



HELLO



Welcome!
9th & 10th Grade Night
2021-2022



Preparing students for the 21st 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. Boundaries are good!
- 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”

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- Jonathan Thompson
- Kahn Academy
- School Counselors, Nurses, 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

A person is standing on the edge of a large, dark rock formation that juts out over a vast, hazy landscape. The sky is a warm, orange-brown color, suggesting a sunset or sunrise. The person is looking down, and their shadow is cast on the rock. The overall mood is contemplative and somewhat somber.

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.

◆ First Call: 488-7777 (Chittenden County)

◆ 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!**



TIPS FOR PARENTS



- Let students advocate and do for themselves and learn through their mistakes
- Be the “bumpers” and the “brakes”
- It’s okay to set limits
- It’s okay to set bedtimes
- It’s okay to limit media use
- Help teach time management, study and stress management skills
- Set up a place and time for students to do homework
- It’s okay to have student’s phone while they do work (minimize distractions)
- Talk to your student about their lives, challenges, successes...keep the conversations going
- Pay attention to your student’s mental health (don’t assume.....)
- Remind them you are there for them
- Check powerschool once a week
- Set an agreed upon day and time where your student pulls up Powerschool and you talk about grades and classes
- Do something fun with your kid but the goal is not to be their friend



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
 - vfp.org, etc. (see our website)
- Governor's Institutes (This year TBD)
 - 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!

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 School Counseling Office to make it official



Testing Timeline

PSAT- grade 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**
- **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