

# Grade 11 – School Counseling Office

**Mr. Zimmerman (student last names A-C)**

**Mr. Bittinger (D-K)**

**Mrs. Devine (L-R)**

**Mr. Minnier (S-Z)**

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**Ms. Ward and Mrs. Helt - Counseling Office Staff**

# Today's Agenda



Welcome

Why/How to see your counselor

Confidentiality

Future Planning

Healthy Digital Diet

# WHY SEE YOUR COUNSELOR?

We want to connect  
with you, help you,  
and make a  
difference in your  
life.

- Academic Planning
- College and Career  
planning
- Social/Emotional  
Concerns

# Social/Emotional



Social/Emotional:

What to do if you are feeling sad, anxious, depressed, stressed, etc.

What to do when concerned about a friend?

“When you see or hear something, say something”

# What is confidentiality?

## When is confidentiality breached?

All learners in South Western School District have access to the services offered by the school counselor(s). Information learners share with the school counselor is confidential. The learner's right to privacy is guarded as much as permitted by law, ethics and school rules. The school counselor is obligated to break confidentiality when there is a potential harm to the learner or others, concern of neglect or abuse, or a court of law that requires testimony or learner records. The school counselor often consults with other school professionals, but may only share confidential information when the person with whom the information is being shared has a specific and legitimate educational interest.

# *How do I make an appointment with my counselor?*



In person appointments can be used to talk about high school planning, academic concerns, college and career preparation, SAT info, college application help, or personal/social concerns. If you'd like to meet your counselor in person:

- Preferred Method: Fill out the google request form: [SWHS Counselor Appointment Request](#)
- You can also email your counselor directly to request an appointment.

Please note: Same day appointments are usually not available. Please expect 2-3 school days for your appointment to be scheduled.

Check your eHallpass each day to see when your appointment has been scheduled.

If you have an emergency need to see a counselor, please speak to your teacher or the closest adult!



## #1 - Keep Grades Strong

Keystone Exams - Graduation Requirements

More serious consideration of options after High School:

- 4 year colleges
- 2 year colleges/Community college
- Technical/Trade school
- Military Enlistment
- Workforce training
- Apprenticeships

# Career/College Planning



- Research options online
- Take campus tours of colleges and tech/trade schools
- Attend 5th period college rep visits
- If you are thinking of special program in 12th grade (Step Ahead/Work Release, Dual Enrollment, Early Grad, Pre-apprenticeship, etc.) make sure you have enough credits, strong grades, and excellent attendance
- College Entrance Testing:
  - PSAT - October (during school)
  - SAT - Saturdays, six dates through the year (Oct, Nov @ South West)
  - Register, practice, get scores on the College Board website

Be smart with how much time you spend on electronic devices and what you are using them for.



## Healthy Digital Diet

Think before you post

Update Privacy Settings

Disconnect from time to time

Clean up your Digital Image - colleges, employers, and scholarships are looking!

# Things you Should do in 11th Grade



- Stay involved and keep grades strong
- Attend Hanover College Fair (September ??)
- Take the PSAT (October)
- Research colleges/career options
- Take the SAT (various dates)
- Meet with counselor for scheduling
- Attend 11th grade College Program (March ??)
- Make an appointment with counselor as needed for individual planning

# COMMUNICATION



Be sure to check your email daily!

Your [southwesternsd.org](https://southwesternsd.org) gmail account is how you get most information about what is going on in school.

Email is main method of communication for colleges and business - get used to it!

# Pennsylvania Pathways to Graduation

## Keystone Proficiency Pathway

*Numeric or Non-Numeric Scores*

**Algebra I**

Proficient or Advanced

**Biology**

Proficient or Advanced

**Literature**

Proficient or Advanced

## Keystone Composite Pathway

*Numeric Scores Only*

At least 1 Keystone Exam scaled score is  
**1500 or Greater**

No Keystone Exam score is  
**Below Basic**

The Keystone Exam 3-score composite is  
**4452 or Greater**  
The Keystone Exam 2-score composite is  
**2939 or Greater**  
*(where eligible under §121.1)*

## Junior College Planning: Fall and Winter

- ☐ Learn about colleges and save schools you're interested in to your College Board account.
- ☐ Make an appointment with your counselor to ask about upcoming college fairs and about taking the PSAT/NMSQT in October.
- ☐ Make a list of what you're interested in studying and explore career ideas.
- ☐ Manage your college search, test scores, and application statuses on your College Board account.
  - If you're looking at visual and performing arts majors, some colleges require a portfolio or audition. Use the Career Search tool and find out how you need to prepare.

## Junior College Planning: Fall and Winter

- ☐ Estimate how much college might cost and how much financial aid you may need.
- ☐ Register to take the SAT and practice on Khan Academy® for free.
- ☐ Register for AP Exams for the courses you're enrolled in this school year.

## Junior College Planning: Spring

- ☐ Continue to build your college list and explore schools by type, housing options, majors, sports, student organizations, cost, and more.
- ☐ Take the SAT or consider retaking the SAT.
  - Double-check if you're eligible for a fee waiver.
  - Remember – 67% of students improve their score the second time around.
- ☐ Learn the 3 different ways of getting financial aid and get a copy of your family's tax returns.
- ☐ Student-athletes, make sure the NCAA® gets your SAT score and ask your counselor to upload your official transcript to the NCAA® Eligibility Center.

## Junior College Planning: Spring and Summer

- ☐ Take the AP Exams you registered for to show colleges that you're committed and motivated to succeed.
  - Review the exam schedule and make a plan to get ready for exam day.
  - Login to AP Classroom to use free resources, including AP Daily videos, to review content and get prepared.
- ☐ Find a full-time job, part-time job, or internship to gain work experience .
- ☐ Visit college campuses. Talk to current students or professors while you're there.
- ☐ Create a résumé.



Leadership is often about **showing up**. Be the person in your clubs who raises their hand to do the things **no one else is doing** - hang the posters, attend each meeting, or sell tickets at lunch.

Involvement like this **makes an impact** and makes your high school experience more rewarding.

- Ashley Meyer

Former Assistant Director of Admission | Georgia Tech



@collegewise



Ask your teachers how they're doing.... **teachers are people too!**

Be the kid who stays after class to just ask how their weekend was... Sure it helps them get to know YOU better, but it also makes your year **that much more enjoyable** to have a teacher you actually **know**.

- Casey Near

Dean of Counselor Development | Collegewise



@collegewise



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What's happening? **Personal qualities are driving more of the process.**

What should students do? **Be a good human. Great character = Great outcomes. Extract life's lessons along the way.**

- Kevin McMullin

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