



Freshman 101

College Planning • Course Planning • Mental Health

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Counseling Team

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Freshman Counseling

- Classroom Guidance to Introduce:
 - Introducing Naviance
 - Cyberbullying
 - Diversity
 - Resume Building
 - Four Year Plans
 - Personal Goal Setting
 - Career Interest Inventory
 - Small Groups for check ins
- Developing an academic plan serves as a blueprint for course selections over all four years of high school
- Reviewing graduation requirements
- Individualized Meetings w/ students struggling academically and/or socially as needed

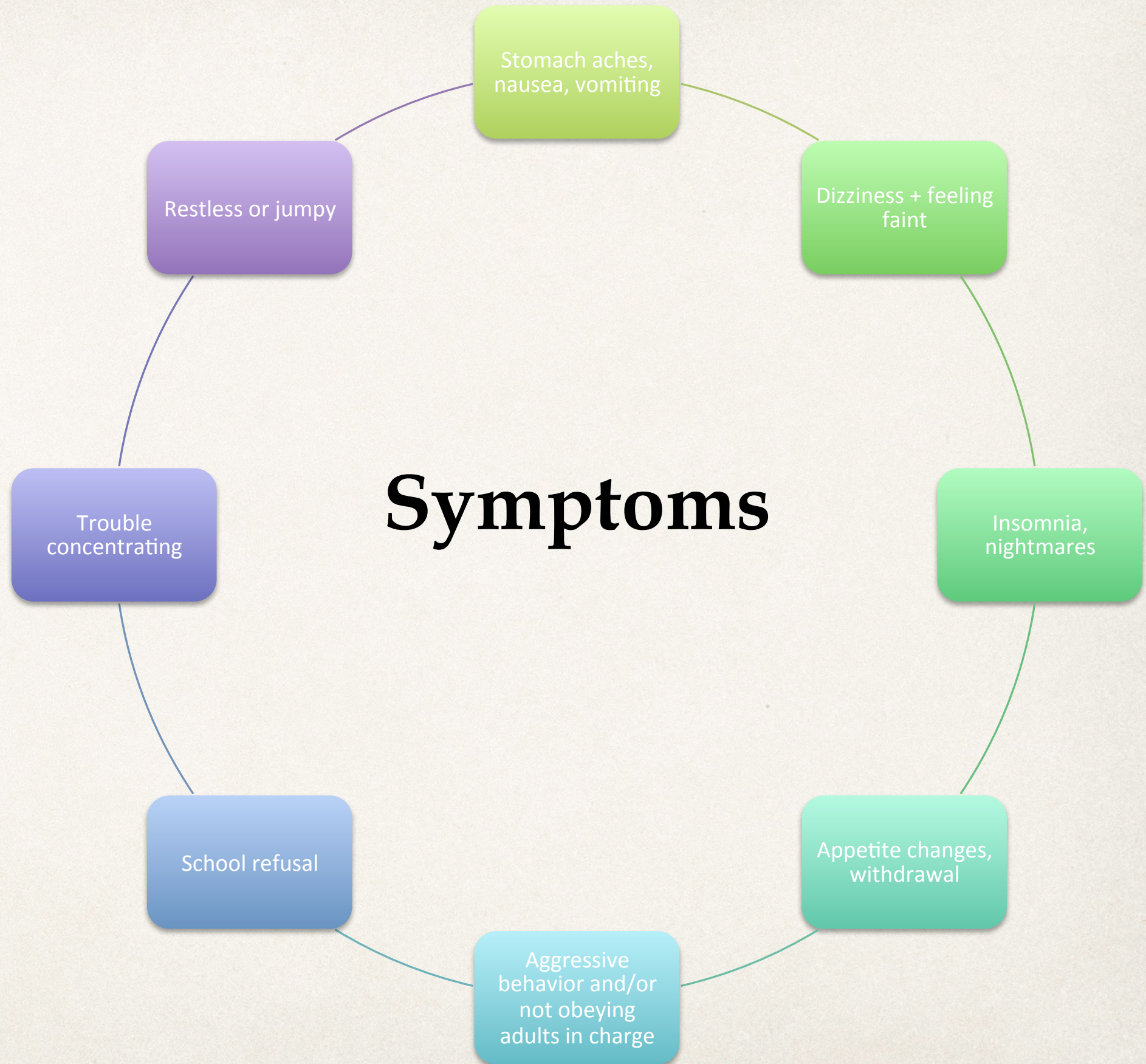
What are some reasons for anxiety?

What on earth does a CHILD have to worry about??

- ❖ Children are experiencing far more stress and anxiety than any previous generation
- ❖ Families face many different challenges/stressors
- ❖ Digital world/social media
- ❖ Peer relationships
- ❖ School problems

Attacking

Anxiety



SELF-HELP COPING STRATEGIES FOR CHILDREN

- ❖ Deep breathing/Belly breathing
- ❖ Positive self-talk statements
- ❖ Calming visualizations
- ❖ Talk to the anxiety
- ❖ Worry jar or journal
- ❖ Relieving tense muscles- progressive muscle relaxation, yoga

STRATEGIES TO HELP YOUR ANXIOUS CHILD

- ❖ Model self-confidence and calmness
- ❖ Show that you have confidence in your child
- ❖ Talk out their fears
- ❖ Convince your child that they don't need to be afraid
- ❖ Make your child do difficult things and face their fears
- ❖ Consider community resources

Stress Management Tools

Negative ways teens deal with stress

- Self-medicating
- Using drugs or alcohol
- Self-injury
- Avoidance
- Procrastination
- Over performing



Stress Management Tools

- Sleep
- Eat right
- Avoid caffeine
- Exercise
- Music
- Relaxation techniques
- Prayer/spirituality
- Set priorities
- Study smarter, not harder
- Planning/organization
- Compartmentalizing



Self Advocacy

What is self-advocacy?

skill that enables kids to understand their strengths and weaknesses, know what they need to succeed, and communicate that to other people.

- ❖ Remind your child that asking for help is a good thing.
- ❖ Praise your child's efforts at speaking up.
- ❖ When a problem comes up, give your child a chance to solve it before stepping in.
- ❖ Let your child have a say in decisions about school.
- ❖ If there is a teacher/staff meeting, 504 or IEP meeting, encourage your child to attend to advocate

School Based Therapist

- Pine Lake Prep is now offering school based therapists for our K-12 students. The selected therapists and agencies are located within the Mooresville-Lake Norman area and have been authorized to deliver services on the Pine Lake Preparatory campus.
- SBT helps with providing convenience to students and families who have scheduling conflicts after school
- Sessions will be 45-50 minutes long and will take place during a convenient time of day for your child (study hall, lunch, end of one class/start of the next class). Time will vary so students are not always missing the same classes.



Grade Point Average

- ❖ **Course Performance** and **Rigor** are the most important factors in college acceptance
- ❖ GPA's are more competitive than ever
- ❖ Colleges see grades up through end of junior year
- ❖ Every year counts - New Research Shows that 9th grade marks Predict College Enrollment & Success
- ❖ Colleges may recalculate GPA based on core curriculum
- ❖ Weighting for Honors & AP
 - ❖ Honors - .5
 - ❖ Dual Enrollment & AP 1.0
- ❖ Some colleges may use unweighted GPA
- ❖ B's are routine; more selective institutions expect A's



Course Planning

- Challenge yourself to take honors, AP and college level courses as appropriate, but be careful not to over schedule
- Take courses you are interested in
- Add a 3rd lab science if you want to attend a public SC school (Earth/Environmental doesn't count)
- AP's options increase with grade progression.
 - Highly/Most Selective Schools are looking for an A not a B
 - Selective schools are looking for an A/B, not a C/D
 - Taking honors and AP courses only helps your GPA if you earn high grades in them
- Colleges only see the final grade in each course

When selecting courses, encourage your teen to keep in mind his/her future goals!

Two Year/ Four Year College...

Select rigorous courses throughout high school

Go above and beyond the minimal college admissions requirements

NAVIANCE: Family Connection



Career Planning

Learning Style Inventory

Interest Inventory

Personality Inventory

Resume Building



College Planning

College Search

Application Process

College Major
Exploration

Scholarship/Financial Aid
Resources



Success Planning

Personalized Goals

To-Do Lists

Task List

Journal Entries

The College Search

- ❖ Make a list of possible colleges, review their admission requirements and set goals
- ❖ Discuss individual factors in college choice like size, location, programs, costs, etc.
- ❖ Attend the NACAC college fair in Charlotte (March)
- ❖ Attend LKN College Consortium Case Studies event in April
- ❖ Attend the fall and/or spring college bus tours beginning sophomore year
- ❖ Attend visits from college representatives at PLP
- ❖ 3 days to visit different colleges each year - Excused Absences



What do colleges look for?

Of primary consideration in the admission decision are academic factors:

Student Transcript

Student Essay

Test Scores

Recommendation Letter

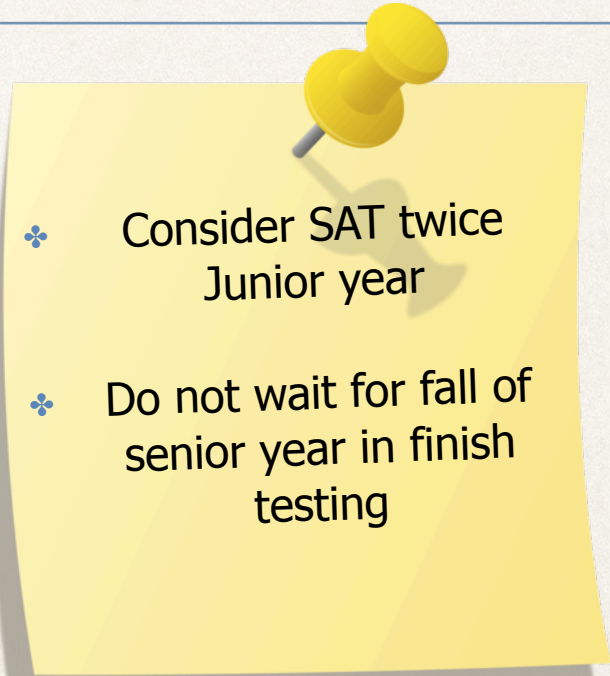
**Extracurricular activities,
employment, & / or community
service**

**Demonstrated interest in the school
– including campus visits, emails to
admissions office, phone calls, etc.
Most document communications in
your file!**

College Prep Tips for Freshmen

- Take appropriate courses**
- Talk to your counselor about colleges/career goals**
- Get off to a good start with grades**
- Get involved in extracurricular activities**
- Gain volunteer experience**
- Tour nearby colleges**

Standardized Testing

9th Grade	10th Grade
No required testing	PreACT TEST (mandatory) October/November PSAT (strongly encouraged) October
11th Grade	 <ul style="list-style-type: none">✦ Consider SAT twice Junior year✦ Do not wait for fall of senior year in finish testing
PSAT again for National Merit consideration ACT in February at PLP, again independently	

Tips for Success on Standardized Testing

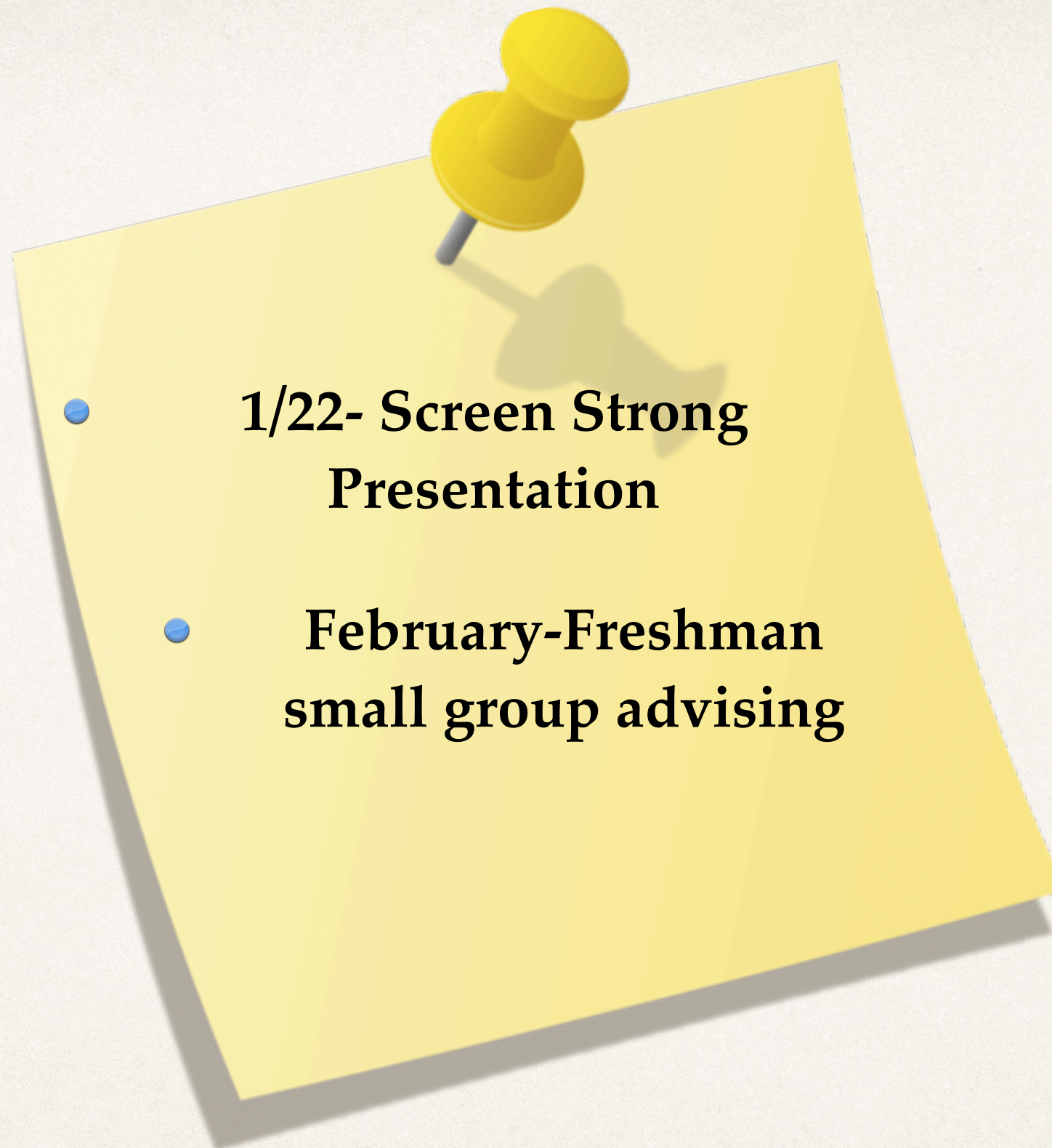
- ❖ ACT is an achievement-based test measuring what you've learned with an optional writing portion (Scoring 1-36)
- ❖ SAT is an evidence-based exam, assessing skills with an optional writing portion (Scoring 400-1600)
- ❖ **9th GRADE** - sign up at College Board to receive SAT question of the day, etc. FREE
- ❖ **10th GRADE** - Naviance Prep Me begins to prepare for the ACT - FREE

****satpractice.org (College Board & Khan Academy) FREE Test Prep**

Service Learning

- ❖ Each year students are required to earn 40 hours.
- ❖ Can Start over the summer
- ❖ Tuesday / Thursdays service learning hours are offered for **Campus Cleanup 2:30-3:30**
- ❖ Please make sure to provide evidence by taking a photo and uploading it to the spreadsheet
- ❖ If students did not earn their 40 hours by the end of the year, they are allowed to make up the hours over the summer. A “Make-up Service learning” form will be sent home with report cards.
- ❖ Have the student to return the form to Mrs. Kwiatkowski when school starts.
 - ❖ Once she receives the form the grade will be changed.





Last Minute Notes...