

THE COUNSELING DEPARTMENT

SEPTEMBER NEWSLETTER

FOR 10TH GRADERS AND PARENTS

Welcome back to school! Things are in full swing in the Counseling Office. Each month, the Counseling Department will be updating events and happenings that students and parents should be aware of what is taking place.

THE EHS COUNSELING TEAM:



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Meet the Newest Member of the Counseling Team: **Ms. Nikki Plafcan:** Nikki is entering her first full year as a School Counselor at Edina High School. She has been a part of Edina High School for six years working in Special Education, Options Alternative Learning Program, was a Long-Term School Counseling substitute, and most recently, May Term Advisor. Nikki received her B.A degree in Secondary Education from Concordia College, and her M.S degree in School Counseling from Minnesota State University Moorhead. We welcome Nikki to the Counseling Department.

SEPTEMBER for 10th GRADERS

Welcome to High School! This newsletter will be a way for the Counseling Department to help you with college and career planning, as well as important information for events at EHS! This year is all about the transition to high school and learning more about yourself as you continue into young adulthood. We are here to support you in that journey.

COLLEGE PLANNING

- Get acquainted with *graduation requirements*. For more info see [here](#).
- *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.
- Join an extracurricular activity! See the EHS [Student Activities](#) page.
- 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?
- Talk to teachers, your counselor, or other professionals about careers that may interest you.
- Start saving! It is never too early to start putting some extra \$ aside for college and senior activities.



ADVISORY

Academic Check-ins

- A check-in with your advisory teacher will be happening in September, and again in October
- These check-ins are to see how the year is going academically, as well as setting goals for the semester

BACK AGAIN THIS YEAR:

- ***COFFEE WITH THE COUNSELORS*** – Parents are invited to join two members of the Counseling Department for an intimate discussion of relevant topics. These sessions are for parents only and is limited to the first 50 respondents. Sessions are held in the Media Center beginning at 7:30 am and concluding at 8:15 a.m. Bring your questions!

<u>Grade 10</u>	<u>Date</u>	<u>Topic</u>
	<i>October 30</i>	<i>Resources from the Counseling Office</i>

- ***FLEX BLOCK SEMINARS*** – Students are invited to join the Counseling Department to receive relevant information on topics pertaining to post-secondary planning, academic and personal issues. Flex blocks are held during the last period of the day (2:18-3:16 pm) on even days (Thursday).

<u>Grade 10</u>	<u>Date</u>	<u>Topic</u>
	<i>November 1st</i>	<i>Finding Out about Gap Year and International Travel</i>

For more information on the school Counseling Department, visit us at <https://www.edinaschools.org/Page/5091>

Follow us on Twitter to stay in touch with what is going on in the Counseling Office at EHS @edinacounselors