Year)

# _____ TREX Official Copy - Free (sent electronically but <u>ONLY</u> to participating Texas schools)	Office Use Only Paid: _____ Date: _____ Initials: _____
# _____ Official Copy - *\$2.00 (college outside of Texas or scholarship & <u>MUST</u> be mailed by the school)	
# _____ Unofficial Copy - *\$1.00 (given to student for personal use)	

*The fee is payable in advance and will be used to defray mailing and reproduction costs

Cy-Ridge High School is hereby authorized and requested to release my Academic Record (transcript) to the following:

Circle One:	Name of School or Scholarship:	Release To:
College or Scholarship: _____	_____	Coun Mail TREX
College or Scholarship: _____	_____	Coun Mail TREX
College or Scholarship: _____	_____	Coun Mail TREX
College or Scholarship: _____	_____	Coun Mail TREX

- Counselors cannot send or hand you an unofficial or official transcript
- You must go to the registrar's office to fill out the blue transcript request form
- Located in the Registrar's office; fill out the request in the Registrar's office. Be prepared to fill it out on the spot

ASVAB

Are you not sure what you want to do after high school? Are you trying to find your path, whether it is college, work-based learning, or the military?

We will administer a free exploration (ASVAB) test on Tuesday, October 22nd. Please sign up at counselor's corner or use this QR code.



Important DATES

**COLLEGE NIGHT
OCTOBER 1ST**

**CAP/GOWN ASSEMBLY
JAN. 16TH**

**AVSAB 11TH/12TH
OCTOBER 22ND**

**SENIOR DUES
MARCH**

**HARN VISIST
OCTOBER 30TH**

**MOCK RANKING
MARCH**

**STARR RETEST
DECEMBER**

**GRADUATION
MAY 28TH**

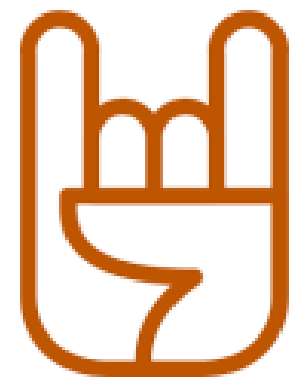
Cy-Fair ISD Becoming a Longhorn

Interested in The University of Texas at Austin?

Are you a Senior? Join us for an information session and learn everything you need to know about applying, choosing a major, student life and what it takes to be a Longhorn!

Wednesday, September 18th | 6 p.m.

Cypress Ridge High School – Auditorium
7900 N. Eldridge Pkwy.
Houston, TX 77041



Scan to Register Online
Space is Limited





FAFSA

FILLING OUT THE FAFSA IS NOW A GRADUATION REQUIREMENT; ALL SENIORS MUST COMPLETE ONE OF THE FOLLOWING:

FAFSA-FREE APPLICATION FOR FEDERAL STUDENT AID

TASFA-TEXAS APPLICATION FOR STATE FINANCIAL AID

PARENTAL OPT-OUT FORM- CONTACT YOUR COUNSELOR FOR A COPY OF THE OPT-OUT FORM



APPLY FOR FREE & REDUCED LUNCH

Benefits

- ACT/SAT FEE WAIVERS
- COLLEGE APPLICATION WAIVERS
 - MUST HAVE USED A WAIVER FOR SAT THROUGH COLLEGE BOARD
- REDUCED ADVANCED PLACEMENT TEST FEES
- NCAA REGISTRATION FEE WAIVERS



WWW.SCHOOLCAFE.COM



SAT AND ACT WAIVER

ACT and SAT Fee Waiver

Scan with your phone to access
our google form to request ACT
and SAT Fee Waivers!



SAT Fee Waiver

New procedure for requesting an SAT Fee Waiver. All requests must go through your College Board account.

If you are eligible for a fee waiver, you can take the SAT for free and get other benefits.

Request a fee waiver directly from College Board :
<https://mysat.collegeboard.org/login>

- Review the eligibility criteria.
- Be mindful of registration deadlines and apply for fee waivers early so you can apply those benefits in a timely manner.
- Share the contact information for the representatives who can verify your eligibility in the Cypress Ridge Counseling Office.
 - A-L- nancy.corona@cfisd.net
 - M-Z- chelsea.little@cfisd.net
- Talk to the Counseling office Secretaries if you have any questions about the process.

Do you meet the eligibility criteria? If so, you can request a fee waiver directly from College Board by logging into your account. Be sure you meet the specific criteria, it ensures College Board can continue to offer this benefit efficiently for qualified students.

Scholarships & FINANCIAL AID

- 01** VISIT SCHOLARSHIP WEBSITES, AND COMMUNICATE WITH COLLEGES TO ACCESS SCHOLARSHIPS
- 02** COMPLETE FEDERAL STUDENT AID APPLICATION (FAFSA)-AVAILABLE IN DECEMBER AND IS NOW A GRADUATION REQUIREMENT
- 03** YOU SHOULD NOT BE ASKED TO PAY FOR SCHOLARSHIPS

**NEED A
RECOMMENDATION
LETTER?**

Create an Academic Resume!

This will allow the person who is writing the letter to have a complete academic picture of your high school career.

Be sure to give an Academic Resume to your Counselor and Teachers **THREE** weeks before needing the actual letter.

Click the link in the description to learn how!



Life

AFTER HIGH SCHOOL



TECHNICAL & TRADE SCHOOLS

- Certifications
- Apprenticeships

COMMUNITY COLLEGE

- Certifications
- Associate Degrees
- Transfer to 4 Year Universities
- Commute to School

JUNIOR COLLEGE

- Associate Degrees
- Collegiate Sports
- Live on Campus
- Transfer to 4 Year Universities

UNIVERSITY

- Bachelor Degrees
- Live on Campus
- Collegiate Sports

Consider location, degree programs, and cost when choosing an institution of higher learning
Please attend college fairs and take your **two college visit days** to see the campus and what they have to offer.