

THE COUNSELING DEPARTMENT

NOVEMBER NEWSLETTER

FOR 10TH GRADERS AND PARENTS

Welcome to the third installment of our monthly newsletter! Each month, the Counseling Department will be updating students and families about upcoming events and happenings taking place at EHS.

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POST SECONDARY PLANNING

On October 24th, 10th graders met with their counselors during Advisory to discuss *Growth Mindset*. At the end of the month, the counselors will meet again with sophomores to continue with their curriculum on *Multiple Intelligences* through Naviance.

More information on Growth Mindset:

https://www.youtube.com/watch?v=KUWn_TJTrnU&vl=en

Start thinking about your *interests, likes and dislikes, goals and abilities*. THESE WILL CHANGE AND THAT'S OK! Some questions to ask yourself might be: What classes do you like? What areas outside of school are of interest? How can you be more involved with them? Are there new areas you'd like to try and learn more about?

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.

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

Academic Check-ins

- ✓ A check-in with your advisory teacher will be happening this month (November 21) , and again in December
 - These check-ins are to see how the year is going academically, as well as setting goals for the semester

November Advisory Activities: All activities can be found on the student services website and clicking on their class or on their “my planner: tab on Naviance.

Multiple Intelligence Advantage (MI Advantage): students should have completed a MI Advantage on Naviance. This activity allowed students to learn their areas of strength and areas of challenge and that we all are smart- just in different ways.



Career Conversations

New this year, the Counseling Department is offering an opportunity for students to learn about different careers through professionals willing to talk to students about their jobs. Each last Wednesday of the month, a guest speaker comes to talk to interested students. Look for more information through Schoology and Join the Career Conversations Schoology course!

Access Code:
H343-Z6P3-RTP7C

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

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