

THE COUNSELING DEPARTMENT

JANUARY NEWSLETTER

FOR 10TH GRADERS AND PARENTS

Happy New Year! Welcome to the fifth installment of our monthly newsletter. We begin the New Year with finishing the first semester. 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

Prior to winter break, sophomores met with their counselors during Advisory to work on the Personality Inventory, “Do What You Are” in their Naviance account. Students were able to assess their “strengths” and “blind spots” so that they could 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.

WHAT SHOULD YOU BE DOING NOW, IN THE MIDDLE OF MY SOPHOMORE YEAR, TO PLAN FOR THE COLLEGE PROCESS?

There are several important considerations in the middle of sophomore year for students. Ask the following questions: Where am I academically at Edina High School? Where do I want to be in two years? Where do I want to be at the end of my junior year? Course planning is an essential piece of the sophomore year. **Registration** begins on February 6 where students will get the registration guide that describes every class available to all students. It is imperative students have an appropriate balance of challenge and mastery in all of their classes, and they understand the credentials they are building over the course of high school. Please take the time to discuss future classes with all of the important people made available; teachers, counselors, administrators and most importantly, parents!

Have questions about your 2020-2021 course selections? The following dates are when you will receive assistance in Advisory and there are scheduled times to ask your counselor's questions. [Click here for these dates.](#)

New 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 that 10th graders should have completed from 1st semester:

- ✓ Growth Mindset: [Growth Mindset Video](#)
- ✓ Working Together and Using Available Resources
- ✓ Multiple Intelligences: [Multiple Intelligence Video](#)
- ✓ A formal academic check took place 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 (January 9), a video with tips on how to prepare for final exams will be shown to all students.

FLEX BLOCK UPDATE

HTC: A Gateway to College

February 6, 2020 in the College and Career Center

Hennepin Technical College allows high school students to enroll in college courses at their local high school to earn credits for high school and college at the same time. Come listen to Tod Hoaby, HTC Liaison Counselor answer all of your questions.

PSEO: Thinking about College during High School

February 13 in the Community Room

Andrew Kopelman, U of M PSEO Office and Antoinette Harris from Normandale CC will answer all your questions about PSEO. In addition, they will help in the application process if necessary.

Registration: What Courses Should I be taking my Junior Year?

February 13 and 20th in the Media Center

Counselors will answer questions students have in regards to their senior class schedule.

Genesys Works: Where Tomorrow's Workforce Begins

February 13 in the College and Career Center

Fritz Rock, Recruitment Specialist for Genesys Works will talk about Genesys Works, which provides career success for high school students in underserved communities through skills training, meaningful work experience and impactful relationships.

Good Luck on finals! Nothing is more imperative for your future success than performing well during your sophomore year! Finish Strong! Finals week is January 13-16.

As this New Year begins, find inspiration around you, and motivation within you, to be all that you can be!

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

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