



# Counselor Connections: West Junior High Spring 2017

## Academy Transition Plan: How We Plan to Prepare Your Student to Choose an Academy



**ACADEMIES  
OF SHAKOPEE**

You may have heard some buzz about the Academies of Shakopee! If you haven't, the Academies of Shakopee are small learning communities organized by area of interest that open in the Fall of 2018.

In total, there are 7 Academies: Arts & Communication, Business & Entrepreneurship, Engineering & Manufacturing, Health Science, Human Services, Science & Technology, and the Freshman Academy.



These areas of interest are not new to students at West Junior High! The past three years, our students have registered for elective courses that are categorized according to these interest areas. In addition, the career lessons in both 7<sup>th</sup> and 8<sup>th</sup> grade attempt to highlight connections between junior high electives, high school academies, and future college or career plans.

Next winter, the graduating classes of 2021, 2020, and 2019 will be asked to choose an Academy based on their interests. With exciting changes and big decisions on the horizon, the Counseling Department has developed a plan to help students and families prepare to choose the Academy that best fits each student's interests and future goals. At the end of this newsletter, you will see a detailed plan of what we already are doing, **what we plan to add next year**, and **our long-term plan** to help students be college and career ready.

### Recent & Upcoming Events

**Ongoing Mondays/Tuesdays**  
Breakfast Clubs

**April 4-6**  
9<sup>th</sup> Grade Resume Lesson

**April 5-7**  
Connect to College and Career

**April 27**  
Student Ambassador Meeting

**April 28**  
8<sup>th</sup> Grade AVID College Admissions Lesson

**May 10-12**  
Connect to College and Career

### Events to Look Forward to Fall 2018

**7<sup>th</sup> Graders:** Junior High 101, Minute Meetings

**8<sup>th</sup> Graders:** 4-Year Course Planning

**9<sup>th</sup> Graders:** High School 101, 4-Year Course Planning, and Academy Selection

# Highlights from Semester Two...

## Small Group Meetings

WJH's Student Ambassadors celebrated their role as leaders at our final meeting. We want to thank them for helping our new students feel right at home this year!

Also, in recent weeks, all four Breakfast Clubs greatly improved their average grade percentages; this shows that they are on their way to meeting their semester two goals!

## Classroom Lessons

Ms. Gerster and Mrs. Richter were in 9<sup>th</sup> grade English classrooms helping students develop their first resume.

During the lesson, students reflected on their academic, work and volunteer experiences before entering their information into a resume builder on Naviance: Family Connection. Students will have access to their saved resume, as well as the resume builder, all throughout high school. This might be useful later on when applying to colleges and careers; some students already used theirs to obtain summer jobs!



In 8<sup>th</sup> grade AVID classrooms, Mrs. Richter talked about college acceptance criteria and GPA after attending a field trip at Normandale Community College.

## Connect to College & Career

As usual, we had a lot of fun implementing Connect to College & Career lessons and lunch activities this spring!

### February: Career Connections Game

Students were challenged to make connections between various careers, college majors, and salary amounts. They also had to identify which of the six Academies of Shakopee each career fell into.

### March: College Athletics & Activities

Students completed an online scavenger hunt to find information about college athletics, student clubs, student government, Greek life, and studying abroad.

### April: Accepted or Not?

GPS classes were given admission requirements for a specific college and a summary of three hypothetical students. GPS classes then got to decide if those students were **ACCEPTED**, **WAITLISTED**, or **DENIED**!

### May: Roadmap to Graduation

Students were faced with hypothetical scenarios related to their future. Students then discovered the positive and negative outcomes of their decisions while playing a board game resembling The Game of Life!

## Mindfulness Apps for Your Student This Summer



**Stop, Breathe, & Think:** This app encourages students to check in on how they are feeling physically, mentally, and emotionally and recommends guided meditations tailored to their current state. Fun features: "body scan" mediation, yoga and acupressure videos, and a meditation timer with calming soundscapes.



**What's Up?:** This app focuses on helping students identify and overcome negative thinking patterns. Fun features: "grounding" game, metaphors and positive quotes to assist with coping, and a "catastrophe scale" that may help your student put things into perspective when feeling overwhelmed.



**Aura:** This app sends students 3-minute meditations everyday aimed at helping them find peace, comfort, and confidence. Fun features: a gratitude journal, a list for daily goals, and "mindful moment" pop-up notifications to remind students to take breathing breaks throughout the day.

## Contact Us

Counselors have limited availability over the summer. Please call the main office at 952.496.5752 if you need immediate help.

Erin Richter (7<sup>th</sup>/8<sup>th</sup> grade): [erichter@shakopee.k12.mn.us](mailto:erichter@shakopee.k12.mn.us) 952.496.5739

Amy Gerster (9<sup>th</sup> grade): [agerster@shakopee.k12.mn.us](mailto:agerster@shakopee.k12.mn.us) 952.496.5723

## COLLEGE AND CAREER READINESS PLAN

## (INCLUDES ACADEMY PLANNING &amp; PORTIONS OF MY SABER PLAN)

	Parent & Community Outreach	Events & Exposure Opportunities	Classroom Lessons
6 <sup>th</sup> Grade	<ul style="list-style-type: none"> <li>Parent Presentations &amp; Registration Night</li> </ul>	<ul style="list-style-type: none"> <li>Invite students to saber showcase</li> </ul>	<ul style="list-style-type: none"> <li>Gateway Courses</li> <li>Middle School Course Planning</li> <li>Middle School 101</li> <li>Career Lesson: Introduction to Family Connection (Naviance)</li> </ul>
7 <sup>th</sup> Grade	<ul style="list-style-type: none"> <li>Parent Presentations &amp; Registration Night</li> </ul>	<ul style="list-style-type: none"> <li>Invite students to saber showcase</li> </ul>	<ul style="list-style-type: none"> <li>Gateway Courses</li> <li>Area of Interest Electives</li> <li>Career Lesson: Career Clusters tied to academy selection in Family Connection (Naviance)</li> <li>Registration Presentations</li> <li>Connect to College &amp; Career</li> <li>Middle School Course Planning</li> </ul>
8 <sup>th</sup> Grade	<ul style="list-style-type: none"> <li>Parent Presentations &amp; Registration Night</li> <li>Parent Presentations during Conferences</li> </ul>	<ul style="list-style-type: none"> <li>Pre-Transition Meeting by Freshman Academy Counselors*</li> <li>Invite students to saber showcase</li> </ul>	<ul style="list-style-type: none"> <li>Gateway Courses</li> <li>Area of Interest Electives</li> <li>Career Lesson: Career Key tied to academy selection in Family Connection (Naviance)</li> <li>Registration Presentations &amp; 4-year high school plan</li> <li>Connect to College &amp; Career</li> <li>Course Planning with Academy Counselors (4-year high school plan)</li> </ul>
9 <sup>th</sup> Grade	<ul style="list-style-type: none"> <li>Registration Information Night (with Saber Showcase)</li> <li>Road to College</li> <li>Academy Curriculum Night (Open House)</li> <li>Academy Fair Scavenger Hunt during Fall Conferences</li> <li>Parent Presentations during Conferences</li> <li>Academy Presentations by Executive Principal during Registration Night</li> </ul>	<ul style="list-style-type: none"> <li>Fall &amp; Spring Saber Showcase</li> <li>Off-site Academy Information (Counselors &amp; EWE)</li> <li>Academy Spirit Day</li> <li>Pre-Transition Meeting by Freshman Academy Counselors*</li> <li>Principal Academy Presentation</li> <li>Career Fair</li> </ul>	<ul style="list-style-type: none"> <li>High School 101</li> <li>Connect to College &amp; Career</li> <li>Connect to College &amp; Career</li> <li>Career Lessons:               <ul style="list-style-type: none"> <li>Resume Building (Family Connection/Naviance)</li> <li>Academy Selection Wheel</li> </ul> </li> <li>Academy Mini-Lessons</li> <li>Course Planning with Academy Counselors (4-year high school plan)</li> <li>Mock Interviews</li> <li>College Lesson: Game Plan &amp; Super Match (Family Connection/Naviance)</li> </ul>
	ACADEMY SELECTION (WINTER)		

## COLLEGE AND CAREER READINESS PLAN

## (INCLUDES ACADEMY PLANNING &amp; PORTIONS OF MY SABER PLAN)

	Parent & Community Outreach	Events & Exposure Opportunities	Classroom Lessons
10 <sup>th</sup> Grade	<ul style="list-style-type: none"> <li>Road to College</li> <li><b>Academy Curriculum Night (Open House)</b></li> <li><b>Parent Presentations during Conferences</b></li> </ul>	<ul style="list-style-type: none"> <li>Saber Showcase/Registration Night</li> <li>ACT Prep &amp; Practice ACT</li> <li>College Knowledge Month</li> <li><b>Welcome Back Kick Off*</b></li> <li><b>Academy Spirit Day</b></li> <li><b>Principal Academy Presentation</b></li> <li>Individual Academy Welcome Activity</li> <li>Career Fair</li> </ul>	<ul style="list-style-type: none"> <li>Career Lessons:               <ul style="list-style-type: none"> <li><b>Academy Selection Wheel*</b></li> <li>Personality Inventory (Family Connection/Naviance)</li> <li>Update Resume (Family Connection/Naviance)Job research/Interview Experience (Family Connection/Naviance)</li> </ul> </li> <li><b>Academy Mini-Lessons*</b></li> <li><b>Course Planning with Academy Counselors (review 4-year high school plan)</b></li> <li>College Lesson: Super Match (Family Connection/Naviance)</li> </ul>
11 <sup>th</sup> Grade	<ul style="list-style-type: none"> <li>Financial Aid Night</li> <li>Road to College</li> <li><b>Academy Curriculum Night (Open House)</b></li> </ul>	<ul style="list-style-type: none"> <li>Saber Showcase/Registration Night</li> <li>College Knowledge Month</li> <li>ACT Testing</li> <li><b>Academy Spirit Day</b></li> <li><b>Principal Academy Presentation</b></li> <li>Career Fair</li> </ul>	<ul style="list-style-type: none"> <li>Post-High School Planning Presentation</li> <li><b>Academy Mini-Lessons*</b></li> <li><b>Course Planning with Academy Counselors (review 4-year high school plan)</b></li> <li>Career Lesson:               <ul style="list-style-type: none"> <li><b>Academy Selection Wheel*</b></li> <li>Professional Networking</li> <li>Career Key (Family Connection/Naviance)</li> </ul> </li> <li>College Lesson: Super Match (Family Connection/Naviance)</li> </ul>
12 <sup>th</sup> Grade	<ul style="list-style-type: none"> <li>Financial Aid Night</li> <li>College Goal Night</li> <li>Road to College</li> <li><b>Academy Curriculum Night (Open House)</b></li> </ul>	<ul style="list-style-type: none"> <li>Saber Showcase/Registration Night</li> <li>College Knowledge Month</li> <li>College &amp; Career Planning Day</li> <li>National Decision Day</li> <li><b>Academy Spirit Day</b></li> <li>Career Fair</li> </ul>	<ul style="list-style-type: none"> <li>Post-High School Planning Presentation</li> <li>College Lesson: Super Match (Family Connection/Naviance)</li> <li>Career Lesson: Job Shadowing &amp; Exposure</li> </ul>