

A copy of this presentation can be found on our website: http://whs.rocklinusd.org/Counseling/Newsletters--PowerPoints/index.html





Meet Your School Counselors









Mr. Blate Seniors

Mrs. Carlson Freshman

Ms. LeRoy Juniors

Mr. Floyd
Sophomores



Follow Us for Updates

Join us on Twitter:

(a) whitney counsel

Join us on Instagram: whitneycounselors







WHS Counseling

OPTION #1: School Counselor appointments can be made on the website: http://whs.rocklinusd.org/Counseling/index.html

- ★ OPTION #2: Students can schedule School Counselor appointments by emailing their counselor:
 - Mrs. Carlson- Freshmen
 - Mr. Floyd- Sophomores
 - Ms. LeRoy Juniors
 - Mr. Blate Seniors





School Counselor Availability

School Counselors are available by email during school hours...

Students can schedule
OR appointments by OR
emailing their School
Counselor

School Counselor

e appointments can be

OR made on our website:

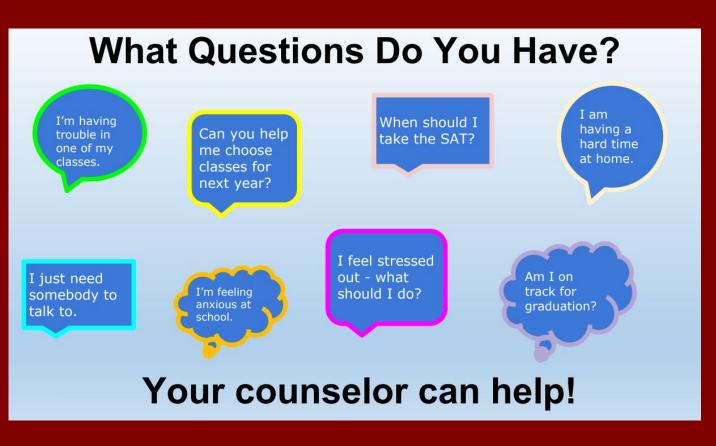
http://whs.rocklinusd.org/Counseling/

index.html



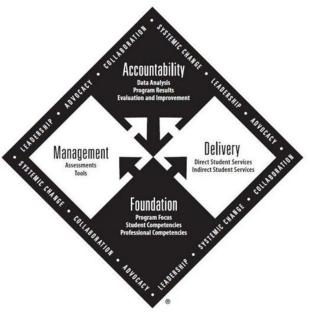


School Counselor Roles





Academic Personal-social Career





Transition to Whitney High School

The expectations are higher:

- Whitney High School course material is rigorous and students have to work hard.
- If students have low test scores, do not pass Essential Skills, and/or do not complete their homework they may earn a NM/NC (NC is the final grade = receives no credit).
- If your student does not have class work (assignments, studying, reading, etc.) for a few days... *SOMETHING MAY BE WRONG*.
- Students are encouraged to take more initiative and more responsibility by prioritizing their commitments and asking for help.





Ways to help your student succeed

- Establish a routine at home and hold your student accountable.
- Make sure that your student is prepared for any quizzes and tests.
- If your student does not have any specific assignments, have them review their notes, keep up with reading, work on long-term projects, or study.
- Require your student to use their daily planner
- Ask your student to show you the planner daily.
- Monitor computer use. Move the computer out of the bedroom and into the family room.
- Encourage your student to become involved in extracurricular and volunteer activities.



More ways....

- Attend and support your students activities. *They really want you there cheering them on.*
- Reinforce family values so that your student knows what is expected when they have to make choices.
- Verify parent/adult presence and supervision at any event your student is invited to attend.
- Consider behavior modification systems at home. It is recommended that teenagers earn their privileges (e.g., cell phones, computers, socializing, TV, car, etc.).
- Monitor how your student spends their time and make sure they get enough sleep, exercise

and eat healthy, balanced meals. Maintaining balance is a key to success.



Resources for Academic Support

1. AERIES
Report Cards

Grades are posted on AERIES *Parent Portal* (Progress, Quarter & Semester Grades)

Dates for Grade Reports are in the Student Handbook that can be located online: http://whs.rocklinusd.org/Info/School-HandbookPlanner/index.html

2. Schoology

Continuous progress that also includes assignments, grades, class notes, etc.

3. Contact the Teacher

If you have a question about a class, contact the teacher: http://whs.rocklinusd.org/Staff-Directory/index.html



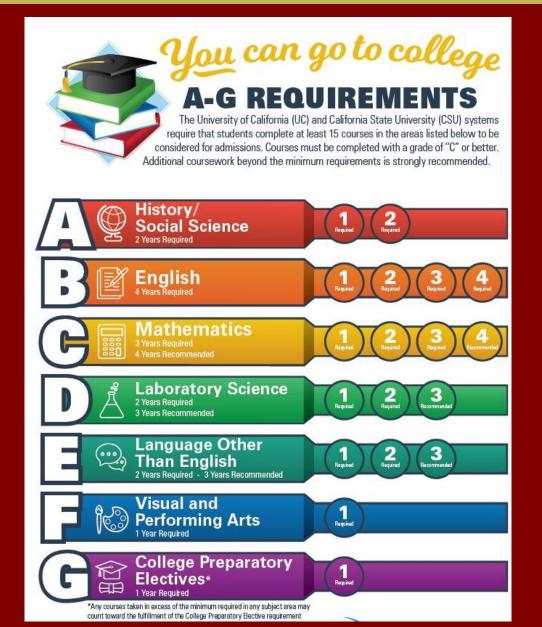
High School Graduation Requirements

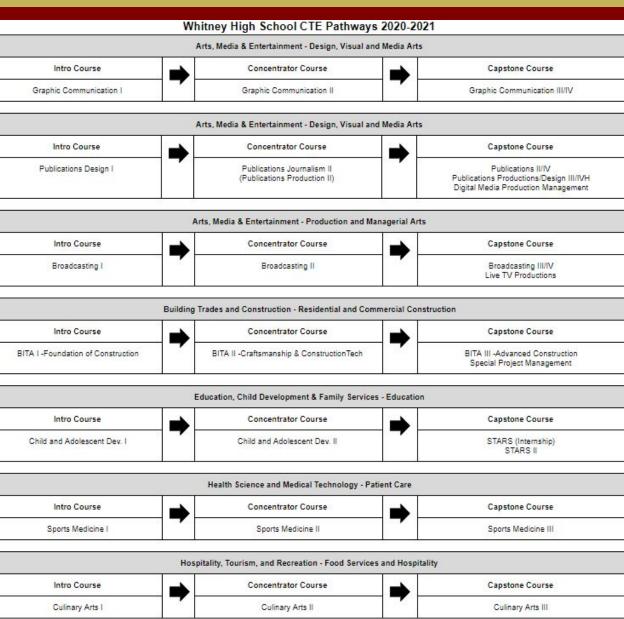
| Credits | Subject | |
|---------|--|---------------|
| 40 | English | |
| 30 | Math - including Integ Math I & II | |
| 30 | Science - including Biology & Physical | Total Credits |
| 35 | Social Science | |
| 10 | World Language | |
| 30 | PE - including PE I | |
| 10 | VAPA | 490 |
| 10 | Tech | |
| 5 | Health | |
| 50 | Electives | |

25-hours of Community Service are required to Graduate



A-G Requirements & CTE Pathways







Getting Connected @ Whitney

Students are encouraged to join a club, sport, or volunteer









Information regarding clubs



Whitney High School

HOME

INFORMATION ~

ACADEMICS ~

ACTIVITIES ~

ATI

You Are Here: Home » Activities » Clubs

Clubs

Information on clubs can be found on our school website!

http://whs.rocklinusd.org/A ctivities/Clubs/index.html



Whitney High School has a diverse student body with a multitude of interests. Here is where you may find these interests and where you could fit in on campus!

MENU

Activities

Leadership

Executive Board

Dances

Seniors

Files

Clubs

Student Store

Spirit Groups



Eligibility (a) Whitney High School

2.0 GPA No more than 2 NM









College & Career Center

- College Resources
- College & Career Website
 - Scholarships
 - Admissions Tests
- SCOIR
 Your College Search Starts Here
- Community Service









Personal/Social Counseling

http://whs.rocklinusd.org/Counseling/PersonalSocial-Counseling/index.html

Personal/Social Counseling



The WHS School counselors are available for parent conferences and referral resources as needed or upon request. Crisis intervention counseling, drug and alcohol abuse prevention information, education, and referrals are always available. Students in need of assistance should make an appointment with their counselor.

National Suicide Prevention Lifeline

800-273-TALK (8255)

National Teen Dating Abuse Helpline

866-331-9474

National Runaway Safeline

800-RUNAWAY (786-2929)

National Teenline

800-TLC-TEEN (852-8336)

How You Can Practice Self-Care

When life gets stressful and overwhelming, it's important to give your mind and body the breaks that they need! Here are

MENU

Counseling

Academic Counseling

- Personal/Social Counseling

Peer Counseling

Crisis Resolution Center

Full Circle Treatment Center Informat.

National Alliance on Mental Health

Parenting the Love and Logic Way

Passport to Student Wellness

Placer County Network of Care

Runaway Safeline

Stop Bullying

Suicide Prevention Hotline

Suicide Prevention Placer County



Personal/Social Counseling

Health and Wellness

- Balance
- Stress Management
 - Some stress is normal know your limits!
 - We all experience stress in different ways
 - Ways to cope with stress challenge vs. threat response
- Sleep
- Mental Health
 - Sadness vs. Depression

If you feel like you need help with anything related to your health and wellness, see your counselor - we can help!



FAQ: How can I stay informed?

- Attend Family Nights
- ☐ Check the Whitney High School Website
- ☐ Check Schoology regularly and AERIES
- ☐ Stay in contact with your student's teachers
- ☐ Watch daily Announcement Show from Whitney
 Broadcast https://www.wctv19.com/
- ☐ Check email for School Messenger

UCLA







UNIVERSITY OF CALIFORNIA Apply







WOLF PACK









SUCIDE PREVENTION
1-800-273-TALK (8255)
suicide prevention lifeline.org



ARE SPECIAL ARE VALUED

ARE LOVED





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