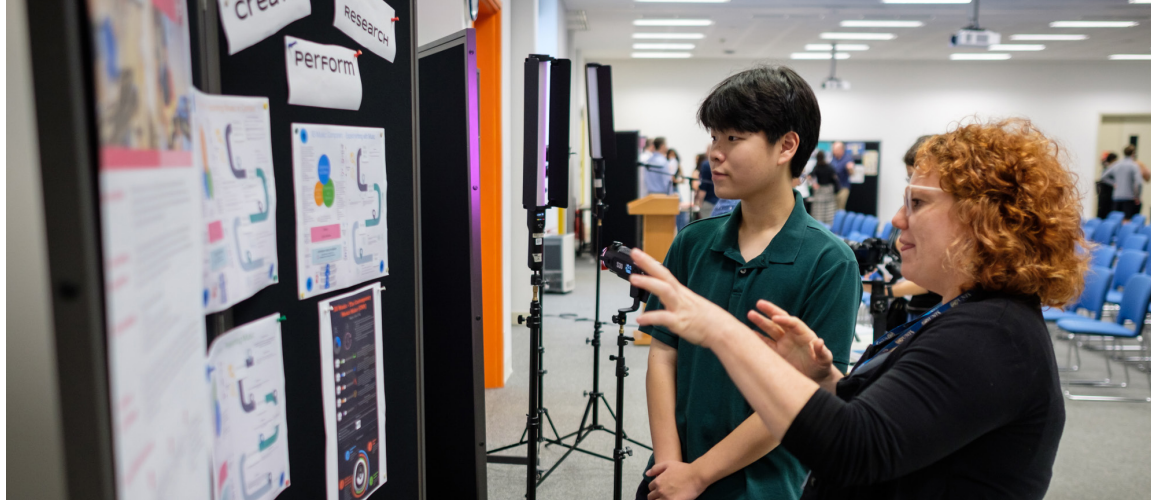
UNIS HANOI

HIGH SCHOOL COUNSELLING (GRADES 9-12)



WELCOME

Welcome to the transformative High School years at UNIS Hanoi, where students embark on a journey that shapes their future. High School is more than a sequence of academic challenges; it's a critical time for personal development and self-discovery. Adolescents undergo significant changes, evolving intellectually, emotionally, socially and physically.

Our counselling programme supports these young individuals through their unique experiences, helping them navigate the complexities of these formative years. We are committed to nurturing their growth, resilience, and wellbeing, ensuring they emerge confident and prepared for life's next steps. At UNIS Hanoi, we celebrate the journey of growth, empowering our students to thrive academically and personally.

THE JOURNEY TO ADULTHOOD

At UNIS Hanoi, our High School Counselling Team understand a student's journey is a mosaic of changing needs and aspirations. As students grow through their teen years, our counselling adapts, offering tailored support that evolves from building foundation skills in Grade 9 to preparing for university and life decisions in Senior year, Grade 12. Our comprehensive counsellors integrate social-emotional learning with academic and career planning, creating a dual support system that addresses the individual challenges and changes each student faces. By fostering a close partnership among students, parents, and counsellors, we empower our students to make informed decisions, develop strong interpersonal skills, and build resilience that will serve them well in their educational and personal pursuits. Together, we cultivate a supportive and enriching high school experience, preparing our students not just for college, but for a successful and balanced life.

COUNSELLING TEAM

Amber Godfrey

Grade 9 Counsellor

Andrea Fleming

Grades 10-12 Counsellor

Daniel Nguyen

Grades 10-12 Counsellor

Lori Fairbairn

Grades 10-12 Counsellor

Trang Trinh

Counselling Coordinator

The High School Counselling Team are a significant part of a student's journey. They are supported by a wider group of experts who also help to shape individuals during their school years and beyond.

YOUR CHILD
High School Counsellors
Homebase Mentor
Classroom Teachers
Speech/ Language Therapist
School Psychologist
Nurse
Enrichment and Extension Coach
EAL Teachers
Learning Support Teachers
Inclusion Coordinator
Principal and Deputy Principals

EMPOWERING STUDENTS FOR SUCCESS

At UNIS Hanoi, our comprehensive counselling programme is designed to support students throughout their high school journey from Grade 9 through Grade 12. Each year builds upon the last, ensuring that students develop crucial skills and knowledge that prepare them for future challenges, both academic and personal.

A COMPREHENSIVE COUNSELLING PROGRAMME

OUR PROGRAMME IS CENTERED AROUND THREE CORE AREAS THAT ARE INTEGRAL TO STUDENT DEVELOPMENT

Social/Emotional Development

Emphasis is placed on developing strong interpersonal skills, resilience, and emotional intelligence. Through targeted classes and one-on-one support, students learn to manage stress, build healthy relationships, and resolve conflicts. This area is vital in helping students achieve a balanced and fulfilling school experience, fostering a supportive environment where they can thrive.

Managing Self

This pillar focuses on helping students cultivate self-awareness, self-regulation, and personal responsibility. Activities and counselling classes are designed to enhance time management, organisational skills, decision-making capabilities and healthy boundary-setting, enabling students to navigate their academic and personal lives with confidence.

University Career Preparation

As students progress towards the end of their High School years, the focus shifts to preparing for higher education. This includes guidance on university selections, application processes, and career planning. Counsellors provide tailored support to align students' strengths and interests with potential universities and courses, ensuring they are well-prepared to make informed decisions about their academic and professional futures.

GRADES 9-12

KEY FOCUS

Foundational Skills and Adolescence Support

As students enter high school, they begin to sharpen their focus. Grade 9 is about deepening their knowledge and skills in areas of interest that could lead to specialised academic pathways. This year serves as a critical period for students to start building a robust scholarly identity that will stand out in university applications. This also includes helping them to understand their passions and determine how they can be honed to a successful university application.

KEY TOPICS:

- Early introduction to the concepts of cognitive distortions and resilience.
- Emphasis on healthy relationships and transitioning smoothly into high school.
- Digital citizenship tailored to younger students entering a more connected environment.

KEY FOCUS

Personal Development and Preliminary Future Planning

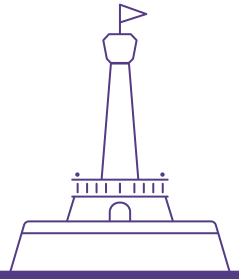
As students move on to Grade 10, they deepen understanding of self through personal capital building, and begin more focused preparation for future academic and career paths.

KEY TOPICS:

- "Who Am I?" project to foster self-identification of strengths, skills, and interests.
- Introduction to setting boundaries in relationships as well as consent.
- First serious look at career paths and post-secondary options, including participation in career inventories and other learning style surveys.

KEY FOCUS

University Preparation and Advanced Personal Growth



This is a pivotal year for university preparation. Students intensify their focus on achieving and take on leadership roles in relevant co-curricular activities. Students also start drafting their university lists and application essays, whilst also refining their personal statements to reflect their intellectual maturity and readiness for university challenges.

KEY TOPICS:

- Comprehensive university research, including how to understand and navigate university fairs and admission processes.
- Advanced stress reduction and time management techniques geared towards preparing for final high school years and beyond.
- Emphasis on building a balanced college application list and understanding financial aid.
- Resume building and interview preparation.

KEY FOCUS

Final Preparations for University and Life Skills for Post-Graduation

In their final year, students complete and submit their university applications. Our counsellors provide individual support for each step of the application process—from finalising college essays to preparing for interviews. Attention is also given to ensuring that students apply to a balanced list of institutions. Workshops on decision-making, financial aid, and scholarship opportunities are offered to support students and their families in making informed choices.

KEY TOPICS:

- Finalisation of university applications.
- Detailed planning for life after High School including financial literacy and personal branding.
- Relocation and transition support for moving on from High School through RAFT.
- Skills for the future, covering a broad range of life skills from budgeting to understanding cultural nuances.

UNIVERSITY PREPARATION

Preparing students for entry into universities is a comprehensive process that begins by recognising that early preparation is crucial for success particularly in highly competitive academic environments and where students would like to apply for scholarships. Here's an overview of how our programme supports students, balancing the ambition for elite university admissions with the preparation for a range of post-secondary educational opportunities.

GRADE 9: DEVELOPING A SCHOLARLY IDENTITY

As students enter High School, they begin to sharpen their focus. Grade 9 is about deepening their knowledge and skills in areas of interest that could lead to specialised academic pathways. Students are encouraged to engage in enriching academic opportunities that challenge their understanding and spur intellectual growth. This year serves as a critical period for students to start building a robust scholarly identity that will stand out in university applications.

GRADE 10: STRATEGIC PLANNING AND PROFILE BUILDING

In Grade 10, students begin to work closely with our Counselling Team to map out their High School journey in alignment with their university aspirations. This includes selecting courses that support their intended major or field of interest, and participation in extracurricular activities that complement their academic profile. The focus is on developing a cohesive narrative that showcases their strengths, passions, and unique contributions. Students are also introduced to the requirements of universities (including elite) as well as necessary standardised tests, and choose their IB courses for Grades 11 and 12.

GRADE 11: INTENSIVE UNIVERSITY PREPARATION

This is a pivotal year for university preparation. Students intensify their focus on achieving high academic standards and take on leadership roles in relevant co-curricular activities. Our counsellors assist students in beginning their university research, identifying not only elite institutions but also considering well-regarded and best-fit general universities that match their academic and personal profiles. Students also start drafting their university lists and application essays, refining their personal statements to reflect their intellectual maturity and readiness for university challenges.

GRADE 12: APPLICATION AND TRANSITION

In their final year, students complete and submit their university applications. Our counsellors provide individual support for each step of the application process—from finalising college essays to preparing for interviews. Attention is also given to ensuring that students apply to a balanced list of institutions, including both elite universities and other colleges that offer excellent opportunities and fit their career goals. Workshops on decision-making, financial aid, and scholarship opportunities are offered to support students and their families in making informed choices.

HEEDONG'S JOURNEY AT UNIS HANOI

"UNIS Hanoi has been like a dream come true, not only for me but for my family. It's given me opportunities that have changed my life."

HEEDONG CHO - UNIS HANOI CLASS OF 2023, TETR COLLEGE OF BUSINESS CLASS OF 2028

Heedong, a member of the class of 2023, describes his experience at UNIS Hanoi as transformative, not only for himself but for his family as well. Reflecting on his time at our school, Heedong attributes much of his personal growth and academic direction to the school's environment, cultural diversity, and, most significantly, to the impact of his student counsellor. This connection and guidance played a key role in his educational and life trajectory, ultimately helping him secure a prestigious $180,000 scholarship to attend Tetr College of Business.

ROLE OF THE HIGH SCHOOL COUNSELLOR

Heedong's counsellor played an instrumental role in shaping his aspirations and broadening his academic horizons. The counsellor introduced him to Tetr College of Business and guided him through the application process for the unique programme, involving global travel and exposure to different business environments. Without this guidance, Heedong would not have discovered Tetr or been motivated to apply for its competitive scholarship. The counsellor's insight into Heedong's strengths—particularly his initiative in and out of the classroom—highlighted how well-suited he was for the global experience Tetr College of Business offers.

Watch Heedong's journey here!

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