



11th Grade Fall Counselor Lesson

Beginning the College Journey: October Counseling & PTSA Collaboration

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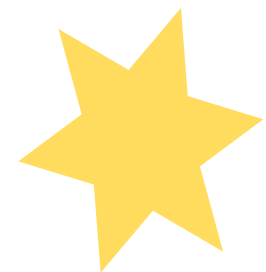
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For questions and more information about this document, please contact the following:

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A PowerPoint presentation with an overview of graduation requirements, an overview of what programming school counselors deliver, an overview of college options, and finally an overview of academic supports available at the school.

11th Grade Fall Counselor Lesson



Today's Agenda



Review Graduation Requirements



Overview of college options



Supporting your student in the college process



Academic support tips

Counseling Department



Ms. Nguyen

Last Names: A-Fe

GPA: 3.88

College: UW-Seattle



Ms. Hedeem

Last Names: Fi-Marg

GPA: 4.0

College: UW-Seattle



Ms. Neuman

Last Names: Mari-Pig

GPA: 3.6

*College: University of
Tennessee-Knoxville*



Ms. Nutters

Last Names: Pin-Z

GPA: 3.3

College: Lewis & Clark



Ms. Gabbie

Counseling Intern

GPA: 3.7

*College: Whitman
College*

Roadmap

- 1** Review Graduation Requirements
- 2** Overview of college options
- 3** Supporting your student in the college process
- 4** Academic support tips



24 Credits HS Graduation Requirements

4 Credits

English

3 Credits

Social
Studies

Math

Science

1 Credit

Art

CTE

2 Credits

PE
(1.5 credit)

Health
(0.5 credit)

7 Credits

Electives

Personalized
Pathways
(i.e. world language and
additional art)

Minimum College Admissions Standards

4 Credits

English

3 Credits

Social
Studies

Math
(Senior year quantitative
course)

Science
(2 labs)

2 Credits

World
Language

1 Credit

Art



Other Graduation Requirements

- 60 hours community service
- Pass both Math and ELA SBA
- Complete all parts of your High School and Beyond Plan

High School & Beyond Plan



Career Interest Inventory

- Career Interest Profile

Resume

- Create or upload in Naviance

Four Year Plan

- Enter your courses from 9th-11th and courses this year

Senior Survey

- Available to complete in June

Grad Pathways

Testing

SBAC
or
SAT
or
ASVAB

OR

CTE Pathway

4 CTE Classes in a
specific focus

OR

College Level Course

English 101 (All 12th
grade English)
&
College Level Math
(Business Math,
Bridge to College)

School Counseling Classroom Curriculum



9th Grade

- Nov - How to School
- Nov/Dec - LEARN suicide prevention

10th Grade

- Nov - What to do with a feeling

11th Grade

- Oct - Roadmap to Junior Year
- Dec - Self-Care Plans

12th Grade

- Sept - College 101
- Oct - Financial Aid 101

School Counseling Small Groups



Academic Support

- ❑ Invitation (based on Es & Ds) small groups targeted by subject area
- ❑ Currently working with 9th and 12th
- ❑ Nov – will target 10th and 11th

Mental Health Support

(in partnership with our Social Worker, Ms. Parsley)

- ❑ New student lunches on Tuesdays
- ❑ Skill building groups @ lunch
- ❑ Friendship support @ lunch

College Support

- ❑ Every Tuesday in room 135
- ❑ Personal Statement Review
- ❑ Common App
- ❑ UC applications
- ❑ UW applications
- ❑ Finding Scholarships
- ❑ Seattle Promise

Career Support

- ❑ Lunch time support with Mr. Fitzgerald
- ❑ CTE credit for work
- ❑ Support in finding apprenticeships

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What Are *My OPTIONS* After High School?



4-year college or university



2-year community college



Trade and certificate programs



Military



Going straight into the workforce



Gap year



Programs for people with disabilities



Bradly Lewellen
Seattle Promise Outreach Specialist
Bradly.Lewellen@Seattlecolleges.edu

- x Up to three years of tuition-free enrollment to South Seattle, Seattle Central, or North Seattle College
- x Offers mentorship and guidance throughout the three years
- x Applicable to available trade and technical programs
- x Long-term Planning and Transfer Options
- x WSHS Seattle Promise Support is offered every Tuesday in the Library

Apprenticeship & Trade Schools

What is an apprenticeship?

- An industry-driven education program that allows people to receive full practical training and earn an income while learning.
- A combination of classroom learning with hands-on work.

**If you are interested in Apprenticeships & Trade Schools:
Mr. Fitzgerald in the commons every day at lunch**

Nov 16th Apprenticeship Career & Job Fair
@ Sno-Ise Technical Skills Center



Types of Colleges

Community College

- Two-Year transfer degree
- Apprenticeships & Trade School
- Technical Programs

4-Year College

- Public
- Private
- Liberal Arts Schools

Trade School

- Free through Seattle Promise
- Visit our Career Center in the Commons with Mr. Fitzgerald for more information

Upcoming College Visits

~~Seattle Pacific — 9/28 at 9:00 am~~

~~University of Nevada Las Vegas — 10/3 at 1:30 pm~~

~~Loyola University, Chicago — 10/5~~

~~Gonzaga University — 10/12 at 1:45 pm~~

~~College & Career Fair — 10/18, Lunchtime in the gym~~

~~Willamette University — 10/24 at 11:45 am~~

Vassar College – 10/25 at 1 pm

Knox College – 10/27 at 11:45 am

Black College Expo at Ranier Beach – Sat 11/4 10–3

Apprenticeship Career & Job Fair – 11/13 to 11/19 @
Sno-isle Technical Skills Center

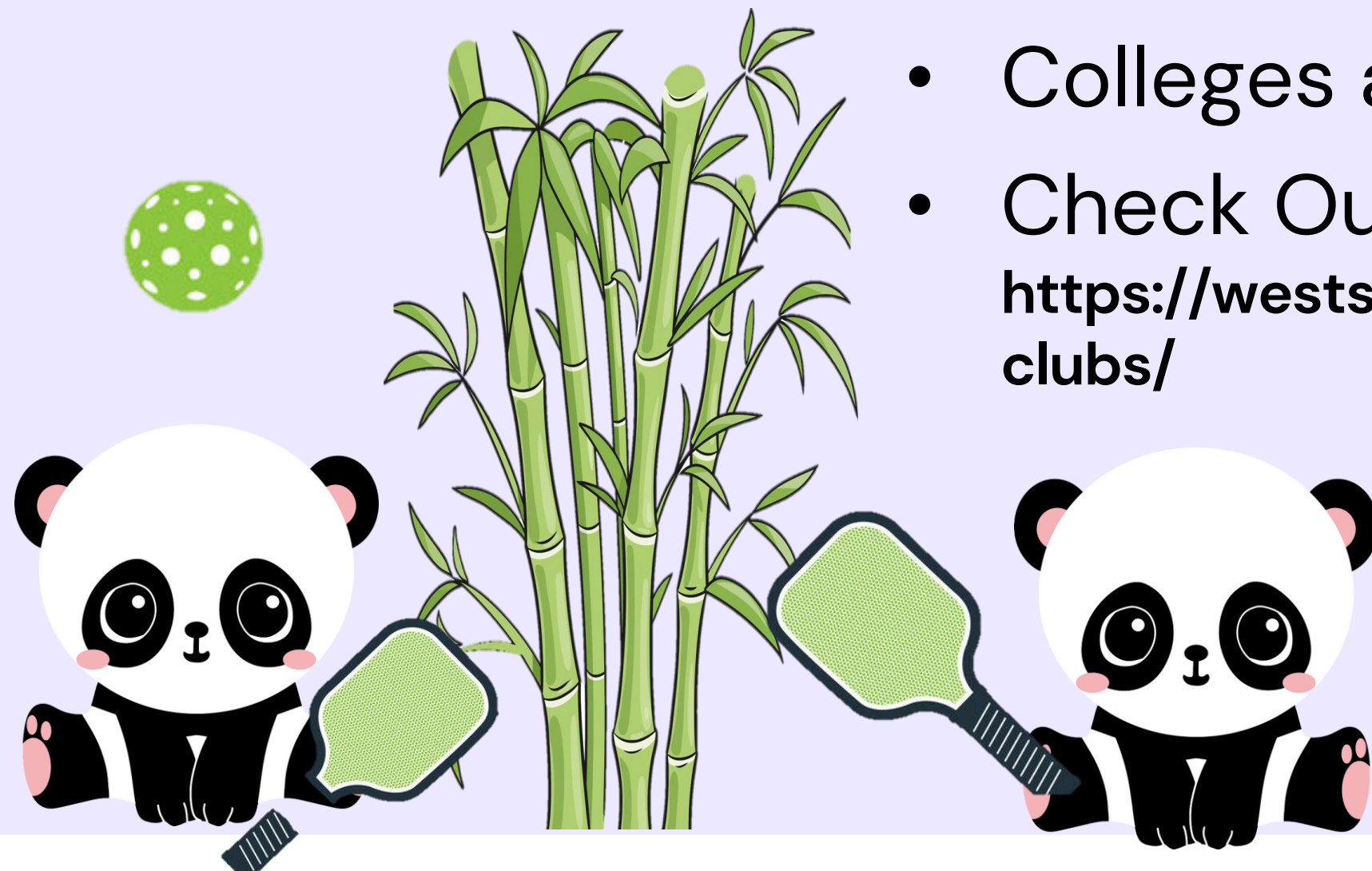
Lunchtime College Workshops

- ❑ Oct 17 – IDK where to apply
- ❑ Oct 18 – College Fair
- ❑ Oct 24 – Common App Support
- ❑ Oct 31 – Personal Statement Support
- ❑ Nov 7 – UW Application Workshop
- ❑ Nov 14 - UC Application Workshop
- ❑ Nov 21 – Seattle Promise
- ❑ Nov 28 – Scholarships



Extracurriculars

- What are students doing outside of the classroom?
- Jobs/Athletics/Clubs/Community Service
- Get involved at school and in your community!
- Colleges are looking for *depth* not *breadth*
- Check Out Some Clubs here:
<https://westseattlehs.seattleschools.org/student-life/w-s-h-s-clubs/>



Roadmap

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Prepare (9th, 10th, and 11 grade)

Course selection - choosing classes with rigor

GPA - prioritize balance your time

Activities - areas of passion and interest

Essay - draft in Junior & Senior English

Visit with College Reps & Fairs

Talk as a Family - about priorities, goals, and finances



Where to start

- Schedule college campus tours
- Talk with them about how you chose your college
- Ask your family members and friends to talk about how they chose their colleges and if they changed majors
- Help them to create a Big Future account on College Board
- Visit college websites to learn more about their opportunities

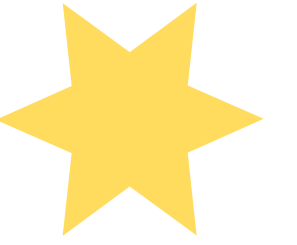


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Supporting Student in academic advocacy

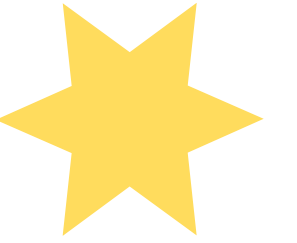


We are encouraging students to advocate for themselves. Please encourage your students to:

- Ask for support from their teachers during office hours, at lunch, or via email
- Reach out to teachers about planned absences to reduce stress about make up work
- Attend Saturday School on November 4th at 9am in the WSHS Library
- Join Tutoring Club @ lunch every Wednesday in Room 205

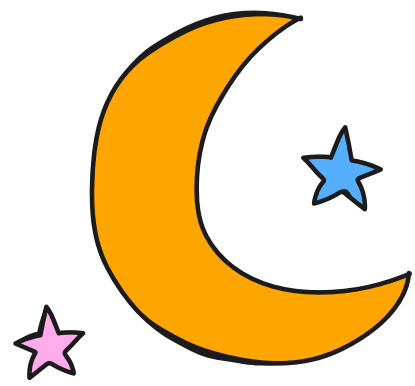


Student Resources



- Attendance Specialist – **Erin Dolan**
- Care Coordinator – **Stacey Fernandez**
- Social Worker– **Crissa Parsley**
- Lunch Time – **Teacher Office Hours and Library Access**
- Teen Health Center (THC) – **Nurse Aimee Osland**
- Southwest Youth & Family Services (SWYFS) – **Mental Health Counseling**
- Big Brothers, Big Sisters – **Mentor U**
- Choose 180



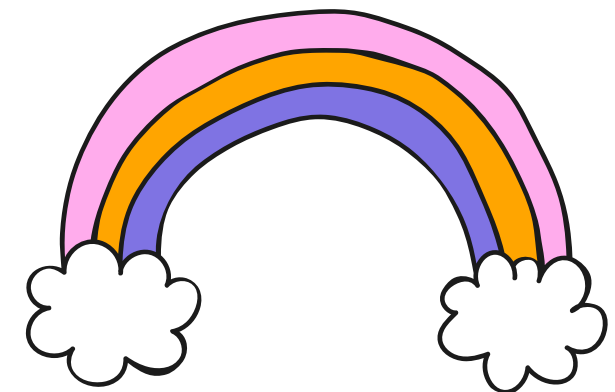


11/2- College 101. 6:30-7:30 in the WSHS library or [join us virtually using this link](#)

In this presentation counselors will go a little deeper into the college selection and application process. We will broadcast this event using Teams Live, so if you are unable to join in person please use the link above to join virtually.

12/6- Financial Aid Night, 6:30-8 pm in WSHS library or [join us virtually using this link](#)

This event will walk families through paying for college and the updated FAFSA. There are lots of changes to the 24-25 FAFSA so even if you've submitted one before, you will want to hear about the updates. We will broadcast this event using Teams Live, so if you are unable to join in person please use the link above to join virtually.



WEST SEATTLE HIGH SCHOOL PRESENTS

FIRST THURSDAYS



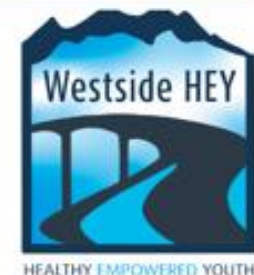
With Crissa Parsley, LICSW

PARENTS BUILDING COMMUNITY

NOVEMBER 2, 2023

Drop in occasionally or come every month. We are tackling the tough topics as we prepare for the holidays that celebrate family. It is football season, and much like the professionals, we need a play book, a plan to reach our goals as parents. Come and join us in building a community of caring, supportive parents.

WEST SEATTLE HIGH
SCHOOL
3000 CALIFORNIA AVE SW
ROOM 105

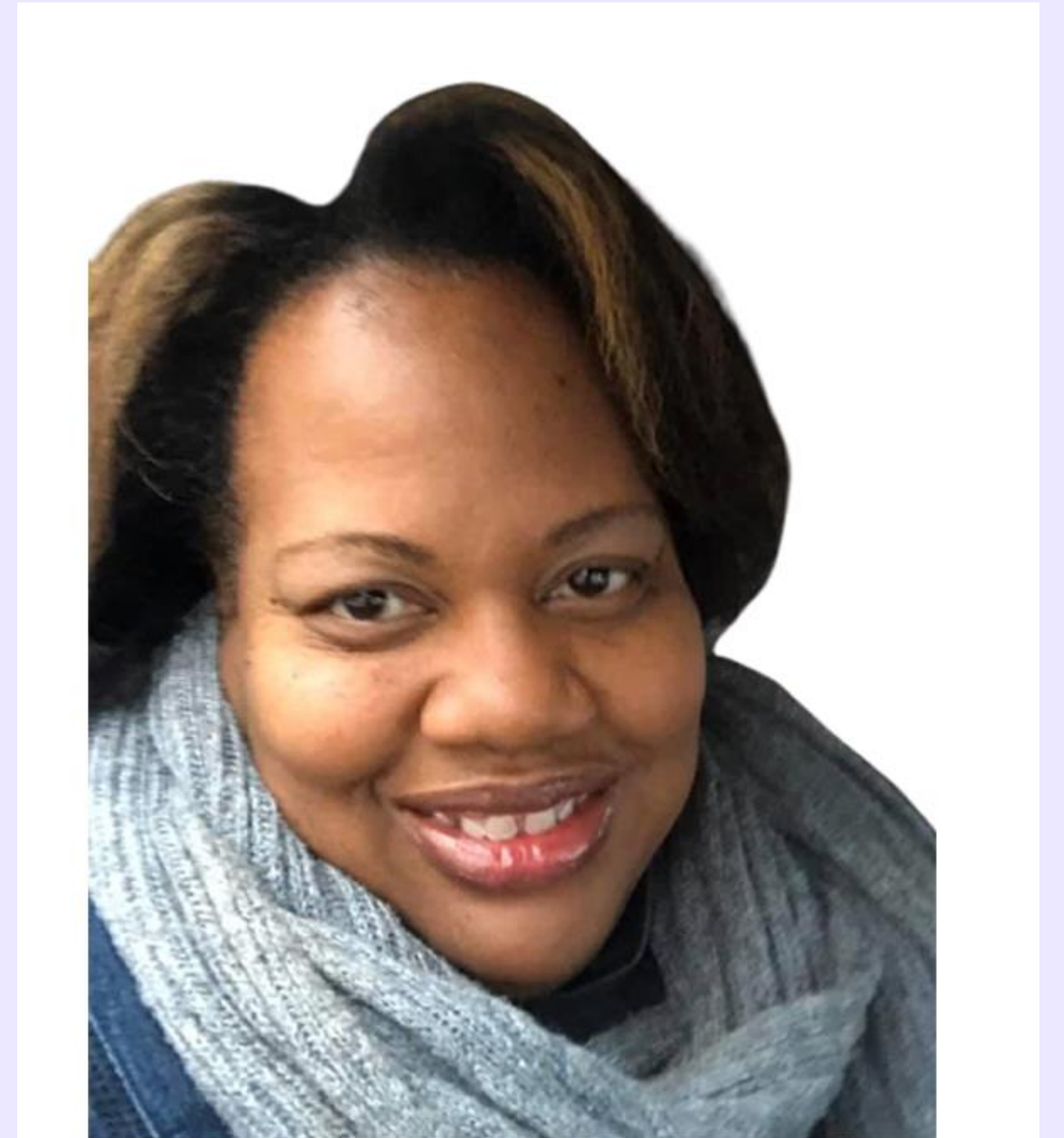
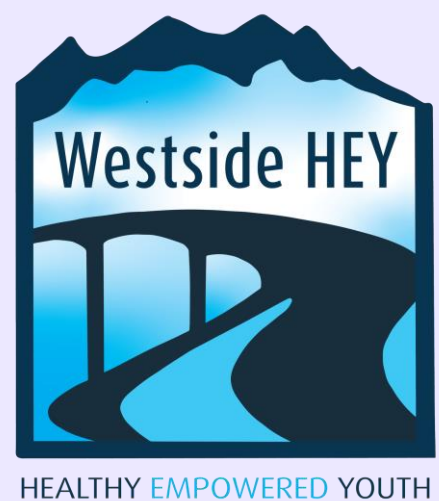


Register at DMKelly@seattleschools.org

D&A Parent Ed Nights

Hosted by Donna Kelly from Westside Hey

- Thurs, Jan 25th
- Thurs, March 28th
- Thurs, May 9th





Senior Roadmap



You



Got



This



WHOOOOOOOOO



Follow the WSHS Counseling on Instagram



The WSHS on Counseling

<https://westseattlehs.seattleschools.org/resources/counseling-center/>

Thank you!

Have a great day.

