



HELLO



Welcome!
9th & 10th Grade Night
2023-2024

School Counseling

*Help students plan for success in 3 domains

Academic

- Course selection and planning
- Accessing support services

Career

- ☐ Career Planning
- ☐ College Admissions

Personal/Social

- One-on-one
- Groups
- Mediation
- Referral

“Kids these days”

- **Everything needs to be taught and students missed some key learning the shutdown and during hybrid.**
 - **No blame, we all struggled**
- **Students had less time in school and a lot of time on their own**
 - **Study skills**
 - **Time management**
 - **Problem solving**
 - **Impulse control**
- **Things are getting better, but it's going to take time and effort.**

Skill Building: Organization and Time Management

These things need to be taught. Students may have missed some skill building during pandemic times. You can help!

- **Limit TV, Games, & Phone**
- **Set aside a time and place (routine) to do schoolwork (with the least amount of distractions possible)**
- **HW Folders, Binders, Planner, what is your system?**
- **PowerSchool, WLPs, Google Classroom, Websites, etc.**
- **Interval training**
- **“Doing work” vs. “Doing work”**

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: Problem-solving

- **Who are their supports at CHS?**
- **What is available...**
 - **Teachers**
 - **Math Lab- Mr. Thompson**
 - **planning room**
 - **Khan Academy**
 - **Student support team- Mr Emery, Mr. Jacobs, and Ms. Wolf- planning room**
 - **Peer Mentors**
 - **The Annex**
 - **School Counselors**
 - **Health Office**



Cell Phones



- It's not their fault.
- Information is free, fast, and easy and right in their pocket
- We need to teach them how to do hard things, persist and why it is important.



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Childhood 2.0 Trailer. Full video available on YouTube





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
 - ◆ 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!**

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



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

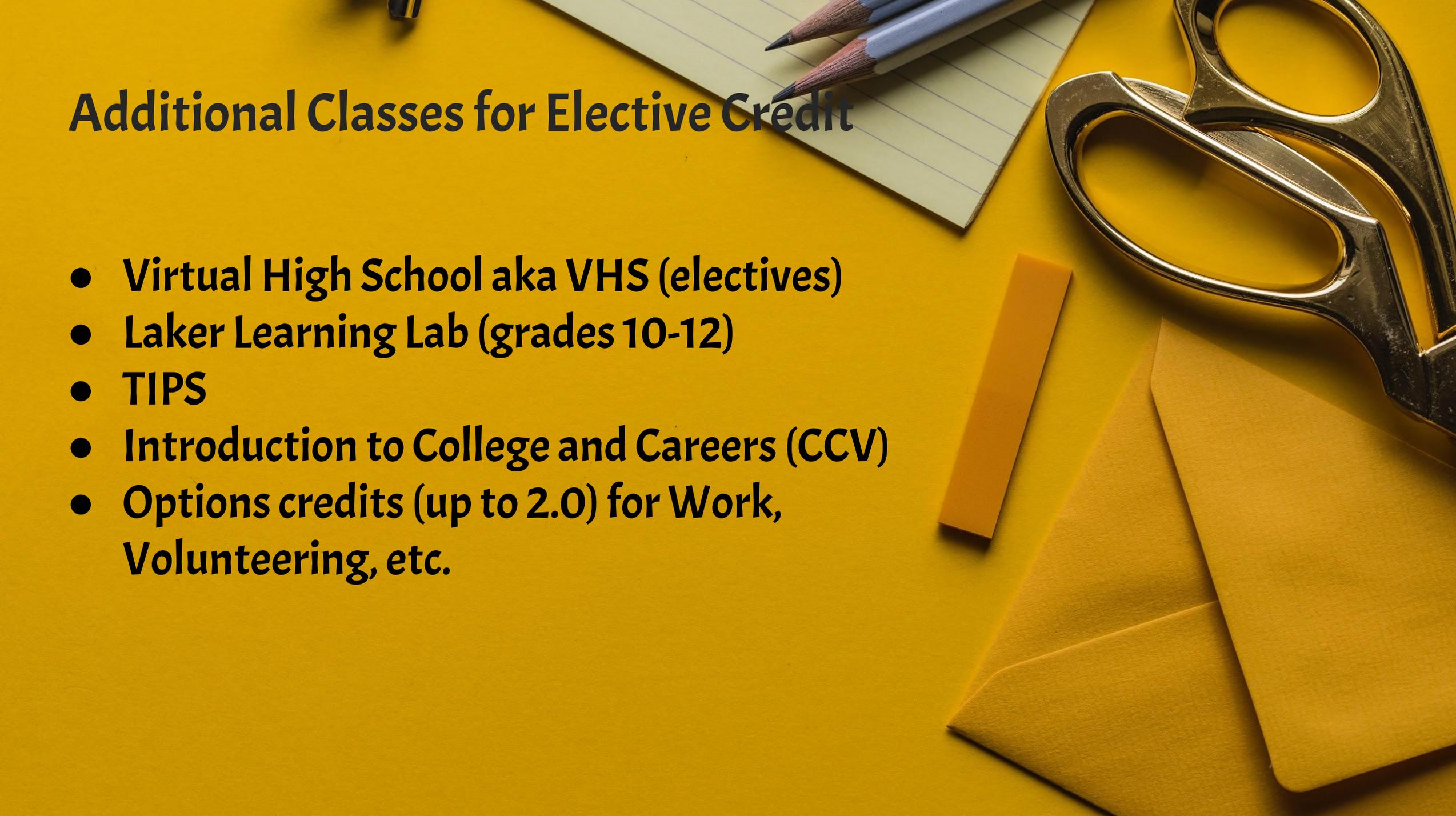
**→ Who are you in this Big Blue
Marble?**

Explore your Interests...

- Volunteer
 - www.unitedwaynwvt.org
 - vfp.org, etc. (see our website)
- Governor's Institutes
 - www.giv.org
 - Winter Weekends
 - Summer

Explore Your Interests, continued....

- **HOBY and RYLA**
- **GMBS and GMGS**
- **Andros, Costa Rica, France and Ecuador trips**
- **Interest based AT's**
- **Try different clubs - click on "Activities tab" on [CHS webpage](#) to learn more about our clubs**
- **UVM Summer Academy**



Additional Classes for Elective Credit

- **Virtual High School aka VHS (electives)**
- **Laker Learning Lab (grades 10-12)**
- **TIPS**
- **Introduction to College and Careers (CCV)**
- **Options credits (up to 2.0) for Work, Volunteering, etc.**

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

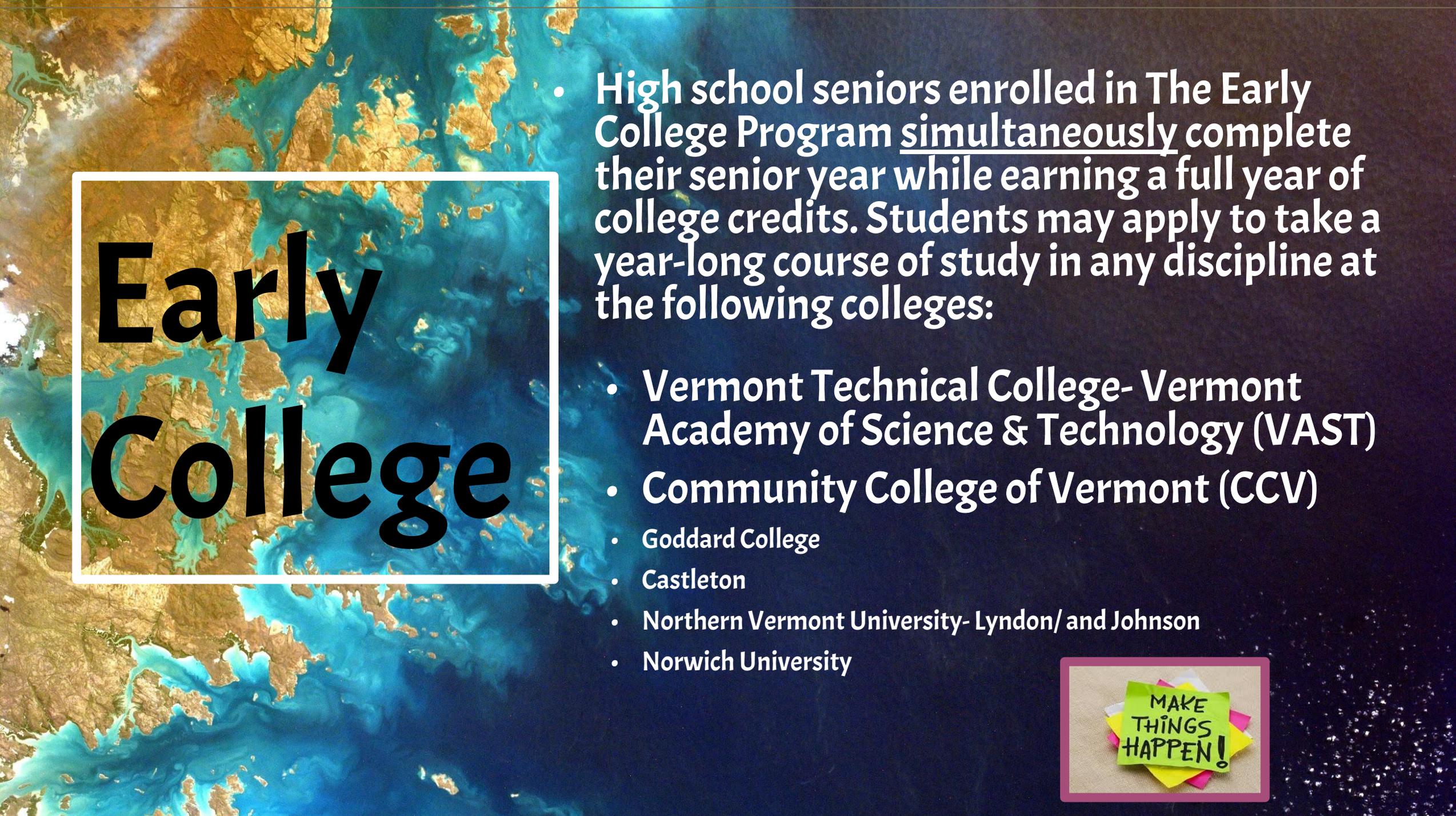


Junior and Senior Years

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/>

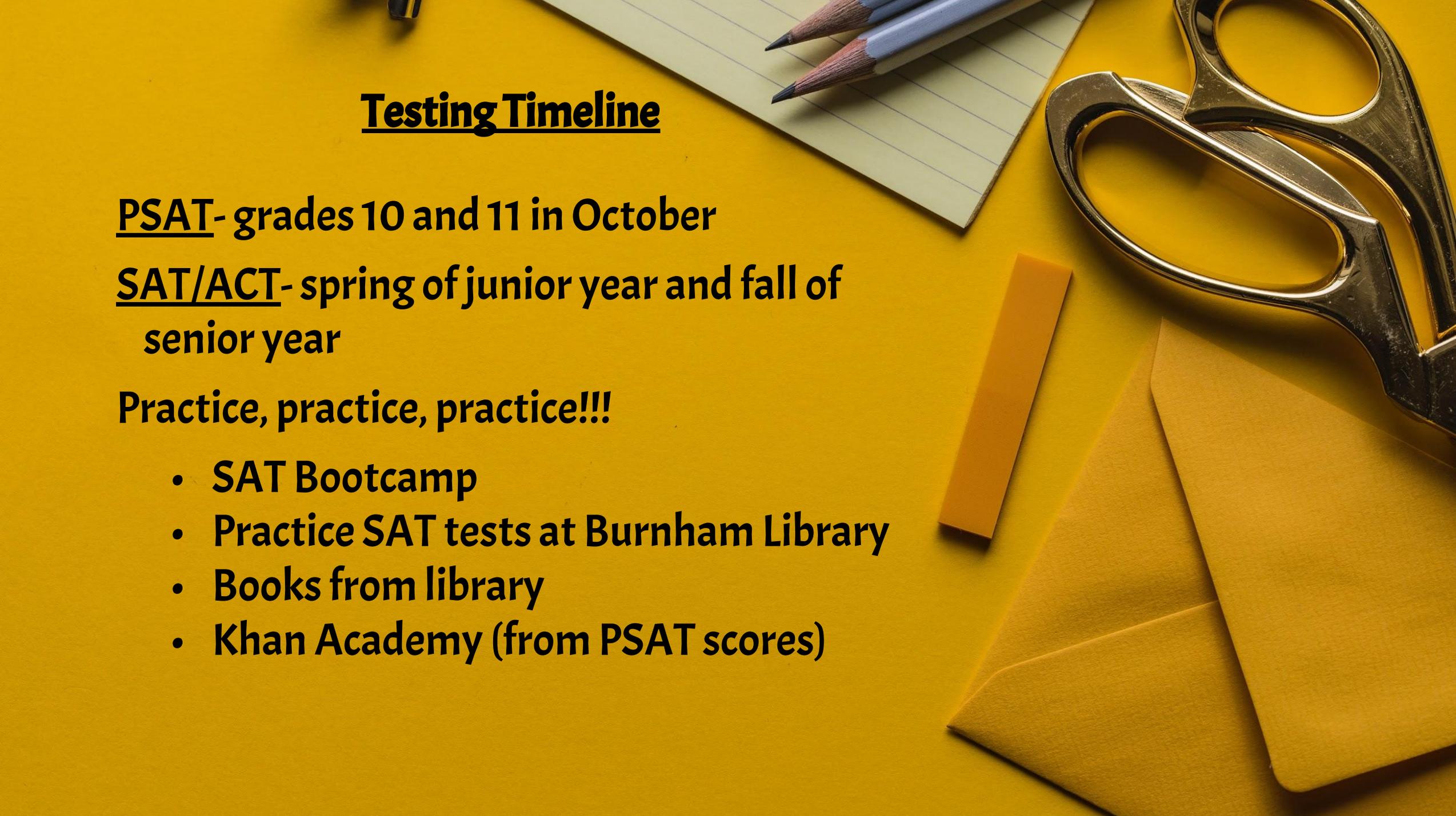


Early College

- 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!



Testing Timeline

PSAT- grades 10 and 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**
- **Khan Academy (from PSAT scores)**



A few more reminders
& pointers...

→ PowerSchool

→ Weekly Learning Plans

A word about Athletic vs. Merit Scholarships



To wrap it up...

**For those with students interested
in college, how to start preparing...**

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





COLLEGE AND CAREER CENTER

Welcome to the College and Career Center

Here you will find documents related to career planning and the college application process. The School Counselors are always available to meet with students and families to help with the post-secondary planning process.

[Post-Secondary Planning Worksheet](#)

[College Application Checklist](#)

[Junior Meeting to-do list](#)

[Teacher Letter of Recommendation Request Form](#)

CAREER CORNER

CAREERS IN THE MILITARY

COLLEGE CENTER

GAP YEAR/ 13TH YEAR

SENIOR YEAR PLANNING

INFORMATION

Resources and Reminders

Make sure to check out the new and improved "Counseling Page" on the CHS website for more resources and updates.

Don't forget to regularly check the PLP Board for job, volunteer, and leadership opportunities.

****Disclaimer:** These opportunities are not necessarily endorsed by the school, but are available in the community.

ACADEMIC PLANNING

ACADEMIC SUPPORTS

COLLEGE & CAREER CENTER

FINANCIAL AID

MEET OUR STAFF

MENTAL HEALTH & WELLNESS

PRESENTATIONS

REGISTRAR

TESTING

Thank
You

