

# Welcome Freshman & Sophomore Parents!

PLEASE SCAN THE QR  
CODE TO SIGN IN



[www.washoeschools.net/sshs](http://www.washoeschools.net/sshs)

- ▶ Who is your student's counselor?
- ▶ Types of Diplomas AND "Gateway Curriculum"
- ▶ Transcript Review
- ▶ AP and Honors Classes
- ▶ What is CTE?
- ▶ The PSAT, SAT and ACT (CCR's)
- ▶ Attendance and Infinite Campus
- ▶ Choices and Help with Trying to Understand Your Adolescent

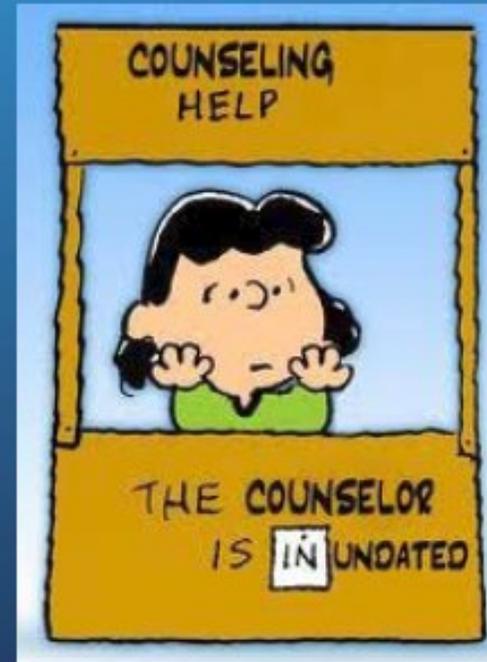
# Who Is Your Child's Counselor?

**Counselor Assignments: all counselors work with 9th-12th graders by last name**

<b>Student Last Name</b>	<b>Counselor</b>	<b>E-Mail</b>	<b>Phone</b>
A-CHH	Jill Anderson	<a href="mailto:jill.anderson@washoeschools.net">jill.anderson@washoeschools.net</a>	775-321-3954
CHI-GIN	Angie Goss	<a href="mailto:agoss@washoeschools.net">agoss@washoeschools.net</a>	775-321-3951
GIO-KNH	Jewel Cuellar	<a href="mailto:jewelienne.cuellar@washoeschools.net">jewelienne.cuellar@washoeschools.net</a>	775-321-3952
KNI-NIJ	Niki Harris	<a href="mailto:niki.harris@washoeschools.net">niki.harris@washoeschools.net</a>	775-321-3953
NIK-SIC	Shelby Gonzales	<a href="mailto:shelby.gonzales@washoeschools.net">shelby.gonzales@washoeschools.net</a>	775-321-3950
SID-Z	Tarin Myers	<a href="mailto:tarin.myers@washoeschools.net">tarin.myers@washoeschools.net</a>	775-321-3955

# THE WORLD OF A COUNSELOR

- ❖ SCHOOL SHOOTINGS/SAFETY
- ❖ BULLYING/PEER MEDIATION/SOCIAL MEDIA
- ❖ DROP OUTS/ACADEMIC FAILURE/SCHEDULING
- ❖ TEEN PREGNANCY/DATE RAPE
- ❖ SUICIDES/ATTEMPTS
- ❖ MTSS/RTI TIERS
- ❖ CRIME/CHILD ABUSE/DRUGS/ALCOHOL
- ❖ 504/MENTAL HEALTH/ALLERGIES
- ❖ COLLEGE/CAREER READINESS/



Our responsibility to students is to aim to provide counseling to students in a **BRIEF** context and support families/guardians in obtaining outside services if the student needs long-term clinical counseling.



The credit requirements for each diploma type are listed below:

⊕ *Note: Standard Diploma requirements subject to change pending State Board of Education approval.*

Course Title	WCSD Standard	State Advanced	College and Career Ready with Endorsement	WCSD Honors	WCSD Honors/ College & Career Ready
English	4.0	4.0	4.0	4.0	4.0
Math (Must include Algebra 1, Geometry & Algebra 2 or equivalent)	3.0	4.0	4.0	4.0 <sup>Δ</sup>	4.0 <sup>Δ</sup>
Science	2.0	3.0	3.0	3.0 <sup>†</sup>	3.0 <sup>†</sup>
American Government	0.5	0.5	0.5	0.5	0.5
Economics and Personal Finance	0.5	0.5	0.5	0.5	0.5
U.S. History	1.0	1.0	1.0	1.0	1.0
World History/World Geography	1.0	1.0	1.0	1.0	1.0
PE	2.0	2.0	2.0	2.0	2.0
Arts/Humanities/CTE	1.0	1.0	1.0	1.0	1.0
Computer Literacy	0.5	0.5	0.5	0.5	0.5
Health	0.5	0.5	0.5	0.5	0.5
World Language	-0-	-0-	-0-	2.0*	2.0*
Electives	6.0	6.0	6.0	4.0	4.0
Flex Credit	1.0**	0	0	0	0
<b>TOTALS</b>	<b>23.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>
# of Honors Credits				8	8
Required Cumulative GPA		3.25 on a 4.0 scale (no rounding)	3.25 on a 4.0 scale (no rounding)	3.40 on a 4.0 scale (no rounding)	3.40 on a 4.0 scale (no rounding)

Δ Algebra 1; Geometry; Algebra 2 (or their equivalents); plus 1 or more math classes beyond Algebra 2

† Two credits must be in Biology, Chemistry, or Physics

\* Two credits in the same world language

\*\* Flex credit must be one full credit of the same course of any one of the following: Level II or above CTE course in one program of study provided the prerequisite course was passed, a 4<sup>th</sup> year of mathematics Algebra 2 or higher, a 3<sup>rd</sup> year of science or a 4<sup>th</sup> year of social studies

+ This diploma also requires additional coursework and either a college or career endorsement to earn the diploma (see page 2).

^ Student must have taken the NAA assessment to be eligible for the alternative diploma.

## WCSD Diploma Options

### Additional Requirements

- ▶ Students must complete a CCR Assessment during 11<sup>th</sup> grade.
- ▶ Students must take a Civics exam as part of their Government class.
- ▶ **Note: Standard Diploma requirements subject to change pending State Board of Education approval.**

# The Gateway Curriculum

- ▶ It is **NOT** a type of diploma
- ▶ It **IS** a “Curriculum of Study” mandated by the WCSD
- ▶ Mirrors the requirements of the Advanced Diploma and the Millennium Scholarship
- ▶ Is based on a student’s **EXPOSURE** to classes, not credits
- ▶ Google this – “**Answers in the Toolbox**” ~ **specific to Math**
- ▶ QUESTIONS??

# Transcript Evaluation

- ▶ Bonus
- ▶ RP = Repeat
- ▶ Cumulative GPA
- ▶ Weighted GPA
- ▶ NM = No Mark
- ▶ PE Exemptions
- ▶ World Languages

Grade: ●		Gender: ●		Birthdate: _____		Counselor: _____																																																																									
<b>2018-2019 Grade: 09 Term: 2</b> <b>YVONNE SHAW MIDDLE SCHOOL</b> Course Score Cred. Bon. 8354 COMPUTER LIT WAIVER NM 0.00 <b>GPA: 0.0000 Wt.GPA: 0.0000 0.00</b>					<b>2021-2022 Grade: 11 Term: 1</b> <b>SPANISH SPRINGS HIGH SCHOOL</b> Course Score Cred. Bon. 10141 CYBERSECU I B 0.50 1243 AP ENG LANG S1 D 0.50 0.050 2221 ALGEBRA 2 S1 C 0.50 3261 HUM ANT/PHS 1 (H) B 0.50 0.025 4145 AP US HISTORY S1 B 0.50 0.050 4611 SPANISH 1 B 0.50 5109 PE 10-11-12 A 0.50 <b>GPA: 2.7143 Wt.GPA: 2.8393 3.50</b>																																																																										
<b>2019-2020 Grade: 09 Term: 1</b> <b>SPANISH SPRINGS HIGH SCHOOL</b> Course Score Cred. Bon. 10217 PRIN BUS MKTG B 0.50 10665 COMPUTER SCI I B 0.50 1201 ENGLISH 1 A 0.50 2201 ALGEBRA 1 S1 C 0.50 3141 BIOLOGY 1 B 0.50 5101 PE A 0.50 5311 HEALTH A 0.50 <b>GPA: 3.2857 Wt.GPA: 3.2857 3.50</b>					<b>2021-2022 Grade: 11 Term: 2</b> <b>SPANISH SPRINGS HIGH SCHOOL</b> Course Score Cred. Bon. 10142 CYBERSECU I C 0.50 1244 AP ENG LANG S2 C 0.50 0.050 2222 ALGEBRA 2 S2 C 0.50 3262 HUM ANT/PHS 2 (H) B 0.50 0.025 4146 AP US HISTORY S2 B 0.50 0.050 4612 SPANISH 2 C 0.50 5110 PE 10-11-12 A 0.50 <b>GPA: 2.5714 Wt.GPA: 2.6964 3.50</b>																																																																										
<b>2019-2020 Grade: 09 Term: 2</b> <b>SPANISH SPRINGS HIGH SCHOOL</b> Course Score Cred. Bon. 10218 PRIN BUS MKTG A 0.50 10666 COMPUTER SCI I A 0.50 1202 ENGLISH 2 A 0.50 2202 ALGEBRA 1 S2 C 0.50 3142 BIOLOGY 2 A 0.50 5102 PE A 0.50 7131 FRESHMAN SEMINAR A 0.50 <b>GPA: 3.7143 Wt.GPA: 3.7143 3.50</b>					<b>2020-2021 Grade: 10 Term: 1</b> <b>SPANISH SPRINGS HIGH SCHOOL</b> Course Score Cred. Bon. 10633 GRAPHIC DESG I D 0.50 1213 ENGLISH 3 (H) C 0.50 0.025 2211 GEOMETRY 1 B 0.50 3203 CHEMISTRY 1 (H) D 0.50 0.025 4125 AP EUROP HIST S1 B 0.50 0.050 4611 SPANISH 1 RP 0.00 5213 FITNESS/WT TRNG A 0.50 <b>GPA: 2.3333 Wt.GPA: 2.4333 3.00</b>																																																																										
<b>2020-2021 Grade: 10 Term: 2</b> <b>SPANISH SPRINGS HIGH SCHOOL</b> Course Score Cred. Bon. 10634 GRAPHIC DESG I C 0.50 1214 ENGLISH 4 (H) B 0.50 0.025 2212 GEOMETRY 2 C 0.50 3204 CHEMISTRY 2 (H) D 0.50 0.025 4126 AP EUROP HIST S2 B 0.50 0.050 4612 SPANISH 2 RP 0.00 5214 FITNESS/WT TRNG A 0.50 <b>GPA: 2.5000 Wt.GPA: 2.6000 3.00</b>					<b>Graduation Status &amp; GPA</b> Cumulative GPA: 2.875 Diploma Type: Weighted GPA: 3.325 Diploma Date: Class Rank: 191/466 Grad Year: 2023																																																																										
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# Honors and AP Credits

- ▶ Honors credit = .025 (bonus)
- ▶ AP credit = .050 (bonus)
- Expected to remain in the class the ENTIRE YEAR
- Students can earn/waive 3-5 college credits depending on AP Exam score and college/university
- \$281/credit + fees (UNR) vs \$99/AP exam fee

# CTE (Career Technical Education)

- ▶ **Career Endorsement/Certificate of Skill Attainment**
    - ▶ Complete the entire 2 year Program
    - ▶ Maintain a B Average within CTE courses taken
    - ▶ Pass the Workplace Readiness and Skill Attainment Assessments ~ taken at the end of the 2 year program
- ~ Students who receive a certificate of skill attainment are eligible to receive college credits (dependent upon program)

# SSHS CTE Courses

## CTE:

- ▶ Auto Technology
- ▶ Military Science
- ▶ Advanced Computer Science
- ▶ Cybersecurity
- ▶ Family Consumer Science
- ▶ Teaching & Training

## C3 Media ~ SSHS Signature Academy

- ▶ Web Design
- ▶ Graphic Design
- ▶ Video Production

## Sports Medicine ~ SSHS Signature Academy ~ students must be accepted into this program

- ▶ Sports Medicine

# Dual Credit

Students take college classes to earn BOTH college credit and high school credit

Good academics, good study habits, high responsibility & time management skills

Count towards HS Honors classes and gives .050 bonus towards a student's GPA

Student is considered a college student! Parents will not be able to contact the college and/or professor for information regarding the student and the dual credit class. Counselors receive limited/if any information.

Discuss goals and plans with high school counselor **PRIOR** to submitting required paperwork.

# PSAT/NMSQT (Practice SAT)

PSAT/NMSQT – Recommended sophomore year (encouraged freshman and junior year (potential qualification for National Merit) – practice makes perfect!

Benefits:

- AP Potential
- Studying for next year's PSAT/NMSQT
- Connect to Colleges
- SAT Practice

~ Registration for 2024 has passed. Registration for the PSAT/NMSQT has been early in the school year, please listen to your Connect messages next school year to know when registration is occurring! ~

# PSAT SCORE REPORT

**When your student receives their score report back, go to:**  
<https://quickstart.collegeboard.org/posweb/login.jsp>

**Your Scores:** 200-800 on Each Section

**Your Skills:** Help you understand your scores and skill set

**Your Answers:** Review your test book to see how you answered each specific question

# SAT and ACT Tests (CCR's)

ACT will be taken Spring of **Junior** Year ~ Mandatory

**\*\*This is a graduation requirement\*\***

- ▶ COLLEGE ADMISSION
- ▶ CLASS PLACEMENT IN COLLEGE MATH AND ENGLISH COURSES
- ▶ SCHOLARSHIP OPPORTUNITIES

[WWW.COLLEGEBOARD.ORG](http://WWW.COLLEGEBOARD.ORG)

[WWW.ACT.ORG](http://WWW.ACT.ORG)

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

[WWW.WASHOESCHOOLS.NET](http://WWW.WASHOESCHOOLS.NET) > SEARCH "SCHOLARSHIPS"

# Speaking of Scholarships...



# Attendance

Parents are required to call or write a note to excuse their child's attendance ***within 3 days*** of an absence.

Attendance in classes is **CRUCIAL** to your child's success. When they are absent, they miss content, class discussion, instruction and the opportunity for help or clarification.

Check your child's attendance regularly – if you see **UNV** that means your student's attendance is unverified.

# INFINITE CAMPUS

- ▶ **BEST** tool for parents to monitor your student's grades
- ▶ See missing work/tests/quizzes
- ▶ Direct link to teacher email if you have concerns about a class
- ▶ Ability to receive real time notifications on attendance and grades
- ▶ **Avoid** looking at **"To Do List"**

Problem with a  
class or with a  
teacher?

PLEASE...  
CONTACT  
THE  
TEACHER  
FIRST 😊

# Extended Studies

[www.washoeschools.net](http://www.washoeschools.net) > departments > Extended Studies

Options to Receive PE Credit: student must complete 60 hours/semester

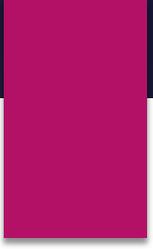
- ▶ PE Options
- ▶ SCPE

Options to Receive Elective Credit: student must complete 60hours/semester

- ▶ Community Service

# General Things

- ▶ **Determine household expectations in advance**
- ▶ **Phones are a distraction during class time**
  - ▶ **Discuss appropriate phone behaviors**
  - ▶ **Pay attention to ALL social media**
- ▶ **Digital fingerprints – what is posted online, stays online**
- ▶ **Communicate (in all regards)**



# **Tidbits of Information about your Adolescent**

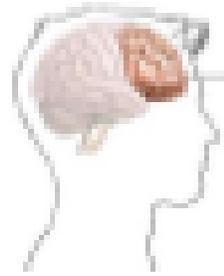
# Humans learn & develop by:



Repeated & Consistent

- Exploration
- Observation
- Patterns
- Guided Experience





## Pre-Frontal Cortex (PFC) Executive Functions: Thinking/Planning

### TWO STAGES of DEVELOPMENT

As Toddlerhood begins,  
DNA switches “on”  
neurons in the PFC...



As Adolescence begins  
DNA begins a massive  
PFC pruning (removal)  
- PLUS opening of new  
PFC neural territory.



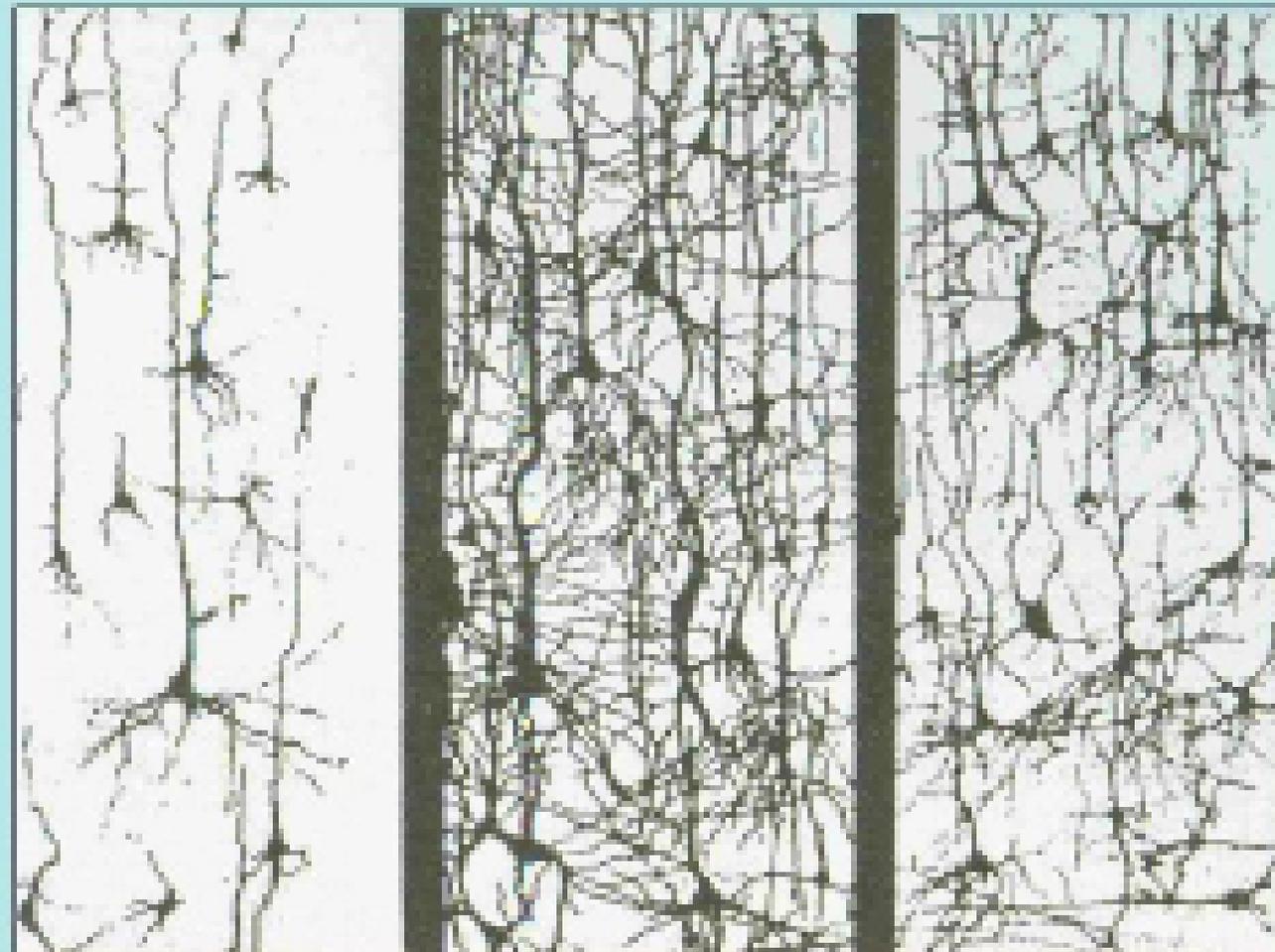
One major example of "pruning" is during Adolescence, when Childhood's **Concrete Thinking** is removed so **Abstract Thinking** can be built/developed.

**Synaptic Density  
Pre-Frontal Cortex**

At birth

6 years old

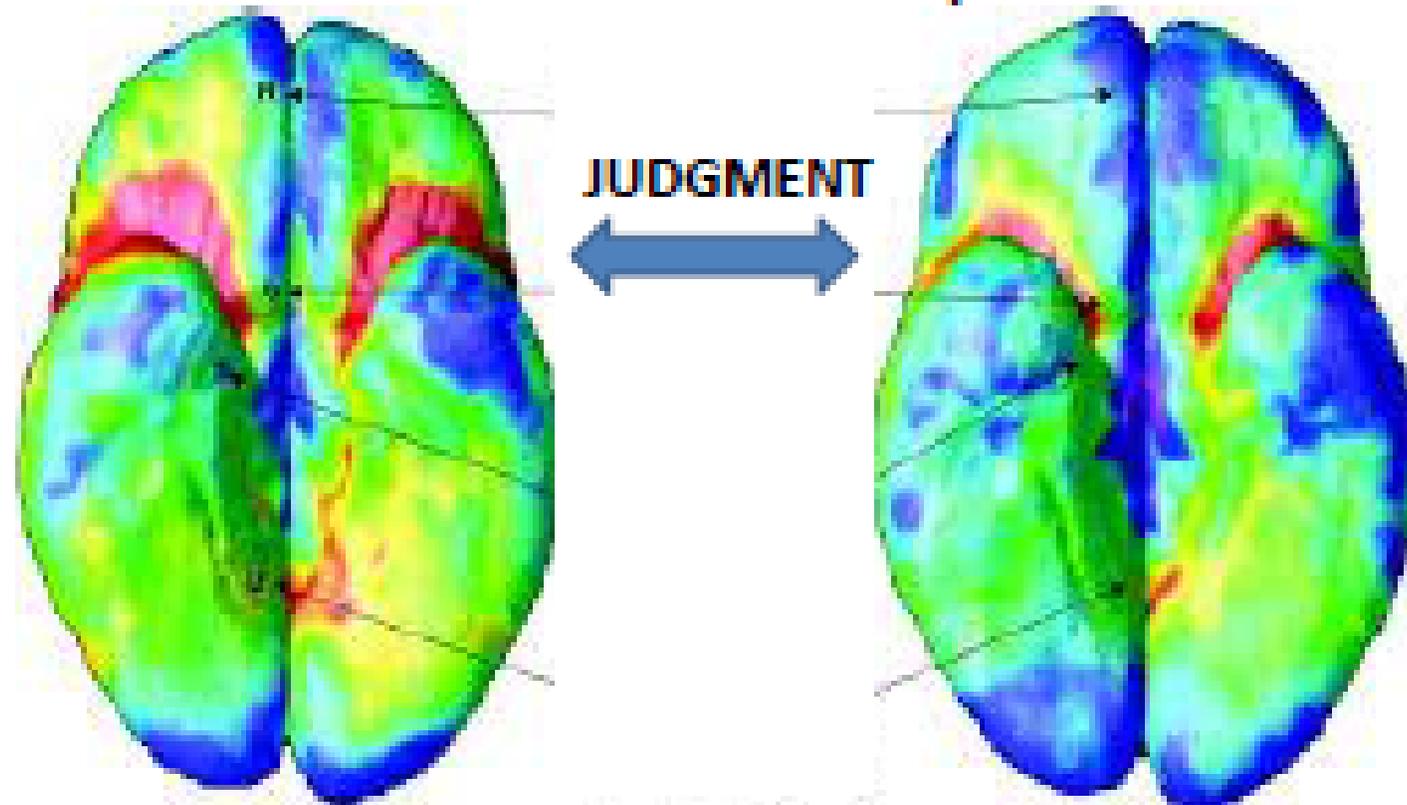
14 years old



Source: Rethinking the Brain, Families and Work Institute, Rita Shero, 1997; Founders Network slide

## The underside of the cortex at Ages 5 and 20.

Red = Least Developed



Bottom of Cortex at Age 5

Bottom of Cortex at Age 20

When it comes to judgment, age 20 is still "a baby".



**Just like Toddlers,  
Teens need  
8 to 10 hrs.  
of sleep to  
develop properly.**

**National Sleep Foundation**

**Karen Williams,  
Williams@nasmn.org | nasmn.org**

**The Cortisol “wake up”  
is 3-5 hours LATER  
for adolescents**

**Waking a teenager  
at 7:00 am  
is like waking an adult  
at 4:00 am**

## GET INVOLVED!!

"participation in extracurricular activities may increase students' sense of engagement or attachment to their school, and thereby decrease the likelihood of school failure and dropping out" (NCES – National Center for Education Statistics)

### STUDENTS:

- VOLUNTEERING
- CLUBS
- SPORTS
- CLASS ACTIVITIES
- STUDENT GOVERNMENT (STUDENT COUNCIL)

### PARENTS:

**BOOSTERS ~ REPRESENTATIVE AVAILABLE OUTSIDE THE THEATER 😊**

QUESTIONS???





Thank you for coming  
and sharing your child  
with us!!