

MVHS COUNSELING NEWSLETTER



High School & Beyond Planning — News & Information

August

FOR FAMILIES OF 9TH GRADE STUDENTS

Transitioning To High School

The beginning of the school year can be a nervous time for students, especially for those students who will be making the major transition to high school. Ninth grade is critical to students' success throughout high school.

As young adolescents move from middle school into high school, many students experience a drop in grades. Peers have a stronger influence (both positive and negative). With more choices, the potential of developing bad habits can also increase especially when a student is struggling. Although this can happen, it does not have to be the case.

Research confirms that when teens are asked who has the most influence over their actions, they overwhelmingly reply “our parents/guardians.” Despite the eye-rolling and often-demonstrated (and very natural) push for independence, high school teens need caring adults. Who better can provide the guidance, direction, care, love and sacrifice to guide them to adulthood? It is important that families stay involved throughout the high school years.

Discuss with your teen what worries you, as the parent/guardian, most about the high school years. Ask your teen what are his or her biggest concerns?

Think about what kind of high school experience you had. How have the challenges changed? How are they the same? How much did you talk with your parents?



School Contact Information:

MVHS Counseling 579-4450

Personnel:

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Ms. Kati C-Gor
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Ms. Sims Secretary
Ms. Wray and Mr. Barnes
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Did You Know?

What is the hottest job skill? The Army, NYPD, and State Department can't get enough workers with this job skill. Neither can Fortune 500 companies, hospitals, local courts and schools. What is it? Fluency in a foreign language.

Myth Buster

MYTH: Teens don't need sleep.

REALITY: Teenagers actually need as much sleep or more than they got as children—nine to ten hours are optimum.

Most adolescents are chronically sleep-deprived, averaging six to seven hours a night. Part of the blame can be placed on early starting times for school, which, coupled with many teens' 11 p.m. and midnight bedtimes, result in a considerable sleep deficit.

Lack of sleep has a powerful effect on a teen's ability to learn and retain new material, especially in abstract subject areas such as physics, philosophy, math, and calculus.

Schedule Change Policy:

All requests for schedule changes must be made by filling out a blue "schedule change request" form. The form must be signed by both student and parent and turned in to the counseling office no later than **August 10, 2018**. Priority will be given to requests by grade level, and then on a first-come, first-served basis. Changes are contingent upon class balance and size, class availability, and administrative approval.