

Jesuit High School

Freshman / Sophomore Parent Counselor Night

September 10, 2024



Counseling Department

Mrs. Sara Alvarez

Mrs. Amanda Smith, *Director*

Mrs. Angela Harger

Ms. Jocelyn Kulper, *Administrative Assistant*

Ms. Jennifer Rasmussen

Mrs. Kasey Cardinale, *Wellness Counselor*

Mrs. Gianna Wheeler

Mrs. Katrina Fox, *Wellness Counselor*



COUNSELING

A Foundation for Life

Counselor Caseloads

With a few exceptions, assignments for the 2024-2025 school year are as follows:

Freshmen

- Aizenburg – Bisbiglia: Smith
- Blum – Hancock: Rasmussen
- Hannon – Mastagni: Harger
- Mathios – Rios: Wheeler
- Rivera – Ziegler: Alvarez

Sophomores

- Alberts – Birusingh / Miles – Munoz: Smith
- Blewett – Garcia / Newburn – Palone: Rasmussen
- Garrett – Kemp / Paulos – Ramos: Harger
- D. Kim – Mercer / Rankin – Romo: Wheeler
- Rosseau Nunez – Zipser: Alvarez

Evening Agenda

JESUIT COUNSELING PROGRAM

Mrs. Smith

WELLNESS

Mrs. Cardinale & Mrs. Fox

SCHEDULING & PATHWAYS

Mrs. Alvarez & Ms. Rasmussen

FUTURE PLANNING

Mrs. Harger & Mrs. Wheeler

Q&A

Counseling Team

Counseling at Jesuit High School

- Counseling is part of your student's curriculum all four years.
 - Building relationships and community are important part of our work together.
 - Students will have time to connect in individual appointments, small group meetings, Collaboration periods, and Community periods.
 - Counselors are here to support our students academically, socially, emotionally, and guide them through their college search and application process.
 - Our doors are open to any student - they are encouraged to initiate counseling appointments or simply drop by!
-

A few things you should know...

- Collaboration Periods & Community Periods
- How student appointments are made
- How parents can best get a hold of their student's counselor
- Read the Counseling Newsletters & Weekly Update Communications
- Counseling and College Planning Google Classrooms
- [Parent Portal](#) - Counseling and College Planning
- Check the School Calendar (online most up to date)



Important Dates of Note

- National Test Day: **October 9, 2024**
 - **1st Quarter** – end of grading period: **October 11, 2023**
 - Parent/Teacher Conferences: **October 24, 2024**
 - **Semester Finals: December 18-20, 2024**
 - Planning courses for Soph & Junior year: **February - March 2025**
 - **3rd Quarter** – end of grading period: **March 7, 2025**
 - **Semester Finals: May 19-21, 2025**
-

Athletic Eligibility & Academic Probation

- A student is placed on Academic Probation when his GPA is below 2.0 at the close of the grading period.
- If a student has 2 consecutive grading periods (i.e. 1st Quarter and then 1st Semester) then, he is INELIGIBLE to play a sport during the following grading period; this is aligned to the CIF rules.
- There are no waivers for eligibility extensions.
- Students are encouraged to attend teacher office hours weekly and have regular check ins with their counselor while on probation.

Wellness at Jesuit

Presented By
Kasey Cardinale & Katrina Fox



Wellness at Jesuit High School

- Resource to Counselors: Wellness Check
- Awareness and Prevention Weeks: ex. NSPW 2024
- TeamCARE Club
- Small Groups: Skills Based vs. Process
- Community Referrals

INTENT VS. IMPACT

your words have meaning!

you may think that when you're just "telling a joke", that everything's fun and that there's no hate involved in your words.

HOWEVER!
your words can have profound impacts on people! one "joke" may make another person extremely uncomfortable and feel hurt even though there is no evil intent.

SO WHEN YOU THINK ABOUT MAKING A "JOKE" LIKE



think of the **IMPACT** of your words, not just the **INTENT**.

All Love Alliance meetings every
Tuesday at lunch in AH101

How to Manage Academic Stress...

Most powerful ways you can help your son manage stress:

- ***EVERYONE HAS MENTAL HEALTH.***
- ***PRACTICE THESE STEPS YOURSELF.***
- ***MODEL THESE STRATEGIES AND DESCRIBE IN THE MOMENT***
- ***IF APPROPRIATE, INVITE THEM TO JOIN YOU***



Getting Involved in Your Community

■ Service & Justice

- In your community - school, local, place of worship
- Ways to serve [Service and Justice - Jesuit High School](#)

■ Social

- Importance of maintaining social relationships during this time
- Branching out to try new things and experiences

■ Co-curricular Activities

- Many ways to be involved both inside and outside of school
 - Drama, Arts, Scouts, Athletics, Music, Work experience
 - Involvement in activities and things your student enjoys - encourage him to check out Club Day - **Monday, Sept. 23**

List of Clubs at JHS*

**subject to change*

- All Love Alliance
- Art Club
- Asian Pacific Islander Club
- Broadcast Club
- Black Student Union
- Business Investment Club
- Car Club
- Chamber Music Club
- Chess Club
- Cycling Club
- Dungeoneers
- Echelon Catapult
- Entrepreneurs Club
- Environmental Justice & Sustainability Club
- Fantasy Sports/SportsCenter Club
- Foreign Literature Club
- French Club
- Game Development Club
- Gardening Club
- Greek Culture/Heritage Club
- Holy Rollers Bowling
- Informatics Club
- Irish Heritage Club
- Jesuit Driving Club
- Jesuit Fishing Club
- Jesuit Sportsmen's Association
- Jewish Student Union
- Key Club
- Latin Club
- Latinos Unidos
- Mathletes
- Mobile Games Club
- Mock Trial
- Model Rocketry Club
- Model Trains
- Moorings
- Mountain Bike Club
- Neuroscience Club
- Newspaper Club
- Open World Games Club
- Photography Club
- Pokemon Club
- Power Sports Club
- Pre-Med Club
- Quiz Bowl
- Recreational Racquet Sports Club
- Robotics Team
- Sales & Merchandising Club
- Science Olympiad
- Scout Club
- Ski & Snowboard Club
- Smash Club
- Speech & Debate
- Team CARE
- Veterans Appreciation
- Vinyl Club
- VR Club
- Young Progressives Club

Scheduling & Planning Pathways

Presented By
Jennifer Rasmussen and Sara Alvarez



The Scheduling Process

- **Freshman Pre-Scheduling Collaboration with Counselors:**
 - Group A: Wednesday, February 5
 - Group B: Wednesday, February 12
- **Sophomore Pre-Scheduling Collaboration with Counselors:**
 - Group A: Wednesday, February 26
 - Group B: Tuesday, March 4

Counselors assist students in selecting coursework; academic departments make placement decisions

The Scheduling Process

- Counselors meet individually with students to review eligibility & course requests
- They will complete a “Graduation and Course Selection” DocuSign form which will require a parent signature and must be returned to the counselor



- Departments review all course requests and either approve or make placement adjustments based on Quarter 3 grades
- If a student is not initially approved, he will need to appeal for the class during the class level specific appeal window



- There is a designated appeal window for every student to have another opportunity for review by the departments.
- If a student has any questions, he should start with his teacher and can always talk with his counselor.

Placement Requirements for AP/H/XL

- Requirements for eligibility consideration vary by department; all placements are reviewed and determined by the academic departments
 - See the online [course catalog](#) for course descriptions and prerequisites
 - *Student must appeal for any course not included in preliminary schedule or if he was not initially eligible*
-

Sophomore Schedule

1st SEMESTER

1. English 2 or H
2. World Language
3. Mathematics
4. Science
5. Human Geography or AP
6. Theology 2A/2B
7. PE (1 Semester)/ VPA /
Project based class or Flex

2nd SEMESTER

1. English 2 or H
2. World Language
3. Mathematics
4. Science
5. Human Geography or AP
6. Theology 2A/2B
7. PE (1 Semester)/ VPA / Project
based class or Flex

Summer School Options: Geometry XL, Chemistry, Human Geography

Why Take Summer School?

➤ *To advance in a subject*

- Available for Math and Science courses
 - Geo. XL to advance to Algebra 2 or Algebra 2H
 - Chemistry to advance to AP Chem or AP Biology
- Student **MUST** receive recommendation and approval from current Math teacher



➤ *To open up space in schedule*

- Human Geography, US History, Physics
- Can open up a class period for additional academic course **or** elective, i.e. VPA, Leadership, Yearbook, Newspaper. See course catalog for complete list of course options.

➤ *Remediate a non-college recommending grade*

- Summer school at JHS
- Outside course approved by the Office of Academics

PE Credit Options after Freshman Year

Students can earn PE credit through a variety of ways:

- Taking one semester of a PE elective (i.e. Intro to Weightlifting, Fitness for Life, Rec Basketball, and Rec Net Sports.) **5 credits**
 - Participating in Jesuit High School athletic programs in the sophomore, junior, and/or senior year
 - Two seasons of a sport **2.5 credits per season**
 - Completing four years of the Marauder Band (marching band) program **1.25 credits per year**
-

Junior Schedule

1st SEMESTER

1. English 3 or AP
2. World Language
3. Mathematics
4. Science
5. US History or AP
6. Theology 3A/3B
7. VPA / Project based class / PE or Flex

2nd SEMESTER

1. English 3 or AP
2. World Language
3. Mathematics
4. Science
5. US History or AP
6. Theology 3A/3B
7. VPA / Project based class / PE or Flex

Summer School Options: Physics, US History , Pre-Calculus

Things to Remember...

- Students will receive a preliminary list of courses *and have the ability to appeal placements*.
 - Check the Jesuit website for Summer School registration which typically begins in February. Jesuit students have priority registration until May 1st.
 - Any summer school courses NOT taken at Jesuit must be approved by Mr. O'Connor, Assistant Principal for Academics. **See your Counselor for the necessary form/process.**
-

Future Planning

Presented By
Gianna Wheeler and Angela Harger



Naviance Student



Demo's Future Planning



No Path Selected

Plan for life after high school and select the path that will lead to future success.

[Select Path](#)

Welcome to Naviance

Seniors - Class of 2025 - It's your year!

We have linked the scattergrams for the colleges to which the class of 2024 applied and were accepted or denied. Please use this information knowing that things change on a daily basis and what may have been true last year, may not be true this year. SAT/ACT scores and GPA levels could move up or down, depending on the quality and/or number of students applying. These graphs are meant as a guide to help you get a realistic idea of your chances of being accepted based on your SAT/ACT score and GPA. Scholarship opportunities are being added to the list as they arrive and are updated regularly. If you have any questions about the information contained here, please contact your counselor.

[Read More](#)

[Additional Information from Your School](#)

Career Essentials

Important Skills



Explore and favorite careers to discover the skills you'll need to succeed.

[Explore and Favorite Careers](#)

Top Knowledge Sets



Explore and favorite careers to discover the knowledge areas you'll need to succeed.


[Explore and Favorite Careers](#)


Tasks from My School

Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what's next or create a goal or to-do.

[Go to My Planner](#)

What's New

 Michigan State University will be visiting your school on Friday, September 13th, 2024 at 11:50 am [more info](#)

 University of the Pacific will be visiting your school on Friday, September 13th, 2024 at 11:50 am [more info](#)

Level of Education

Naviance Student Resume

Resume

[Add/Update Sections](#) [Print/Export Resume](#)

Objective

To explain the reason a college or institution of higher learning should admit me.

Volunteer Service

Pediatric Volunteer

Mercy San Juan, Sacramento, CA

August, 2018 - September, 2018

2 hours/week

Total Hours: 16

Grades 10

Developed and implemented activities to entertain patients ages 5-15, including arts and crafts activities and theater workshops.

Teen Volunteer

St. John's Program For Change, Sacramento, CA

April, 2018 - May, 2018

2 hours/week

Total Hours: 16

Grades 9

Organized and co-led daycare program for children at the women's shelter.

Education

Jesuit High School, Carmichael, CA

Rising Sophomore

August, 2017 - Present

Extracurricular Activities

Freshmen Football

July, 2017 - October, 2017

Freshmen football team

Naviance: Self Discovery

Self Discovery

Let's get started.

It looks like you haven't done any assessments yet. By taking Naviance assessments you'll get to know yourself better.

Here are assessments that are available for you to take now.

AchieveWorks Intelligences®



Intelligence comes in many forms. AchieveWorks Intelligences® helps you uncover your different intelligences and how to leverage them.

[Start Assessment](#)

AchieveWorks Learning and Productivity®



Discover your sensory, environmental and mindset preferences to help develop and adjust your study practices.

[Start Assessment](#)

AchieveWorks Personality®



AchieveWorks Personality® helps you identify your personality type by asking you to choose scenarios that best represent how you behave in real life.

[Start Assessment](#)

AchieveWorks Skills®



AchieveWorks Skills® helps you identify and develop your skills and connects your skills to careers that might interest you.

[Start Assessment](#)

Career Cluster Finder



The Career Cluster Finder helps you identify your interests and discover career clusters that contain careers that might interest you.

Career Interest Profiler



The Career Interest Profiler captures your interests to help identify your personality traits and suggests careers based on the U.S. Department of Labor's data.

Strengths Explorer®



Strengths Explorer® helps you identify your key strengths that you can use as you proceed on your college, career and life readiness journey.

Naviance: Explore Careers



Accountants and Auditors

Examine, analyze, and interpret accounting records to prepare financial statements, give advice, or audit and evaluate statements prepared by others...



Education
4 Year College



Median Salary
\$71,550

[Favorite](#)



Actors

Play parts in stage, television, radio, video, or film productions, or other settings for entertainment, information, or instruction. Interpret serious or co...

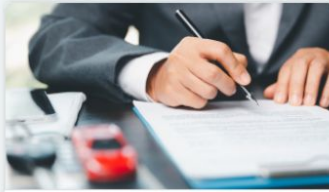


Education
High School Diploma



Median Salary
\$42,494

[Favorite](#)



Actuaries

Analyze statistical data, such as mortality, accident, sickness, disability, and retirement rates and construct probability tables to forecast risk a...



Education
4 Year College



Median Salary
\$108,350

[Favorite](#)



Acupuncturists

Diagnose, treat, and prevent disorders by stimulating specific acupuncture points within the body using acupuncture needles. May also use cu...



Education
Graduate/ Professional



Median Salary
\$75,640

[Favorite](#)



Acute Care Nurses

Provide advanced nursing care for patients with acute conditions such as heart attacks, respiratory distress syndrome, or shock. May care for pre-an...



Education
2 Year College



Median Salary
\$73,300

[Favorite](#)



Adapted Physical Education Specialists

Provide individualized physical education instruction or services to children, youth, or adults with exceptional physical needs due to gross mot...



Education
Graduate/ Professional



Median Salary
\$61,190



Adhesive Bonding Machine Operators...

Operate or tend bonding machines that use adhesives to join items for further processing or to form a completed product. Processes include join...



Education
High School Diploma



Median Salary
\$34,340



Administrative Law Judges, Adjudicat...

Conduct hearings to recommend or make decisions on claims concerning government programs or other government-related matters. D...



Education
Graduate/ Professional



Median Salary
\$97,870



Administrative Services Managers

Plan, direct, or coordinate one or more administrative services of an organization, such as records and information management, mail distri...



Education
2 Year College



Median Salary
\$96,940



Adult Basic Education, Adult Seconda...

Teach or instruct out-of-school youths and adults in basic education, literacy, or English as a Second Language classes, or in classes for earning a high...



Education
4 Year College



Median Salary
\$54,350

your
FUTURE
— is created —
by what you do
today not tomorrow.



NACAC

National Association for
College Admission Counseling



*According to the National
Association for College
Admission Counseling:*

“A student’s high school record continues to be the most important factor in college admission decisions for prospective first-time freshmen.”

“Year to year, we find that **getting good grades in challenging courses is what college admission offices value most when reviewing applications.**”

Understanding the Academic Record

- Weighted and Unweighted GPA
- CSU and UC GPA
- Appropriate Rigor



Transcript						Jesuit High School 1200 Jacob Lane Carmichael, CA 95608 Tel: 916-482-6060 Fax: 916-482-2310																	
Student Name:																							
Student ID:																							
Grade:																							
Date:																							
Exit Date:																							
Course	Grade	Fall		Spring		Summer		Personal Info															
		Mark	Credit	Mark	Credit	S1 Mark	S2 Mark																
19-20 Jesuit High School																							
ENGLISH 1	9	B+	5	B+	5			Birthdate: Gender: School Entry Date: Home Address: GPA Summary <table border="1"> <thead> <tr> <th>Grade</th> <th>Regular</th> <th>Weighted</th> </tr> </thead> <tbody> <tr> <td>Grade 9:</td> <td>3.6583</td> <td>3.6583</td> </tr> <tr> <td>Grade 10:</td> <td>3.6625</td> <td>3.9125</td> </tr> <tr> <td>Grade 11:</td> <td>3.8286</td> <td>3.9714</td> </tr> <tr> <td>Grade 12:</td> <td></td> <td></td> </tr> </tbody> </table> Overall Summary Cumulative Regular GPA: 3.72 Cumulative Weighted GPA: 3.85 Completed Credit Hours: 225.00 Notes: Courses taken outside Jesuit High School are not calculated in the GPA. Due to COVID restrictions in place during the 2020-2021 school year, members of the Class of 2023 had their regular PE 2 requirement waived.	Grade	Regular	Weighted	Grade 9:	3.6583	3.6583	Grade 10:	3.6625	3.9125	Grade 11:	3.8286	3.9714	Grade 12:		
Grade	Regular	Weighted																					
Grade 9:	3.6583	3.6583																					
Grade 10:	3.6625	3.9125																					
Grade 11:	3.8286	3.9714																					
Grade 12:																							
SPANISH 1	9	B+	5	A-	5																		
ALGEBRA 1	9	A+	5	A+	5																		
INTRO TO COMPUTER SCIENCE	9	A-	5																				
HEALTH ED.	9	P	5																				
PE: WATER POLO	9	P	5																				
BIOLOGY	9	C	5	A-	5																		
THEOLOGY 1	9			A+	5																		
CHORAL MUSIC	9	A-	5	A+	5																		
CHRISTIAN SERVICE-FROSH	9			P	1																		
20-21 Jesuit High School																							
ENGLISH 2	10	B-	5	B	5																		
SPANISH 2	10	B+	5	A	5																		
GEOMETRY (XL)	10					B-	5																
ALGEBRA 2 (H)	10	A	5	A	5																		
CHEMISTRY	10	B-	5	A-	5																		
HUMAN GEOGRAPHY	10	A+	5	A+	5																		
THEOLOGY 2A/2B	10	A+	5	A	5																		
CONCERT CHOIR	10	A+	5	A+	5																		
SERVICE & JUSTICE - SOPH	10	P	1	P	1																		
21-22 Jesuit High School																							
ENG: AMER LIT/COMP	11	B	5	A-	5																		
SPANISH 3	11	A	5	A+	5																		
PRE-CALC. (H)	11	B	5	B	5																		
PHYSICS	11	A-	5	A	5																		
U.S. HISTORY	11	A	5	A-	5																		
THEOLOGY 3A/3B	11	A+	5	A+	5																		
CONCERT CHOIR	11	A+	5	A+	5																		
SERVICE & JUSTICE - JUNIOR	11	P	1	P	1																		
Courses In Progress (Year-long courses are broken into semesters)																							
22-23 Jesuit High School																							
EN4:HERO JOURNEY12																							
EN4:PSY REALISM	12																						
SPANISH 4	12																						
SPANISH 4	12																						
CALCULUS	12																						
CALCULUS	12																						
B2:ANAT:PHYSL	12																						
B2:ANAT:PHYSL	12																						
GOV/POLITICS (AP)	12																						
GOV/POLITICS (AP)	12																						
LIT. WORKSHOP	12																						
LIT. WORKSHOP	12																						
CONCERT CHOIR	12																						
CONCERT CHOIR	12																						
Signature: _____																							
Date: <u>September 27, 2022</u>																							
This transcript is unofficial unless certified by signature and school seal.																							

Standardized Testing:

National Test Day is October 9, 2024

- Freshmen: **EDT**
- Sophomores: **Pre ACT**
- Juniors: **Digital PSAT**



We encourage students to take SAT/ACT early spring of their junior year.

*SAT/ACT Practice Tests are offered by the Counseling Department in the winter. Current sophomores should consult with their counselor before registering.

Extracurricular Activities

Freshman

- * Join several clubs
- * Participate in different types of activities
- * Pursue opportunities to help discover interests and passions

Sophomore

- * Begin to narrow down clubs
- * Identify potential leadership opportunities
- * Consider starting your own organization

Junior

- * Pursue leadership in your activities
- * Possible internships, job shadowing, summer enrichment programs

Senior

- * Continue to show leadership roles in activities
- * Demonstrate interest in future major by activity involvement
- * Depth, not breadth is what's important!

What's important now?



**Focus on
academics,
extracurricular
involvement, and
being a
Man for Others**

Be In the Know

The following are great resources to use throughout your son's high school journey:



- [Parent Counselor Site](#)
- **Counseling Newsletter**
- **Weekly Update**
- **Student's Google Classroom**
- [Counseling Page](#) on the JHS Website

Join the Counseling Department on Friday, Sept. 13 for a Parent Counselor Coffee under the Pergola from 8:30-9:30 am

Questions?

Please type any questions you may have
in the Q&A area.

Thank you for attending our event!