Scan the QR or use link to join

https://forms.office.com/r/0tGG83gN09

11TH GRADE WINTER LESSON

**PLEASE COMPLETE THE PRE ASSESSMENT VIA QR CODE/LINK



LESSON OBJECTIVES

1. Balance School and Life	2. Explore Junior-Year Opportunities	3. Use SchooLinks Effectively
Students will identify healthy strategies to balance school responsibilities with personal life.	Students will understand key choices for their future and know how to make informed decisions.	Students will navigate SchooLinks to find important planning tools and resources.

NHS COUNSELING TEAM

Mr. Kravanh (A - C)



Ms. Erickson (D - Hun)



Ms. Lee (Hur - Liu)



Ms. Maxfield (Lo - P)



Ms. Schulz (Q - T)



Ms. Bosone (U - Z)



Ms. Huynh – Counseling Secretary



Layne Barker - MHAT



IMPORTANCE OF JUNIOR YEAR

GETTING INVOLVED

- Community service
- Sports
- Clubs
- Outside activities
- Internship/job shadowing

GRADES

- These will be the most recent grades on your transcript before applying to college.
- Do you need summer school?
- Deadline to remove MS grades/credits is by end of junior year.

TEACHER RELATIONSHIPS

Most students ask junior year teachers for letters of recommendation.



WELLNESS TIP:
FINDING BALANCE AS A STUDENT



KEY TAKEAWAYS FROM VIDEO:

Discussion:

What was a key takeaway from the video?

Our Key Takeaways:

- Mental health is more important than your grades.
- It is important to have unscheduled time in your day.
- Make a list of priorities.
- You may be surprised what takes up a lot of time.
- It is okay to ask for help.

SKILLS FOR SUCCESS

WHAT DO YOU NEED TO WORK ON?

Reflection: Which of these is your STRENGTH and which one do you need to WORK ON

1. Set Clear Goals
2. Develop Growth Mindset
3. Seek Opportunity for Skill Development
4. Build a Strong Network
5. Cultivate Emotional Intelligence
6. Embrace Change and Adaptability
7. Work Ethic and Discipline
8. Learn from Mentors and Role Models
9. Take Calculated Risks
10. Maintain a Healthy Work-Life Balance

JUNIOR YEAR TIMELINE



Winter (December-February)

- Junior year grades will say a lot about your academic performance. Study Hard!
- Study to take the ACT and/or SAT in the spring or summer. Register for the ACT at www.actstudent.org or Register for the SAT at www.collegeboard.com
- Continue to stay involved in activities in and outside of school.
- Refine your choices of colleges by comparing and contrasting schools and attending college fairs or going on college visits.
- Check transcript and plan senior year.

Spring (March-May)

- Take the ACT or SAT
- Get educated about the admissions requirements.
- Start finalizing your post-secondary options and/or college list and investigate college cost.
- Familiarize yourself with ways to pay for college.



DOES THE COLLEGE NEED AN SAT/ACT SCORE?
AND WHAT IS THE DIFFERENCE?

- Some highly selected schools are now accepting/requiring a SAT/ACT score, but most still aren't.
- NHS school day SAT-April 2026

LOOKING AHEAD: OPTIONS AFTER HIGH SCHOOL

- Work – Save money for college… get started on a career path… make a plan
- Community College - Associates Degrees, Certifications, some Bachelor's Degrees
- Technical College - Associates or Trade Degrees & Certificates
- Specialty Schools - Art, Culinary, Technology, etc. (credits may not transfer)
- University or College* – Bachelor's Degrees
- Military* - Can take college courses while in military, for free
- Trade Apprenticeships* - Many different options
- GAP Year Program – Take a few months off to explore the world and yourself
- Service - AmeriCorps, Peace Corps, etc.

* Need high school diploma or GED

FINDING THE RIGHT FIT:
WHAT FACTORS SHOULD YOU CONSIDER WHEN CHOOSING A COLLEGE?

Location:
Proximity to home, weather and lifestyle

Size and Diversity: Student body, class size, grad rates by race

Majors:
Does it have your major?

Flexibility:
Can you change majors? Double majors allowed?

Personal Opportunities:
Activities, jobs, internships and friends

Cost:
Can you afford it?

Shared Values:
What do they stand for? What do you stand for?

Student Profile:
Do you have what they want?

WAGAP: WASHINGTON GUARANTEED ADMISSION PROGRAM

Criteria:

- **You have a minimum GPA of 3.0 or higher**
- **You have completed or are on track to complete by fall 2026 all the College Academic Distribution Requirements (CADRs)**
- **Your school has an agreement with the participating universities and college to be part of the program**

If all criteria have been met, students will be admitted to the following four-year institutions:

- Central Washington University
- Eastern Washington University
- The Evergreen State College
- University of Washington Tacoma
- Washington State University
- Western Washington University

Other schools with an automatic admissions agreement (Not WAGAP):

- St. Martins University
- Pacific Lutheran University (3.3 GPA and Alg 2 by 11th grade)

QUESTIONS

TO ASK YOURSELF TO FIND THE RIGHT FIT…

There are those 40 or so colleges we've all heard of, but there are 3,000 plus colleges, in the US alone…

- What are the chances of getting into your desired major?
- How long will it take to get your degree? (FYI - average student changes majors 3x)
- How much debt will result from each of your choices?
- Do your plans include a Graduate degree? Figure that cost in when selecting your undergraduate program.
- What will be the cost to attend a UCLA vs a UW vs a WUE school vs a 2-Year Transfer Program or other? (use a Net Price calculator)
- How much does a college's name actually impact your future plans?

ACTIVITY – FINDING FIT OR IDENTIFYING PERSONAL BIAS IN COLLEGE SEARCH



Interview a classmate to learn more about what post high school plan is a good fit for them.

RESOURCES TO HELP YOU FIND THE RIGHT FIT

- Bellevue School District College Conference (more info on next slide)
- College and Career Advisor: Mr. Fabian Rios (Library)
- College Fairs
- SchooLinks



2026 BELLEVUE SCHOOL DISTRICT COLLEGE CONFERENCE

Currently in development

- Case study/College Fair on 4/22/26 at Mercer Island HS
  - https://sites.google.com/bsd405.org/misd-bsdspringcollegefair/case-study-and-college-fair?authuser=0
  - College reps will be there. *5:30 - 6:45 Mock Admission Case Study and 6:45 - 8:15 College Fair*
- Alumni Panel - TBD
- College app 101
  - Sammamish in person TBD
  - Newport HS - May 20th - 6-7 pm



RUNNING START 2026-27



Newport Running Start information meeting: February 4th 1 PM in NHS Theater

Bellevue School District Running Start virtual information session: February 4th 3-4:30 PM

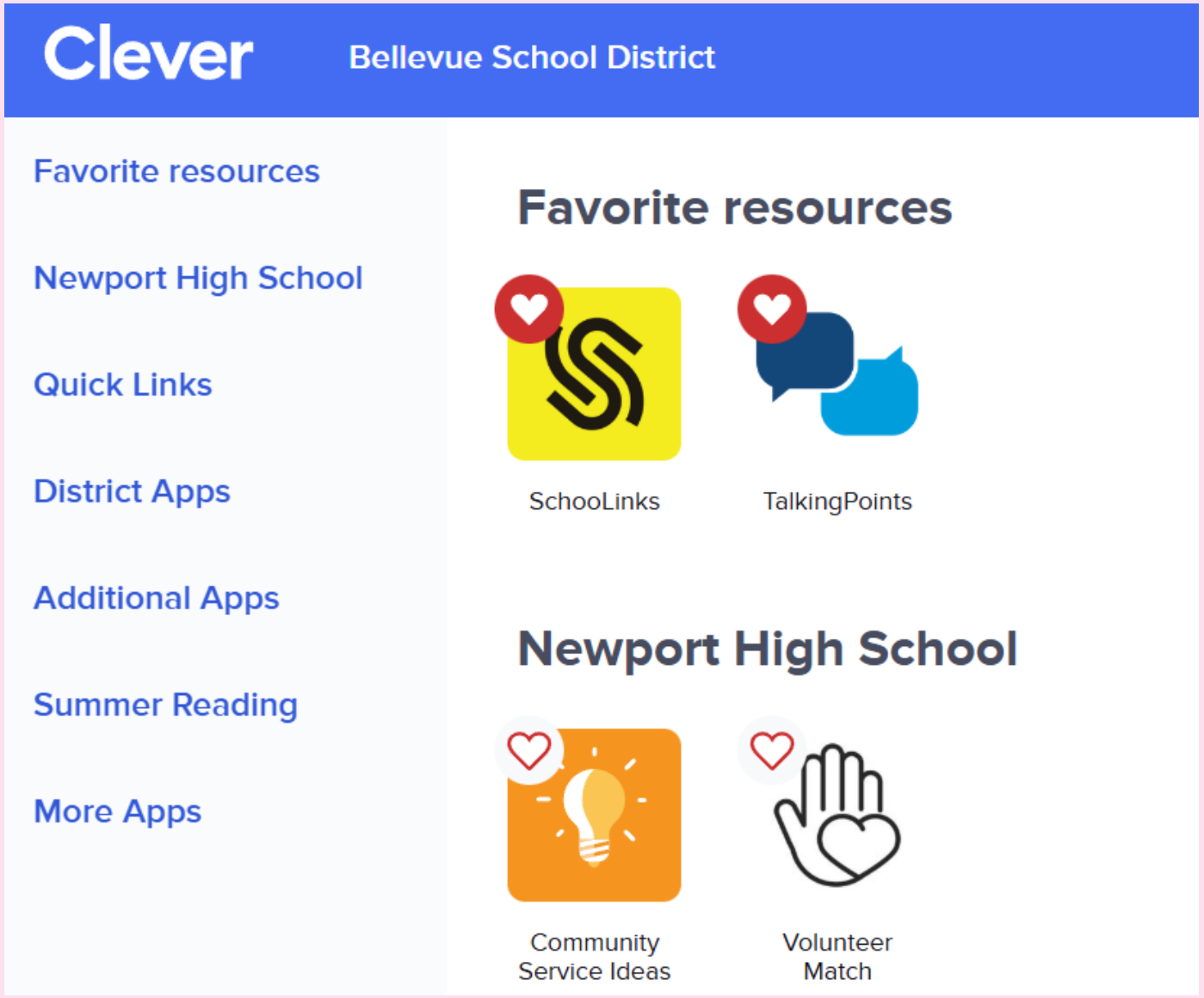
** The info session is required if you plan on doing Running Start next year.

WORK TIME OPTIONS

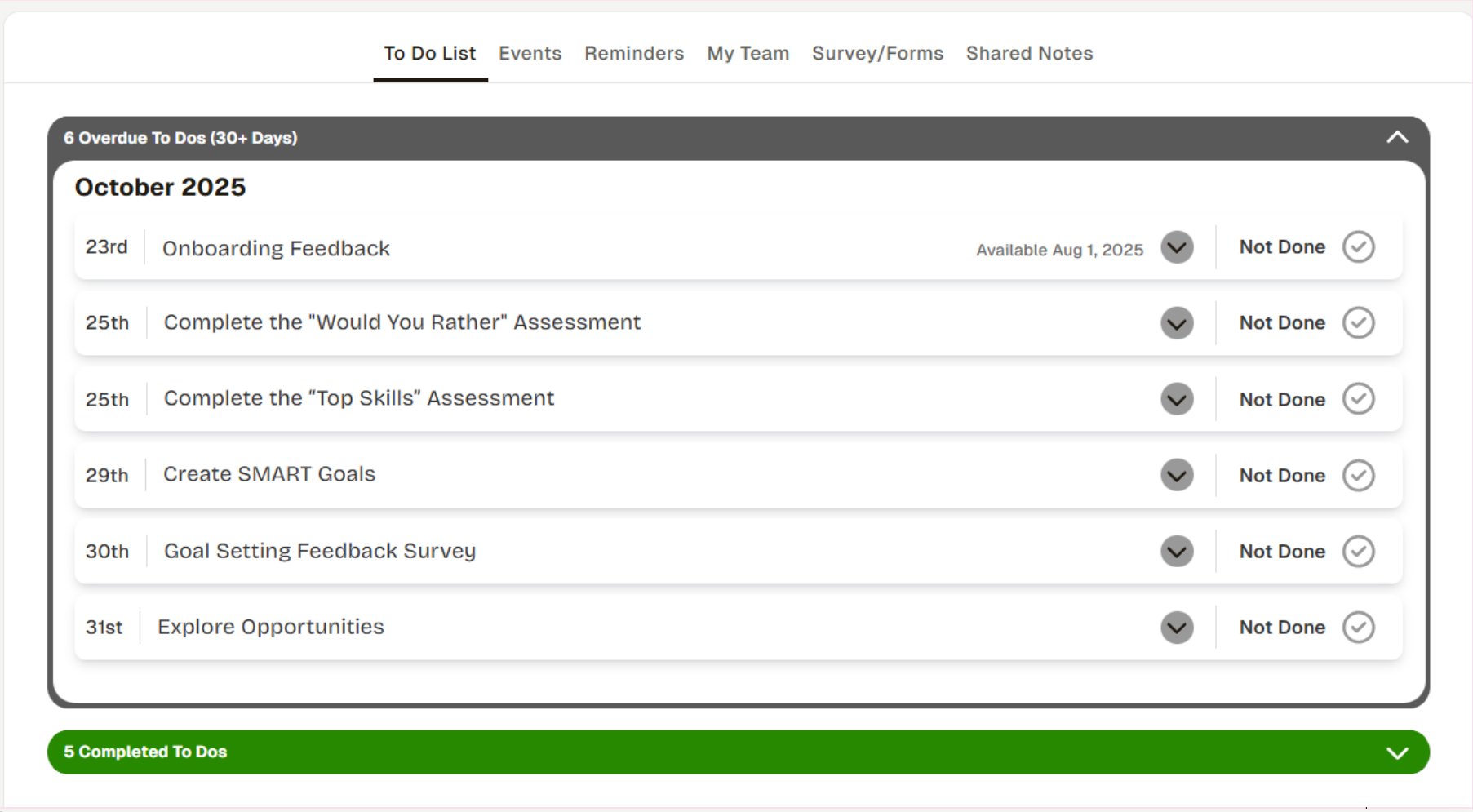
Option 1: SchooLinks	Option 2: Community Service Hours	Option 3: Explore extracurricular options/opportunities
• Research colleges • Research career paths • High school and beyond plan ▪ Work on tasks	• Research opportunities online • Log up to 40 hours on X2Vol • Community service and enrichment opportunities: https://newporthigh.bsd405.org/counseling/community-service	• Clubs and activities: https://newporthigh.bsd405.org/student-life/clubs-and-activities • Athletics: https://newporthigh.bsd405.org/student-life/athletics

SCHOOLINKS

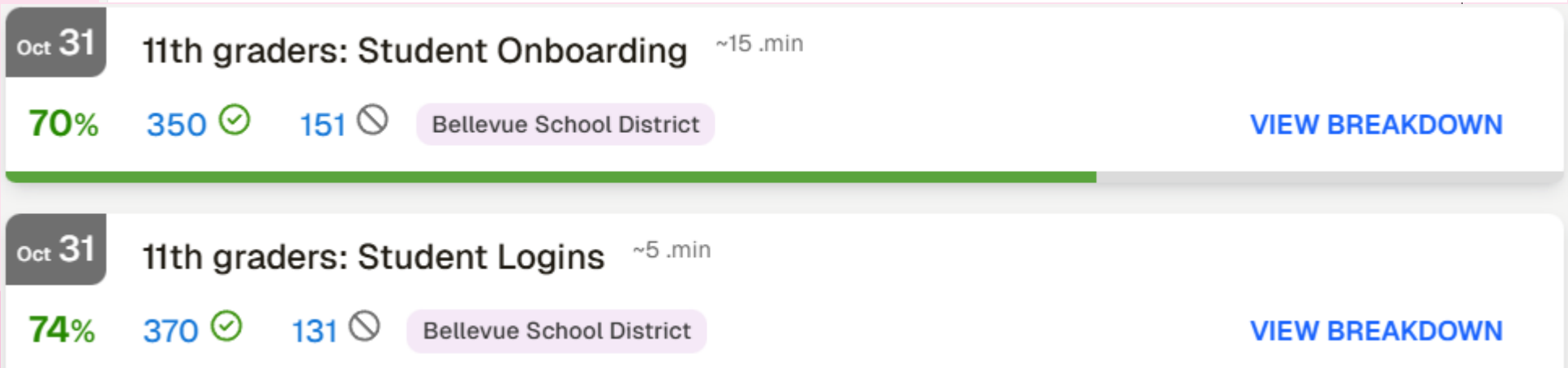
- Log in through Clever



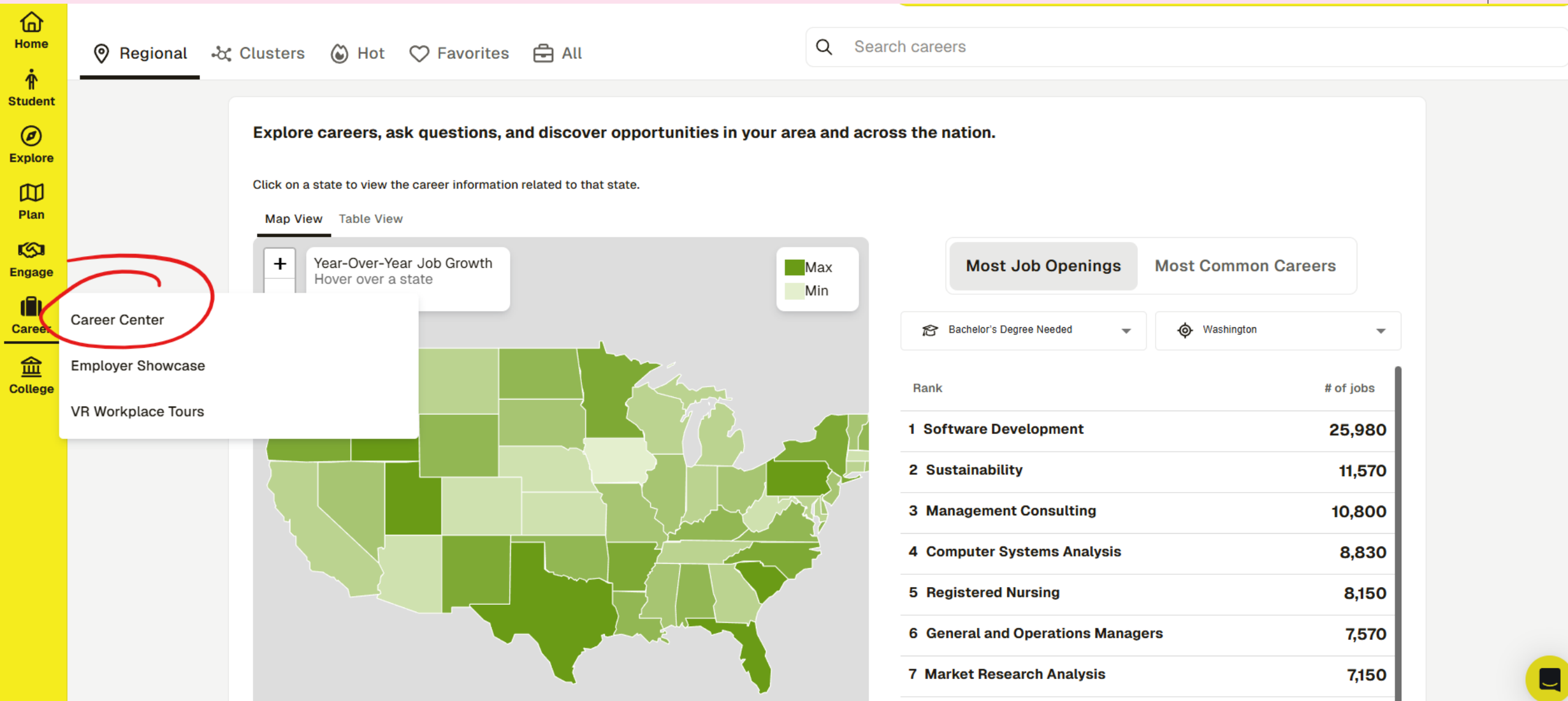
To Do List on homepage after logging in (High School and Beyond Plan tasks)



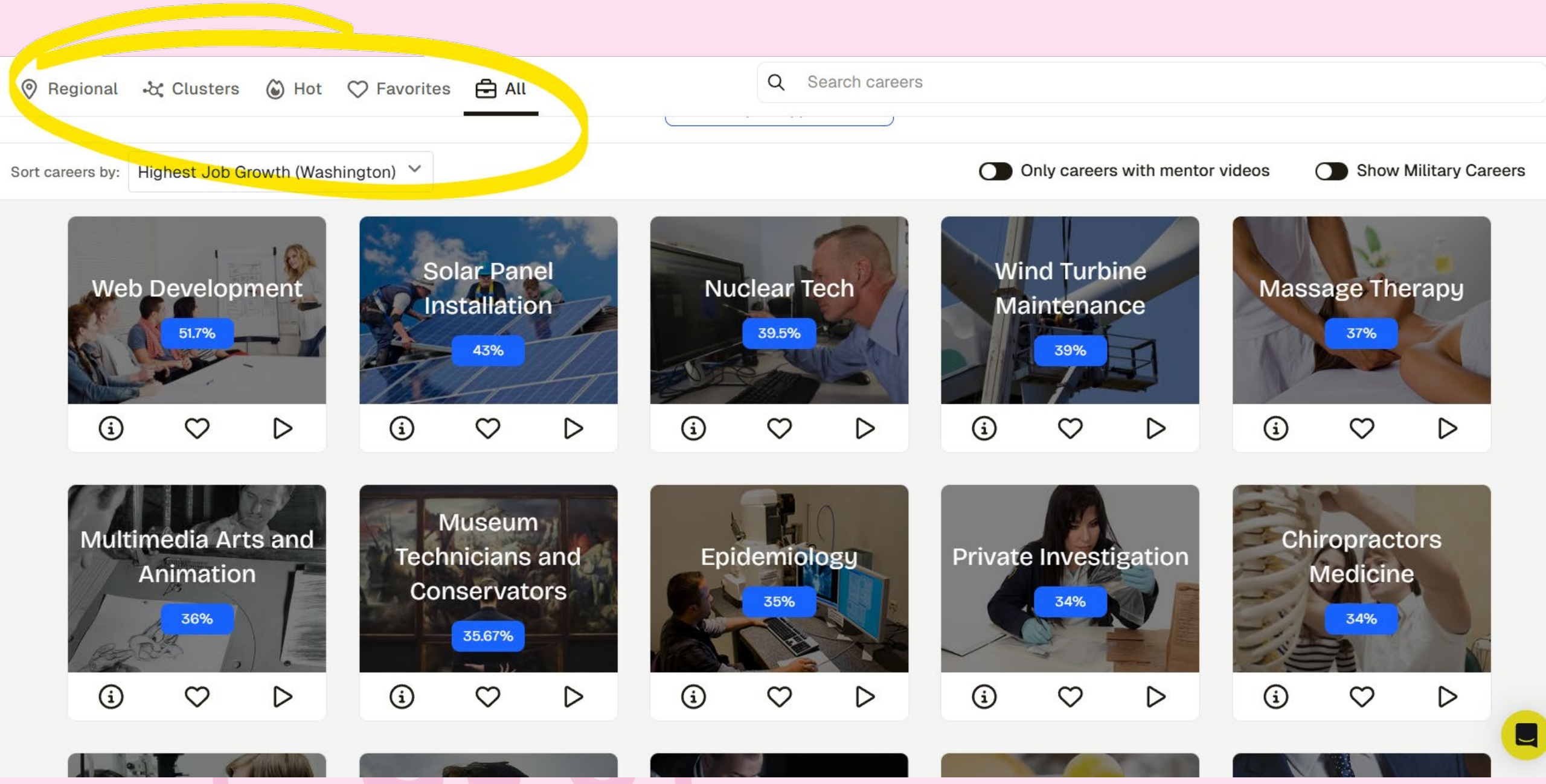
Current 11th grade Stats



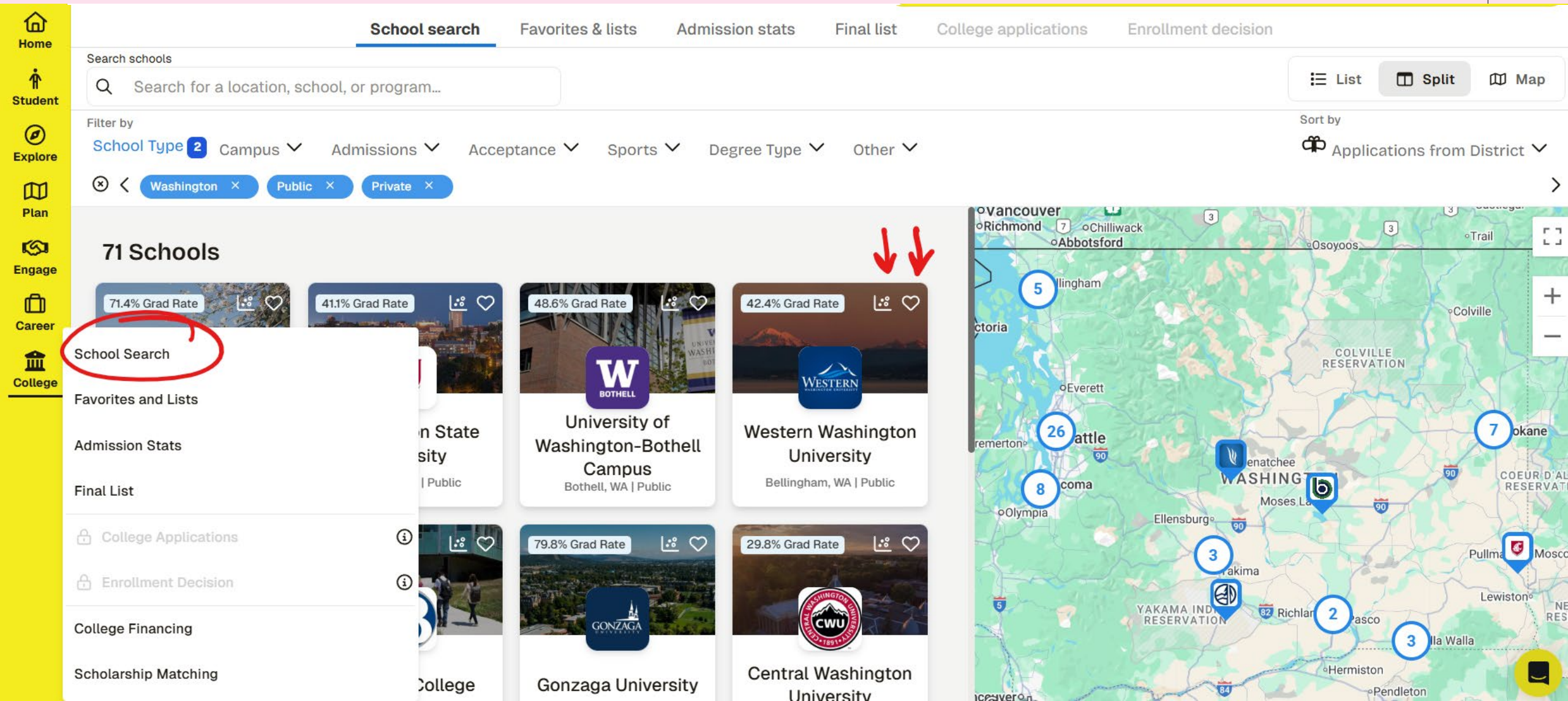
CAREER TAB > CAREER CENTER RESEARCH AND FAVORITE CAREERS



SEARCH BY:


Regional
Clusters
Hot
Favorites
All
Search careers
Sort careers by:
Highest Job Growth (Washington)
Only careers with mentor videos
Show Military Careers
Web Development
51.7%
Solar Panel Installation
43%
Nuclear Tech
39.5%
Wind Turbine Maintenance
39%
Massage Therapy
37%
Multimedia Arts and Animation
36%
Museum Technicians and Conservators
35.67%
Epidemiology
35%
Private Investigation
34%
Chiropractors Medicine
34%

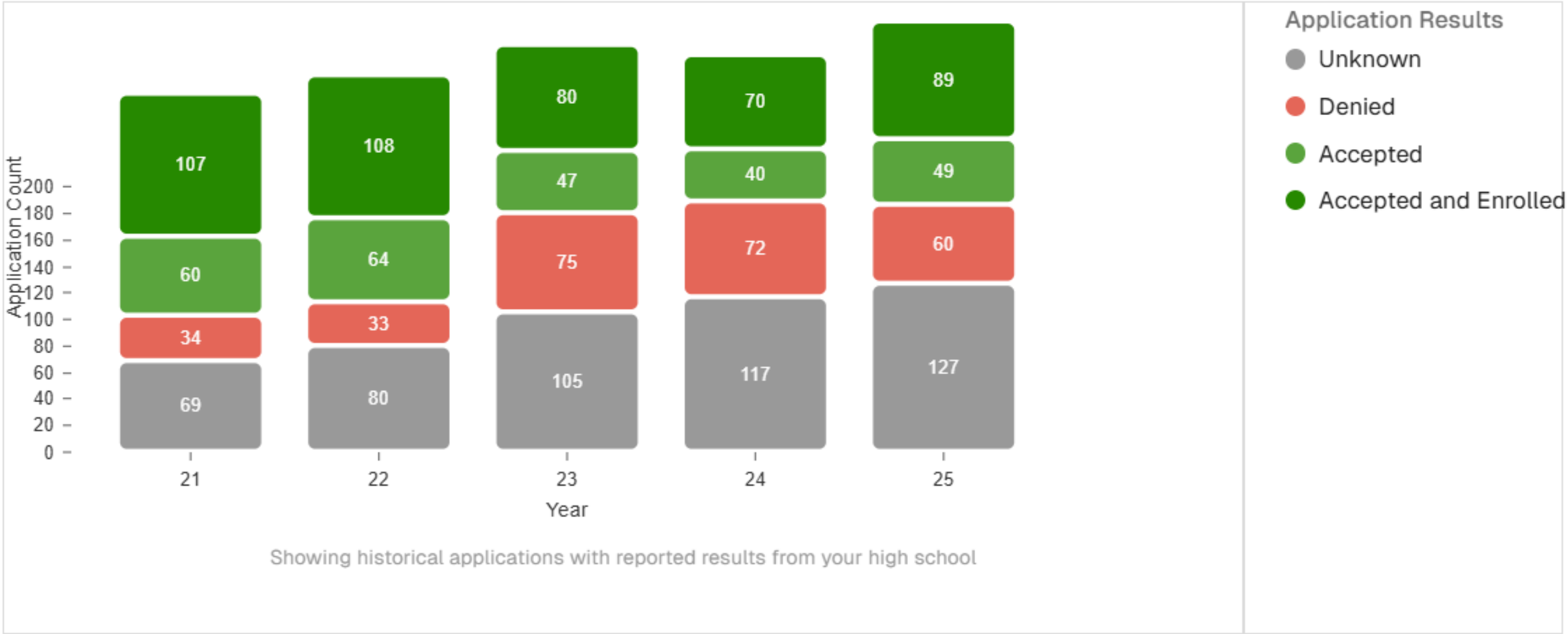
COLLEGE TAB > SCHOOL SEARCH
FAVORITE 2-3 COLLEGES & CHECK STATS



University of Washington-Seattle Campus

School data | District data

Scattergram | Acceptance by GPA | Application history



Showing historical applications with reported results from your high school

x2VOL

40 hours required
41 hours for Knight Valor award

— **Instructions on how to record Community Service hours in Naviance/x2VOL**

Logging Hours & Receiving Approval of Hours Worked

- to go to your **BSD Student Portal**
- Select Clever and log in with your BSD district account
- Select x2VOL
- Complete x2VOL registration if this is your first time to access x2VOL
- Set your password if you'd like to use the mobile app and make sure to select a class group (your graduation year).
- Log your hours by clicking "Add Hours" and then Create New".
- The form will require the name, phone number and email address for a supervisor who can verify your hours. x2VOL will send an email to that supervisor to verify the student's services. The supervisor can be any adult employed by or volunteering for the organization who worked with you and can reasonably verify your hours. Make sure to tell your supervisor to be on the lookout for an email from x2VOL.

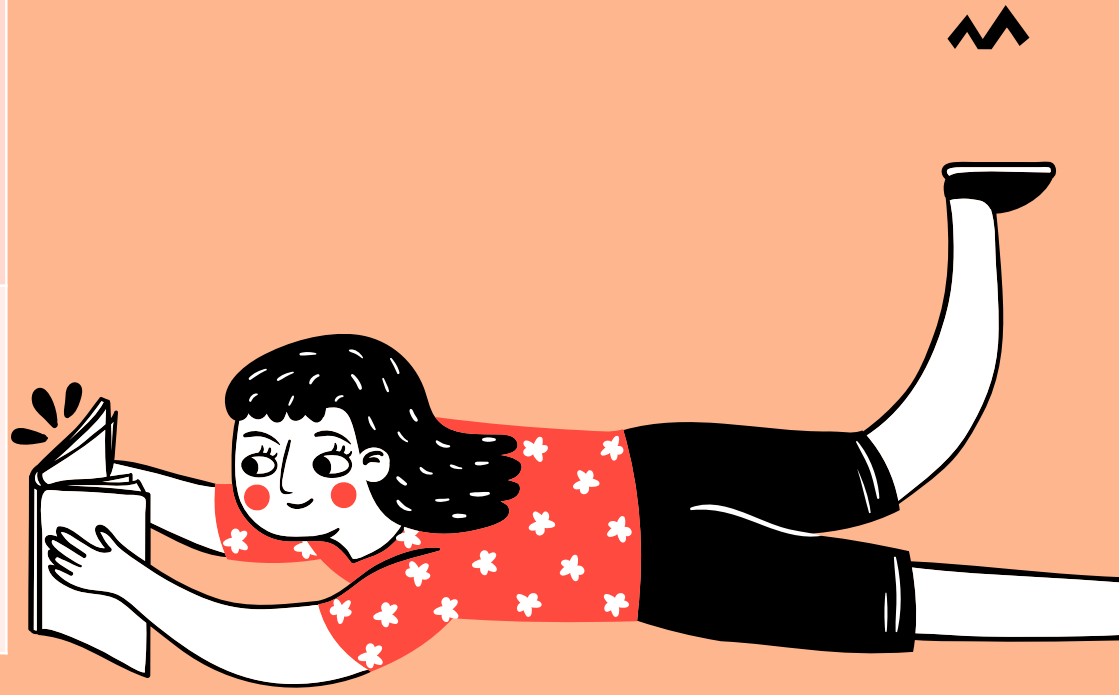
Click here for instructions on how to log Community Service hour

WORK TIME OPTIONS

Option 1: SchooLinks	Option 2: Community Service Hours	Option 3: Explore extracurricular options/opportunities
• Research colleges • Research career paths • High school and beyond plan ▪ Work on tasks	• Research opportunities online • Log up to 40 hours on X2Vol • Community service and enrichment opportunities: https://newporthigh.bsd405.org/counseling/community-service	• Clubs and activities: https://newporthigh.bsd405.org/student-life/clubs-and-activities • Athletics: https://newporthigh.bsd405.org/student-life/athletics

WHERE TO GO FOR HELP:
RESOURCES ON GRADUATION AND FUTURE PLANNING

Newport Counseling Website	• SchooLinks • College Research • Financial Aid • College Essay tips • How to choose a college • CTE Classes • Career options • Scholarships • College Visits
BSD Website	• Course catalog • Graduation requirements • PE and World Language • How to complete the High School and Beyond Plan



Scan the QR or use link to join

https://forms.office.com/r/pewZMqRYsk

THE NHS COUNSELING TEAM IS HERE FOR YOU!

**PLEASE COMPLETE THE POST ASSESSMENT VIA QR CODE/LINK

