

**April 19 2017  
7:00pm**

# **Welcome UMS Parents!**

**Transitioning your rising  
freshman to  
Montgomery High School**

# Tonight's Topics

- **Role of MHS school counselor**
- **Social Emotional Learning**
- **Communication with teachers**
- **Students advocating for themselves**
- **Course selection and block scheduling**
- **Peer Leadership Program**
- **Freshmen orientation**
- **Guidance website**
- **Naviance**
- **Co-Curricular vs. Academics**
- **Resources in the school for students**
- **Study Hall!!!!**

# Role of School Counselor

- **Academic:**
  - **Course Selection and Scheduling**
  - **Time management, study skills, advocate with teachers**
  - **College preparation**
  - **Career**
  - **Military**
  
- **Social and Emotional**
  - **Friendly adult to reach out to**
  - **Support in peer relations/peer pressure family issues, academic stress, co-curricular support, responsibility, citizenship**

# Coping with Academic Stress!



# Social & Emotional Learning

- **Balance!!!**
- **Family. Academics. Co-Curricular & out of school activities**
- **Adolescence**
- **Be Happy 😊**
- **Collaborative effort between everyone**
- <https://drive.google.com/file/d/0ByETVh9qtodwSmQ3akNlaUltbHc/view?usp=sharing>

# Communication with Teachers

- **Very important!!**
- **No team meetings between teachers and counselor**
- **Students advocating for themselves**
  - **Counselors will coach them on this**
- **Contact with teacher initially**
- **May include counselor in the communication**

# Students Advocating For Themselves

- **Teachers, counselors, peers, administrators, coaches, advisors**
- **College preparation**
- **Job search**
- **Peer conflict**
- **High School is practice**
- **Preparing the whole student for their future**

# Course Selection

- **Course selection done in February in grade order**
- **Program of Studies is online**
- **Waiver process**
- **Schedule is created in June, released in August prior to the start of the school year**
- **Discretionary changes are not possible**



# Block Scheduling

- **84 minutes in each block**
  - **5 additional minutes in block 1 for homeroom**
- **Attendance**
- **A & B Days**
- **4 blocks per day**
- **Balance is important**
  - **Review with counselor early**
- **Unit lunch**
  - **Between blocks 2 &3, 50 minutes**
  - **Great time to socialize, fuel up, and relax**

# Peer Leadership Program

- **Peer Leaders is an academic course**
- **Applicants must be rising juniors/seniors**
- **During PE/Health blocks. Peer leaders/freshmen taught by Physical Education teachers**
- **Freshmen are split into groups and have the same peer leader/s for the whole year**
- **Peer led activities focused on orienting freshmen to MHS environment and culture**
- **Often become mentors outside of the designated block**

# **Freshman visit to MHS**

## **May 22, 2017**

- **Eat lunch as a group in the commons  
(not during MHS unit lunch)**
- **Welcome to High School Presentation by  
the Vice Principals**
- **Tour of the building with Peer Leaders**

# Freshmen Orientation

- **August 30, 2017 11:30-2:30**
- **Presentation by MHS Administrators**
- **Introduction of MHS Peer Leaders**
- **Tours of the building**
- **Tour through guidance**
- **ID photos & yearbook photos**
- **Review block scheduling**
- **Information on clubs & activities**

# Guidance Web Pages

- <http://www.mtsd.k12.nj.us/domain/1236>
- <http://www.mtsd.k12.nj.us/Domain/1340>

# Naviance

- **What is it?**
  - **Personality assessments, career planning college search, processing documents, college information, scattergrams, determining college that is a “proper fit,” scholarship info.**
- **Counselors will visit Freshmen English classes**
  - **Registration codes**
  - **Learning Style Inventory**
  - **Brief overview of the tools available**

# Co-Curricular vs. Academics

- **Important to be involved in school, outside of the classroom**
- **Co-Curricular Fair**
  - <http://www.mtsd.k12.nj.us/Page/10667>
- **Athletics**
  - <http://www.mtsd.k12.nj.us/site/Default.aspx?PageID=5>
- **Co-Curricular fee**

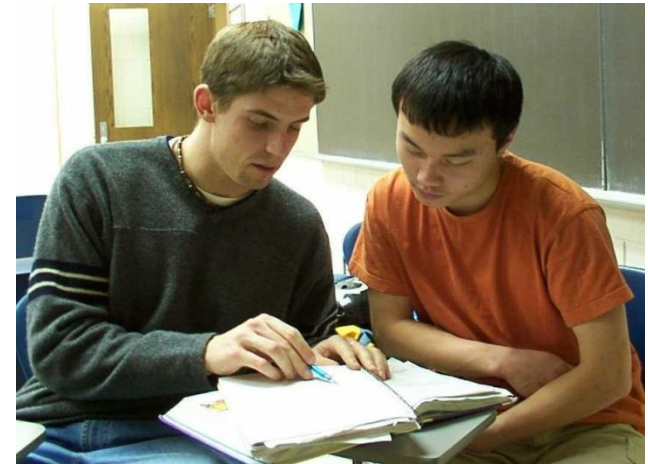
# Standardized Testing

- **PRACTICE SAT**
  - Taken sophomore/junior year
  - October
  
- **SAT / ACT**
  - Winter/Spring of 11th grade
  - Take practice tests to determine which best highlights student's strengths
  
- **SAT II**
  - May be part of admissions processes at highly selective colleges
  - Take in May/June the same year course is taken
  
- **AP Testing**
  - Not part of the college admissions process
    - only sent to the college a student has decided to attend
    - college credit is not guaranteed
  - Recommended only when student has taken the course at MHS
  - At MHS, available to students in grades 10-12



# Resources within the school

- **Academic:**
  - **After school help with teachers**
  - **NHS tutoring**
  - **Quiet study hall**
  - **Media Center for study hall**
- **Social and Emotional**
  - **School Counselors**
  - **Student Assistant Counselor**
  - **Social Workers**
  - **Nurses**
  - **Teachers/Faculty**



# BYOD

- Chromebooks are best
- Smart Phone



# Study Hall

- **Use wisely**
- **Not a social block**
- **Adjustment for the Freshmen**
- **Get work done during school hours**
- **Quiet Study**



# **MHS Class of 2021 Counselor Assignment**

**Abrahamsen – Chung**

**Kelly Apel**

**Church – Gopalakrishnan Keith Glock**

**Gourabathuni – Karsay**

**Jessica Ritson**

**Karthik– McFadden**

**Raheel Saleem**

**Mehra – Ramesh**

**Maureen Conway**

**Ravikumar – Tan**

**Matthew Pogue**

**Tang – Zissman**

**Carla Hampton**

# Student Assistant Counselor

## **Christine Grossmann, SAC**

- **Private location**
- **Confidential**
- **Prevention Programming**
- **People Project Advisor**
- **Group Counseling**
- **Drug/Alcohol Education**
- **Additional Counseling Resource for all student needs**

# Guidance Department VIP's

- **Corie Gaylord – Director of Student Academic & Counseling Services**
- **Diane Talarick- Guidance Secretary**
- **Wanda McNeill- Guidance Clerk**
- **Denita Gaillard- Guidance Clerk**



# Welcome to High School!



## A Parent Perspective

By the MHS PTSA

Lori Huff, Cindy Hamer, Sharon Howard



# Embrace the opportunities ahead!

- For both parent and child, there are many exciting new possibilities to explore and new ways to get involved.
- There are activities for almost every want/need- academic clubs, music programs, sports, wide range of clubs, volunteer opportunities, and wide range of classes!
- Program of studies:  
<http://www.mtsd.k12.nj.us/cms/lib5/NJ01000127/Centricity/Domain/1236/Program%20of%20Studies%2016-17.pdf>
- Student Clubs:  
<http://www.mtsd.k12.nj.us/cms/lib5/NJ01000127/Centricity/Domain/79/MHS%202015-16%20Activity%20BROCHURE%20-%20ONLINE.pdf>
- Sports: <http://www.mtsd.k12.nj.us/Page/19>



# Parent Opportunities



- Help with an Athletic Booster Club
- Support the Band/Music programs
- Volunteer with Robotics, Science Olympiad, theater productions, and more
- Join the PTSA!!!

Attending PTSA meetings is the best way to learn more about the high school, find out what activities are taking place each month, meet administrators, and get to know other parents!

# Keeping it in perspective!

High school is not just prep for college, it is an important 4 year period of academic, physical, and emotional growth and development.



- There will most likely be an academic transition as courses become more vigorous.
- It is not uncommon for students to feel more stress in high school. Work on developing coping skills.
- The school will shift toward communicating with your child as part of the path toward independence- this may feel uncomfortable to parents, but it is important to transition.
- Have an idea of a four year plan for classes, club, athletics, etc... but be open to change as interests change.
- Keep college in focus, but don't focus on it exclusively. Use the Guidance presentations as a guide to what you should be focused on each year. They will help you through the process!

# Get Organized!

High school brings with it a lot of information to keep track of. It is important for you and your child to have a good system in place.



- Routine for checking homework/grades
- Help your child develop an organizational plan if they don't yet have one (phone, planner book, binder)
- Have a central calendar that can keep family/school activities organized.
- Develop a system for reading and storing school/district emails and newsletters
- Develop a familiarity with school/district websites so you can find important information if you need it.

# Use Your Resources!

There are many school resources available to you and your child stay informed.



- Naviance
- School and district websites
- Weekly District E-news, Facebook, and Twitter
- Weekly PTSA E-news and Facebook page
- Principal Quarterly Newsletter (informative)
- Principal's Perspective (softer topics)
- Guidance Quarterly Newsletter
- Departmental newsletters periodically
- Guidance presentations

# When things go wrong...

- Give your child a chance to solve the problem. (Advocating for self is an important skill to learn, but it doesn't happen overnight)
- “What do you think we should do about that?”
- Opportunity to learn problem solving skills and develop resiliency.



WHEN SOME THINGS GO  
WRONG, TAKE A MOMENT  
TO BE THANKFUL FOR THE  
MANY MORE THINGS THAT  
ARE STILL GOING RIGHT.

ANNIE GOTTLIER

[WWW.LIVELIFEHAPPY.COM](http://WWW.LIVELIFEHAPPY.COM)



- Reach out to other parents who may have had similar issues
- Seek out those who can help. There are many caring individuals who want your child to do well:  
Teachers, Guidance department, SAC,  
Supervisors, Principals
- Academic issues- talk to teacher about additional resources, attend afterschool help sessions, use NHS peer tutoring, seek list of outside tutors
- Whatever the issue, someone can help- Just ask!

# Additional Resources



- PTSA New Parent FAQ's--  
<http://www.mtsd.k12.nj.us/Page/12527>
- Freshmen Parent Boot Camp– Join us for an informative session in the fall!--  
<http://www.mtsd.k12.nj.us/cms/lib5/NJ01000127/Centricity/Domain/280/Freshmen%20Parent%20Boot%20Camp.pdf>
- High School FAQ's--<http://www.mtsd.k12.nj.us/Page/7116>
- PTSA members will be available to answer questions after this meeting , and anytime!