

Grade 10 Course Selection Process



SWHS School Counseling

Class of 2024 Graduation Requirements

| Subject | Credits | Details |
|--|---------|---|
| Humanities (English, Social Studies, Art, & Music) | 9 | Must include 3 credits in English/Language Arts, 3 credits in Social Studies (including 1 credit in U.S. History and .5 credit in Civics/American Government), and 1 credit in Fine Arts. |
| STEM Science, Technology, Engineering, & Math | 9 | Must include 3 credits in Mathematics and 3 credits in Science |
| World Language | 2 | |
| Physical Education | 1 | |
| Health & Safety | 1 | |
| Capstone | 1 | |
| Electives | 2 | |
| Total | 25 | |

Graduation Reqs. vs. College Reqs.

- How many years of English, Math, Science, World Language, etc. for **high school vs college**?
- **Reminder:** Graduation Reqs are just the MINIMUM credits needed.
- What other things do colleges consider?
 - Rigor of classes, grades earned (Transcript)
 - Progression from one year to the next (grade trends)
 - Sports, clubs, part time job, volunteer service, etc.
 - Standardized Test Scores (SAT/ACT)

Important Dates and Numbers

- ❑ Powerschool Course Selection Portal Open from February 4-27
- ❑ Minimum credits needed on schedule for 11th graders: 6.5
- ❑ Credits needed to be promoted to 11th grade: 12.0 credits
- ❑ Preliminary schedule available in PowerSchool in late May
 - Overrides: Pick levels your teachers recommend, let school counselor know if you'd like to override. Priority deadline is March 11.

Sample PowerSchool Portal

Navigation

- Grades and Attendance
- Grade History
- My Schedule
- School Information
- Message Sender

Welcome to the South Windsor High School Class Registration System for 2021-2022

Class of 2023 Course Selection Menu [View course requests](#)

| | | |
|--|---|---|
| Literacy/English Language Arts Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ❗ |
| Social Studies Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ❗ |
| Science Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ❗ |
| Mathematics Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ❗ |
| World Language Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ✅ |
| Career and Technical Education Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ✅ |
| Visual Arts Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ✅ |
| Music Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ✅ |
| PE and Health Electives Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ✅ |
| Social Studies Electives Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ✅ |
| English Electives Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ✅ |
| Resource/Intervention Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ✅ |
| Early Release or Late Arrival Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ✅ |
| 11th Grade Alternate Choices (pick two) Number of requests to generate : 1 | Click the edit button to request a course ⇒ | ❗ |

Preparing for Course Selection

- Do not do course selection in isolation
 - Talk to counselor, teachers, parents, peers, etc.
- Review the Course Catalog, www.swhscourses.org
 - Be mindful of prerequisites, grade level requirements, course length, NCAA approval, and your **Mental Health**
- Utilize 4 Year Planning Guide (after this slideshow)
 - [SWHS Counseling Page](#)

What to do with the rest of your life?

- ✓ Post-Graduation Options:
 - College, military, trade school, work force, other
- ✓ Self-reflection (what am I good at, what do I like)
- ✓ Conversations/brainstorming with parents, friends & your network
- ✓ Naviance Inventories
 - (Strengths Explorer, Career Interest Profiler, Do What You Are)
- ✓ Job Shadowing
- ✓ Explore SWHS courses!

Sample Course Selections for Career Areas

- **Health/Medical Career-** Chemistry, Anatomy, Allied Health, Physics
- **Education-** Child Development, Psychology, Sociology
- **Engineering-** Physics, Stats, Calculus, Engineering I & II, Architectural Design
- **Business-** Stats, Consumer Law, Marketing, Personal Finance, Entrepreneurship, Economics, Accounting
- **Communications-** English electives, Yearbook, Web Design, Broadcast News, Video Production, Professional Writing & Speaking

What to do When You're Stressed



Coping Strategies

What is a coping strategy?

Coping strategies are:

- Behaviors used to **calm unwanted or unhelpful** thoughts and emotions

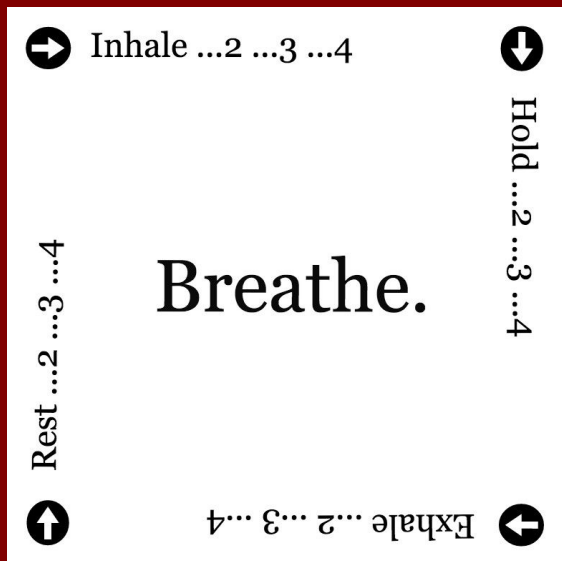
There are many coping styles that people use. Some may prove more effective than others

Find out what works for YOU

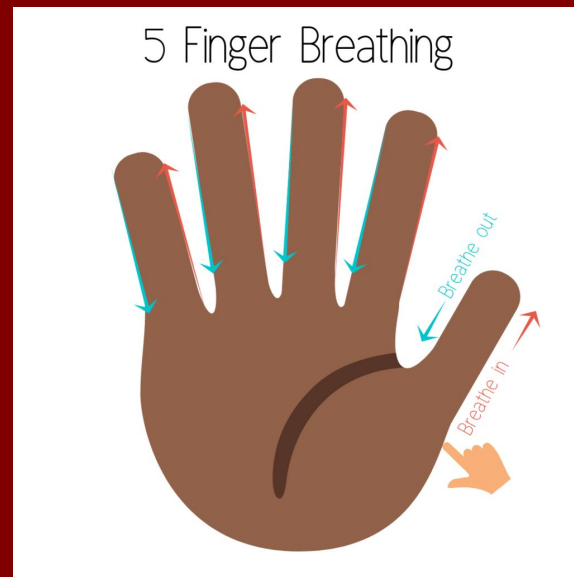
Let's learn about some popular coping strategies!

Breathing

Square Breathing



Hand Breathing



Movement

Lift weights

Go for a run or a walk

Dance

Stretch

Run up and down the stairs

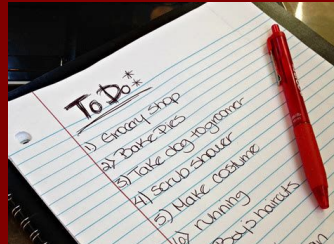
Do some jumping jacks

SING!



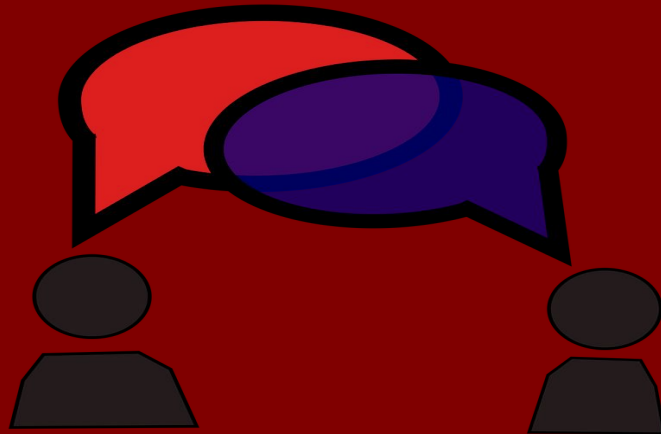
Other Practical Stress Relief Strategies

- Hold an ice cube in your palm and squeeze
- Journal
- Make a to-do list- accomplishing tasks and checking items off a list can relieve your stress
- Tear pages out of a magazine one at a time
- Use a fidget tool



The #1 Coping Strategy

TALKING TO SOMEONE
ABOUT YOUR PROBLEMS!



Talk to Us



Mr. Peters: A-Chi

Mr. Leon: Chm-Goo

Mr. Briggs: Gop-La

Ms. Wlodarczyk: Le-Ol

Ms. Nordmark: Om-Sem

Ms. Brown-Quinn: Sen-Z

FREE Apps

The logo for the Calm app, featuring the word "Calm" in a white, cursive font on a blue rectangular background.

CALM App

Helps with sleep and meditation



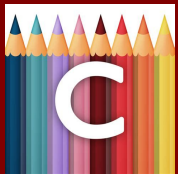
Personal Zen App

Helps reduce stress and anxiety by building positive habits of attention



Headspace App

Meditation strategies for those who are new to meditation



Colorfy App

Relax with this painting app on your phone

Next Steps...

- Utilize 4 Year Planning Guide
 - [SWHS Course Catalog](#)
 - [SWHS Counseling Page](#)