YOUR FUTURE

NEWPORT HIGH SCHOOL
10TH (AND 9TH GRADE FRIENDS)
COUNSELOR PRESENTATION
PLAN FOR TODAY

Who is My Counselor?  Wellness Strategy  Future Planning
Pre-ACT Results
College Fit
Career Inventory
Naviance
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WELLNESS ACTIVITY
WELLNESS IDEAS

- Deep or square breathing
- Meditation or yoga
- Draw, color, clay
- Stress balls or puzzles
- Talk with a trusted friend
- Exercise outside
- Baking or cooking
- Listen to music
- Watch a movie
- Say “no” – avoid over scheduling
- Help someone else
- Walk the dog or snuggle the cat

- Eat nutritious meals
- Join club or team
- Take a break from your screen
- Exercise regularly
- Organize your work
- Use positive self-talk
- Say “no” – avoid over schedule
- Forgive – resentment is stressful
- Make a list and check off done
- Keep a gratitude Journal
- Choose caring friends
- Put your feet in nature
• Highest you can receive is a 35

• Your composite score is the average of English, Math, Reading, and Science
Look at your answers, why did you miss that question?

- Were you rushing?
- Did you not check your work?
- Did you miss bubble?
- Did you just not know the answer?
- Are all your missed questions at the end?
- Did you work too slowly?

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<th>Correct Answer</th>
<th>Incorrect</th>
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KEEP IN MIND THAT WAS ONE DATA POINT, ON ONE DAY

IF YOU TOOK IT THE DAY BEFORE OR THE DAY AFTER YOU’D LIKELY HAVE A DIFFERENT SCORE
OVER 700 SCHOOLS ARE TEST OPTIONAL

THE MAJORITY OF COLLEGES WANT AN ACT OR SAT

BUT THERE ARE MULTIPLE WAYS TO DEMONSTRATE YOUR KNOWLEDGE

TESTS ARE STILL IMPORTANT
WHAT ARE COLLEGES LOOKING FOR?

- Diversity – what makes you unique?
- Students who get involved AND make a difference in the school and community
- GPA combined with appropriate rigor
- Initiative/High Achievement – do your best on all assignments and projects
COLLEGE IS ABOUT FIT

• There’s a place for everyone. There are colleges that accept students with a 2.0 GPA, there are colleges that accept kids with a 4.0 GPA.
• Start at 2-year college (ex: BC and save $)
• Be Selfish! What things excite you?
• Be Happy! What feeds your joy?
• Be Successful! If you’re in a place that has what you want, you will be!
• Table group chat:
  – How does your parent’s experience of college impact your choice?
BSD COLLEGE CONFERENCE

• Wednesday, February 5th at SHS (for NHS, SHS and Big Picture)
• Thursday, February 6th at BHS (for IHS, BHS & International)
• Time: 6:00 – 8:30 PM
WHAT WE’RE DOING TODAY IN NAVIANCE

Priority

• Complete a Career Cluster Finder to get a better understanding of your postsecondary interests

Time Permitting

• Log into X2Vol
• Enter your ACT scores
• Complete a post-secondary Game Plan
• Add items to your resume
• Complete a college search
WHY DO WE DO THE CAREER CLUSTER?

Do you ever get asked what you’ll major in when you go to college?

We want you to find careers that will match your interests and work style.

The career cluster finder is a survey that you and professionals take. Naviance compares your results to industry professionals to find careers that they predict you’ll be interested in.

USE IT AS A TOOL to explore possible career areas.
NEW LOGIN TO NAVIANCE

GO TO NEWPORT WEBSITE

- bsd405.org/nhs
- Hover on Counseling and select Naviance

LOGIN THROUGH CLEVER
CAREER CLUSTER

HOVER OVER CAREERS

CLICK CAREER CLUSTER FINDER