

THE COUNSELING DEPARTMENT

DECEMBER NEWSLETTER

FOR 10TH GRADERS AND PARENTS

Welcome to the fourth installment of our monthly newsletter. We are finishing up the 2019 calendar year on a high note in the Counseling Office. 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

On December 5th, sophomores were presented from the Counseling Department during Advisory to work on the Personality Inventory, “Do What You Are” in their Naviance account. Students are able to assess their “strengths” and “blind spots” so that they can review over potential related career options. If you would like to see the screencast for this lesson, you can open it up here: [Do What You Are Screencast](#)

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.

Use Your Winter Break to start thinking about your future: The two weeks from school is a perfect time to visit a college campus. We are blessed to be living in a community with many different types of schools within an hour's drive. Prior to that, research colleges through Naviance to learn more about the campus and different majors.

Resources for Homework Help: Edina High School students have access to 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.

ADVISORY

The following are lessons in Advisory

- ✓ Growth Mindset: [Growth Mindset Video](#)
- ✓ Working Together and Using Available Resources
- ✓ Multiple Intelligences: [Multiple Intelligence Video](#)
- ✓ A formal academic check took place on November 21st with another coming up just prior to the holiday break on December 19th.
 - These check-ins are to see how the year is going academically, as well as setting goals for the semester
 - Prior to the end of the first semester (early January), a video with tips on how to prepare for final exams will be shown to all students.

EHS Hosts Community Service Fair November 19, 11am - 1:30pm

Students interested in volunteering in the community were invited to attend EHS's Service Fair on Thursday, November 19 during all 3 lunches in the Upper Gym. Over 25 local agencies were eager to enlist high school volunteers to help meet community needs.

Agencies from the community met with EHS students and looked for student volunteers at this event. This was a great way to find volunteer opportunities if you plan to letter in community service!

Some examples of agencies at the Service Fair:

- Presbyterian Homes - bring joy to residents by helping with I.T. questions, reading to a resident, or to sharing your talents, such as singing or playing an instrument.
- Inner-city Tennis - use your tennis skills to help with their Super Saturday's tennis activities.
- GiGi's Playhouse - engage with children with Down Syndrome.
- Highland Hills Ski and Snowboard - bring the joys of skiing and snowboarding to deaf and hard of hearing students.

Career Conversation

Each month, the College and Career Center offers an opportunity for Edina High School students to listen to a guest speaker talk about their career and how it relates to the 21st century. These sessions are held in the College and Career Center the last Wednesday of each month at 3:30 pm. So far, the topics have been; Physical Therapy, Big Data, and Marketing and Business. Please check your Schoology posts to find out who is coming in December and future dates.



Jasmine Hoedeman, small business owner talks to students about her experience in corporate and private business during Career Conversations in November.

It is appropriate during the holiday season to offer thanks for those in your life who have made a meaningful impact. In that spirit, we would like to thank all of those sophomores who have worked so diligently within the Edina community. You, too, should take the time to thank those around you who have helped to make this year a positive one. Take time to thank your parents for their guidance and support. Lastly, enjoy the holiday break with family and friends. Happy New Year and see you in 2020!

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

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