



HELLO



Welcome!
9th & 10th Grade Night
2025-2026

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

The transition to high school and self advocacy

Supports at CHS

- Teachers (communication)
- Academic Support Center
- 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



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

◆ [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!**

See next slide for more about crisis support

Crisis Support

Community Outreach Program direct number: 802 488 7778

First Call For Chittenden County 802 488 7777

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

CALL NOW.

We'll answer your questions and help you get started.

Howard Center Main Number

802-488-6000

CRISIS: Need Help Now?
802-488-7777



HOWARD CENTER

COMMUNITY OUTREACH PROGRAM

Community Outreach works in partnership with local and regional law enforcement and the community directly to respond to individuals of any age with unmet social service needs, including mental health or substance use issues.

Explore your Interests...

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

Explore Your Interests, continued....

- **HOBY and RYLA**
- **GMBS and GMGS**
- **Andros, Costa Rica, Puerto Rico, France 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

	Pre-Tech at CTE- 10th Grade
1.	Building arts & Small Engine Systems
2.	Informational Technology, Design, Engineering & Arts
3.	Food, Health and Human Services
4.	Natural Resources

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 State University
 - Technical College- Vermont Academy of Science & Technology (VAST)
 - Castleton
 - Johnson
 - Lyndon
 - Community College of Vermont (CCV)
 - Norwich University



MAKE
THINGS
HAPPEN!



Testing Timeline

PSAT- grades 10 and 11 in October

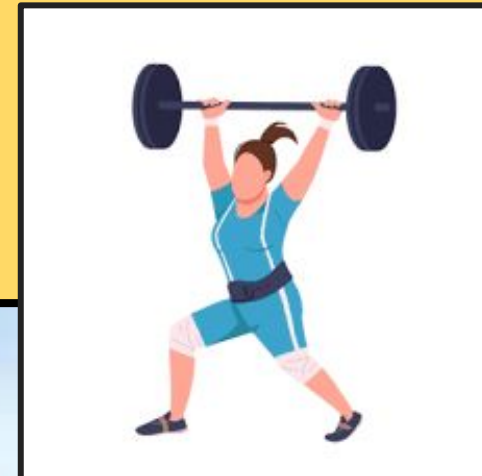
SAT/ACT- spring of junior year and fall of senior year

Practice, practice, practice!!!

- Bluebook
- Khan Academy
- Books from library
- Resources from our [Post-secondary Planning Worksheet](#)

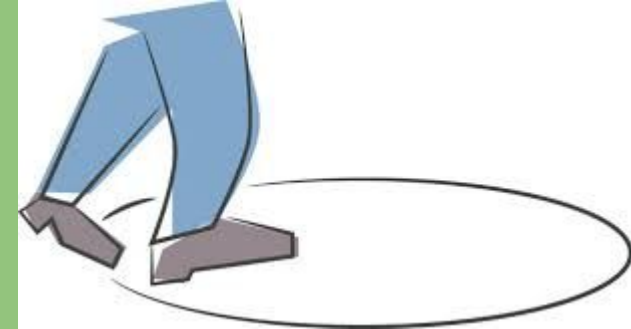
A few more reminders & pointers...

- PowerSchool
- Weekly Learning Plans
- Setting aside a time and place for school work
- Interval training
- organization systems
 - ◆ Planners



Anxiety and Stress

- The treatment is actually leaning in
 - ◆ Can feel counterintuitive
- Get comfortable being uncomfortable
 - ◆ **Being uncomfortable doesn't equal unsafe**
- Increases resilience and confidence
- Development of coping skills for life



"The culture is engineered for ease and escape. Of course we scroll. Of course we rescue fast. But every time we remove the bump, we rob them of a chance to rise. This week, practice small, human-scale friction together: phone down first, thirty seconds before you fix, one moment of boring on purpose. Let them borrow your steadiness, not your scramble. Ease doesn't build us, friction does."

- Dr. Zelana Montminy
Behavioral Scientist and Author

*Believe it or not a little bit of stress is actually a good thing...
But let's not get carried away.*

Types of stress responses

POSITIVE



A normal and essential part
of healthy development

EXAMPLES
getting a vaccine,
first day of school

TOLERABLE



Response to a more severe
stressor, limited in duration

EXAMPLES
loss of a loved one,
a broken bone

TOXIC



Experiencing strong, frequent,
and/or prolonged adversity

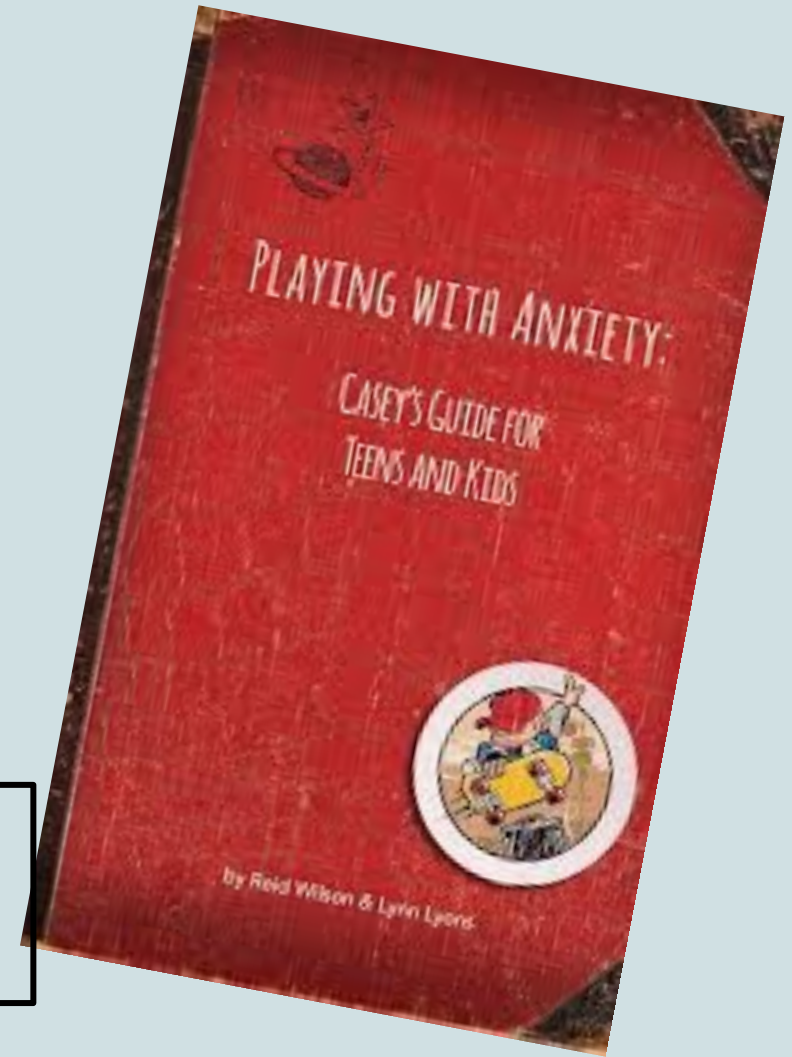
EXAMPLES
physical or emotional abuse,
exposure to violence

Skill building is KEY to working through this challenge

Example skills:

- ◆ expect to worry
- ◆ step into difficult situations on purpose
 - support your child in tolerating “not knowing” and being uncomfortable
 - problem solve together
- ◆ positive self talk
- ◆ plugging in supports
- ◆ breath work

Example scenario: Phone call to Target to ask for a product in stock *before* college admissions phone call



Childhood 2.0 Trailer. Full video available on YouTube



Dopamine and phones

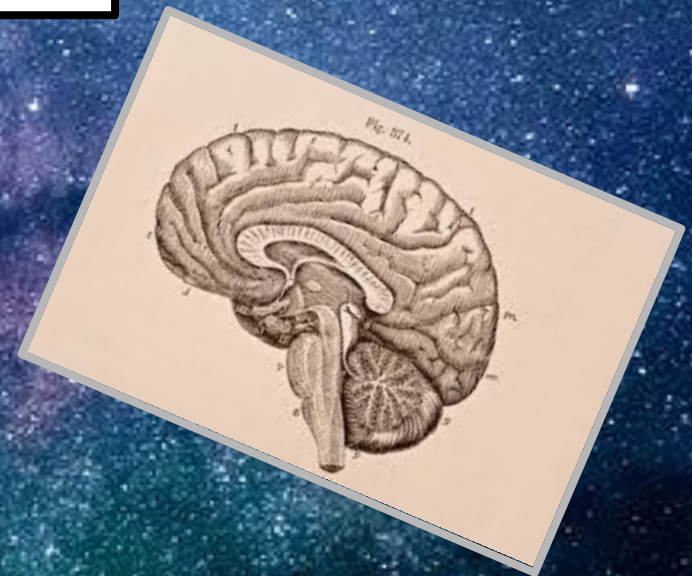
[Dopamine video](#)

Jonathan Haidt

→ social psychologist
→ author of The Anxious Generation



Changing the rules.
*It's not too late



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

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



- Same principles
- Making opportunities happen
- “Everyone” has good grades
- What kind of community member will you be?



Basic Human Behaviors

- ◆ Meeting new people
 - Square up
 - Shake hands
 - Introduce yourself
 - Eye contact
- ◆ Small talk
- ◆ Please & Thank you
- ◆ Courtesy & Kindness
- ◆ Solid community member
 - Helping others
- ◆ Responsibility
- ◆ Attitude





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