



COUNSELOR CONNECTION

At Palmer Ridge High School

March, 2019

Visit the [school counseling website](#) for [announcements](#) and continuous updated information



Spring ICAP Lessons

ICAP stands for Individual Career and Academic Plan. We meet with all students throughout the year to encourage them to get the most out of their high school experience and help them begin to think about future opportunities.

- 9th Grade — 4 yr plan, Transcripts
- 10th Grade — Transcripts, Programs
- 11th Grade — Individual meetings to discuss senior year, life after high school
- 12th Grade — ongoing individual meetings to discuss college applications, scholarships, and high school graduation.

Scholarships

Are you interested in receiving financial aid and scholarships in order to pay for college or postsecondary education? If so, check out local scholarship opportunities in Naviance. Log onto Naviance to view 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 scroll down to the bottom of the page to find scholarship information.

College Rep 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 confirmation page as your pass to get out of class.

Spring is in the Air and Snow is on the Ground!

Registration for the 2019-2020 school year was a success! Thank you for partnering with us by helping your child select classes for next year! As we count down the days until Spring Break, we are busy with preparing for AP Exams, SAT Administration, conducting Junior Interviews, Career Start Registration, Concurrent Enrollment classes, the Ascent Program, and helping seniors make their decisions regarding life after Palmer Ridge.

If you have not looked at the Counseling Department page on the PRHS website, we encourage you to do so. You will find a lot of helpful information on College and Career Planning, Personal Social Supports, and Academic Support. Please let us know if you have any questions or concerns as we begin to wrap up the 2018-2019 school year!

May you find rest and connection time with your student over Spring Break!

It is our hope to provide communication and share information with the students and families of Palmer Ridge High School. We will regularly release additions of the Counselor Connection to keep you up to date on events, opportunities, scholarships, and important information. Make sure to check your email and keep an eye out for each new issue.

Perfectionism

Please consider reading this article on perfectionism. As you work with students striving for perfection, think about how your conversations can move from striving for perfection, to helping students "find their happy place."

We all have to ask ourselves, "How do I define success?"

Let's start asking our students, "How do you define success?" Let's not be afraid to challenge the faulty belief system of being perfect.

<https://grownandflown.com/trying-perfect-killing-teens/>

Seniors!

Many of our seniors are diligently reading through their acceptance letters and financial aid packages. They are also figuring out which college campus seems to be the perfect fit for them. As they wrestle through these decisions, they are also trying to finish their senior year strong and maneuver the process of selecting a college roommate! It can all feel like a bit too much! If your senior needs help or support, please let your school counselor know. We are happy to help with this process! If your senior does not know what they want to do after Graduation, we are also eager to meet with them and help formulate a plan!

Another valuable place to get great post-secondary advice is through *The Best College Fit* website by Peter Van Buskirk: <https://www.bestcollegefit.com/>. We like to suggest that parents and students of all age levels become familiar with the invaluable information found on this site!

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](#)



See it.



Report it.



Stop it.

Anonymously Report Concerns 24/7:

 safe tell
colorado

1-877-542-7233
safe2tello.org



Apple Store & Google Play

[Senior Opportunities with Pikes Peak Community College](#)

We love working with PPCC! They are a priceless resource to our school and community. This school year, PPCC has scheduled college rep visits in our College Center, conducted a FAFSA night in October, presented at the D38 College and Career Night in February, provided help with completing the PPCC application, and provided advising for the Ascent and Concurrent Enrollment programs! MANY THANKS to the PPCC representatives who so graciously give us their undivided attention and time! **Upcoming PPCC Partnership Dates:**
[April 18th](#) – PPCC will be offering the ACCUPLACER at PRHS. The ACCUPLACER supports students and community colleges with accurate course placement and immediate results. Sign up in Neighborhood A!
[May 1st](#) – PPCC will be helping students with course registration for the fall of 2019. Sign up in Neighborhood A!

[Senior Scholarships – Remind your students about all of the scholarships in Naviance!](#)

[Scholarship Congratulations!!!](#)

We want to congratulate the following seniors for their exceptional hard work and service over the course of 4 years! They have all been accepted as scholarship finalists for prestigious scholarships. Great work! We are so proud of them!

- National Merit Finalists: Michael Prater, Erin Sullivan, Grace Szucs
- National Merit Commended Students: Addison Borshelt, Connor Davel, Nigel Highhouse, Parker Johnson, James Leonard, Tess Peterson, Katelyn Salmon, Rachel Xu

If you see these students, please be sure to congratulate them!

[Senior Showcase!](#)

We will have a Senior Award's Night on May 20th at 6:30. Please make sure your senior is keeping track of their award money. Starting in April, we will have seniors turn this information in to Mrs. Feil in Neighborhood C. This is an exciting time to reward our seniors for all of their hard work and diligence!

Update: Career Start Programs and ISSA

[Career Start Update](#)

Career Start (formerly AVP) applications closed in February. Our students who will be applying to PPCC next year filled out their PPCC program applications on Registration Day on March 6th. We are now waiting to find out who is placed in which program! Interested in Career Start for your student? Pay attention to outgoing announcements and emails around next November time. Meet with your counselor during fall semester to see if Career Start will be a good fit for your student!

[ISSA Update](#)

Students interested in the International Salon and Spa Cosmetology Program- there is still a little bit of time for you to apply! There is a mandatory Parent Night at ISSA on March 20, 2019. Please see Mrs. Gross for a flyer or if you are interested. The International Salon and Spa Academy Program is under the same umbrella as Career Start, just working with ISSA instead of PPCC. This is a way for students interested in cosmetology to take classes in their interest while earning credit at the high school level as well as toward their Cosmetology license. See your counselor for more information!

SENIORS!!!

RECOGNIZING 20 OUTSTANDING SENIORS FOR OUR 28TH YEAR OF BEST & BRIGHTEST!

They're smart, self-motivated and involved in the community. They're the standout graduating high school seniors in the Pikes Peak region.

Now in its 28th year, The Gazette's Best and Brightest program recognizes 20 graduating seniors who have made contributions to their schools and their community.

Applicants will provide some basic information, one letter of recommendation and answer three questions about their vision, community service and defining moments. **Completed applications must be received at The Gazette by 4:00 p.m. on Friday, April 5, 2019**

For more information, contact Chelsey Walker at chelsey.walker@gazette.com or [719-476-4810](tel:719-476-4810).

Testing Preparation

If you are planning on taking the PSAT, SAT, or ACT this year, you may want to utilize some of the following links to facilitate your learning. Click below to find out more.

- [Khan Academy and College Board-FREE](#)
- [PrepFactory](#)
- [March2Success](#)
- [MasteryPrep](#)
- [Method Test Prep](#)
- [Test Prep Seminars](#)
- [ACT Online Prep](#)

Update: ASCENT

We want to tell you about a program that District 38 called Accelerating Students through Concurrent Enrollment (ASCENT). It is a state-sponsored fifth-year concurrent enrollment program which will allow 2-3 eligible D38 students to participate part-time or full-time in college classes at Pikes Peak Community College for one year after 12th grade.

Announcements and emails will be made to advertise this great opportunity for current seniors. Applications will be release on April 1st and due on April 26th. Elected students will be notified at the beginning of June. If this program seems like a good fit for your upcoming senior, please begin thinking about it now.

ASCENT, in short:

ASCENT students participate in the graduation ceremony with their class and receive a completion certificate, but his/her actual diploma is held until after the ASCENT year is completed. The school district covers ASCENT students' tuition at PPCC for two semesters; the family pays for books and fees and provides their own transportation. Financial Aid monies cannot be used for ASCENT but private scholarships can if they don't require that students be classified as college students.

In order to be eligible, a student must complete at least 12 college credit hours by May of their senior year in addition to meeting all D38 graduation requirements. Students typically earn college credits via participation in one or more of our dual credit programs - Career Start, Concurrent Enrollment, Dual Enrollment, and/or AP classes (with credit-earning exam scores). See your counselor to help determine your total college credits and ASCENT eligibility. Additionally, students must meet all prerequisites for their planned PPCC ASCENT courses and cannot be in need of remediation for their intended pathway.

Testing Prep

Juniors: the SAT is just around the corner. In fact, PR juniors are registered to take the SAT on Tuesday, April 9th, 2019. Make sure that you take advantage of some of the multiple test prep resources available.

Test Prep Resources

- **KHAN Academy and College Board:** College Board has collaborated with Khan Academy to provide you with FREE and PERSONALIZED testing prep based on your previous College Board testing results. Through linking your College Board account with Khan Academy, you will receive personalized testing recommendations and a practice plan, full-length practice tests, interactive questions and lessons, and feedback on your progress.
 - **March2Success:** A program offered through the U.S. Army that offers free online study materials; including interactive March2Successlessons, quizzes and practice tests.
 - **Method Test Prep:** is offering a free SAT test prep class. IF you want more information or would like to register visit the Method Test Prep website
 - **Sycamore Learning:** Offers ACT and SAT test prep
 - **Tutor Referral List:** If you are looking for a tutor check out some of the options on the PR website. <https://www.lewispalmer.org/Page/9825>
 - **Test Prep Seminars:** Seminars include tips and test prep strategies for the exams.
 - **ACT Online Prep:** for more information, visit the ACT prep link.
 - **Matery Prep ACT Bootcamp:** A one-day ACT workshop that focus on test taking strategies and coaching of ACT subject
-

School Counseling Update!

Congratulations to Mrs. Eason on her new baby boy, Emmett! Mom, Dad, and Baby are doing well and preparing for an out of state move!

Welcome, Intern, Mrs. Gross to the PRHS Counseling Team this semester!

Community Opportunities

CRAFT

Community Reinforcement and Family Training

- Focuses on the family member, not the substance abuser
- Replace negative behaviors with new positive ways of communicating
- Aspen Pointe – Please call for more information
- 719-572-6100

Family to Family

- If you have a family member with a mental illness, this 12 week series may be for you!
- Learn about a range of illnesses, along with ways to support recovery, strategies, communication, advocacy, and self-care
- Registration required
- [NAMI](#) of Colorado Springs

Should My Student Take the PSAT, SAT, or CMAS?

Colorado has implemented state graduation guidelines for students in the Class of 2021 and beyond. Students must meet minimum requirements in both English and Math. These requirements are in addition to local school district graduation requirements. The SAT is one of a number of various state graduation guideline menu options. While the PSAT test is not one of the state graduation guideline menu options, its alignment to the SAT provides students and staff alike with invaluable data to determine if a student is on track to meet the Colorado State graduation guideline requirements, as well as indicating students' progress towards being college and career ready. PSAT data is used locally to inform curriculum and instructional decisions, but most importantly, it provides us with data to provide specific support to your child before taking the SAT as a junior and/or senior. If your child is a freshman or sophomore, please allow them to take the PSAT this spring.

PSAT 9, 10 are aligned to the 11th grade SAT college entrance exam, including the structure of the test and vertical score alignment from one test to the next.

- PSAT 10 scores and SAT scores can be used for scholarship applications.
- The SAT is a nationally-recognized College Entrance Exam recognized by all colleges, academies, and universities in the state of Colorado and around the nation.
- CMAS Science results create school and district performance frameworks, alignment of science contributes to the Colorado Academic Standards, and grant school district accreditation.

Social Worker Corner: Debbie Sell

For more information, please contact Debbie Sell at dsell@lewispalmer.org
Teaching Students and Staff about their value

Sources of Strength Peer Leaders and Adult Advisors recently began reading Mike Donahue's book "Value Up" as a group book study. Mike led a recent Sources of Strength meeting where over 100 students showed up to show their support for the program and to learn how they can make a difference in their school. Mike is a member of our D38 community, but has been all over the world spreading the message about "Raising the value of Human Life". His message is clear;

"I want to give students an opportunity to take a hard look at how they feel about themselves and how they feel about others. I believe the two are very related. I don't think you can truly care about others if you don't care about and value yourself."

Mike shares his personal story in his book and helps the readers to really understand that he has a personal story, like many others, and he honestly and genuinely tells it to help others. Teens appreciate a story they can connect with and Mike certainly has a way of sharing his and stories of those he has met through the years so that we all can learn to reflect on how we treat others. If you would like more information about Mike, Value Up and Walk a Mile check out this website. <https://value-up.org/>



Sources Of Strength

We continue to talk with students about the strength wheel!

Where do you find your strength?

[Sources of Strength](#)

School Counseling at PRHS:

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. Please visit our school counseling [website](#) for more information on the counseling program, Palmer Ridge, and resources.

The School Counselor Role

Within the Palmer Ridge High School Counseling Program, we provide classroom guidance lessons and presentations, individual student planning and solution-focused problem-solving, responsive services, consultation, collaboration, and system support. If you would like to learn more about our role please review some of the links below or make an appointment with your school counselor.

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

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

American School Counseling Association:
<https://www.schoolcounselor.org/>

Upcoming Student Opportunities!

Boys State, Summer 2018

- June 1-7th at the University of Colorado at Colorado Springs
- Simulate and emulate a Colorado State Government through a fun and engaging program.
- You will help build your very own government from the ground up... cities, counties, political parties, a legislature and even elect a Governor. You will be guided with tools and resources by actual elected officials and business leaders. Then it is up to you to make your system of government work!
- If you are interested in applying, please visit www.colegionboysstate.org for the application. Applications due May 1st. See Mrs. Kinney in neighborhood B if you have questions.

Girls State, Summer 2018

- June 9-14th at the University of Northern Colorado
- This is a leadership program centered on the processes of democracy and good citizenship.
- You will develop a broader knowledge of our two- party system
- You will instill greater understanding of American Traditions
- Stimulate desire to participate and maintain our democratic government
- Be exposed to a college atmosphere and encourage a desire for higher education

If you are interested in applying, please visit www.alacolorado.com for additional information. Applications due April 1st. See Mrs. Kinney in neighborhood B if you have questions.

Additional Enrichment Opportunities

There are MANY, MANY Enrichment opportunities available for high school students! There are TOO MANY to capture in a Counselor Connection. Please research enrichment opportunities, and make sure they are a good fit for your student and family. Also, most colleges offer summer enrichment opportunities for high school students. Please visit college websites and search for enrichment opportunities. If you would like help searching for a summer opportunity, please reach out to your school counselor.

Please visit [Counseling Announcements](#) for additional opportunities:

Apply for a high school Cybersecurity Summer Internship

By 2020, the Cybersecurity industry will have 1.5 million open jobs. This summer, be one of 20 students who will have the opportunity to have a first-hand view of the industry. Participate in a 60-hour internship program! For more information, contact Emily Sherwood at 719-331-5616 or esherwood@ffc8.org

Apply to Join FEMA's Youth Preparedness Council

Youth across the Nation have the opportunity to make a difference and transform the resilience and preparedness of their communities and beyond. Students in 8th, 9th, 10th, or 11th grade who have engaged in community service or are interested in emergency preparedness, are encouraged to apply to serve on the U.S. Department of Homeland Security's Federal Emergency Management Agency's (FEMA) Youth Preparedness Council. Applications are due March 31, 2019. To submit an application, visit the website. <https://www.ready.gov/youth-preparedness-council>

AP Exams!

Monday, May 6, 2019

US Government

Environmental Science

Tuesday, May 7, 2019

Spanish Language and Culture

Wednesday, May 8, 2019

English Literature and Comp

European History

French Language

Thursday, May 9, 2019

Chemistry

Psychology

Friday, May 10, 2019

United States History

Computer Sci. Principles

Studio Art/ AP Photo

Monday, May 13, 2019

Biology

Physics C: Mechanics

Tuesday, May 15, 2019

Calculus AB

Calculus BC

Human Geography

Wednesday, May 15, 2019

English Language and Comp

Thursday, May 16, 2019

Statistics

The 2019 Rocky Mountain Youth Leadership Conference

The Rocky Mountain Youth Leadership Conference is looking for 9 students to attend the 2019 conference. The conference is held June 24th-28th on the UCCS campus, and is a remarkable opportunity to build and improve leadership, team-building, and communication skills. The conference also focuses on patriotism and free enterprise system. Applications were due on Monday, March 18th.

Careers in Construction Student Job Fair

Connecting qualified students to industry opportunities! April 3rd and 4th from 9:00-1:00 at the Citadel Mall. Sign up today at GoBuildCO.com/news under CIC Student Job Fair. For questions, or to register please contact Kitt Smith at 719-592-1800 x 100 or kitt@cshba.com

Young Adults Job Fair

The Pikes Peak Workforce Center offers a variety of free workshops to include topics such as resume writing, filling out applications, financial literacy, communication, and mock interviews. Pikes Peak Workforce Center

On Wednesday, April 10th, 2019, they will hold a Young Adults Job Fair for ages 16-24 years. For more information or registration details, visit Young Adult Job Fairs.

Thank you for taking the time to read through this
Counselor Connection edition.

As Counselors, we genuinely value parental partnership.
Please let us know if you have any questions or concerns!

Happy Spring Break!



Mrs. Kinney

Last Names A-E

(719) 867-8242

tkinney@lewispalmer.org

Neighborhood B

Intern

Mrs. Gross

Last Names E-K

(719) 867-8165

egross@lewispalmer.org

Neighborhood C



Mrs. Kugler

Last Names L-Rh

(719) 867-8165

skugler@lewispalmer.org

Neighborhood C



Mrs. Simbeck

Last Names Ri-Z

(719) 867-8166

gsimbeck@lewispalmer.org

Neighborhood A

* For more information visit our counseling directory at <https://www.lewispalmer.org/Page/4338>.