



Class of 2020

Fall - Counseling Newsletter

SAVE THE DATE:

Fall Parent Night
Monday, November 5 at 6:30pm

Topics to be covered:

- Whitney HS 101
 - Transcripts
 - Classes & Pathways
 - Four-Year Plans
- Teens & Mental Health
- Sierra College
 - Dual Enrollment
 - Academic Enrichment
 - First Year Free
 - Promise program

College Rep Visits

Notification of College Reps visits can be found in the daily WCTV 19 Unleashed Broadcast AND in Naviance

NAVIANCE: Activities using Naviance:

- Career Interest Profiler
- College SuperMatch
- Updating Resume

Naviance login information is available on the WHS website:

<http://whs.rocklinusd.org/Information/Parents/index.html>

The Importance of Sleep

The average American teenager gets seven hours of sleep a night, wedging it in between homework, outside activities, dinner and maybe a job. But research suggests teens need more like nine hours.

Grades:

Quarter Grades are due in October. Just a reminder that all progress/quarter and semester grades are only posted online on the Aeries Parent Portal. Quarter grades are not posted on the transcript but are used for athletic eligibility.

parent.rocklinusd.org

Schoology:

Please continue to check Schoology regularly for grades. Any concerns about a specific subject, please email the teacher directly. Teacher emails are located on the school website:

<http://whs.rocklinusd.org/Information/Staff-Directory/index.html>

Testing:

Junior year is an important year to schedule an SAT and/or ACT test. The nearest test center is Rocklin High School. For testing information, as well as national test dates, please go to the following websites:

www.collegeboard.org
www.actstudent.org

NCAA:

Student-athletes interested in participating in a Division 1 or 2 sport must register with the NCAA Clearinghouse. Juniors will need to register online, send an official transcript and submit an SAT or ACT test score. There is a cost to register. Please visit the website listed below for more information:

<https://web3.ncaa.org/ecwr3/>