

## **Palmer Ridge High School**

**September 30, 2022**

### **FROM THE BOOSTER CLUB**

Hey PRHS Parents! We have two upcoming events that we would love to have your support to make them a success.

First, the College Fair is back next week and our counselors have lined up 40 colleges for students to meet with and learn more about. To support the success of this event the Booster Club would like to provide snacks for the college representatives during the event. Please see the sign-up genius link below for opportunities to donate to this event.

Donate at: <https://www.signupgenius.com/go/20F044DA8AB28A02-20221>

The second upcoming event is the PSAT/NMSQT tests for juniors on October 12th. The Booster Club would like to provide drinks and snacks for the students during these tests. Please see the sign-up genius link below to donate.

Donate at: <https://www.signupgenius.com/go/20F044DA8AB28A02-2022>

### **COUNSELOR NEWSLETTER**

Attached is the September newsletter issue of the Counselor Connection. There is lots of helpful information. Please take a moment to review the newsletter.



# COUNSELOR CONNECTION

## At Palmer Ridge High School

September 2022

Visit the [school counseling website](#) for more information and helpful links

### Upcoming Events

#### Parent-Teacher Conferences

Wednesday, Oct 5 – 5:00-8:00pm

Thursday, Oct 13 – 5:00-8:00pm

#### College Fair Night

Thursday, October 6<sup>th</sup>, 6pm-7pm

– More information on page 2

#### PSAT/NMSQT

October 12<sup>th</sup> at PRHS – Sign up with Mrs. Xedis in Neighborhood D. Cost is \$20.

#### Colorado Free Application Days

From October 18<sup>th</sup> through 20<sup>th</sup>, students can apply for FREE to colleges in Colorado. Counselors can be available to assist where needed.

#### ASVAB Testing

Tuesday, November 1<sup>st</sup> – Sign up with your counselor.

### Welcome Bears!

We are so happy to see you all in person again this year, and we hope the year is off to a great start for you and your family! This publication comes from the counseling department. It is our hope to share helpful information with the students and families of Palmer Ridge High School. We release editions of the Counselor Connection once per quarter to keep you up to date on events, opportunities, and important information. Thank you for taking the time to read! We look forward to partnering with you to make this year your best one yet!

### School Counseling at Palmer Ridge High School

Here at PR we offer a comprehensive school counseling program to all students that aligns with the [American School Counseling Association](#) national model and standards. Our professional and licensed school counselors work with students, parents and guardians, staff, and the wider community to provide resources and support to students in college and career, academic, and personal/social domains. Through implementation of a comprehensive school program we facilitate the development of students' attitudes, skills, and knowledge necessary for success in high school and beyond.

[Who Are School Counselors?](#) – An article on school counselor qualifications, role, and impact.

[Why Secondary School Counselors?](#) – Information on the history of school counseling and the services school counselors provide.

[Empirical Research Studies Supporting the Value of School Counseling](#) – Information on the positive impact of comprehensive school counseling programs and school counselor support.

### Meet Your School Counselor



**Mrs. Tiffanie Stanford**

Seniors, Class of 2023

(719) 867-8242

[tstanford@lewispalmer.org](mailto:tstanford@lewispalmer.org)

Neighborhood A



**Mrs. Tayler Kinney**

Juniors, Class of 2024

(719) 867-8109

[tkinney@lewispalmer.org](mailto:tkinney@lewispalmer.org)

Neighborhood B



**Mrs. Tia Fisco**

Sophomores, Class of 2025

(719) 867-8040

[tfisco@lewispalmer.org](mailto:tfisco@lewispalmer.org)

Neighborhood A



**Mrs. Angie Dawson**

Freshmen, Class of 2026

(719) 867-8013

[adawson@lewispalmer.org](mailto:adawson@lewispalmer.org)

A 1030

## Safe2Tell

At Palmer Ridge we are committed to providing a safe and positive learning environment for all students. PARENTS and STUDENTS, if you see or hear anything concerning call 911 or report to Safe2Tell. Click [here](#) to see a short clip explaining Safe2Tell.

Safe2Tell is an anonymous reporting line. It is open **24 HOURS a DAY**  
**7 DAYS a WEEK!**

### To Report

- Call:  
**1-877-542-7233**
- Make a web-tip at:  
[click here for web-tip link](#)
- Download and report on the mobile app:  
**Apple Device**  
[download here](#)  
**Google Play**  
[download here](#)



See it.



Report it.



Stop it.

Anonymously Report Concerns 24/7:

 1-877-542-7233  
safe2tello.org  
Apple Store & Google Play

## What is an ICAP?

Throughout your time at PR you will be working with school counselors, parents/guardians, and school staff to implement an Individual Career and Academic Plan—an ICAP. The ICAP is an opportunity to explore career fields and interests, develop a plan for high school, and ultimately build pathways to be successful after you graduate from high school. If you want to learn more about the ICAP, visit The Colorado Department of Education's [website](#) or the ICAP Resource Page on PR's [website](#).

## ICAP This Semester

School counselors will be meeting with all students! During these meetings, you should begin thinking about careers that excite you, explore the course handbook for classes that interest you, and start planning your classes for the next four years. School counselors have begun meeting with students and classes to discuss ideas and begin implementing plans.

9<sup>th</sup> and 10<sup>th</sup> Grade - Using Naviance, all 9<sup>th</sup> and 10<sup>th</sup> graders took a new ICAP survey distributed from the school district office. This is intended to provide teachers, counselors, and other staff important information regarding students' interests and career goals to provide assistance accessing supports or programs of interest and to help prepare students for life beyond high school.

11<sup>th</sup> Grade — Mrs. Kinney will be teaching a Junior Seminar during the Off/ICAP periods on October 19<sup>th</sup> and 20<sup>th</sup>. This **mandatory** meeting will include handouts for college planning. **Parents** — BE SURE TO TALK WITH YOUR STUDENT ABOUT THIS INFORMATION! Juniors will also be given the ICAP survey from the district to complete during Bear Time.

12<sup>th</sup> Grade — Mrs. Stanford gave some important information to the seniors on August 22<sup>nd</sup> at the senior class meeting and will be meeting with students individually throughout the semester. Seniors will also be given the ICAP survey from the district to complete during Bear Time. Keep an eye out for an email containing more information about updated graduation requirements and opportunities to earn college credit!

## College Fair

The college fair for this fall will be at PRHS in the Gym on October 6<sup>th</sup> from 6pm-7pm. To expedite the process of getting information from colleges and universities of interest, use this link, <https://coloradocouncil.swoogo.com/registration>, to create a bar code that colleges can scan.

## Concurrent Enrollment

Interested in taking Concurrent Enrollment college classes at Pikes Peak Community College next spring? Initial Intent forms are due to Mrs. Dawson in A1030 no later than October 1<sup>st</sup>. Talk with your counselor to see if Concurrent Enrollment is a good fit for you.

[D38 Concurrent Enrollment Guidelines](#)

[D38 Concurrent Enrollment Initial Intent Form](#)

## Military Connection

**Military Recruiters:** Army, Air Force, and Navy recruiters regularly come to Palmer Ridge during lunches to set up tables and answer any questions students may have. Keep an eye out for these lunch visits! ASVAB Testing will be held Tuesday, November 1<sup>st</sup>. Please see your counselor if interested.

## College Visits

Multiple college representatives visit Palmer Ridge to talk about programs with interested students. The list is constantly updated on Naviance, under the *colleges* tab. If you are interested in an upcoming visit, make sure to sign up through Naviance and print your ticket as your pass. **DON'T MISS OUT!!!**

## Scholarships

Seniors - Are you interested in receiving scholarships to help pay for college or postsecondary education? If so, remember to log onto Naviance to view more detailed information, additional requirements for colleges, and the most recent updates of scholarship opportunities.

**\*NOTE:** Once you are logged in to Naviance, click the *colleges* tab and then click on *Scholarship List* to find scholarship information.

## Western Undergraduate Exchange

### What is it?

Reap steep nonresident tuition discounts—averaging \$9,000 per year! Choose from hundreds of majors at 160 two-/four-year schools in [16 Western states/U.S. territories \(CNMI and Guam\)](#).

Graduate with more options and less debt. [Find your school today!](#)

## PSAT, College Board, and KHAN Academy

All students now have the ability to receive free, personalized test prep through College Board and Khan Academy!

- Students who choose to link their College Board and Khan Academy accounts will benefit from personalized SAT practice based on their PSAT results
- This account linking is completely optional and can be terminated at any time
- Students who choose not to link accounts can personalize their SAT practice by completing a series of diagnostic quizzes in Khan Academy
- The best preparation for the SAT Suite of Assessments is classroom learning aligned to Colorado Academic Standards
- Working hard and engaging in challenging course work helps students build the knowledge they need to be successful on the tests and ready for college and career training programs

For more information about the College Board's Data Privacy Policy, please visit [www.collegeboard.org/privacy-policy](http://www.collegeboard.org/privacy-policy)  
For more information about Khan Academy's Data Privacy Policy, please visit <https://www.khanacademy.org/about/privacy-policy>

## PSAT-NMSQT

Palmer Ridge High School will be offering the PSAT-NMSQT exam on Wednesday, October 12. The exam is a *practice* SAT exam that is offered as an *optional* test opportunity for junior students. The exam also serves as a National Merit Scholarship Qualifying Test. Students who perform well on this exam may become eligible to compete for National Merit Scholarships. More information about the PSAT-NMSQT can be found at [www.collegeboard.org](http://www.collegeboard.org).

Cost for the exam is \$20. Sign up with Mrs. Xedis in Neighborhood D.

## Sources of Strength

**Mission:** Our mission is to provide the highest quality evidence-based prevention for suicide, violence, bullying, and substance abuse by training, supporting, and empowering both peer leaders and caring adults to impact their world through the power of connection, hope, help, and strength.

**Vision:** We believe that many strengths are more powerful than one, and our united goal is to activate and mobilize these strengths in ways that positively change individuals and communities. Many teachers, staff, and students at Palmer Ridge have been trained to be leaders with the philosophy. [Discover Sources of Strength.](#)



## Good Reads

Raising teens is tough — raising teens throughout a pandemic is *really* tough!

[Test Anxiety Resource](#)

[How to Help Anxious Students Re-Adjust to Social Settings](#)

[What to Do If You Think Your Teenager Is Depressed](#)

[How to Support Social/Emotional Growth and Minimize Behavioral Disruptions at Home](#)

[5 Ways to Manage Teen Anxiety](#)

[When Your Anxious Child Refuses to Go to School](#)

## Mental Health support

Sometimes it is helpful to talk to someone outside of school or home

[Mental Health Supports](#) (PR Website)

[Diversus Mental & Behavioral Health](#)

[Peak View Behavioral Health](#)

[Cedar Springs Behavioral Health](#)

[Highlands Behavioral Health](#)

[Tri-Lakes Collaborative Counseling Center](#)

[NAMI](#) — National Alliance on Mental Illness

## Graduation Requirements

Beginning with the graduating class of 2022, Colorado Department of Education has implemented a comprehensive set of graduation requirements. These requirements are to support attainment for a high school diploma and provide evidence to employers, military recruiters, training programs and college admission teams that students are post-secondary ready. **Note: meeting the Higher Education Admissions Recommendations does not guarantee admission to a college. We encourage you to contact the college(s) of your choice regarding course eligibility for college admission.**

	<b>Class of 2021 and Beyond District 38 Graduation Requirements</b>	<b>High Education Admission Recommendations (HEAR)</b>
<b>English</b>	3	4 credits*
<b>+ English competency</b>	Refer to <a href="#">CDE Menu of Options</a>	
<b>Social Studies (Including Civics/Gov't/American History)</b>	3	3 credits (1.0 must be US History or World History)
<b>Mathematics</b>	3	4 Credits (Alg. I or higher)**
<b>+ Math competency</b>	Refer to <a href="#">CDE Men of Options</a>	
<b>Science</b>	2	3 credits (2 must be lab courses)
<b>Physical Education</b>	1.5	
<b>Health</b>	0.5	
<b>World Language</b>	1	1 credit***
<b>Personal Financial Literacy****</b>	Competency Based	
<b>Electives</b>	11	2 additional credits
<b>Total</b>	25	

\*Colleges and universities recommend a progression of English 1,2,3, and 4 and/or AP English Language or AP English Literature.

\*\*Students need to complete at least Algebra 2 or Algebra 2/Trigonometry. Other PRHS courses that will count towards the 4<sup>th</sup> math credit (after Algebra 2) include Pre-Calculus, AP Calculus, AP Statistics, or AQR. Accounting may be recognized by colleges as a 4<sup>th</sup> year math credit, however, it does not count as a math credit at PRHS.

\*\*\*Requirements are subject to change by the Colorado Commission on High Education.

\*\*\*\*Personal/Financial Literacy (PFL): All students need to demonstrate competence of the Department of Education Personal Financial Literacy standards in order to graduate. Students have the opportunity to do this by passing a test after receiving instruction in 10<sup>th</sup> Grade Study Hall or by taking the Personal Finance course.

