

Navigating Junior High

**Tips from the
Counseling Office**

Intro

Academics

Tech

SEL

Next

Team Sims



School Counselors

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What do we do?

ACADEMICS: class schedules, grades and citizenship, promotion

SOCIAL/EMOTIONAL LEARNING: issues with family, friends or teachers, emotional well-being

COLLEGE AND CAREER READINESS: goal setting, University/College questions

Academic Success

Supporting your student

Synchronous Learning

When students are on Zoom with their teachers and peers:

- Camera ON
- Follow instructions
- Participate in the chat discussion
- Ask questions
- Engage with peers when working in breakout rooms
- Stay on task and complete in-class assignments
- Be respectful when on Zoom

Asynchronous Learning

When students are working remotely on independent assignments:

- Create a schedule/structure
- Use an agenda or calendar
- Eliminate at-home distractions- phones!
- Check NEO for due dates
- Prioritize assignments- don't procrastinate!
- Reach out to peers for support- learning pod?
- Contact teachers with questions or for help
 - Retake tests
 - How can I improve?

Tips & Tricks For Parents:

Ask your student what **IS** and what **IS NOT** working for them right now?

At-home support:

- Get your child to go outside between class breaks
- Limit distractions
- Encourage camera being ON

Mental/emotional check-ins:

- How is their mood?
- Have your student do something each day that makes them happy!

Engage in their learning:

- Checking NEO with them
- Has your child **taught YOU a lesson** about the material they are studying?
 - Don't ask "Did you finish your homework?"
 - Try "Can I see what you're doing in math?"

Help with test prep:

- "Quiz" them before the test
- Suggest flashcards

Additional Help

TEACHER OFFICE HOURS - to ask specific questions and get one-on-one help.

PAPER ONLINE TUTORING - 24/7 live access to tutoring.

ACADEMIC CHECK-INS WITH YOUR COUNSELOR - we can meet with your student, help them stay on track with their assignments, and answer any questions they have.

Tech

Try to keep up!

Intro

Academics

Tech

SEL

Next

Are you familiar with how to access NEO, review your student's assignments, and check their current grades?

- See due dates for assignments
- Monitor grades on classwork and tests/quizzes
- Watch out! An "M" grade means it is "MISSING"
- Read comments from teachers - hover over the yellow sticky note below assignments
- Send messages to directly to teachers

Learning Platforms and Tools

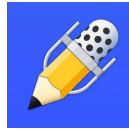


NEO

neo.sbunified.org

Parents and students have their own accounts - email your child's counselor if you need help!

Notability



Take notes and turn in written work electronically - especially in MATH!

Login Reminders

GOOGLE ACCOUNT USERNAME:
studentID@my.sbunified.org

FORGOT PASSWORD?
<https://password.sbunified.org>

WIFI: Student ID Number and Your Universal Password

TECH SUPPORT

Students submit ipad/app support requests on our website under the STUDENT tab (google form)

ZOOM



The link for classes will be on the teachers' NEO Welcome pages.

OFFICE HOURS have separate links!



PAPER

Paper provides unlimited one-on-one online tutoring for any subject, and is available 24/7.

Log in with school Google Account

Social/Emotional Learning

Intro

Academics

Tech

SEL

Next

Staying Healthy

Remember when YOU were a teen?

Things are a little different now - especially this year!

- Classroom presentations
- Videos: coping with stress
- S.O.S. (“Signs of Suicide”) curriculum in the spring



ASB

7th graders
learn more
about running
for ASB!!



AHA! Peacebuilders Club

Guitar Club



CLUBS

Gender and Sexuality
Alliance



Surf Club



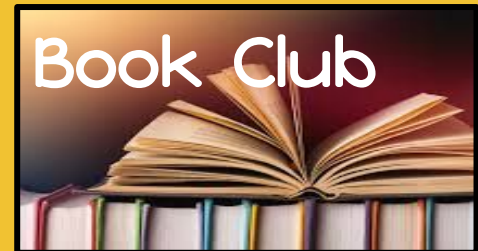
Cooking Club



Environmental
Club



Book Club



STOPIT APP

STOP!T

An anonymous way for students to report concerns of bullying, cyberbullying or other inappropriate behaviors. Break the code of silence and keep our school SAFE!

Download the app from the App Store

Access Code:

LaColinaLions
(cap sensitive - no spaces)

RESOURCES



Mental
Wellness
Center

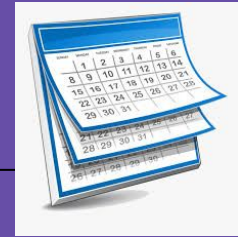


What's Next?

Thinking ahead

Time Flies!

Preparing for high school



Intro

Academics

Tech

SEL

Next

Timeline

November 30: H.S. Virtual Academy Showcase

December 1: Transfer window opens - online application and boundary maps

<https://www.sbunified.org/departments/pupil-services/school-and-district-boundary-maps/>

January: Scheduling course selection and transfer window closes

Start learning about...

- Transcript and G.P.A. - where in Aeries can you find it?
- SBUSD Course Catalog- <https://courses.sbunified.org/>
- A-G requirements for college admissions

A-G <u>Minimum</u> Requirements		
A	History/Social Science	2 years → 3-4 years
B	English	4 years
C	Math	3 years → 4 years
D	Lab Science	2 years → 3-4 years
E	Language Other Than English	2 years → 3-4 years
F	Visual and Performing Arts	1 year → 2 years
G	College Prep Elective	1 year

In order to be a competitive candidate, you must take courses beyond the minimum requirements.

- Dual Enrollment SBCC summer classes
- Community Service - start 60 h.s. hours after graduation!

High School Academies

Intro

Academics

Tech

SEL

Next

Academies and Career Pathways:

<https://www.sbunified.org/departments/educational/academies/>

<https://www.sbunified.org/departments/educational/career-and-technical-education-cte/>

DOS PUEBLOS HIGH SCHOOL

Computer Science Pathway

Construction Technology Pathway

Culinary Arts Pathway

DP Media Pathway

DP Engineering Academy (DPEA)

Sports Medicine Pathway

SAN MARCOS HIGH SCHOOL

Construction Technology Pathway

Culinary Arts Pathway

Health Careers Academy (HCA)

Entrepreneurship Pathway

Teacher Education Pathway

SANTA BARBARA HIGH SCHOOL

Computer Science Academy (CSA)

Construction Technology Pathway

Culinary Arts Pathway

Multimedia Arts and Design Academy (MAD)

Sports Medicine Pathway

Visual Arts and Design Academy (VADA)

Thanks for joining us!



We like questions!

Intro

Academics

Tech

SEL

Next