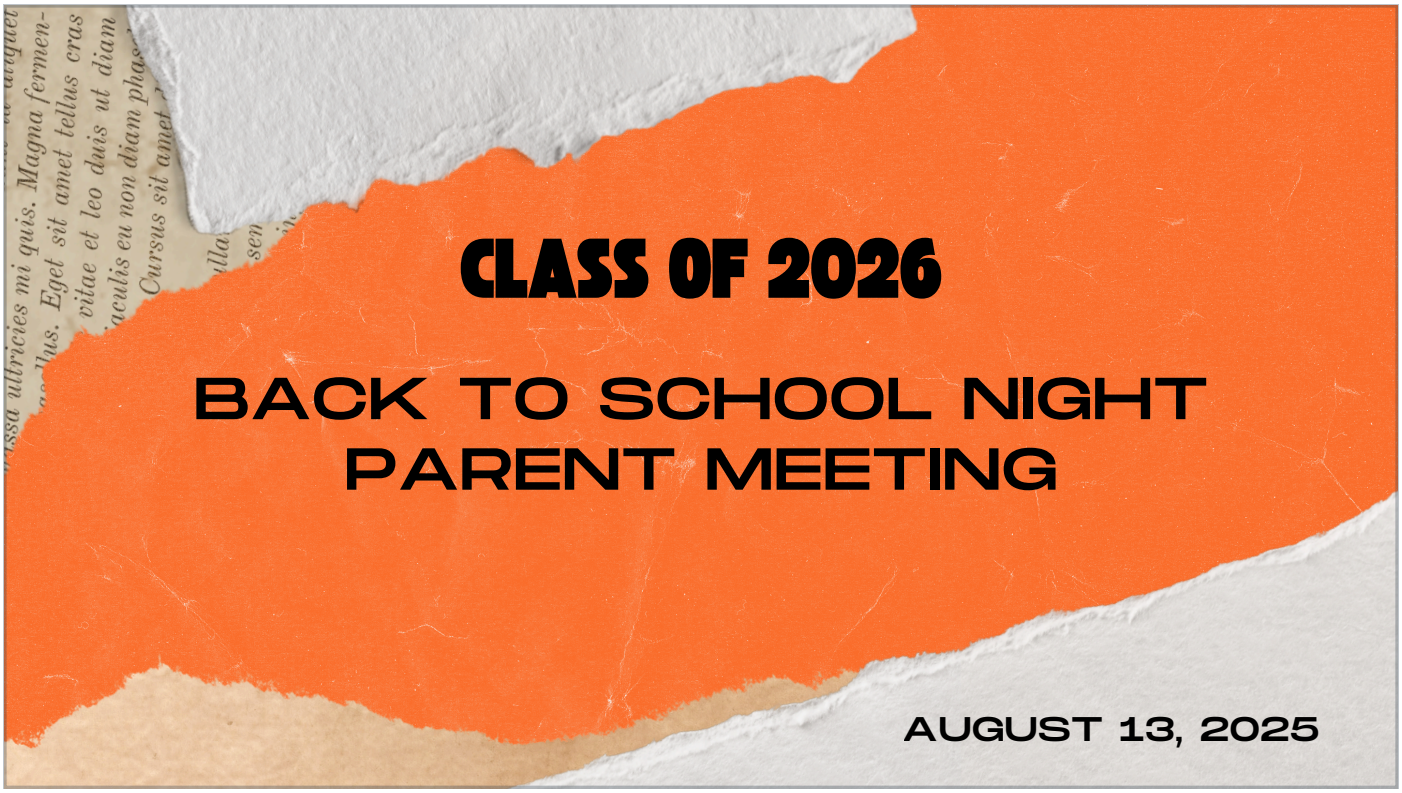

CLASS OF 2026
BACK TO SCHOOL NIGHT
PARENT MEETING
AUGUST 13, 2025



As the school year has started, some of your seniors may have come home feeling like this:

As the senior year progresses, you parents/guardians could experience something like this:

Through it all, we hope you know that our counseling team is here to support you and your student during this time

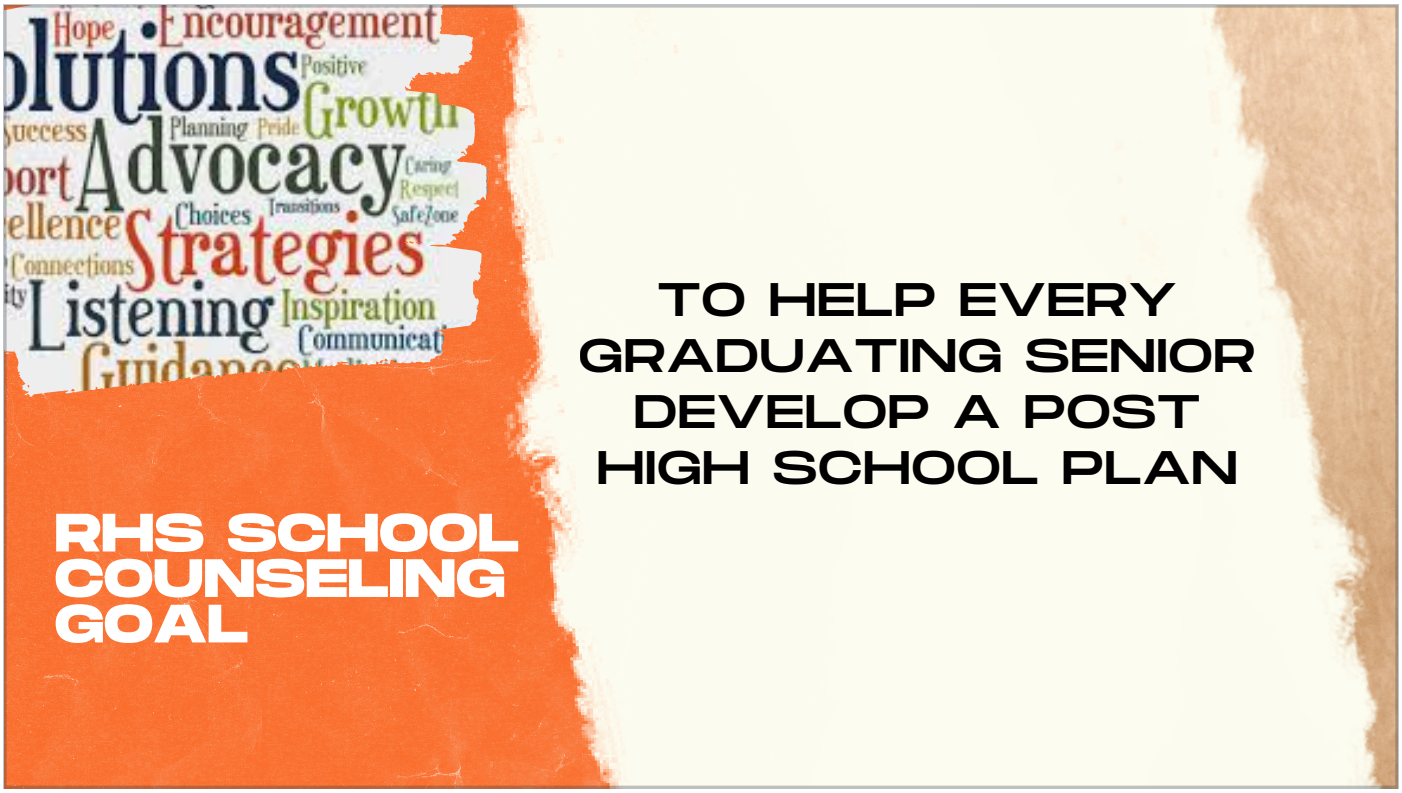
GOALS FOR TONIGHT



TO LET YOU KNOW HOW WE SUPPORT YOU AND YOUR SENIOR THROUGHOUT THE SENIOR YEAR

TO LEARN ABOUT IMPORTANT DATES AND UPCOMING EVENTS

TO LEARN ABOUT NEXT STEPS IN THE POST-HIGH SCHOOL PLANNING PROCESS



What do we mean by this - that a post high school plan is fluid...it can change throughout the senior year, or even beyond. It is not set in stone and there is no need to feel the pressure.

The goal - the plan - can change, but there should always be a plan.

As with anything in life, the only way we move forward is to have goals that propel us.

UPCOMING DATES

District Events

- Military Academy Night - August 27, 2025 @ GBHS 6:00 PM
- College and Career Fair - October 15, 2025 @WPHS 5:00 PM

RHS School Counseling and College and Career Center Events

- Class of 2026 - “Oh the Places You’ll Go” Presentation September 10, 2025 @RHS during school day
- Class of 2026 Post High School Planning Workshops October 1, 2025 @RHS during 2nd and 3rd periods
- Class of 2026 Financial Aid Workshop for Students and Parents October 28, 2025 @RHS 6:00 PM (Applications Open October 1, 2025)

MORE UPCOMING DATES

More RHS School Counseling and College and Career Center Events

- Application Support (2 year, 4 year, FAFSA/Dream Act, CTE programs)- Every Thursday Fall term during ROAR beginning on October 16 through December 11 and Spring term January 15 through February 26
- Local Scholarship Program - Mid January to Mid February
- RHS Signing Day May 13, 2026 @RHS during lunch time
- College and Career Center / Military Information - Visits throughout school year
- Counseling / Sierra College - Workshops and support throughout the school year



RESOURCES



COLLEGE AND CAREER CENTER

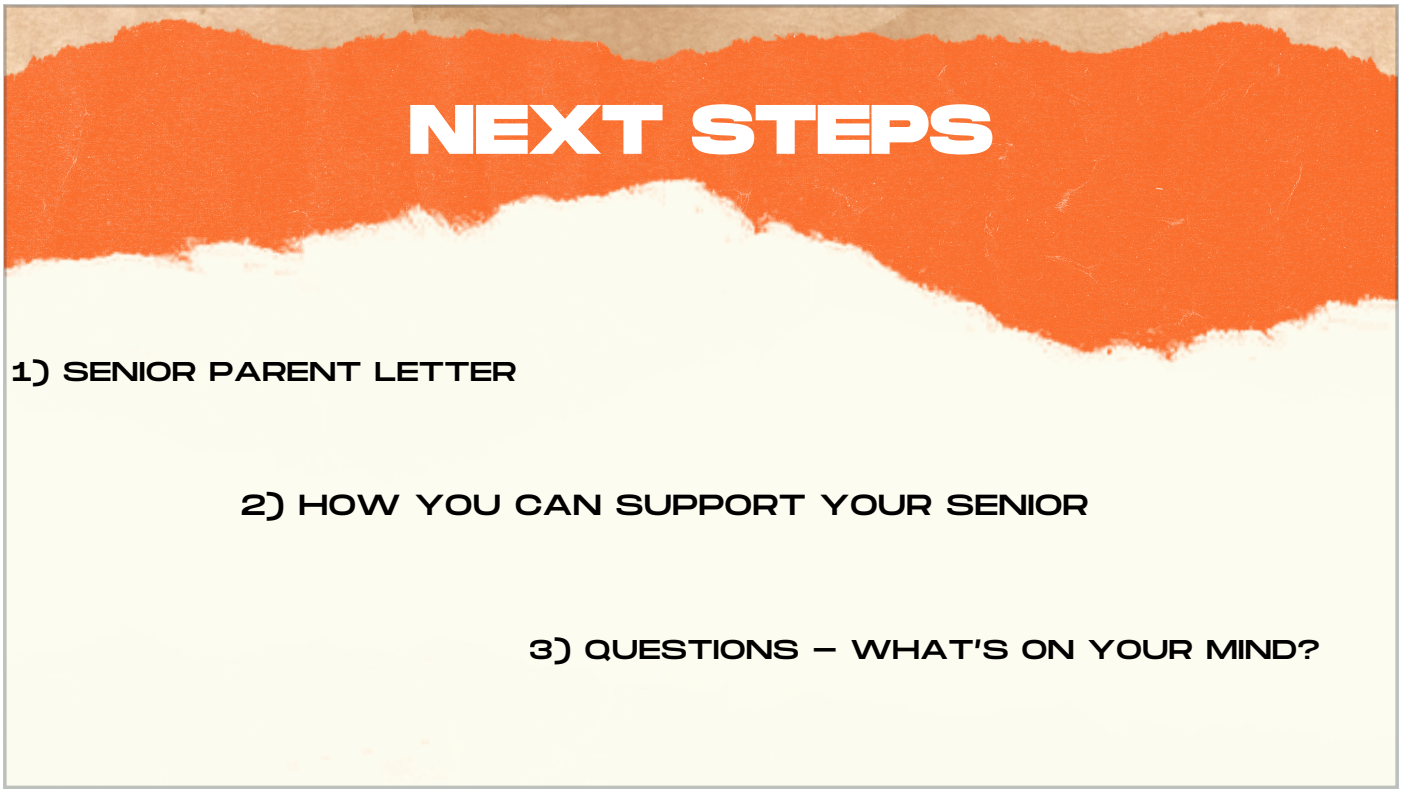
COLLEGE REP VISITS, SCHOLARSHIP INFO, RESUME BUILDING, MILITARY VISITS, APPLICATION HELP, CAREER FAIR

SCHOOL COUNSELOR

SHORT TERM COUNSELING AND ADVISING
(ACADEMIC, CAREER, PERSONAL/SOCIAL)
(DECISION MAKING, PROBLEM SOLVING, RELATIONSHIP BUILDING OR CHALLENGES, STRESS MANAGEMENT TOOLS, CAREER EXPLORATION, COLLEGE LIST DEVELOPMENT)

WELLNESS CENTER

SERVICES BEYOND SHORT TERM COUNSELING
THE EMOTIONS OF SENIOR YEAR ARE BEGINNING TO INTERFERE WITH DAILY LIFE



Please be on the look out for a letter that will be mailed to your home address summarizing the presentations, workshops and support that will be available to you and your student this school year. Included in that letter will be all of the events we discussed today. You can put that on your fridge or a family bulletin board to remind yourself and your student of the help and support that is available to them throughout the year. We can remind our students that they do not have to go through this year or the planning of their future alone.

Senior year comes with a lot of highs and lows. It can be a fun, exciting year but students also experience pressure, nervousness, anxiousness about graduating and moving on to the next stage of life. As parents we can be there to listen, stay calm, be supportive of their ideas about relationships and their future. We can ask them if they are looking for our opinions or just someone to listen and validate their feelings and emotions. We can guide them towards the resources that will help them finalize their plans or get the emotional support that is needed.

We also would like to know what questions you may have brought with you tonight. You can ask in the general session now or come up to one of us individually after the presentation.

PARENTING OUR SENIORS

Raising Teens Today

What Your Teen Really Needs to Hear At College Drop Off

Advice For Your Senior

The Beginning Of A New Chapter

The Long Goodbye

Looking Forward To A New Future



We also wanted to provide you with helpful parenting articles that we encourage you to read to support you and your family as all enter in to a new phase of life.

Not only is student going to go through a lot of changes and ups and downs but so are you as parents. Please be kind to yourself, give yourself grace, talk with friends, practice self care.

Remember we all emote differently so also allow yourself to manage these emotions of senior year and graduation as only you can.

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