



Scheduling for 2018-2019

Counselors will meet with students during the months of February and March to aide in *course selection for the 2018-19 school year*. Course selection will be completed online this year through Career Cruising. Requests for the 2018-19 school year should be reviewed for accuracy of placement and appropriateness of choices based upon interests, career paths, and skill level. Often during the month of May some schedule conflicts regarding the 2018-19 school year are often revealed. These situations occur when a certain combination of classes will not fit into one's schedule and results in an alternative choice needing to be made. It is the goal of our administration to provide as many students as possible with their first choice but unfortunately this doesn't always happen. Please be aware and know that every effort will be made to place students in appropriate and desired classes. Students will be asked to provide these possible alternatives during the scheduling process.



Students should also be reviewing the possibility of taking courses during *summer school*. At the time of this publication much of summer school may already be scheduled and full but it is an option that should still be considered, particularly for students who may be behind in credits. Please contact your student's counselor if you have any questions.



Career Panels

During second semester the Counseling Department will host two Career Panels for students to attend during the school day if they chose. The dates and topics are:

- March 15th - Agriculture, Food and Natural Resources
- May 5th - Health Sciences

Students interested in these fields for career choices are strongly encouraged attend - sign up can be done through the emailed google doc or students may see their counselor.

8th Grade Activity Night

On Friday, May 18th, Peer Helpers will sponsor and host 8th Grade Activity Night. This is a terrific opportunity for incoming Freshmen for the 2018-19 school year to come and get acclimated to Central High School. The evening includes many activities, tours, open gym and a dance. The evening runs from 6 p.m. to 8:30 p.m. and the cost is only \$1.



Student Assistance Programs and Support Groups

Each year the Central High School Student Assistance Program offers groups for students that may be facing a variety of issues, concerns and stressors. The following is a list of support groups currently offered.

- **Anger Management** - This support group is for students who would like to learn how to manage their anger in appropriate ways.
- **Changing Families** - This support group is for students whose families have experienced, or are in the process of, separation or divorce.
- **Concerned Persons** - This support group is for students with someone in their lives whose alcohol or other drug use is causing a problem for them. This could be a family member or a friend.
- **Grief and Loss** - This support group is for students who have lost someone close to them to death recently or in the past.
- **Healthy Mind & Body Group** - This support group is for students who want to make healthy choices and develop a positive body image.
- **L.G.B.T.Q.** (Lesbian, Gay, Bisexual, Transgender and Questioning) Support Group - This group provides support, assistance and advocacy for all students in a comfortable group environment. The group focuses on the unique and diverse issues surrounding the areas of sexual orientation and gender identity.
- **Relationships 101** - This support group is for students who would like to learn how to identify healthy and unhealthy characteristics of relationships and how to communicate effectively with others.

- Use/Abuse - This support group is for students who are using alcohol and/or other drugs and are open to learning more about the effects it may be having on them socially and in other ways.

Groups are offered each year and will run based on student interest and need. Students can sign up for groups by seeing their school counselor or completing the group survey emailed to them at the beginning of the school year during an Advisory time period.

Sophomore Conferencing

The Counseling Department held Sophomore Academic Career Plan Conferencing during the months of October- December. These conferences are part of a Department of Public Instruction initiative that seeks to improve communication between parents, students and the school. Conferences lasted approximately 45 minutes and covered students' interests, strengths and goals. It also allowed for review of current academic progress as well as test scores as they relate to those goals and strengths. An Academic Career Plan (ACP) is created to provide a roadmap for students' upcoming years to attain their goals. Students began and led the first part of the conference when they shared their e-Portfolio that they have created in Career Cruising. This portfolio includes learning and interest profiles as well as career and post-secondary school options and is a valuable tool for subsequent educational and career planning.

