

CHS Frosh/Soph Parent Night



Feb 15th, 2017

CHS Counseling Dept.

Last Name of Student:

A - D

Mr. Robinson 324-2493

E -K

Mrs. Meldrum 324-2491

L-Ri

Ms. Bawden 324-2492

Ro-Z

Mr. Ferlicka 324-2490

Career Counselor

Mrs. Richards 324-2483

Registration Timelines

- Sophomores received registration materials Monday (2/13)
- Freshman will receive registration materials next Tuesday (2/21)
- They need to bring their registration form signed by their parent by Friday of their registration week
- They must pick 6 credit bearing classes
- Required Courses For Junior Year- English 3/ US History.
- Required Courses for Sophomore Year- English 2, Biology, Math, and PE/Health.

Registration Form- Due on Friday

- We are asking that everyone provide and updated email address for increased communication

- (Juniors) We have added a new box to the bottom of the registration form asking for parents to sign off if you child is choosing not to take a Math course next year.

2017-2018 Capital High School Junior Registration

Date: _____ Due to Counselor: _____

Last Name: _____ First Name: _____ Middle I: _____
 Student Date of Birth: ____/____/____ Birth Place: _____ Gender: ☐ Male ☐ Female
 Street Address: _____ City: _____ Zip Code: _____
 Mailing Address (if different than residential): _____

PARENT INFORMATION

Mother **Step-Mother** **Guardian (circle one)** **Father** **Step-Father** **Guardian (Circle one)**

Name: _____ Name: _____

Address: _____ Address: _____

Home Phone: _____ Home Phone: _____

Work Phone: _____ Work Phone: _____

Email: _____ Email: _____

Student Lives with: ☐ Both Parents ☐ Mother ☐ Father ☐ Other: _____

Emergency Contact (someone other than legal guardian): _____

Emergency Contact Phone: _____ Alt Emergency Phone: _____

School Attended during 2014-15 school year: _____

If you are transferring from out of district, were you previously in HSD1 Y/N

*School Address: _____ City: _____ State: _____ Zip: _____

If last school attended was not in HSD1

Does your child have the following Special Services? IEP ☐ Section 504 ☐ Health Alert ☐

Ethnicity:

☐ Asian ☐ Hispanic ☐ Black ☐ American Indian/Alaska Native ☐ White ☐ Native Hawaiian/Pacific Islander

Capital High is striving to increase communication with parents. One of the most cost effective ways for us to get up to date information to you is through email. We ask that you provide a primary email address that you check regularly.

☐ This is a new email address

Parent Signature-REQUIRED

☐ I have reviewed and support my student's class selections (on back of registration sheet).

(Parent Signature)

(Student Signature)

Juniors and Seniors Not Registering for a Math Course

I have been advised that the Montana University System has math proficiency standards that require a C or better in 4 years of high school math (or a 22 ACT Math Score). I am waiving the recommendations of the CHS counseling and math departments to sign up for the next sequential math course in the college-prep curriculum. I have been informed that all remedial math classes at the 2 and 4 year colleges will be for no credit and at the full tuition rate. Final math class placement will be determined after 2nd semester grades are finalized.

(Parent Signature)

(Student Signature)

2017-2018 Capital High School Sophomore Registration

Date: _____ Due to Counselor: _____

Last Name: _____ First Name: _____ Middle I: _____
 Student Date of Birth: ____/____/____ Birth Place: _____ Gender: ☐ Male ☐ Female
 Street Address: _____ City: _____ Zip Code: _____
 Mailing Address (if different than residential): _____

PARENT INFORMATION

Mother **Step-Mother** **Guardian (circle one)** **Father** **Step-Father** **Guardian (Circle one)**

Name: _____ Name: _____

Address: _____ Address: _____

Home Phone: _____ Home Phone: _____

Work Phone: _____ Work Phone: _____

Email: _____ Email: _____

Student Lives with: ☐ Both Parents ☐ Mother ☐ Father ☐ Other: _____

Emergency Contact (someone other than legal guardian): _____

Emergency Contact Phone: _____ Alt Emergency Phone: _____

School Attended during 2014-15 school year: _____

If you are transferring from out of district, were you previously in HSD1 Y/N

*School Address: _____ City: _____ State: _____ Zip: _____

If last school attended was not in HSD1

Does your child have the following Special Services? IEP ☐ Section 504 ☐ Health Alert ☐

Ethnicity:

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☐ This is a new email address

Parent Signature-REQUIRED

☐ I have reviewed and support my student's class selections (on back of registration sheet).

(Parent Signature)

(Student Signature)

- There are 2 requires selections and 4 elective choices. The next two years are your students chance to tailor their education to their future plans.

1. Some headings will require you to choose one course, and other headings will allow you to choose multiple courses.
2. If you are signing up for a semester course, be sure to sign up for a minimum of two so as to cover both 1st & 2nd semester.
3. You must register for at least 6 credit-bearing classes. Early period is not guaranteed. Students with early period must have their own transportation.
4. There are 8 possible periods in a day; this includes 0 period. Classes must be taken consecutively.
5. Classes followed by a number in the first column require the prerequisite; courses with a blank in the second column require a teacher signature.

Sophomore YEAR- Rank Elective choices 1-5

- There are 4 requires selections and 3 elective choices. The next two years are your students chance to tailor their education to their future plans.

Capital High School			10th Grade																									
			Registration																									
			One - Five																									
PART I: School Info	Length of Day																											
	8500 Start Zero Period																											
	8502 Start 1st Period																											
	8503 Start 2nd Period																											
	8516 Out 6th (0-5th only)																											
	8517 Out 7th (0-6 or 1-6)																											
	English																											
	1200 English 2																											
	1201 English 2 - Honors																											
	Math																											
PART II: Required Courses	3100 Algebra 1	3103	Choose 5 elective courses <u>BELOW</u> , & list them in order of preference (1 being the class you would like to take the most). Choices 3, 4, & 5 will be entered as alternative courses & will be used if there is a conflict in scheduling. If you are signing up for a semester course, be sure to sign up for two semester courses with the same preference number so as to cover both 1st & 2nd semester.			Courses to Retake <table border="1"> <thead> <tr> <th>Course Name</th> <th>Sem/Year</th> </tr> </thead> <tbody> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </tbody> </table>			Course Name	Sem/Year																		
	Course Name	Sem/Year																										
3200 Geometry	3100																											
3201 Math 2 - Honors	3101																											
3300 Algebra 2	3200																											
3356 Technical Math (DC)	3100																											
3301 Pre-Calculus- Honors (DC)	3201																											
Science																												
4200 Biology 1																												
4201 Biology 1- Honors																												
Health and Human Performance																												
9200 Soph PE																												
9210 Health																												
PART III: Electives	Semester	Prerequisite	Instructor's Signature	Year	Prerequisite	Instructor's Signature	Year	Prerequisite	Instructor's Signature																			
	2410 Western Civ 1 (S1)			1445 Creative Writing			6560 Jubilettes	AUD																				
	2420 Western Civ 2 (S2)			1450 Newspaper			6570 Saturday's Children	AUD																				
	2430 Current Issues (S1)			2426 AP European Hist			6571 Jazz Choir	AUD																				
	2470 Western History (S2)			3460 Computer Sci (DC)			6700 Theatre 1																					
	7200 Consumer Mechanics(S1)			4310 Chemistry 1	3100		6710 Theatre 2	6700																				
	7110 Intro to Mechanical Tech (S2)			4600 Intro to Robotics			7100 Industrial Tech (\$)																					
	7301 Basic Computer Skills			5110 Latin 1			7102 Intro to Construction																					
	7304 Tech Skills for Life	7301		5120 Latin 2	5110		7140 Drafting 1 (basic)																					
	7320 Desktop Publishing			5210 French 1			7170 Carpentry 1 (2hr) (\$)	7100/2																				
	7322 Graphic Web Design			5220 French 2	5210		7210 Auto Tech 1 (2hr) (\$)																					
	7360 MS Word/Access (DC)	7301		5310 Spanish 1			7230 Welding 1																					
	7361 MS Excel/PowerPoint (DC)	7301		5320 Spanish 2	5310		7310 Money Management																					
	7414 Small Bus Mgmt (S1)			5330 Spanish 3	5320		7330 Career Planning																					
	7415 Small Bus Mgmt (S2)			5410 German 1			7370 Accounting 1 (DC)																					
	8510 Study Hall (S1)			5420 German 2	5410		7380 Business Co-op	*																				
	8512 Study Hall (S2)			6110 Art 1			7400 Marketing Ed.1																					
	9106 Personal Wellness (S1)			6120 Art 2 (\$)	6110		7412 Sports Entertain Mgmt																					
	9107 Personal Wellness (S2)			6141 AP Art Studio (HHS)	6110		7535 Culinary Arts 1-2 (\$)																					
	9325 F.A.S.T. (S1)			6150 Design App 1 (\$)			7540 Culinary Arts 3 (\$)	7535																				
	9326 F.A.S.T. (S2)			6160 Design App 2 (\$)	6150		7550 Design 1- Fashion/Inter																					
	9330 Athletic Training/CPR			6191 Art History AP (HHS)			7552 Design 2- Fashion	7550																				
	9341 Physical Conditioning (S1)			6245 Sculpture			7560 Child Development																					
	9342 Physical Conditioning (S2)			6291 Video Broadcast 1			7610 Principles of Bio Med																					
	9346 Advanced Weights (S1)	9341		6320 Concert Band	AUD		7620 Human Body Systems	7610																				
	9347 Advanced Weights (S2)	9342		6370 Jazz Band	AUD		8204 Helena College																					
				6410 Concert Orchestra			8261 Native American Tutor																					
				6420 Chamber Orchestra			8263 Peer Mentoring A-Sch	App																				
				6371 Jazz Ensemble	AUD		1460 Yearbook																					
				6450 Wire Choir	AUD		1462 Yearbook 2	1460																				
			6510 Women's Choir																									
			6511 Men's Choir			8360 Credit Recovery	Go to Pt 4																					
(H) This course requires a fee; check the guide book for amount																												
* Bus Co-op requires																												
7300 or 7400 level course																												

1. Some headings will require you to choose one course, and other headings will allow you to choose multiple courses.
2. If you are signing up for a semester course, be sure to sign up for a minimum of two so as to cover both 1st & 2nd semester.
3. You must register for at least 6 credit-bearing classes. Early period is not guaranteed. Students with early period must have their own transportation.
4. There are 8 possible periods in a day; this includes 0 period. Classes must be taken consecutively.
5. Some courses have a prerequisite course that must be completed before you take the listed course.
6. Courses with a signature box require teacher signature

Graduation Requirements- Class of 2019 (Sophomores)

Four years of English	4
One year Social Studies (World cultures)	1
One year of American Government	1
One year of American History	1
Two years of Science	2
Two years of Math	2
One and one half years of Human Performance	1.5
One half year of Health	0.5
One year of Fine Arts	1
One year of CTE (Career and Tech Ed)	1
<u>Electives</u>	<u>6</u>
Total	21

Graduation Requirements- Class of 2020 (Freshman)

Four years of English	4
One year Social Studies (World cultures)	1
One year of American Government	1
One year of American History	1
Two years of Science	2
Three years of Math	3
One and one half years of Human Performance	1.5
One half year of Health	0.5
One year of Fine Arts	1
One year of CTE (Career and Tech Ed)	1
<u>Electives</u>	<u>7</u>
Total	23

1st two years provide the foundation

- Once your student has completed their Freshmen and Sophomore years, they will have increased flexibility in scheduling
- Courses required to take
 - Freshman Yr (5)
 - Sophomore Yr (4)
 - Junior/Senior Yrs (2)

It is important to start planning which path you will take going beyond next year

Your time is running out on free public education, take advantage of it while you have the chance.

Career Exploration

www.careercruising.com

- | | |
|--------------------|---|
| Freshman - | Interest inventories
Learning Styles |
| Sophomore - | Skills inventory
Career Clusters
Budgets vs Career Salaries |
| Junior - | School Exploration
Resume
Career Planning Activities |
| Senior - | Scholarships and Continued Post
Secondary Exploration
Individual advisement sessions
Credit Checks |

Freshman Career Cruising

Completed Learning Styles Inventory

- Gives suggested ways to study/learn better

Also completed career match maker

- A survey of likes and dislikes and gives a list of 20-40 possible careers of interest.
- Within each career it gives the education needed, salaries, job descriptions, and tons of other information

You are a Visual-Auditory Learner!

Delete Results

Your Learning Style Inventory results indicate you have a strong preference for **visual and auditory learning**. This means that you will find it easier to understand and recall information if you can make use of both these methods, although you may find that the method you prefer to use will depend on the situation. Read more about the visual and auditory methods and how to use them to help you learn.

Your Learning Styles

	Visual Learning	45 %
	Auditory Learning	35 %
	Tactile Learning	20 %



Visual Learning

As a **visual learner**, you learn best when information is presented in written form or visually through diagrams or pictures. You prefer to read the text book rather than listen to a lecture. A teacher who uses a lot of visual aids, such as notes on the board or handouts, will be easier for you to understand than one who just talks. Here are some things you can do to help you learn:

- Use diagrams, images and pictures
- Create flash cards to study from
- Highlight or underline important information in your textbook and notes
- Make outlines of the material that shows how the ideas and concepts are related
- Make notes or write down key words and concepts during lectures
- Try to visualize the material as you hear it spoken
- Read the material in the textbook before the lecture

Since you learn best when the information is presented visually, look for ways to make the information visual by making notes and outlines or drawing diagrams and charts. You may want to ask your teachers to make outlines or use visual aids if they don't.

Sophomore Career Cruising

We take a survey on MCIS called Reality Check

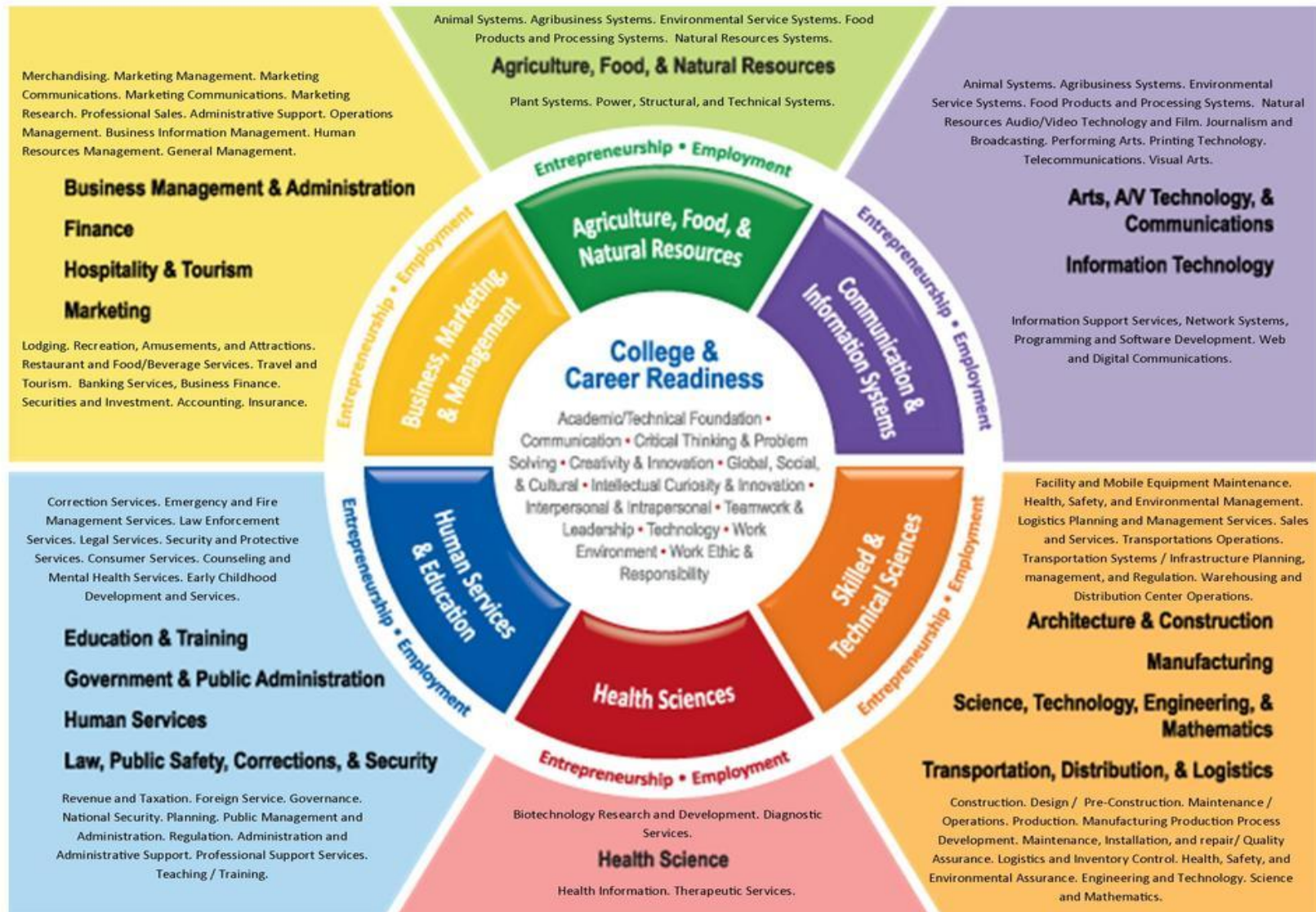
- It asks a series of questions that encourages students to explore the day to day costs it takes to be an adult.

We then research careers from their Freshman year match maker and see if their career interests match up with the lifestyle they want.

Reality Check

Your Monthly Expenses	Totals for North Eastern Montana
Monthly Expenses	\$3,040 Investigate Family Expenses
Annual Expenses	\$36,480
Federal Taxes	\$6,305
State Taxes	\$2,384
Total Salary Needed	\$45,169
Remaining Balance	\$250
Total Salary	\$22,804
<u>Housing</u>	\$1,100
<u>Utilities</u>	\$290
<u>Communications</u>	\$125
<u>Food</u>	\$260
<u>Transportation</u>	\$450
<u>Clothes</u>	\$55
<u>Health Care</u>	\$66
<u>Entertainment</u>	\$125
<u>Personal Care</u>	\$75
<u>Miscellaneous</u>	\$50
<u>Student Loans</u>	\$300
<u>Savings</u>	\$144

After Soph year, start leaning towards a career cluster



If your child has no idea what they want to do after high school

We have a class for that

7330- Career Planning

In that course they spend an entire year diving deeper into potential post high school options and develop a concrete plan and how to achieve their goals.

It's No Longer K-12

- The research is showing that students will now need some sort of education beyond high school
- This doesn't mean every student needs to go to a 4 year college, But
- It does mean some sort of education post high school
- A certification, apprenticeship, military duty, 2 year associates, just some training that shows your drive and determination to better yourself and get yourself ready for the career of choice

Plan for the Future



A diploma is not enough.....

Graduates with an associates degree enjoy an average of \$145 more per week than full-time wage and salary workers holding a high school diploma.

<http://www.guidetocareereducation.com/articles/getting-started/education-degrees>

U.S. Census Bureau data proving the substantial value of a college education in the United States. Workers 18 and over sporting bachelors degrees earn an average of \$51,206 a year, while those with a high school diploma earn \$27,915. But wait, there's more. Workers with an advanced degree make an average of \$74,602, and those without a high school diploma average \$18,734.

<http://usgovinfo.about.com/od/censusandstatistics/a/collegepays.htm>

MUS Admission Standards

- 4 Years of English
- 3 Years of Math - through Algebra II
- 2 Years of Science
- 3 Years of Social Studies
- 2 Years of Concentrated Electives (includes CTE courses, foreign languages, computer science, visual/performing arts, or speech,)
- ACT Composite Score of 22/SAT Composite Score of 1540
- ACT Math Score of 22/SAT Math Score of 520 – 3 or above on AP Calc or 4 years of HS Math with C or above in Algebra I and higher
- ACT English Score of 18/SAT English Score of 440
- ACT/SAT Writing Score of 7 or Higher
- Overall GPA of 2.5 – Rank in Top Half of Graduating Class

Here @ CHS we have an ever expanding list of ways students can get a jump start on their post high school education

1. **AP courses-** these are courses taught at CHS by our staff. They are advanced in content and pacing and in the spring the students are given the opportunity to take the AP exams to earn college credit (roughly \$90 for 3 credits)
2. **Dual Credit-** These are courses also taught at CHS by our staff. They are made possible by a partnership with Helena College. The students can choose to enroll in these courses and gain credit both from us and Helena College. The credits transfer without any issues to any Montana Public College (roughly 150 for 3 credits) Students must be 16 and have certain Compass Test or ACT scores to qualify for the college credit

AP COURSES (\$93)

CHS Course #	AP Courses – must score 3 or higher on AP Exam for college credit (varies by school)	Credits
1306	AP English III Language & Composition	Year -3
1406	AP English IV Literature	Year -3
2306	AP American History	Year -3
2406	AP American Government	Year -3
2426	AP European History	Year -3
2506	AP Economics	Year -3
4306	AP Biology	Year -3
3402	AP Calculus	Year-3
4420	AP Chemistry	Year -3
5356	AP Spanish 5	Year -3
6141	AP Studio Art (HHS)	Year-3
6191	AP Art History (HHS)	Year-3

Dual Credit

\$147

CHS/Helena College Dual Credit Offerings

Helena College Course		# of Credits	CHS Course	
WRIT 101	College Writing	3	1456	College Writing/Literature
LIT 110	Intro to Lit	3	1456	College Writing/Literature
WRIT 111	Technical Writing	3	1459	Intro to Technical Writing
COMM 111	Intro to Public Speaking	3	1422	Speech
M111	Technical Math	3	3356	Technical Math
M121	College Algebra	3	3440	College Algebra
M151	Pre- Calculus	4	3400	Pre-Calculus
M151	Pre- Calculus	4	3301	Pre-Calculus Honors
M171	Calculus I	4	3402	Calculus Honors
STAT 216	Intro to Statistics	3	3441	Statistics
ACTG 101	Accounting Procedures	3	7370	Accounting 1
CAPP 131	Basic MS Office	3	7300	Computer Tech Skills
CAPP 154	MS Word	3	7360	MS Word/Access
CAPP 156	MS Excel	3	7361	MS Excel/Powerpoint
MCH 234	CNC Milling Operations 1	4	7250	Welding 3
WLDG 112	Cutting Processes	1	7250	Welding 3
AUTO104	Auto Mechanics Core	2	7220	Auto 2

CHS/Carroll College Dual Credit Offerings

Carroll College Course			CHS Course	
M131	College Calculus	4	3406	Calc, Linear Alg DE
M232	Linear Algebra	4	3406	Calc, Linear Alg DE
CS110	Computer Science	3	3460	Computer Science

Why Dual Credit/AP

- 2011 – Average student debt = \$24,113 – students graduating from MT schools with a 4 year degree
- Take advantage of reduced tuition costs while students are still in high school
- Jump start to earning college credit – earlier completion of degree
- Increase relevance for course work



SUICIDE PREVENTION @ HPS

9th grade (Frosh PE)

YAM (*Youth Aware of Mental Health*)

10th Grade (Health)

QPR (*Question Persuade Refer*)

11th Grade (US History)

SOS (*Signs of Suicide*)



QUESTION
PERSUADE
REFER



Additional Supports @ CHS

- Counseling Services through Intermountain
 - CSCT (Comprehensive School and Community Treatment)
 - SBOT (School Based Outpatient Therapy)
- Mental Health Screener
 - Mailed home in October
 - A free mental health and substance use screener
 - Just need to fill out the consent form (linked on our department webpage)
 - <http://chs.helenaschools.org/wp-content/uploads/sites/32/2015/02/2016-17-Mental-Health-Substance-Use-Screen-Letter-to-Parents-Guardians.pdf>

Have Questions?

- If you have individual questions we will be here to answer them for you.
- Come on down and let us help!

Keep Up with US!

CHS Website

<http://www.chs.helena.k12.mt.us/departments/career.html>

CHS Counseling Facebook

<https://www.facebook.com/BruinCounseling>

CHS Counseling Twitter

@BruinCounseling

CHS Counseling Text Alerts

Text this number 81010

With this message @423f2

