



HELLO



**Welcome!**  
**9th & 10th Grade Night**  
**2020-2021**



# Preparing students for the 21<sup>st</sup> Century

- CHS Students= LCWRS= Life, college, and work ready members of our community
- Preparing students for jobs that don't exist using technologies that haven't been invented yet
- 21C Skills
  - There are many lists, but **Communication, Collaboration, and Critical Thinking** are on them all.
  - **Knowledge=Information + Thinking**

# Step One: Skill Building



# Skill Building: Organization and Time Management



- Students who are involved manage time better
- Limit TV, Games, & Phone
- Set aside a time and place (routine) to do schoolwork (with the least amount of distractions possible)
- Use a Planner
- Plug assignments and due dates into your phone (find a system that works for you!!)
- HW Folder, Binders, etc.
- Check out organization Apps
- “Doing work” vs. “Doing work”

	Monday	Tuesday	Wednesday	Thursday	Friday
Lakers A-K	<p><b><u>In Person:</u></b>  Mod 1- 7:45-9:10  Mod 3- 9:14-10:39  Mod 4 -10:43-12:08  Mod 2- Lunch/HB-12:12-12:50  Mod 5- 12:54-2:20</p>	<p><b><u>In Person:</u></b>  Mod 1- 7:45-9:10  Mod 3- 9:14-10:39  Mod 4 -10:43-12:08  Mod 2- Lunch/HB-12:12-12:50  Mod 5- 12:54-2:20</p>	<p><b><u>At home with “synchronous” classes):</u></b>  Mod 1 9:00-9:45  Mod 3 10:00-10:45  Mod 4 11:00-11:45  Lunch Break 11:45-12:15  Mod 5 12:15-1:00  AT/Office Hours 1:15-2:15</p>	<p><b><u>Remote (at home), SUGGESTED asynchronous schedule</u></b>  Mod 1- 7:45-9:10  Mod 3- 9:14-10:39  Mod 4 -10:43-12:08  Lunch Break-12:12-12:50  Mod 5- 12:54-2:20</p>	<p><b><u>Remote (at home), SUGGESTED asynchronous schedule:</u></b>  Mod 1- 7:45-9:10  Mod 3- 9:14-10:39  Mod 4 -10:43-12:08  Lunch Break-12:12-12:50  Mod 5- 12:54-2:20</p>
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# Skill Building: Sleep

We can't emphasize enough how important it is to maintain a healthy sleep schedule!

## SLEEP TIME



### TECH

Avoid screen time  
1-2 hours before  
you go to bed



### SMELL

Spray lavender oil  
over your pillow  
before bedtime



### LIGHT

Cover your  
windows with  
dark curtains

### READ

Enjoy a good book  
to calm the mind



### CAFFEINE

Stay away from  
coffee / tea  
6-8 hours  
before bedtime



### RELAX

Practice yoga,  
breathing exercises,  
meditation

# **Skill building: Keep track of assignments, tests and deadlines.**

- In addition to setting a schedule, use (some sort of) a planner:
  - ◆ Homework apps
  - ◆ School planner (students got one in HB, extras in planning room)
  - ◆ The reminder feature or notes feature on your phone
  - ◆ A small notebook in your pocket or bag
- Get in the habit of:
  - ◆ Checking Weekly Learning Plans regularly
  - ◆ Checking teacher websites daily
  - ◆ Checking your email regularly, at least daily if not more
  - ◆ Checking PowerSchool daily
    - Did you know you could get the PowerSchool app on your phone?

# Skill Building: Self-Advocacy

- Who are your supports at CHS?
- Regular communication and connection with teachers
  - Office hours and email.
  - Ask for individual help.
- Math Lab- virtual meetings with Jonathan Thompson
- Kahn Academy
- School Counselors, Nurse, Planning Room
- Find a mentor. Who inspires you?
- Peer mentoring program for help in a particular subject.





# Skill Building: Coping with Stress

- **Gratitude**
  - ◆ Practice being thankful. What are YOU thankful for?
  - ◆ Mindfulness
- Find healthy things that calm you and bring you happiness and build those in to your daily routine
- Stay connected to others (use social media to plan face-to-face interactions)
- Set limits around phone use and social media
  - ◆ Turn off notifications
  - ◆ Go to grayscale
  - ◆ Non-negotiable phone free time



**FOMO**  
(Fear Of Missing Out)  
Why your student *can't* put  
down their phone

- Depression
- Anxiety
- Decreased school attentiveness and performance
- Increased risk when driving
- Social Media isn't the cause but it can, and does, make it worse

# Larger Mental Health Concerns and Crisis

→ Anxiety, depression, eating disorders, drug and alcohol use

◆ Talking to your child

→ Seeking Support outside of school

◆ Primary Care Physicians

◆ Individual and Family Counseling- we have a generic list of local counselors

◆ Parenting Support- Danielle Jatlow at Centerpoint- 802-777-5932

- Support group. Parent meet-up for guardians of 9th graders. [October Laker View](#)

◆ First Call: 488-7777

◆ Northwestern Counseling Services (Grand Isle/Franklin Counties): 1-800-834-7793

◆ [Mental Health and Wellness Page](#) under counseling on the CHS Website

\*Interested in Supporting Mental Health in the CHS community? Check out the We Matter Here Club!



**Step Two: Take advantage of  
your time at Colchester High  
School**

**→ Who are you in this Big Blue  
Marble?**

**→ What are you passionate about?**

# Virtual High School (VHS)

Interested in a course that CHS doesn't offer? VHS offers a wide range of online classes. Chat with your school counselor to sign up.

Math  
and  
Modern  
Logic

Psychology  
of Crime

Engineering for  
Sustainable  
Energy

101  
Ways to  
Write a  
Short  
Story

The Glory of  
Ancient  
Rome

# Explore your Interests...

- **Volunteer**
  - [www.unitedwaynwvt.org](http://www.unitedwaynwvt.org)
  - [vfp.org](http://vfp.org), etc. (see our website)
- **Governor's Institutes (This year TBD)**
  - [www.giv.org](http://www.giv.org)
    - Winter Weekends
    - Summer
- **Law Enforcement and Public Safety (This year TBD)**
  - Law Enforcement Cadet Academy
  - Junior Rescue Member- Colchester Rescue



**Explore Your Interests, continued....**

● **Health Careers (This year TBD):**

- Medquest
- Focus on Health Careers Conference
- A Day In The Life (Shadow Day)
- Interest based AT's

● **Other options in high school (This year TBD):**

- HOBY and RYLA
- GMBS and GMGS
- Andros, Costa Rica, France and Ecuador trips
- Study Abroad
- Try different clubs
- UVM Summer Academy
  - Check out the Activities Tab on the CHS website

# Personalize Your Learning



## ACT 77

Students can access a variety of flexible pathways to demonstrate graduation proficiencies.

## Personalized Learning Plans aka PLPs

All students have started a PLP- a learning plan that is customized to meet the unique interests and needs of the individual student.

- Goal-tie strengths, interests, and personality to career paths
- Assessments
- Goal setting







## **Junior and Senior Years**

**Juniors and Seniors are all eligible for two Dual Enrollment vouchers, each good for one free college course at a participating college. The free credits earned at college also count as elective credit towards graduation from high school!**

**vouchers available via:**

**<http://www.vtdualenrollment.org/>**

# Dual Enrollment Locations

- **University of Vermont**
- **Vermont Technical College**
- **Community College of Vermont**
- **Saint Michael's College**
- **Champlain College**
- **Castleton University**
- **Northern University of Vermont- Johnson and Lyndon**
- **And more!**



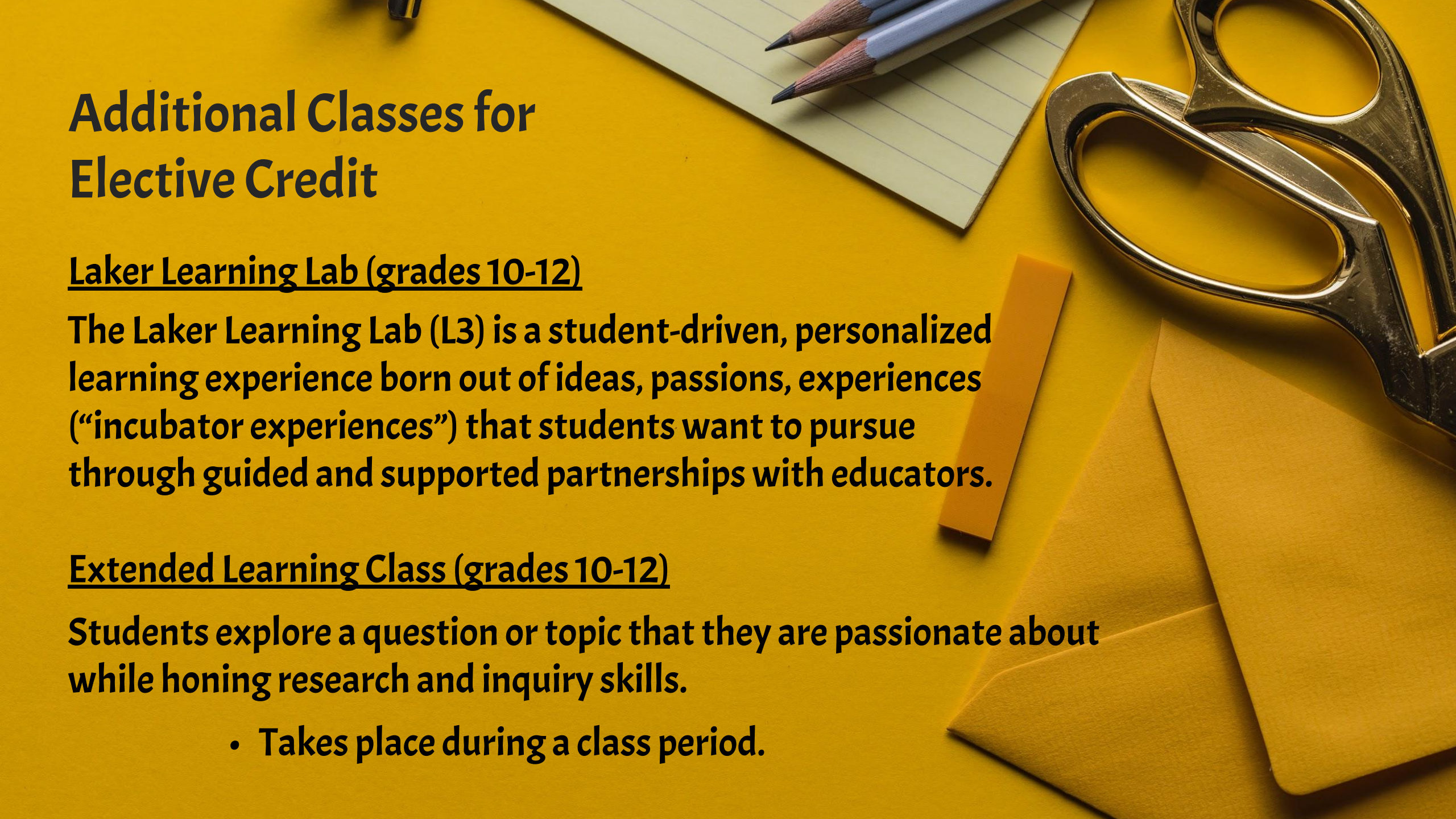


# Early College

- High school seniors enrolled in The Early College Program simultaneously complete their senior year while earning a full year of college credits. Students may apply to take a year-long course of study in any discipline at the following colleges:
  - Vermont Technical College- Vermont Academy of Science & Technology (VAST)
  - Community College of Vermont (CCV)
  - Goddard College
  - Castleton
  - Northern Vermont University- Lyndon/ and Johnson
  - Norwich University



MAKE  
THINGS  
HAPPEN!

A top-down view of a desk with school supplies. In the top right, there are two blue pencils on a lined notebook. To the right, a pair of silver scissors is partially visible. Below the scissors are several pieces of yellow paper, including a strip and some larger sheets. The background is a solid yellow color.

## **Additional Classes for Elective Credit**

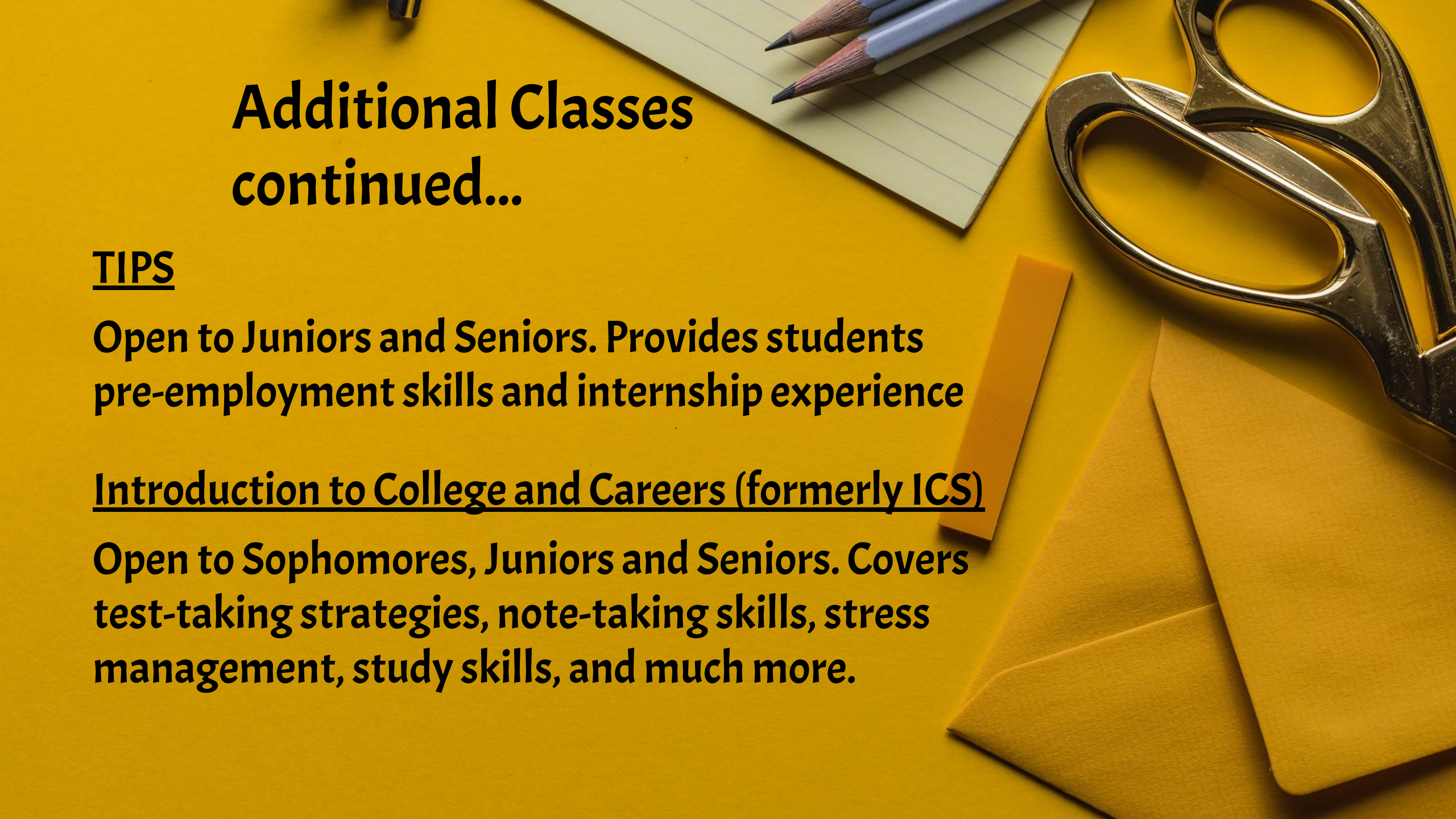
### **Laker Learning Lab (grades 10-12)**

**The Laker Learning Lab (L3) is a student-driven, personalized learning experience born out of ideas, passions, experiences (“incubator experiences”) that students want to pursue through guided and supported partnerships with educators.**

### **Extended Learning Class (grades 10-12)**

**Students explore a question or topic that they are passionate about while honing research and inquiry skills.**

- Takes place during a class period.**



# **Additional Classes continued...**

## **TIPS**

**Open to Juniors and Seniors. Provides students pre-employment skills and internship experience**

## **Introduction to College and Careers (formerly ICS)**

**Open to Sophomores, Juniors and Seniors. Covers test-taking strategies, note-taking skills, stress management, study skills, and much more.**

# Technical Centers

Burlington Technical Center (BTC)  
and Center for Technology at Essex (CTE)

Pre-tech: 10th grade only. (See grid on right)

Grade 11 and/or 12

- BTC- Half Day
- CTE- Full Day

1. All sophomores receive information in January/February via AT

\*Ninth graders should talk to their counselor for more information on pre-tech.

	Pre-Tech at CTE- 10th Grade
1.	Bldg & Small Engines
2.	IT, Design, Engineering & Arts
3.	Health and Human Services
4.	Natural Resources
5.	Hospitality & Culinary Arts

\*\*\*Check out the [CTE Website](#) and the [BTC Website](#) for more information\*\*\*



## Options Credit

- Earn school credit for working, volunteering, mentoring, Governor's Institute, etc.
- Students can earn up to a total of 2.0 "Options credits"
- Pick up a form in the Guidance Office to make it official



## **Testing Timeline**

**PSAT- grade 11 in October**

**SAT/ACT- spring of junior year and fall of senior year**

**Practice, practice, practice!!!**

- **SAT Bootcamp**
- **Practice SAT tests at Burnham Library**
- **Books from library**
- **Kahn Academy (from PSAT scores)**





A few more reminders  
& pointers...

# A word about Athletic vs. Merit Scholarships



**To wrap it up...**

**How to start preparing for college,  
work & life...**

**\*Hint-it's not about over packing a resume.**



Thank  
You

