

Saint Joseph High School

Building Faith, Character and Excellence

Counseling Newsletter

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Juniors - August 2018

Welcome to the 2018-2019 School Year!

Say what, Juniors??!! The Saint Joseph High School Counseling Department hopes everyone had a wonderful summer break filled with laughter, family and sun! We are excited for a brand new year. We are so excited to welcome you back to the SJHS hallways. We are going to have an amazing year full of new adventures, lots of information, and laughter. The Counseling Department is here to support all families through the next two years of high school in the academic, social/emotional and career realms. Families will receive a Counseling Newsletter each month outlining important information, dates, and topics. In the Spring, Mr. Mendoza will take over with newsletter specific to the college process. Remember, we are all here to help! Please let us know how we can best support your student.

[Watch our Junior welcome video!](#)

It's here!

Junior year is the real deal. Students are no longer considered underclassmen. They are JUNIORS! One more year in high school. How did that happen? Freshman and Sophomore years

are meant to help young adults establish good study habits, build good routines, and prepare for the future. Junior year puts all those pieces into action! This is the big year. When students start applying to colleges as a Senior, Junior year grades are the last ones on the official transcript. During Junior year, students should begin to start seriously thinking about life after high school. What are their dreams? Their hopes? What is the plan? :) Seems like heavy stuff, but in reality this is such a fun part of life! Wouldn't we all want to go back and explore options now that we have some experience? Talk to your children about your path....would you have made changes? How did you feel Junior and Senior years in high school? What were your dreams?

In the Counseling Office, we are trying to help all students envision the possibilities. We are reminding them to take a breath. Enjoy the time they have here but begin to seriously consider the next 5-10 years. There are many options....military, college (two and four year), trades, apprenticeships, work force, etc. Set goals. Be kind. Branch out. Take a challenging course. Learn to fail and use that knowledge to get better! Junior year is filled with amazing opportunities. Let's help our children/students see the potential that lies ahead. Go out there and get it, Class of 2020!

Helpful Advice for ALL Students

Get involved - I bet you haven't heard this one before! We hold a co-curricular fair in August to introduce our students to all that SJHS has to offer. Try something new this year. Juniors can benefit from trying a new club or activity.

Ask Questions - When in doubt, ask! The Counseling Department is here to answer any questions that might come up. Don't sit back and wait. The big picture is closer than it was two years ago.

Branch Out - Meet new people! This can be difficult for students. It helps when students take a risk and sit by someone new in the classrooms or at lunch.

Go to School Events - Go to sporting events, plays, after school activities, etc.....even if it's with your parents! Getting involved is the best way to dive into your school culture.

Smile - This simple gesture is so important. It makes people approachable and sends positive vibes.

Be kind - Take care in comments. We are a Saint Joseph family and all deserve kindness. Reach out and help the person next to you asking nothing in return. Accept a compliment. Take care of each other.

SCHOOL CALENDAR OF EVENTS

Important Dates

August 22 - Back to School Night for Parents, 7-8:30pm

August 24 - Co-Curricular Fair, 10-11:30am - Learn about all Saint Joe has to offer

August 30 - NO SCHOOL FOR STUDENTS, Diocese Curriculum Day for Staff

August 31 - NO SCHOOL FOR STUDENTS, Mission Day for Staff

September 5 - Junior/Sophomore Parent Evening, 6-7:00pm

Prayer for School

Almighty God

We give you our school.

We give you all the teachers and staff who work here,

We give you all the children who study here.

We pray our school would be place of great discovery, adventure and creativity.

May it be a place where we love to learn and where we learn to love,

A place where everyone is respected and all are deeply valued.

We ask all this through Jesus Christ our Lord.

Amen.



21st Century Scholars

If you enrolled in the 21st Century Scholar Program in middle school (had to register by June 30 of 8th grade year), then you are required to completed three assignments each school year until Senior year to be eligible. Please remember to check your portal and stay updated! This is a great opportunity for free college in the State of Indiana. There will be an additional email sent to those we have registered.

Family Night

Our first Sophomore/Junior Family Night is on *Wednesday, September 5, 2018* from 6-7pm in the Black Box Theater. We will go over graduation requirements, support systems for students/families, Four Year Plans, and other information from the Counseling Office. Family Nights are not mandatory but provide helpful information. Students do not have to attend but are welcome.

Helpful Links:

Learn More Indiana - All about high school and beyond! Great resource.

<https://learnmoreindiana.org/>

Khan Academy - Tutoring help! <https://www.khanacademy.org/>

Ask Rose/Homework Hotline - Math and Science help <https://askrose.org/>

Naviance - Career search, college search <https://student.naviance.com/stjoehs>

NCAA - If you are thinking about Division I, II or III athletics in college www.ncaa.org

