

A photograph of Whitney High School, a modern building with orange, yellow, and grey sections. The text "Back to School Night & New Student Family Night 2022-2023" is overlaid in white.

# Back to School Night & New Student Family Night 2022-2023

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:  
*@whitnecounsel*

Join us on Instagram:  
*whitnecounselors*





# 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 emailing their School Counselor

School Counselor appointments can be made on our website:  
<http://whs.rocklinusd.org/Counseling/index.html>



The screenshot shows a website navigation menu with links for HOME, INFORMATION, ACADEMICS, ACTIVITIES, ATHLETICS, COUNSELING, and LI. Below the menu is a breadcrumb trail: You Are Here: Home » Counseling. The main heading is "Counseling". A large banner features the text "Counseling" on the left, the stylized "W" logo in the center, and "Department" on the right. At the bottom of the banner is a button that says "Click Here to Make Your Counseling Appointment".



# School Counselor Roles

## What Questions Do You Have?

I'm having trouble in one of my classes.

Can you help me choose classes for next year?

When should I take the SAT?

I am having a hard time at home.

I just need somebody to talk to.

I'm feeling anxious at school.

I feel stressed out - what should I do?

Am I on track for graduation?

**Your counselor can help!**

## ASCA National Model

SC Domains

ASCA National Standards

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.



# **W** 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 - <i>including Integ Math I &amp; II</i>
30	Science - <i>including Biology &amp; Physical</i>
35	Social Science
10	World Language
30	PE - <i>including PE I</i>
10	VAPA
10	Tech
5	Health
50	Electives

Total Credits

250

25-hours of Community Service are required to Graduate



# A-G Requirements & CTE Pathways



*You can go to college*

## A-G REQUIREMENTS

The University of California (UC) and California State University (CSU) systems require that students complete at least 15 courses in the areas listed below to be considered for admissions. Courses must be completed with a grade of "C" or better. Additional coursework beyond the minimum requirements is strongly recommended.

<b>A</b>	<b>History/ Social Science</b> 2 Years Required	1 Required	2 Required		
<b>B</b>	<b>English</b> 4 Years Required	1 Required	2 Required	3 Required	4 Required
<b>C</b>	<b>Mathematics</b> 3 Years Required 4 Years Recommended	1 Required	2 Required	3 Required	4 Recommended
<b>D</b>	<b>Laboratory Science</b> 2 Years Required 3 Years Recommended	1 Required	2 Required	3 Recommended	
<b>E</b>	<b>Language Other Than English</b> 2 Years Required - 3 Years Recommended	1 Required	2 Required	3 Recommended	
<b>F</b>	<b>Visual and Performing Arts</b> 1 Year Required	1 Required			
<b>G</b>	<b>College Preparatory Electives*</b> 1 Year Required	1 Required			

\*Any courses taken in excess of the minimum required in any subject area may count toward the fulfillment of the College Preparatory Elective requirement.

### Whitney High School CTE Pathways 2020-2021

Arts, Media & Entertainment - Design, Visual and Media Arts				
Intro Course	➔	Concentrator Course	➔	Capstone Course
Graphic Communication I		Graphic Communication II		Graphic Communication III/IV
Arts, Media & Entertainment - Design, Visual and Media Arts				
Intro Course	➔	Concentrator Course	➔	Capstone Course
Publications Design I		Publications Journalism II (Publications Production II)		Publications III/IV Publications Productions/Design III/IVH Digital Media Production Management
Arts, Media & Entertainment - Production and Managerial Arts				
Intro Course	➔	Concentrator Course	➔	Capstone Course
Broadcasting I		Broadcasting II		Broadcasting III/IV Live TV Productions
Building Trades and Construction - Residential and Commercial Construction				
Intro Course	➔	Concentrator Course	➔	Capstone Course
BITA I -Foundation of Construction		BITA II -Craftsmanship & ConstructionTech		BITA III -Advanced Construction Special Project Management
Education, Child Development & Family Services - Education				
Intro Course	➔	Concentrator Course	➔	Capstone Course
Child and Adolescent Dev. I		Child and Adolescent Dev. II		STARS (Internship) STARS II
Health Science and Medical Technology - Patient Care				
Intro Course	➔	Concentrator Course	➔	Capstone Course
Sports Medicine I		Sports Medicine II		Sports Medicine III
Hospitality, Tourism, and Recreation - Food Services and Hospitality				
Intro Course	➔	Concentrator Course	➔	Capstone Course
Culinary Arts I		Culinary Arts II		Culinary Arts III



# Getting Connected @ Whitney

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





# Information regarding clubs



Whitney High School

[HOME](#) [INFORMATION](#) [ACADEMICS](#) [ACTIVITIES](#) [ATT](#)

You Are Here: [Home](#) » [Activities](#) » [Clubs](#)

## Clubs



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!

Information on clubs can be found on our school website!

<http://whs.rocklinusd.org/Activities/Clubs/index.html>

### MENU

- [Activities](#)
- [Leadership](#)
- [Executive Board](#)
- [Dances](#)
- [Seniors](#)
- [Files](#)
- [Clubs](#)**
- [Student Store](#)
- [Spirit Groups](#)



# Eligibility @ Whitney High School

**2.0 GPA**

**No more than 2 NM**





# College & Career Center

- College Resources
- College & Career Website
  - Scholarships
  - Admissions Tests
  - Community Service



SACRAMENTO  
STATE



SIERRA  
COLLEGE



UCDAVIS

SCOIR

Your College Search Starts Here





# Personal/Social Counseling

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

## Personal/Social Counseling

# Counseling Department

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



**YOU**  
 ARE UNIQUE  
 ARE SMART  
 ARE TALENTED  
 ARE WORTH IT  
 ARE SPECIAL  
 ARE VALUED  
 ARE AMAZING  
 ARE LOVED  
**MATTER!**



*just breathe*



**FAF\$A**

