



HIGH SCHOOL COUNSELING TIMELINE



SEOUL FOREIGN SCHOOL
INSPIRING EXCELLENCE, BUILDING CHARACTER - SINCE 1912

MISSION

The High School Counseling Program at Seoul Foreign School supports the academic, personal and social, and career development of our high school students. In partnership with teachers, parents, and the community, counselors support students in acquiring the knowledge and skills they need to contribute as productive global citizens beyond SFS. Counselors do this through responsive services, school counseling curriculum, individual student meetings, student support procedures, and parent education opportunities.

The High School Counseling team consists of both School Counselors and University Admission Counselors. Both types of counselors work together to provide a variety of individual planning and proactive and responsive services to students, along with delivering a comprehensive curriculum in Counseling Foundations classes. Counseling Foundations curriculum focuses on equipping students socially, emotionally and academically with the tools they need to thrive in high school and beyond.



GRADE 9



OBJECTIVES

- Identify and practice study and time management skills and strategies.
- Explore opportunities to engage meaningfully through clubs and activities.
- Develop healthy relationships with teachers, counselors and peers.
- Identify personal strengths, talents, and interests.
- Develop SMART goals aligned with personal values and identities.
- Cultivate personal self care strategies to maintain well being.
- Stay engaged by checking emails and Google Classroom and asking questions.

SAMPLE COUNSELING TOPICS

- Welcome to High School
- Intro to Stress Toolbox
- Making Healthy Decisions
- Healthy Relationships
- Bullying and Conflict Resolution
- Transitions
- Cyber Safety
- Diversity and Inclusion
- Communication with Teachers
- Goal Setting
- VIA Strengths
- Collage with Your Counselor

TIMELINE

FALL

- Actively engage in a successful transition to high school
- Explore interests by joining student clubs, sports, or other activities
- Option to take PSAT/NMSQT

SPRING/SUMMER

- Continue experimenting with extracurricular activities
- Refine study and time management strategies
- Visit university campuses if traveling with family



OBJECTIVES

- Develop career knowledge and self-knowledge through Foundations Classes.
- Maintain strong study habits and create good relationships with teachers.
- Create meaningful friendships and spend intentional time with people who make you feel good.
- Pursue passions inside and outside of the classroom, taking on new hobbies, extracurriculars or projects when it makes sense or expanding current activities or hobbies through new roles or experiences.
- Engage in the Personal Project process, which can showcase personal and/or academic interests and develop project management skills for DP.
- Begin thinking about university or country destination visits. Research or visit a wide variety of types of institutions or locations.
- Begin thinking about a standardized testing plan for SAT/ACT and consider taking PSAT/NMSQT.
- Select courses for 11th grade, meeting requirements for full Diploma Program if applicable. Keep a balance of aptitude, requirements, and wellbeing.

SAMPLE COUNSELING TOPICS

- Healthy Boundaries - Consent and Friendships
- Supporting Mental Health w/ Healthy Choices
- Stress Management
- Personal Vision Statement
- Transitions into DP
- Work Values and Interest Profilers
- DEIJ: Reverse Assumptions
- Digital Citizenship
- PSAT/Khan Academy
- IB Course Selection
- Time Management
- Career Research and Investigations

TIMELINE

FALL

- Identify meaningful 9th grade activities and increase commitment/roles
- Start a draft resumé document to keep track of activities in high school
- Practice study habits, especially with more difficult content. Adjust the timing, location, and circumstances of studying as needed. Practice skills like working ahead or making time to sleep
- Take the PSAT/NMSQT and make a plan for SAT/ACT if needed

SPRING/SUMMER

- Make DP Course Selections
- Try to make a few university visits if possible
- Discuss standardized testing plan for SAT/ACT
- Continue to engage in extracurricular activities

OBJECTIVES

- Establish a strong foundation in IBDP classes. Strive for your best possible results.
- Engage in the Foundations curriculum so that you have prepared key elements of the university process such as resumes, reflective writing, and university research.
- Meet with your university counselor with your family and one-on-one to create a long list of “Considering” universities.
- Create engagement within the community on a deeper level: service, clubs, sports, or other hobbies. Look for opportunities to expand these experiences or experience leadership.
- Get as much as exposure as you can to university campuses and destinations. This could be through travel to visiting campuses or virtual tours, or through speaking to alumni or family members.
- Prepare for and finalize admissions testing (SAT/ACT), while maintaining balance with your academic commitments and extra-curricular activities.



SAMPLE COUNSELING TOPICS

- Mental Health: Wellness
- Self-Knowledge
- Coping with Stress
- Healthy Decision Making/Relationships
- Bullying, DEIJ: Self-Advocacy and Advocacy for Others
- Cross Cultural Learning
- Reflective Writing
- Optimizing Summer
- Career Summit, Beginning the University Process
- College Kickoff
- Building your College List
- Mock Admissions
- Essay Topics
- Resume Creation

TIMELINE

August - October

- Acclimate to IB DP courses and create sustainable study habits
- Make a standardized testing plan (SAT, ACT, etc.)
- Choose extracurricular activities for the year, find a deeper level of commitment to some
- Take PSAT/NMSQT if applicable
- Learn from university representatives who come to SFS

November - December

- College Kickoff Event
- Continue finding opportunities for learning about universities
- Visit universities over winter break if applicable
- Begin reflective writing/journaling

January - February

- Family meeting with University Admissions Counselor
- College research in Foundations classes
- Attend SFS Specialized Sessions as applicable
- Begin thinking about summer plans
- Create a draft resume

March - April

- Student follow up meetings with University Admissions Counselor
- Visit universities in person or virtually
- Choose a summer program or make a plan for summer engagement
- Begin to research scholarships and set up website accounts

May

- Draft list of colleges to which you will apply with University Admissions Counselor
- Put best effort into end of year exams for optimal grades
- Request teacher Letters of Recommendation via SFS process
- Make some EE progress before finishing school
- Begin Common Application or UCAS Personal Statement

June - July

- Visit universities in person or virtually
- Get some rest!
- Plan for time to work on EE
- Draft Common Application essay or UCAS Personal Statement
- Open UCAS account

OBJECTIVES

- Create a balanced list of universities for application.
- Finish applications with best possible work, meeting both SFS deadlines and university deadlines with time to spare.
- Stay organized with all components of required university applications (portfolios, test scores, interviews, essays, etc) to complete all requirements.
- Plan ahead for EE, IA, and applications so that no week feels too stressful.
- Manage stress and actively engage in self-care for physical and mental health.
- Connect with university representatives who visit SFS.
- Stay in the moment when the application process becomes challenging. Take pride in the work and effort invested in the process and focus on things within your control.
- Take time to enjoy friends and family and do favorite activities in senior year.
- Begin the transition from high school student to successful university student.
- Receive university offer(s) and choose a destination for postsecondary education.
- Finish strong: complete IBDP exams well to obtain your final offer to university or college level credit.



SAMPLE COUNSELING TOPICS

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| • Mental Health: Wellness | • DEIJ topics | • University Applications |
| • Coping with Stress | • Culture & Cultural Mapping | • Essay Writing |
| • Leavetaking / Building a RAFT | • Time Management & Setting Priorities | • Individual Meetings with University Admissions Counseling |
| • Thriving in College | • Career Sessions | • Alumni Panel |
| • Relationships / Consent / Healthy Boundaries | • Mock Interviews | |

TIMELINE

August - September

- Attend SFS Specialized Sessions to complete college essays, Personal Statement, Common App, UCAS app, et al.
- Get organized! Google docs, application passwords, EE, Maia Learning, and more!
- Meet and communicate with University Admissions Counselor
- Finalize college list and research all pertinent deadlines, including financial aid and scholarships
- Sign University Application Agreement
- Finalize college essay or Personal Statement

December

- Ace your exams - mid semester grades can be very important
- Do interviews with universities when available
- Decisions begin coming in
- Finalize applications with Jan. deadlines in US, Canada, and UK
- Oxbridge/Med Interviews for UK universities
- Finish all applications with January deadlines
- Finalize or continue applying to Netherlands, as well as other European programs

May

- May 1: U.S. Matriculation Deposits to one university required
- Nominate firm and insurance choices for UK
- IB Exams

October - November

- Visit universities in person over fall break if relevant
- Attend college representative visits at SFS
- Complete university applications with deadlines in Oct/Nov
- Meet and communicate with University Admissions Counselor
- Do interviews with universities when available
- UCAS assessments for Oxbridge

January - April

- Attend Accepted Student Events
- Consider transition to university and moving away from home
- U.S. Regular Decision, UCAS conditional, Netherlands decisions
- Students applying to Australia, New Zealand, Korea, Japan, and countries with differing academic calendars make a plan for timeline of applications and supporting documents
- Continue submitting other applications as needed

July

- When IB results are released, work with counselor to determine further steps needed in UK and other countries

FOR PARENTS

OBJECTIVES

- Support optimal study environments and encourage independent work ethic and time management.
- Assist your child in setting realistic goals and tracking progress at those goals. Offer to support communications with teachers, counselors and other school staff as students grow in their ability to communicate proactively and for self-advocacy and relationship building.
- Support a growth mindset; help students understand that mistakes and failures are a part of the learning process.
- Encourage and support clubs and activities that reflect your child's unique interests and curiosities.
- Connect with your child's teachers and counselors. There are several opportunities built into the school calendar.
- Get to know your child's friends and their families. Try not to compare your child to others; instead, healthy friendships while focusing on your child's individual strengths and priorities.
- Support your child's self care strategies and role model work/refresh balance. Offer opportunities at home to disconnect from the pressure of school when possible.
- Keep up with news from counseling, curriculum coordinators and other student support folks through HS weekly communications and emails.
- Participate in parent education workshops offered through counseling, HS principal, curriculum coordinators, and more.

