



Counseling Department Information

2017-2018



Meet Your Counseling Team

A – Com

Sherry Keene

Con – Gn

Bre-Ann Richardson

Go – Jo

Leontina Liebe

Jp – Mc

Miranda Lincoln

Md-On

Elizabeth Rollman

Oo – Sl

Sarah Warta

Sm – Z

Brian Witherspoon

Neely Grubbs CHS Counseling Intern



Academic Support

- Forecasting
- Graduation Credit Check
- Schedules Assistance
- Grade check-in (grading periods)
- Academic Support
- Study Skills and Techniques
- Test Taking Strategies
- Credit Recovery Options

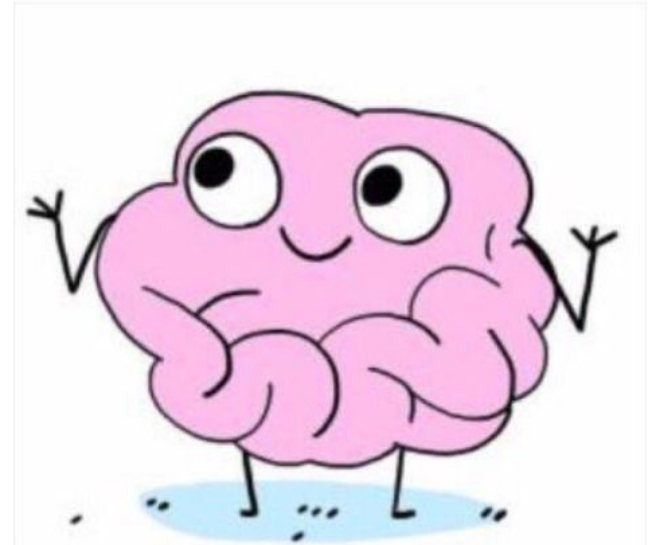
taking exam

Me: Hey Brain! Remember studying this stuff??

Brain: Yeah we totally studied that!

Me: Awesome! So what's the answer?

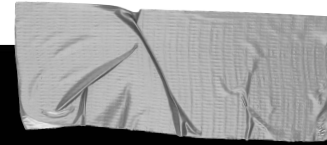
Brain:



Graduation Requirements

English (9th, 10th, 11th and 12th)	4.0
Science (Physical Science, Biology + One More)	3.0
Social Studies (World History, U.S. History and CWI)	3.0
Math (Algebra I, Geometry and Algebra II)	3.0
Health	.5
Physical Education	1.5
Occupational (.5 CCR Class, .5 Occ Elective)	1.0
Fine Arts (or 1.0 Fine Art + 1.0 PPR)	2.0
World Language (same language) (or PPR= Career Related Electives)	2.0
Electives	4.0

*Washington State History- Required but taken Middle School



Graduation Requirements:

24 Credits to Graduate

9th Grade: 6 Credits

10th Grade : 6 Credits

11th Grade: 6 Credits

12th Grade: 6 Credits

***ELA and Math SBA test
passed**

Career and College Planning

- Career Exploration
- Apprenticeships
- Military Information
- Technical Training
 - Cascadia Tech Academy
- Earning College Credit(s)
 - Running Start
 - College in the Classroom
 - AP Courses
- College Information
- How to find Scholarships
- How to apply for Financial Aid
- How to Register with the NCAA



Personal and Social

- Strategies for managing stress
- Conflict Resolution
- Break-Ups and Broken friendships
- Grief and Loss
- Home Life
- New friend group
- Growth and Development
- Bullying or Harassment
- General questions or concerns (life or campus)
- Life changes that you have questions about
- Good News (we love celebrating with you)/Bad News





- Also available as an App
- Counselor can help you reset passwords
- Grades show in live time as teacher's input them
- Shows Missing Assignments (in red)
- Click on Teacher's Name for direct link to e-mail contact
- Students should always try and communicate with the teacher first as they have direct answers about assignments and the curriculum.



1. Attend class daily and get involved in the lesson
 - a. ask questions
 - b. seek help from a classmate
 - c. be prepared with your materials
2. Complete all assignments and turn them in
3. Check Teacher's Google Classroom for helpful links and next steps
4. Check Skyward often for grades throughout the week (has app or online)
5. Go to conference period from 2:10-2:55 (Monday-Thursday)
 - a. Complete work (homework or missing)
 - b. Make up test
 - c. Seek clarification from a lesson or assignment
6. Late Start (Friday) Math and Science Peer Tutoring (Room 105)

- American Red Cross
- Art Studio Club
- ASB Advisor
- ASL
- Astronomy Club
- Band
- Be the Change Club
- Black Student Union
- CamTech/SkillsUSA
- Chamber Orchestra Club
- Choir
- Christian Students United
- Citizens Youth Advisory Council
- Distributive Ed. Club America (DECA)
- Drama
- Equestrian Team
- F.I.R.S.T Robotics
- Freshman Success Academy
- Gay, Straight Alliance (GSA)
- Green Team/Recycling Club
- Healthy Lifestyles
- Human Rights International
- Integrated Arts & Academics (IAA) Club

GET
INVOLVED!



- Interact Club
- International Club
- Japanese Culture Club
- Journalism
- Key Club
- Knowledge Bowl
- Leadership
- Lit Lovers @ the CHS Library
- Math Club
- Model United Nations
- MST ASB
- Muslims Student Association
- National Honor Society (NHS)
- OR & SWWA Blood Program
- Science & Engineering Fair Club
- Science Olympiad
- Sister School
- Speech & Debate
- Student Council
- Thespians Society
- UNICEF Club
- Yearbook
- Yoga Club

Getting Involved and Staying Connected: CHS Sports

Fall Sports

- Cross Country (Boys & Girls)
- Dance (Girls)
- Football (Boys)
- Football Cheer
- Golf (Boys)
- Slow Pitch (Girls)
- Soccer (Girls)
- Swim (Girls)
- Tennis (Boys)
- Volleyball (Girls)

Winter Sports

- Basketball (Boys)
- Basketball (Girls)
- Basketball Cheer
- Bowling (Girls)
- Competitive Dance
- Gymnastics (Girls)
- Swim (Boys)
- Wrestling
- Equestrian
- Unified Basketball

Spring Sports

- Baseball (Boys)
- Golf (Girls)
- Soccer (Boys)
- Softball (Girls)
- Tennis (Girls)
- Track (Boys and Girls)
- Unified Soccer