

# James River High School

*School Counseling  
Office*

JAMES RIVER HIGH SCHOOL



# School Counseling Office

## ▶ Counselors

- Mrs. Drumheller: A – H
  - [jdrumheller@bcps.k12.va.us](mailto:jdrumheller@bcps.k12.va.us)
- Mrs. Simmons: I–Z
  - [asimmons@bcps.k12.va.us](mailto:asimmons@bcps.k12.va.us)
- Ms. Alphin: Secretary
  - [aalphin@bcps.k12.va.us](mailto:aalphin@bcps.k12.va.us)



Mrs. Simmons, Mrs. Drumheller, Ms. Amy Alphin

## ▶ Student Assistance Program

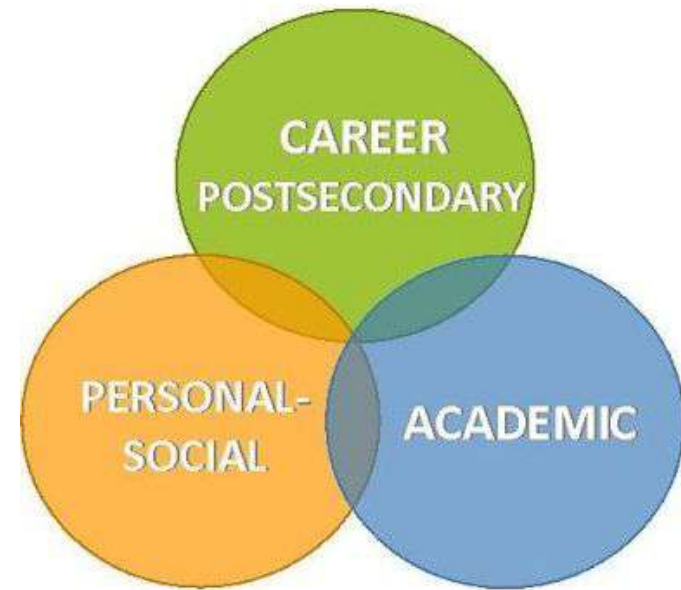
- Mrs. Hatcher: SAP Coordinator
  - [ahatcher@bcps.k12.va.us](mailto:ahatcher@bcps.k12.va.us)
  - @ JRHS Monday & Wednesday



Mrs. Hatcher

# What does the counseling department do?

- ▶ Personal Counseling
  - Individual meetings or groups
- ▶ Academic Advising
  - Diploma type, GPA, course selection
- ▶ Career Counseling
  - Post secondary planning, college applications



# GRADUATION Requirements



# Diploma Options

<b>Standard Diploma</b>	<b>Credits</b>	<b>Advanced Diploma</b>	<b>Credits</b>
English	4	English	4
Math	3	Math	4
Science	3	Science	4
Social Science	3	Social Science	4
Health & PE	2	Health & PE	2
World Language, Fine Arts or CTE	2	World Language	3/2 of 2
Economics & Personal Finance	1	Fine Arts or CTE	1
Electives	8	Econ & Personal Finance	1
		Electives	5
<b>Total</b>	<b>26</b>	<b>Total</b>	<b>28</b>

# What ELSE Will I Need?

## Sequential Elective

- Examples:

- Intro to Ag + Ag. Systems
- Computer Apps + Be Your Own Boss
- Culinary Arts + Nutrition and Wellness

## CTE Certification Test or an AS or AP course

- Examples:

- Workplace Readiness
  - W!SE Financial Literacy
- 

# VERIFIED CREDITS

- ▶ Completes the requirements to pass the course
- ▶ AND passes the SOL test for that course.

English	History/Social Sciences	Mathematics	Science
Reading Grade 11	World History & Geography I	Algebra 1	Earth Science
Writing	World History & Geography II	Geometry	Biology**
	Virginia & US History	Algebra II	Chemistry

*\*\*Every student is required to take the Biology SOL*

# How many VERIFIED CREDITS do I need?

	Reading	Writing	Math	Science	Social Science	TOTAL
Standard & Advanced	1	1	1	1	1	5

- If you are in an SOL class but don't need the verified credit, you will not take the SOL!



# Diploma Seals



## ▶ **Governor's Seal**

- Advance Studies Diploma + 3.0+GPA + 9 College Credits

## ▶ **Excellence in Civics Seal**

- 3.0+GPA in US/VA History & US/VA Government+50 Volunteer Hours + Good attendance and discipline

## ▶ **Board of Education Seal**

- 4.0+GPA

## ▶ **Board of Ed. Career & Technical Ed.**

- 3.0+ GPA + CTE sequence of classes

## ▶ **Advanced Math Seal**

- 4 math credits with B average or better, CTE credential

*For more information on seals, please check the BCPS Program of Studies or the VDOE website.*

# Need to see a counselor?

Sign up to meet with your counselor online:

<https://tinyurl.com/jrhsssignup22>

9th-12th Grade:

Last Names A-K: Mrs. Drumheller

Last Names L- Z: Mrs. Simmons

10th- 11th Grade:

Last Names A-H: Mrs. Drumheller

Last Names I -Z: Mrs. Simmons





# Workforce

- ▶ Start Exploring
  - Major Clarity
  
- ▶ Begin a resume
  - Sample on JRHS Site
  - VAWIZARD.ORG
  - Major Clarity
  
- ▶ Try new Classes!

**Career Exploration**  
Explore the paths that might interest you based on your skills and strengths.


Majors or Careers  
Start Typing For Suggestions

Strengths  
Please select... ▼

Cluster  
Please select... ▼

Filter by  
Please select... ▼


65 paths



**Veterinary Sciences**

Veterinary Science deals with the prevention, diagnosis, and treatment of disease, disorder, and injury in animals. This could include preparing tissue and blood samples, assisting with surgeries,....


Fit Score: 96%



**Biotechnology**

Biotechnology combines biology and technology to develop new products that make living easier and humans healthier. This could include creating new vaccines, modifying genes, developing medicine,....

Fit Score: 90%



**Video Production**

Video Production work involves planning radio, television, stage or movie productions. This career path also includes working with technology to edit film or photographs, directing motion pictures,...

Fit Score: 87%

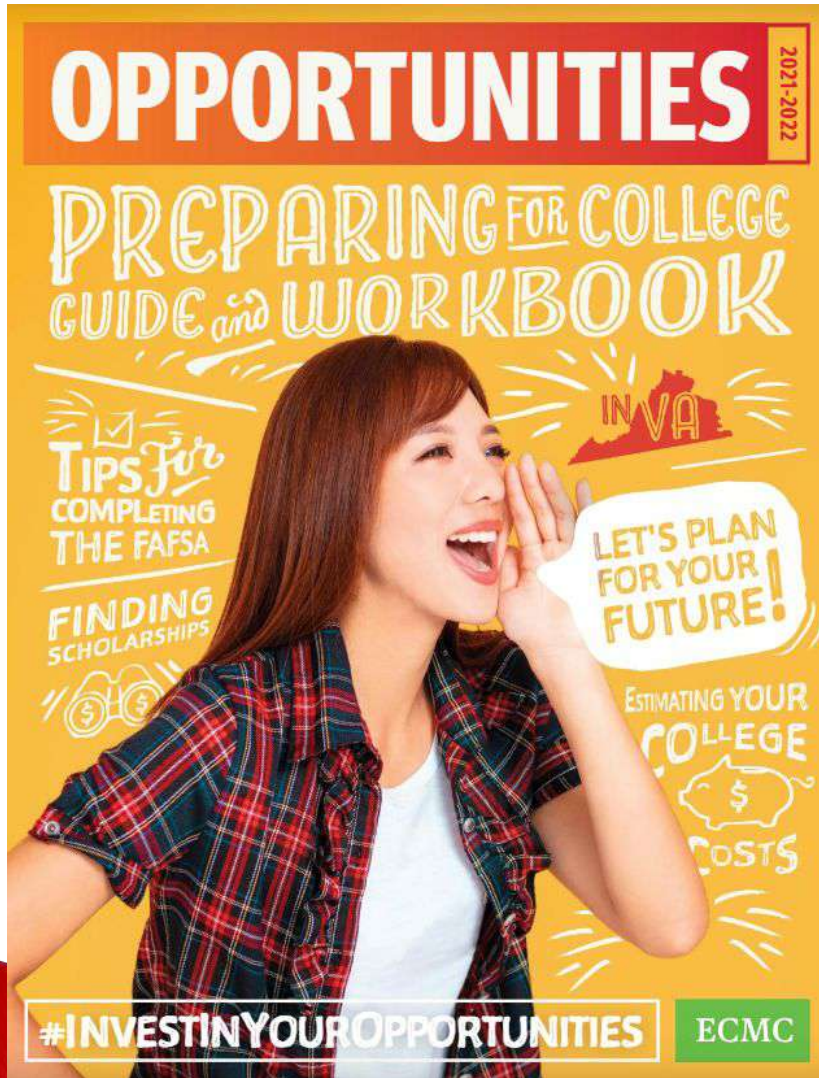
# Considering the Military?

- ▶ Recruiters are assigned to JRHS
  - See your counselor for specific contact information
- ▶ **ASVAB:**

The Armed Services Vocational Aptitude Battery is the most widely used multiple-aptitude test battery in the world.



# Opportunities – 2 or 4 Year College Path



Paper copies available in the counseling office or available for download at the following website:

<https://www.ecmc.org/students/opportunities-guide-workbook.html>

# Bigfuture.org



ShareThis Like 7K

Find Colleges, Advice and More

Search

Sign up | Sign in

Get Started ▾ Find Colleges ▾ Explore Careers ▾ Pay for College ▾ Get In ▾ Make a Plan ▾

Meet Monica

It's okay to change your plans even if it means changing your major.

Monica realized the major she started college with wasn't right for her. By staying flexible, she opened the door to new opportunities.

Watch ▶

Explore college majors.

Not sure where to start? Go ▶

### find colleges

Look up a college by name

OR

Search by location, major — any way you'd like.

### pay for college

How much federal financial aid is out there to help students pay for college? Take a guess.

\$1 billion

### make a plan

Get a free step-by-step college plan. Just answer a few simple questions.

What grade are you in?

- 8th or lower
- 9th
- 10th
- 11th
- 12th
- H.S. grad

# Virginia School Profiler

## Opportunities Workbook Page 29

### Virginia college profiler

There are many factors important in choosing a college. How you fit in academically and the Cost of Attendance (COA) are important considerations. The charts in this section provide some of the information you need to compare colleges on these factors.

Public universities	Students enrolled in above-average academic year*				Estimated above-average COA before financial aid Cost figures are estimated and your actual costs could vary.
	SAT 25 <sup>th</sup> percentile	SAT 75 <sup>th</sup> percentile	High school GPA 25 <sup>th</sup> percentile	High school GPA 75 <sup>th</sup> percentile	
Christopher Newport University	1090	1270	3.50	4.10	\$26,684
College of William & Mary	1300	1490	4.11	4.46	\$37,144
George Mason University	1110	1300	3.40	3.90	\$25,896
James Madison University	1120	1280	3.56	4.05	\$23,324
Longwood University	960	1140	3.15	3.86	\$28,078
Norfolk State University	840	1020	2.70	3.40	\$20,466
Old Dominion University	960	1170	2.92	3.73	\$23,788
Radford University	920	1110	2.94	3.71	\$21,445
Richard Bland College	Not available	Not available	Not available	Not available	\$18,139
University of Mary Washington	1090	1270	3.31	4.02	\$26,570
University of Virginia	1320	1510	4.20	4.48	\$30,078
University of Virginia's College at Wise	980	1170	3.21	4.00	\$22,755
Virginia Commonwealth University	1060	1250	3.38	4.06	\$27,281
Virginia Community College System	Not available	Not available	Not available	Not available	\$4,539*
Virginia Military Institute	1070	1260	3.30	4.00	\$30,098
Virginia Polytechnic Institute and State University	1170	1370	3.75	4.20	\$23,860
Virginia State University	820	1010	2.54	3.32	\$20,698



# Virginia Resource Map

Opportunities Workbook Page 37



# College Open Houses – Begin Exploring!

Many schools have virtual open houses, while others are holding in person open houses. Check each school's website for more information and to register!



# Community College Path

- ❖ Open admissions
- ❖ Employment or transfer to 4-year college
- ❖ Low tuition, no expenses for room & board
- ❖ Virginia Western or Dabney S. Lancaster
- ❖ Articulation (Transfer) Agreements with many Virginia public & private universities
  - See a list here: <http://www.vccs.edu/students/transfers/>
- ❖ Associate degrees/ certificate programs



# Community College Access Program (CCAP)



- ▶ Tuition paid for THREE years.
- ▶ To be eligible:
  - Minimum 2.5 High School GPA
  - Lived in Botetourt for 11th and 12th grade
  - Apply to Western
  - Complete FAFSA
  - Complete Application
  - *Not everyone will be accepted – funds are limited*

# Promise Program



- ▶ Scholarship Opportunities
  - Education Foundation
  - 2.25 GPA
  - Two years free tuition



- Many schools are test optional for this year's senior class. That may not be the case for you!
- We recommend you take one or both in the **SPRING** of your **junior year** (that's this year!)
- If you haven't taken Algebra 2, we suggest waiting until you have.
- VWCC/DSLCC do not require SAT/ACT scores.

# THE SAT VS THE ACT

- Fewer Geometry Questions
- More Time per Question
- No-calculator Math Section

## KEY Differences

- Lots of Geometry
- Faster Paced
- Tough Science Section



Overall Time

### TIMING & SCORING

Overall Time



Reading

65m

Writing

35m

Math  
(No Calculator)

25m

Math  
(Calculator)

55m

200 - 800 points

200 - 800 points

1-36

1-36

1-36

1-36

35m

Reading

45m

English

60m

Math

35m

Science

Total Points

400 - 1600

1 - 36

Total Points

Time per Question

75s

Reading

48s

Writing

83s

Math

Time per Question

53s

Reading

36s

English

60s

Math

Opportunities  
Workbook Page 7

# SAT and ACT DATES

SAT	ACT
<a href="http://www.collegeboard.org/">www.collegeboard.org/</a> \$52	<a href="http://www.actstudent.org/">www.actstudent.org/</a> \$55
	<b>February 12, 2022</b>
<b>March 12, 2022</b>	<b>April 2, 2022</b>
<b>May 7, 2022</b>	<b>June 11, 2022</b>
<b>June 4, 2022</b>	<b>July 16, 2022</b>
JRHS School Code -470335	JRHS School Code - 470335



# Prep for the SAT @ collegeboard.org

CollegeBoard | Khan Academy

## Boost your confidence and score with Official SAT® Practice

Start practicing



### Personalized for you

We'll create a tailored practice plan for you based on a diagnostic or your SAT or PSAT/NMSQT® scores



### Official

8 full-length, real practice tests and content created in partnership with College Board



### Interactive

Thousands of practice questions, videos, lessons, and hints plus study and test-taking tips and strategies

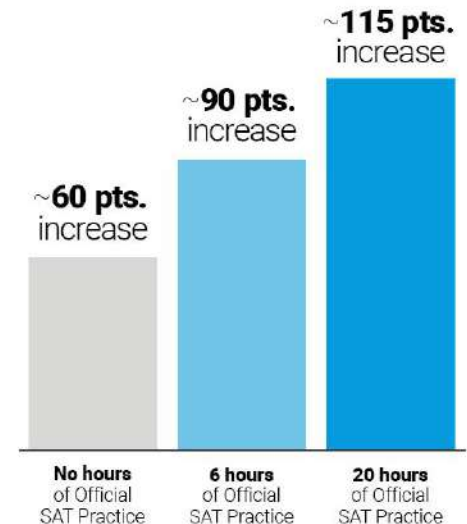


### Instant

Get constant feedback and progress so you know where you stand

### SAT Score Improvements and Official SAT Practice

This graphic shows the average number of points gained from PSAT/NMSQT to SAT associated with the hours spent practicing on Khan Academy.



# Prep for the ACT @ academy.act.org/

## Get Your Best Score Possible on the ACT Test

ACT Academy™ is a free online learning tool and test practice program designed to help you get the best score possible on the ACT test, and well on your way to college and career success.

Through video lessons, interactive practice questions, full-length practice tests, educational games, and other materials targeted to your academic needs, ACT Academy provides you with a personalized study plan based on your previous scores from:

- The ACT® test
- PreACT®
- Official ACT practice tests
- In platform diagnostics.

### ACT Academy features:

- Personalized resources
- Accessible anytime/anywhere there is an internet connection
- Both a full length ACT test option as well as ACT test sections
- Educational games to drive mastery of content

Start Practicing with ACT Academy

# Navigating Financial Aid

- ▶ Free Application for Federal Student Aid (FAFSA)
  - Senior Year
- ▶ Scholarships/ Grants/ Loans



Opportunities Workbook Page 11

# For more information visit the JRHS School Counseling Website

Counseling

- Announcements
- College Planning
- Dual Enrollment
- Registration
- Resources
- Scholarships
- Transcript Request
- BCPS Student Assistance Program
- Presentations

James River High School / Programs / Counseling

## Counseling



Mrs. Hatcher, Mrs. Simmons, Mrs. Drumheller, & Ms. Alphin

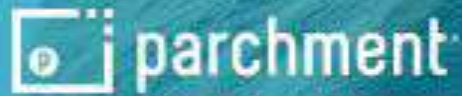
# JOIN THE GOOGLE CLASSROOM

This will be used throughout high school and especially senior year!



4irwqoe

**JOIN  
NOW!**



## Parchment

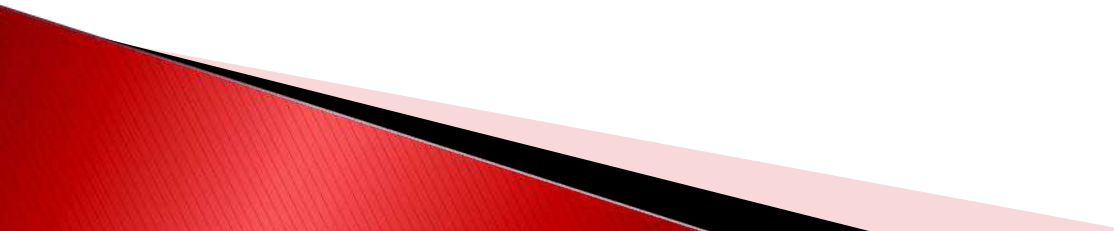
- Online transcript platform
- As a senior, you will request them to be sent to colleges and/or employers



## Major Clarity

- Career research tool
- Academic and career plan
- Scholarships, resume, college search, etc.

# Parchment

- ▶ Online Transcript Request System
  - ▶ You will create an account and will “order” a transcript each time you apply to a school or job.
  - ▶ No charge for transcript
  - ▶ Create your account now by following the instructions!  
Let us know if you have questions!
- 

# Parchment.com



Order

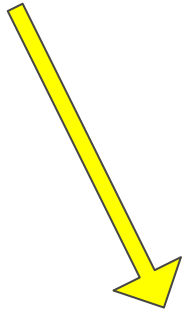
Markets

Products

About

## Create Account

Which of these best describes you?



### Learners or Parents

Current students, alumni or parents.  
Start your transcript order here.

[CREATE ACCOUNT](#)



### Education Administrators

Counselors, Registrars or other Academic Record Administrators should identify their market page, select the product of interest and then submit a request to "Start the Conversation". Third party

[FIND YOUR MARKET](#)



# Major Clarity

- NEW tool for Career Exploration, resume writing, ACPs, College Search

platform.majorclarity.com

Your 1770 email

Click continue with Google

MajorClarity  
Discover your passions.

Sign In

Email  
asimmons@177.us

Password

Sign in

Sign up  
Forgot your password?  
Have you graduated?

or

Sign in with Clever

Continue with Facebook

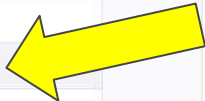
Continue with Google

# Take both assessments!



Anne Simmons  
Edit your profile

- My Portfolio
- Assessments**
- Career Exploration
- Academic Planning
- Postsecondary Exploration
- Financial Resources
- Career Readiness
- Work Opportunities
- Application Center
- My Career Plan



## Assessments

Complete these assessments to help us make better career path suggestions.

### Personality Assessment

Rate your enjoyment of the following activities to generate better career recommendations.

0/48 complete

Would you enjoy performing the following activity?

**Sell restaurant franchises to individuals**



### Learning Styles Assessment

Find out more about your learning style by answering yes or no.

0/25 complete

Is this statement usually true for you?

**When I make things for my studies, I remember what I have learned better.**



Quick Links Recently Visited Recently Visited

# When you are finished...Explore!



Anne Simmons

[Edit your profile](#)

- [My Portfolio](#)
- [Assessments](#)
- [Career Exploration](#)
- [Academic Planning](#)
- [Postsecondary Exploration](#)
- [Financial Resources](#)
- [Career Readiness](#)
- [Work Opportunities](#)
- [Application Center](#)
- [My Career Plan](#)

## Majors or Careers

Start Typing For Suggestions

## Strengths

Please select...

## Cluster

Please select...

65 paths



## Veterinary Sciences

Perform medical tests in a laboratory environment for use in the treatment and diagnosis of diseases in animals. Prepare vaccines and serums for prevention of diseases. Prepare for the role of a veterinarian.

**Fit Score: 96%**

[Learn more](#)

[Watch an interview with a pro](#)

[Try an activity](#)



## Biotechnology

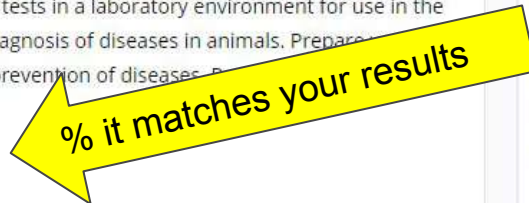
Biotechnology is the use of living systems and organisms to develop or make products. Depending on the tools and applications, it often overlaps with the related fields of bioengineering,...

**Fit Score: 90%**

[Learn more](#)

[Watch an interview with a pro](#)

[Try an activity](#)



% it matches your results

# Scholarships !\$!



Anne Simmons

[Edit your profile](#)

My Portfolio

Assessments

Career Exploration

Academic Planning

Postsecondary Exploration

**Financial Resources**

Career Readiness

Work Opportunities

Application Center

My Career Plan

Scholarships, school selection (in-state vs. out-of-state), and avoiding debt can help set you up for success in your career and life.

## Scholarships

Search

Enter your search term

Type

Please select...

Min Amount

Min

[See more filters](#) ▾

23262 scholarships

### ★ **National Italian American Foundation (NIAF) Scholarship**

**Amount:** \$2,000-\$12,000

**Deadline:** March 1, 2020

Applicant must be enrolled in an United States accredited institution of academic term and fit into one of the following categories: be an Italian demonstrate outstanding potential and high academic achievements or or minoring in Italian language, Italian studies, Italian American studies outstanding potential and high academic achievements. Selection is based on study, career objectives, and the potential, commitment, and abilities.

# 11th Grade “To Do”

- ▶ Take assessments in Major Clarity and spend some time researching careers!
- ▶ If considering a 4 year school – sign up to take the SAT/ACT this Spring
- ▶ Develop a list of schools you are interested in.
- ▶ Begin visiting schools.
- ▶ Narrow down your list as much as possible.
- ▶ Create or update your resume

**\*\*Most college applications are submitted by January of Senior Year\*\***



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Mrs. Simmons, Mrs. Drumheller, Ms. Amy Alphin

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Mrs. Hatcher