

HIGHLAND COMMUNITY UNIT SCHOOL DISTRICT NO. 5

HIGHLAND HIGH SCHOOL-12760 TROXLER AVENUE-HIGHLAND, ILLINOIS 62249

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BUSINESS MANAGER

Dear Parents of Freshmen,

The counselors welcome your freshman to Highland High School. We look forward to working with your student during the four years of high school. We want to take this opportunity to inform parents of the counseling activities planned for the Class of 2014.

Freshman Day. Freshman Day is Thursday, August 12, 2010 from 10:30 a.m. to 12:00 p.m. This program will welcome freshmen, introduce faculty/staff, include small group discussion and activities led by student leaders, as well as a tour of the building. Freshman day is for students only.

EXPLORE Test will be given to freshmen on October 21st and has two important parts. One part is the practice ACT test. This is for your child's and HHS' information only. The second part is an interest inventory, which indicates the careers that would be of greatest interest to your child. **All freshmen will take the EXPLORE test.**

Parent Sessions. School counselors know how important it is to communicate with parents concerning guidance activities and our role in working with your child. On September 22, 2010 from 6:30 -8:00 p.m. counselors will present on the college admissions process. A parent panel will share personal experiences and provide tips to help parents navigate successfully through the process. Freshmen parents are invited to attend.

College/Career Planning. The fall regional College Fair will be held at SIUE on October 19, 2010, 6-8 p.m. In addition, students (and parents) are encouraged to use the HHS Career Center, located in the Guidance Department. Resources, computerized **Career Cruising career interest survey**, and internet access are available. A full listing of materials available for checkout from the Career Center can be found at the district web site under "Visit Our Libraries". Go to the high school library link and check out the Alexandria Card Catalog or visit the career center. The four year academic plans introduced in eighth grade will be updated during the Pathways course. During this class, information about high school and career planning will be presented. Freshmen should be thinking about their interests and abilities and how these characteristics can be matched to possible careers. This can be done by accessing www.careercruising.com (Username: *highland* password: *high*).

Registration for Next Year. At the beginning of the second semester between January and March, counselors will come into science classes to help students understand the registration process as well as distribute curriculum and planning materials to freshmen to bring home and discuss with their parents. The 2011-12 schedule will be built from students' requests. Therefore, it is critical that your student's requests be accurate. Your signature is required on all registration and scheduling forms. This is a great time to evaluate and update your student's four year plan.

Extracurricular Involvement. Colleges, scholarship committees and employers look to see how well-rounded and active students have been in high school. Students involved in activities seem to enjoy the four years more and generally are more successful academically. Parents can help by identifying opportunities available and choosing the sport, club or activity that best suits the student.

We encourage students to see counselors anytime during the year for help with a particular situation or for information relating to school and careers. Valuable resource information is available at Counselor Corner on the HHS web site www.highlandcusd5.org/hhs. Our aim is to assist freshmen in obtaining the best education possible in high school and in becoming well prepared for what they will be doing after high school. It is important to remember: **The goal of students during the freshmen year should be to do well academically and to begin thinking about possible careers and the educational requirements.**

Parents are invited to call the counselor with questions or concerns. Another opportunity to get involved in your child's education is by participating on the **Parent Advisory Council**. The input of the advisory council is vital to the success of our children and has a positive impact on the services provided by the school counselors. There are three meetings per year: October 5, 2010, January 11, 2011 and March 29, 2011. For more information contact Michael Wartick at 654-7131, or mwartick@highlandcusd5.org or Staci Brown, sbrown@highlandcusd5.org.

We look forward to working with you and your student. Best wishes for a successful school year.
Sincerely,

HHS School Counselors (654-7131)
Mrs. Barb Heyen, Director of Guidance, Special Education Counselor
Mr. Michael Wartick, Class of 2013 and 2014 Counselor
Mrs. Staci Brown, Class of 2011 and 2012 Counselor