



Counseling Presentation

9th Grade



Courtney Derisse
Last Names A - EO



Kimberly Grillo
Last Names EP - LE



Karin Ngai-Crim
Last Names LI - RI



Jordan Da Silva
Last Names RO - Z

Your School Counselors





Jeannine O'Brian
Assistant Principal



Jennifer Lee
*College Advisor &
AP Coordinator*



Jennifer Mitchell
Registrar



Sue Abbinozio
Guidance Secretary

Department Team Members



STAY

School Counselor Website

<https://www-pvhs.stjohns.k12.fl.us/guidance/>

Schoology - Check your Grade Level Group Regularly

School Website - College Planning Section

<https://www-pvhs.stjohns.k12.fl.us/college/>

INFORMED

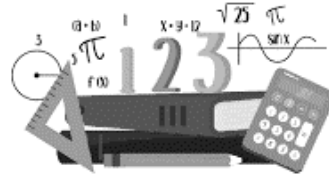


Graduation Requirements



English

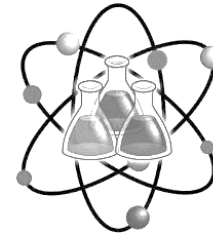
4 credits



Math

4 credits

1 - Algebra 1
1 - Geometry



Science

3 credits

1 - Biology



Social Studies

3 credits

1 - World History
1 - US History
.5 - Economics
.5 - American Gov't
.5 - Person Fin & Money Mangt'

Florida students must earn a minimum of 24 credits to graduate and have a minimum 2.0 cumulative unweighted GPA.



Additional Graduation Requirements



HOPE
1 credit



Performing/Practical Art
1 credit



Electives
8 credits



Testing
Must Pass
Algebra 1 EOC
FAST 10 ELA
Must take EOCs for
Biology, Geometry,
US History

If you are planning on attending college or applying for Bright Futures, you must have two sequential credits in the same foreign language.



Assessments Required for Graduation

Must pass two assessments to graduate with diploma:

Algebra 1 EOC (level 3 or above) or

ACT Math - 16 or

SAT Math - 420 or

PSAT/NMSQT Math - 430 or

FSA Geometry EOC - 499

CLT Quantitative Reasoning Exam 14

Grade 10 ELA (level 3 or above) or

ACT Reading and English average - 18 or

SAT Evidence-Based Reading and Writing - 490 or

PSAT/NMSQT Reading and Writing -470

CLT Verbal and Grammar/Writing Sections-39



GPA

- Grade Point Average (GPA)– Your grade point average (GPA) is the sum of all your high school course grades divided by the total number of credits.
- Weighted (District) GPA–The GPA that includes additional weight for honors (0.5 weight) and Advanced Placement (AP), Dual Enrollment (DE), Advanced International
- Certificate of Education (AICE), or International Baccalaureate (IB) courses (1.0 weight)
- Unweighted (State) GPA–The GPA that is calculated using standard weighting (see Letter Grade GPA Points table below).
- Semester GPA–The GPA that is calculated using only the high school courses taken in the current semester.
- Cumulative GPA–The GPA that is calculated using all the high school courses taken.

Letter Grade GPA Points

Type of Course	A	B	C	D	F
Standard	4	3	2	1	0
Honors	4.5	3.5	2.5	1.5	0
AP, DE, AICE, IB	5	4	3	2	0



What are colleges seeking in a student?

- Well-rounded students
- GPA may be recalculated
- Test scores (ACT, CLT, and SAT)
- Rigor of Courses (Dual Enrollment, AP, Honors)
- Extra-curricular and leadership activities: Quality, not Quantity
- Your Essay. Your story. Your Purpose.
- Teacher recommendations for some universities



Bright Futures

- Bright Futures will recalculate the GPA based on the 16 credits listed on the table below
- If you have more credits in one or more of the categories e.g. you have 4 science credits, they will take your best 3 for eligibility
- Submit your service/work hours by the end of your junior year to ensure that portion of your scholarship is already entered
 - 75 for Medallion Scholarship or 100 for Academic Scholarship
- Consider taking the ACT/SAT/CLT in the spring of your junior year, if you are college bound, to have baseline scores and determine BF eligibility
- All students should apply October of their senior year, regardless of your post-secondary plans

Type	16 High School Course Credits ¹	High School Weighted Bright Futures GPA	College Entrance Exams by High School Graduation Year (ACT®/CLT®/SAT®)	Volunteer Service Only	Paid Work Hours Only	Combination of Volunteer/ Paid Hours
FAS	4 - English <i>(three must include substantial writing)</i> 4 - Mathematics <i>(at or above the Algebra I level)</i> 3 - Natural Science <i>(two must have substantial laboratory)</i>	3.50	2023-24 Graduates: 29/96/1340 2024-25 Graduates: 29/96/1340	100 hours	100 hours	100 hours
FMS	3 - Social Science 2 - Foreign/World Language <i>(sequential, in same language)</i>	3.00	2023-24 Graduates: 25/84/1210 2024-25 Graduates: 25/84/1210	75 hours	100 hours	100 hours

¹ The required coursework aligns with the State University System admission requirements found in Florida Board of Governor's Regulation 6.002. Additional information regarding high school coursework can be found within the [Florida Counseling for Future Education Handbook](#).



community Service

- Not needed for graduation
- Needed for scholarships, including Bright Futures
- Community service verification forms/letters and work hours can be submitted at the guidance reception desk
- Set a goal to have 100 community service/work hours by the end of 11th grade
- Submit hours as they are completed. Do not wait until end of senior year.
- Students may now combine work and service hours for Bright Futures eligibility



9th Grade Checklist

- Get Organized
- Seek Assistance
- Get Involved
- Set Goals
- Be an Advocate
- Begin Community Service



- Do you use your planner to write down assignments & test dates?
- Do you check your grades on HAC regularly?
- Do you check Schoology to review classwork?
- How do you organize your backpack?
- Do you set aside a time to plan for the week?

THINK

BEFORE YOU SPEAK

T is it **TRUE?**
H is it **HELPFUL?**
I is it **INSPIRING?**
N is it **NECESSARY?**
K is it **KIND?**

Help Promote Student Safety and Wellness

- Think before you post on social media if it could be harmful to others.
- Tell someone. If you witness bullying online or in school, tell a trusted adult, your counselor or the dean's office.
- Demonstrate Kindness. This is checking yourself:
 - Don't talk negatively about peers to others
 - Don't post unkind things on social media
 - Don't involve yourself in other student's negative interactions
 - Aim to be kind to all students – that kindness may change their day
- Drama can be tiring, leading to anxious feelings and lack of concentration and sleep.



We are living in a time where we are presented with multiple challenges.

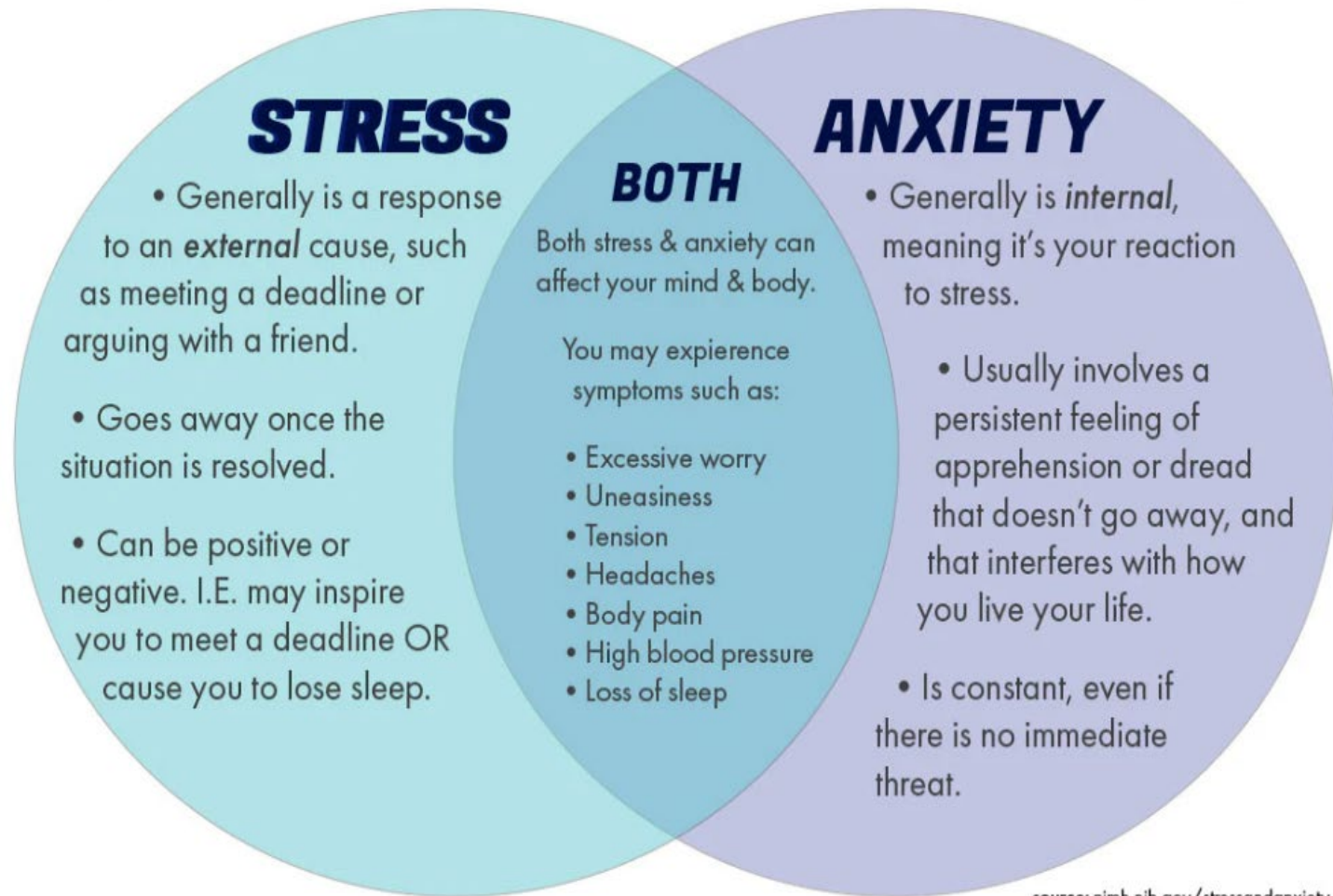


The next few slides discuss stress, anxiety, and what you can do to alleviate some of the stressors in your life.

School Counselors are Here to Help



Stress & Anxiety



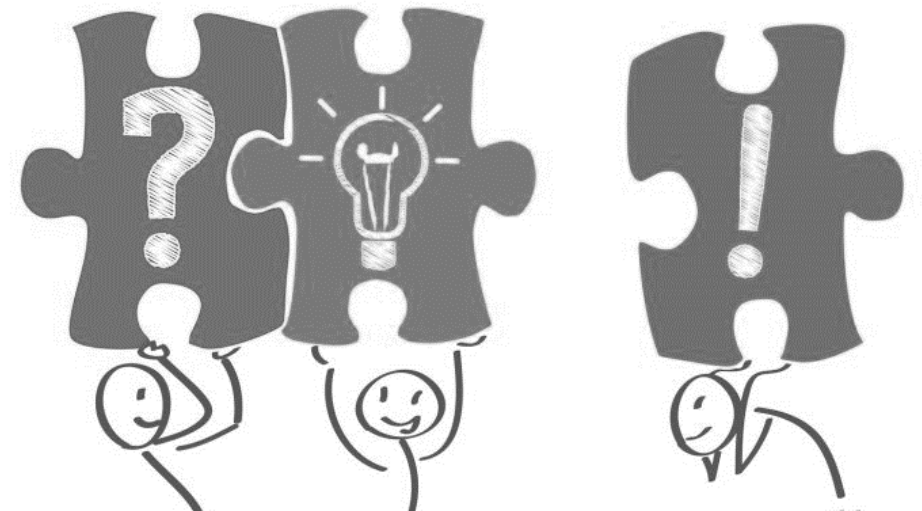
source: nimh.nih.gov/stressandanxiety

Ways to Support Yourself During Stressful Times

- Take a break from social media
- Care for your body through sleep, diet, exercise, meditation
- Unwind by engaging in activities you enjoy
- Connect and talk with others - express your concerns and talk about how you're feeling
- Engage in fun activities with your family and friends
- Talk with your Counselor
- Fortify FL App

Supports

- Do you meet with teachers for extra support?
- Do you take advantage of B.I.T.E. periods?
- Have you taken advantage of tutoring opportunities?
- Have you taken the time to study?
- Do you and your parent/guardian communicate challenges with your teachers?
- Ask someone who supports you at home to hold you accountable?
- Have you talked to your school counselor?



How Can School Counselors Help?



LET'S TALK

Life Stuff

- You have too much between school and home
- You are worried about the future
- You don't have clothing for school
- Your family is having trouble affording food and toiletries.
- You are feeling sad or anxious
- You are concerned about a friend

School Stuff

- You need help organizing yourself
- You are overwhelmed by classwork
- You don't know how to talk to a teacher
- You are struggling in classes
- You want to make new friends
- You feel negative at school
- You want to check in to say hi
- You have good news to share!

Make an appointment
online or at the
guidance office.

-Emergency: Talk to the
guidance secretary

-Nonemergency: Make
an appointment

Resources

PVHS Handbook

State University System of Florida
<https://www.flbog.edu/universities/>

Xello

Common App
<https://www.commonapp.org/>

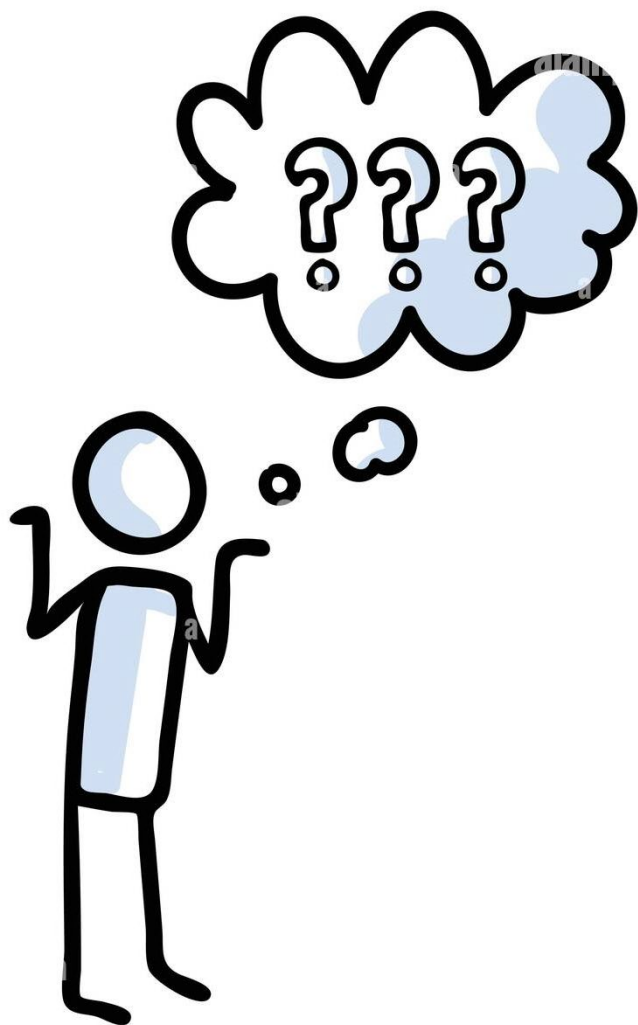
Florida Shines Career and College Exploration
<https://www.floridashines.org/>

Bright Futures Scholarship Handbook
<https://www.floridastudentfinancialaidsg.org/PDF/BFHandbookChapter1.pdf>

Florida College Access Network
[College Ready Florida Toolbox – Florida College Access Network](#)

Bright Futures Application Page
<https://www.floridastudentfinancialaidsg.org/SAPHome/SAPHome?url=home>





Got Questions?

Meet with your School Counselor. Use the QR code to make an appointment before school, during lunch, or during your elective (with teacher permission).

<u>School Counselor</u>	<u>Last Names</u>
Derisse	A - EO
Grillo	EP - LE
Ngai-Crim	LI - RI
Da Silva	RO - Z