

THE COUNSELING DEPARTMENT

DECEMBER NEWSLETTER

FOR 9TH GRADERS AND PARENTS

Welcome to the third installment of our monthly newsletter. Hard to believe but we will be complete with one third of the academic school year by the end of the month. Each month, we will be updating events and happenings that students and parents should be aware of what is taking place.

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POST SECONDARY PLANNING

We know we do not want to sound repetitive; however, we can't stress this enough? Do your best academically. We want students to feel both challenged and balanced. Grades and GPA matter a lot, but not at the expense of health and wellness. Everyone will have strengths and challenges in different areas. Do your best, work with your strengths and seek resources for areas of challenge. At the same time, take classes seriously, as 4-year colleges will look most at classes taken and grades earned in their admissions decisions.

Get back on to your Naviance account. This is the counseling department's one-stop shop for all information for students in regards to the college planning process. For example, starting in second semester, if students place a name of a college they are interested into "Colleges I Am Thinking About" (within the "Colleges" tab), students will receive an e-mail reminder when that school visits Edina High School. Students can log in through the Edina Portal.

More information: <https://student.naviance.com/edina>

HORNET MENTORS/ADVISORY

Academic Check-ins

- ✓ A check-in with your advisory teacher will happen on Thursday, November 21 and following the Thanksgiving break (December 19)
 - These check-ins are to see how the year is going academically, as well as setting goals for the semester

Advisory: October 31, 2019

Freshman were presented with the opportunity to access the [Learning Express Library](#), an online resource with a whole host of test prep materials, including the Accuplacer, ACT and SAT. There are sample tests students can take and receive feedback on their answers. *It also has review materials for core high school subjects including math, English, social studies and science, as well as prep materials for a handful of AP tests.*

- ✓ There's a [direction sheet](#) on how to access the program as well as a link to the [Learning Express Library](#) on the [school media center web site](#).
- ✓ If students have questions or would like help, please ask them to stop by the EHS Media Center.

Career Interest Profiler: Over the course of 2 Advisories (November 14 and 21), students will complete a Career Interest Profiler on Naviance to learn about their skills, interests, and abilities, what careers match up and necessary education to get to those careers. Ask them about the results and see if they were legitimate!

Throughout 1st semester:

Freshman Meet and Greet: Throughout the month of October (10/3 and 10/10), Edina High School Counselors visited 9th grade students in their advisories. Counselors work with students and their families throughout their high school journeys and remain consistent form year to year. These “initial meet and greet” were an opportunity to connect early in high school so students feel connected to counseling resources!

In addition to individual student meetings, counselors develop and implement a developmental and robust post-secondary planning curriculum through weekly advisory meetings. To revisit advisory lessons, view other parent resources, visit our [Class of 2023](#) webpage.

Get Involved: Statistics show students who are actively engaged in extracurricular activities perform at a higher level than those that do not. Explore your interest in a sport, school club, music or drama or a community volunteer activity. However, do not sacrifice your academic performance because of it. Manage your time and remember to stay “balanced”! Colleges would rather see real involvement in one activity instead of a loose connection to many!

Lastly, in the spirit of Thanksgiving, consider thanking people in your life and be grateful for all that is good. They say that one of the secrets of living is giving. Utilize the Thanksgiving break by giving back and working on continually living a healthy, well-balanced life.

For more information on the school Counseling Department, visit us [online](#)

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