SCHOOL COUNSELING FRESHMAN FAQS

School Counseling Directory Link: http://www.nnschools.org/counseling/counselors.html

NEW STUDENT REGISTRATION INFORMATION

What are the steps required to enroll a new student?

Parents will need to use the Online Pre-Registration (OLR) self-service parent portal that allows parents and guardians to pre-register students online anytime from anywhere. OLR will be used in place of paper registration forms. The school will contact parents and guardians to schedule an in-person appointment to finalize the registration process. Please use the following link for more information and to start the registration process: http://www.nn.k12.va.us/registration/.

When should the registration process start?

To help ensure that schools and students are well prepared for the first day of school, parents are encouraged to register their child or children at their zone school as soon as possible. Doing so helps our schools and teachers be equipped and ready to make each student's first day pleasant and productive.

How do I determine what school my student will attend?

To determine which school your child will attend, use the NNPS School Zone Finder. Enter your address, and the finder will provide the names of the elementary, middle, and high schools assigned to each legal residence in the city. You may also call (757) 591-4500 to find out which school serves your neighborhood.

HIGH SCHOOL TRANSITION

Graduation Requirements

What are the graduation requirements for the class of 2024?

Credits required for graduation with a Standard Diploma.

Discipline Area	Standard Units of Credit Required	*Verified Credits Required
English	4	2
Mathematics	3	1
Laboratory Science	3	1
History and Social Sciences	3	1
Health and Physical Education	2	
World Language, Fine Arts or Career and Technical Education	2	
Economics and Personal Finance	1	
Electives	4	
Career and Technical Education Credential		
Total	22	5

*****A **verified** unit of **credit** is awarded for a course in which the student earns a standard unit of **credit** and passes a corresponding end-of-course SOL test or a substitute assessment approved by the Board of Education.

Credits required for graduation with an Advanced Studies Diploma.

Discipline Area	Standard Units of Credit Required	Verified Credits Required
English	4	2
Mathematics	4	1
Laboratory Science	4	1
History and Social Sciences	4	1
World Language	3	
Health and Physical Education	2	
Fine Arts or Career and Technical Education	1	
Economics and Personal Finance	1	
Electives	3	
Total	26	5

GRADE POINT AVERAGE (GPA)

What is a grade point average?

This is an average that is based upon the grades a student has earned in credit bearing coursed in middle and high school. Your grade point average (GPA) is the sum of all your course grades throughout your high school career divided by the total number of credits. Our high schools report grades on a 4.0 scale.

How are Courses Weighted?

Letter Grade	Points for IB, AP, GSST	Point for Honors, Pre-IB	Points for Standard
A	5	4.5	4
B	4	3.5	3
C	3	2.5	2
D	2	1.5	1
F	0	0	0

SCHEDULING

What date will schedules be available?

Schedules will be available for students to view on their StudentVue accounts the first week in September.

If I have a question or concern about my schedule, who do I contact?

Students are encouraged to check school website and email their school counselor if they have questions about their schedule. http://www.nnschools.org/counseling/counselors.html

When is the deadline to request a schedule change?

The last date to request a schedule change is September 18, 2020.

Who do I contact for academic support?

The first step is to reach out to your teacher through email or Canvass. Teachers will be available to support you in enhancing your understanding of the learning and/or key concepts. Please keep the lines of communication open with your teachers. Should additional support be necessary, please reach out to your school counselor to assist you in navigating support and resources.

How will I know if I am on track for 2024 graduation?

Each year in February or March you will meet with your counselor to discuss course selection for the next year. During that meeting you will discuss progress with your counselor. If you or your parents have any questions prior to your individual meeting, please email your counselor for assistance. Email addresses are available in the staff section of each school's website. http://www.nnschools.org/counseling/counselors.html

PROMOTION

What are the requirements to be promoted to the 10th grade?

In order to be classified as a sophomore a student must be in his/her 2nd year of high school **AND** have earned a minimum of 5 credits. Credits are earned by passing courses. At the end of each semester you earn 0.5 credits for each class you pass, with the exception of Career and Technical courses. A full credit is earned from those courses at the end of the year if passed.

OPPORTUNITIES

New Horizons Career and Technical Education Center

Students will have the opportunity to apply for admittance to New Horizons in the Spring of their sophomore year. New Horizons offers over 24 career and technical programs, some of which are dual enrolled through Thomas Nelson Community College. Factors that are considered for admittance are GPA, attendance, and discipline record. For more information you can visit https://nhrec.org/ctec/.

The Governor's School for Science and Technology (GSST)

GSST is one of nineteen Governor's Schools in Virginia that serve as regional magnet programs for high school students. GSST provides high-achieving students with a community of peers taking advanced courses in math, science, and technology, along with a rigorous grounding in research methodology. Students will have the opportunity to apply for admittance to New Horizons in the Spring of their sophomore year.

GSST Programs

- **Engineering** – Prerequisites: 2 of the following sciences: Biology, Chemistry and/or Physics, with a math minimum of Pre-Calculus
- **Biological Science** – Prerequisites: Biology and Chemistry, with a math minimum of Algebra II/Trig
- **Computational Science and Engineering** – Prerequisites: 2 of the following sciences: Biology, Chemistry and/or Physics, with a math minimum of Algebra II/Trig

For more information you can visit https://nhrec.org/gsst/.

PSAT TESTING

Will the PSAT be offered on October 14?

College Board is currently reviewing winter dates due to COVID-19. Additional information will be forthcoming.

COLLEGE AND CAREER EXPLORATION

What factors weigh most heavily on college admission?

Colleges look at many factors when reviewing applications. The top four things colleges consider are:

1. GPA
2. Rigor of high school curriculum
3. SAT/ACT scores
4. Involvement in extracurricular activities

What should I consider when reviewing colleges and when do I start applying?

There are many resources on the web. The College Board (Big Futures) and Naviance both have great search engines. Please consider the following: How far away from home do I want to go? Do I want to go to a large university or a medium or small college? Do I want to be in the country, suburbs or an urban setting? Does the college have my major? What extracurricular activities are important, and do they have them? Is the prestige of the college important? Does the college help with internships and help me get a job when I graduate? You will start applying to schools during the Fall of your senior year.

How do I apply for financial aid?

To qualify for many types of financial aid, you will need to complete the Free Application for Federal Student Aid (FAFSA). This application gives you access to scholarships, grants, loans and work-study. You will be able to fill out the FAFSA in October of your senior year. For more information visit: https://studentaid.gov/h/understand-aid/how-aid-works

What are the types of financial aid?

Scholarships: Free money to pay for school; Most colleges have general and major specific scholarships. There are thousands of national, state, and regional and local scholarships. Your transcript, GPA, letters of recommendation, SAT/ACT scores, and/or essays may be considered when you apply for scholarships.

Grants: Money given to students who demonstrate financial need.

Loans: Money loaned by the government or private lenders that must be paid back with interest.

Work Study: Program that offers flexible part-time jobs around student schedules.

CAREER EXPLORATION

How can I explore career options?

Students can access the Career Interest Profiler on Naviance. Completing the profiler can help you find out what your interests are and how they relate to the world of work. It can also help you decide what kinds of careers you might want to explore.

What test is required to join the military and what does it measure?

In order to join the military, you must take the ASVAB test and earn a qualifying score on that test. The Armed Services Vocational Aptitude Battery measures your knowledge and ability in ten different areas. It is not an IQ test, but the ASVAB does help the military assess which jobs you are best suited to perform. It is suggested that students interested in the military take the ASVAB for the first time during their Junior year. For free practice visit http://www.march2success.com/.

ACTIVITIES

IMPORTANT DATES

SEPTEMBER

September 8th First Day of School

September 22 – September 26 - HBCU Virtual College Fair https://www.hbcuweek.org/events/

Will there be the annual College Fair this year?
There will be a virtual college fair this year over a two-month period. Students will need to register. Information posted below:

September 14 – November 6 -VACRAO and StriveScan present the *Virtual College Exploration Program*
Join over 100 institutions for panels and college fairs over the course of eight weeks.

Week 1 | Sept. 14 - 18 | Transfer-specific panel presentations and virtual college fairs

Week 2 | Sept. 21 - 25 | Freshman admission panel presentations

Week 3 - 6 | Sept. 28 - Oct. 23 | Freshman virtual college fairs

Week 7 | Oct. 26 - 30 | Freshman admission panel presentations

Week 8 | Nov. 2 -6 | Transfer-specific panel presentations and virtual college fairs

All events are free and open to all students. Sign up for as many sessions as you would like that fit your schedule. Website for students to register: www.strivescan.com/virginia/.

OCTOBER
Freshman Conferences

NOVEMBER
November 2 End of Marking Period 1
November 11 MP1 Report Cards Issued

FEBRUARY
Program Planning: Set up with school counselor to include Honors and Advanced Placement (AP) Classes

MARCH
Program Planning: Set up with school counselor to include Honors and Advanced Placement (AP) Classes

APRIL
Keep your grades up
Refocus your study habits and finish the year strong

MAY
Try virtual campus tours
Prepare for finals

JUNE
Volunteer with an organization you find interesting
Prepare for sophomore year by doing summer reading

MENTAL HEALTH

Given the impact school closures and the pandemic have had on the well-being of students, what resources are available this year to support their mental health?

- Social emotional and mental health resources will be available to support students this fall. Clinical and counseling staff will provide mental health support and resources including group counseling and consultation for students and families as needed.
- NNPS has Licensed Mental Health Therapists who offer school based mental health therapy. Please contact your school counselor to complete a referral for services.

Who should I contact if I need to speak with someone and am feeling sad or depressed?

Please reach out to your school counselor (email addresses are on the school website) or student support specialist at your school. Send him/her and email, and he/she will respond as soon as they can. Please put urgent in the subject line of your email.

You can also text "HOME" to 741741 for free counseling 24/7 in the United States.

If you are having thoughts of hurting yourself, please call the suicide hotline at 1-800-273-8255.

Social/emotional support is ongoing and a priority for all school counselors. Noted below are ways this is utilized:

- Collaboration with school psychologists and social workers
- Family updates with resource recommendations
- Sharing resource support with teachers
- Small group meetings on anxiety, stress, management
- Wellness check in with parents/providing resource
- Checking on students through parent contact
- Zoom meetings with teachers and parents
- Sharing resources with teachers on emotional support
- Follow up contacts based on parent and teacher recommendations
- Check in with students via google classroom and zoom
- Phone calls and follow up emails to families
- Small groups in zoom and google classroom
- Teaming in class sessions with teachers

- Counselor corner newsletter
- Providing students & families with tips & resources on wellness
- Following up with students who teachers and administrators have addressed concerns
- Check-in's with social/emotional concerns
- Student Support Team Meetings (Child Studies, 504's)
- Collaboration with student support specialists, school psychologists and social workers

RESOURCES

NAVIANCE: COLLEGE AND CAREER ASSESSMENT

LOGGING INTO NAVIANCE THROUGH CLEVER: NNPS
https://clever.com/in/newport-news-public-schools63880c7c30b000aaf

STUDENT LOGIN INSTRUCTIONS
https://drive.google.com/open?id=1TYYdR_JtOAN4zrGNNJeUu1mO7yc70Hjl

STUDENT REFERENCE GUIDES
https://drive.google.com/open?id=1EBokVcc-gMRsgjso-aJWY-YyFZMUHJfV

STUDENT VIDEOS
https://drive.google.com/open?id=1VO2W_omT42T8VLqiQDAobAPjKEi6dAja
Free College Planning Publication

BIG FUTURE
https://bigfuture.collegeboard.org/

COLLEGE BOARD
https://www.collegeboard.org/

KHAN ACADEMY
https://www.khanacademy.org/

OPPORTUNITIES GUIDE AND HANDBOOK: ECMC

ENGLISH:
https://issuu.com/ecmc_outreach/docs/2019-2020-va-opps-book?e=37426815/72392307

SPANISH:
https://issuu.com/ecmc_outreach/docs/2019-2020-va-opps-book-sp?e=37426815/73537825