

**NHS  
School  
Counseling  
Curriculum**  
Connect - Engage - Challenge

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## School Counseling Department Goal: Support our District's Vision of the Portrait of a Graduate

**NPS  
Graduates  
Are...**



**Physically, socially and emotionally well**



**Literate across many disciplines**



**Creative, innovative, collaborative problem-solvers**



**Civically engaged**



**Prepared for life after graduation**



**School Counseling Department Objective: Advance the school improvement plan by guiding each student in creating a personalized, flexible post-secondary plan**

## Collaborative Student Support

**The School Counseling Department and high school teaching staff work together to support each student in developing a personalized, flexible post-secondary plan.**

This is achieved by implementing curriculum through:

- **Onward Block**
- **Counseling Instruction** (individual and classroom)
- Ongoing support through the **College and Career Center**





## Paths after High School

At NHS, we recognize that graduates pursue diverse postsecondary plans.

Whether taking a **gap year**, a **PG year** at a private school, gaining **work experience**, starting an **apprenticeship**, or joining the **military**, exciting opportunities abound.

We encourage students to follow their aspirations and remain open to all possibilities, as postgrad planning is never one-size-fits-all.



## Onward Block

This school year marks our first full implementation of Onward Block within the school day, providing two days each month dedicated to grade-level tailored activities.

**Alignment:** Developed by a working group, lessons align with the **MyCAP curriculum**, a state requirement for high school students.

**Support:** The working group provides ongoing monthly training and support for teachers facilitating these sessions by grade level.

**Consistency:** Teachers remain with the same student group for all four years to foster **trusting relationships** and personal, social-emotional, and academic growth.

**Next Steps:** As we complete our first full implementation of Onward Block, we will hold a focus group to reflect on this year's experience and gather feedback to help improve the Onward Block curriculum for next school year.





# MyCAP Curriculum

## My Career and Academic Plan (MyCAP)

MyCAP is a student-centered framework that helps students develop the academic, personal, social-emotional, and career readiness skills needed for postsecondary success. Through self-exploration, career planning, and goal setting, students take an active role in shaping their educational and future pathways.

Newburyport High School uses Schoolinks as its individualized student planning tool, allowing students to explore careers and colleges, set goals, and build an online portfolio throughout high school.





## Grade Level Topics

**Grade 09:** Building connections, supported through peer mentors

**Grade 10:** Exploration using SchooLinks tools and guided discussion

**Grade 11:** Self-reflection to develop a [post-secondary plan](#)

**Grade 12:** Actively engaging in and executing post-secondary plans

### Intended Impact

Students more intentionally explore interests, reflect on experiences, and develop clearer, personalized plans.

### Next Steps

Conduct student/faculty focus groups to refine Onward Block program structure for 2026–2027.





## Onward Block Grade 9 Example

# Thursday 9/25: Message to My Future Self

### Activity

- Create a VIDEO “Message to their Future Self”
- [Lesson Plan](#)
- [SLIDEDECK](#)
- [Student Handout](#)
- Upload video to Schoolinks

### Exit Ticket & Reminders

A completed video is present in Schoolinks

### Why It Matters

*Writing a letter to your future self is a powerful tool for self-reflection and personal growth. It helps gain perspective, stay motivated, and track evolution over time.*

### Graduate Competencies

#### **Socially, Emotionally, Physically Well**

Mindset: I can approach challenges with a positive mindset

#### **Life After Graduation**

Goal Setting: I can set meaningful goals and effectively work towards them





## Onward Block Grade 10 Example

# Thursday 11/13: PSAT Review

### Activity

- [PSAT Review lesson plan](#)
- [Slide deck](#)
- Student PSAT result sheets will be handed out during staff meeting
- [National Merit Scholarship](#)

### Exit Ticket & Reminders

PSAT Goals are uploaded to [Schoolinks](#)

*If there is time: [Free SAT Prep](#)*

### Why It Matters

*Reviewing PSAT scores in 10th grade builds an early understanding of academic strengths and helps set realistic college goals.*

### Graduate Competencies

#### Prepared for Life After Graduation

- **Goal setting:** I can set meaningful goals
- **Problem solving:** I can solve independently
- **Mindset:** I can deal with setbacks
- **Lifelong Learner:** Build on experiences
- **Responsible:** Prioritize responsibilities





## Onward Block Grade 11 Example

# Thursday 12/4: Creating a Resume

### Activity

- **Part 1 (5-7 min):** Teacher discussion: [Talking points](#)
- **Part 2 (30 min):** [Resume Building Activity](#)

### Exit Ticket & Reminders

Practice exporting/downloading resume from SchooLinks

### WHY?

*Understand the purpose of resumes, content identification, and how to use SchooLinks.*

### Graduate Competencies

#### Prepared for Life After Graduation

- **Lifelong Learner:** I can build on my knowledge and experiences to be a lifelong learner





## Onward Block Grade 12 Example

# Thursday 5/7: Portfolio Showcase

## Activity

### Senior PORTfolio Showcase

- Students will share-out their SchooLinks Portfolio to their Onward Block class, showcasing work and shared teacher materials.
- Share portfolios and explain how you have fulfilled the Portrait of a Graduate.

## Exit Ticket & Reminders

Upload final materials to SchooLinks for life!  
**Complete the Senior Survey.**

## WHY?

*You've been working all year getting your portfolio ready. Now's the time to show it off and prove you are ready for whatever the world throws at you.*

## Graduate Competencies

### YOU SHOW US!

- Fulfilling the Portrait of a Graduate journey.





## School Counseling Department

# Onward Block - Additional Topics

Each grade 9th - 12th participates in different activities that strive to provide all students with supportive information for their flexible post-secondary plans.

### Foundational Programs

- 9th Grade Peer Mentors
- SchoolLinks and CGN Onboarding
- Prep for College & Career Fair
- Prep for Environmental Open House
- Career Interest and Style Assessments
- Career Speakers
- Credit for Life (IFS Bank)
- Creating Resumes & LinkedIn
- Junior Planning Info Sessions

### Career & Planning Activities

- Job Shadows
- SMART Goal Setting
- Financial Literacy
- Career Planning
- PSAT Exam and Review
- College Application Support
- Course and Schedule Review
- One-on-One Student Meetings
- Summer College App Boot-Camp





## School Counseling Department

# Counseling Instruction

### Classroom Instruction

Counselors visit classrooms throughout the year, with a focus on junior and senior classes.

#### Key Focus Areas:

- Post-secondary planning and applications
- Structured understanding of college pathways
- Alignment with student interests and goals

### Individualized Support

Personalized attention ensures every student stays on track for graduation and beyond.

#### Services Provided:

- Annual one-on-one course selection meetings
- Updating post-secondary plans annually
- Guidance on application deadlines & requirements





## College & Career Center

NHS supports students through its College & Career Center and Counselor, Aaron Ribaud-Smith, providing individualized guidance for postsecondary planning.

### Guidance & Resources

Comprehensive support for the planning process:

- College & career exploration
- Application support & essays
- Future planning resources

### Timeline of Support

Continuous support throughout high school:

- Begins in freshman year
- Individual meetings
- Classroom lessons
- Junior & senior planning sessions





# Summary of School Counseling Curriculum





**GO CLIPPERS!**

