



# CLASS OF 2022

Quarter 1 - Junior Year

By: Mrs. Krutsinger



# CONTACT INFORMATION



## EMAIL

[BRENDA.KRUTSINGER@CCHS165.COM](mailto:BRENDA.KRUTSINGER@CCHS165.COM)



## PHONE

618-457-3371 EXT. 264



## OFFICE HOURS

8 AM - 3 PM  
Monday - Friday

\*Email is my preferred method of communication as I am usually able to reply quicker to emails.

# STAY IN THE LOOP

- Newsletters will be sent to students and parents via email. Please be sure that the email you have on the Parent Portal is up-to-date and accurate in order to receive these updates.
- Website: Another great way to stay in the loop is to bookmark my webpage. Visit: CCHS Website / Students & Parents / Class of 2022
- Ms. Murphy's Google Classroom: If you haven't joined Ms. Murphy's Google Classroom yet, do that now! She posts loads of useful information related to college, career, and more!

# CHECK OUT MY VIRTUAL OFFICE



# I AM HERE TO HELP STUDENTS:






## ACADEMICALLY SOCIALLY/EMOTIONALLY CAREER/COLLEGE

- Set goals and achieve them
- Communicate needs and seek help when needed
- Graduate on time and prepare for post-secondary endeavors
- Get involved in the school community
- Foster positive, healthy relationships
- Find balance and wellness in everyday life
- Explore post-secondary opportunities through Naviance
- Build soft skills and a strong work ethic
- Prepare for life after high school with the ability to adapt, cope, and achieve

# HOW TO SCHEDULE AN APPOINTMENT


You can email me or fill out the meeting request form on the counseling page or in my virtual office

Terriernet / Academics / Counseling

	<p><u>Lori Koester</u> Class of 2023 Department Chair <a href="#">Request a Meeting</a> lori.koester@cchs165.com</p>		<p><u>Erinn Murphy</u> College &amp; Career Counselor <a href="#">Request a Meeting</a> erinn.murphy@cchs165.com</p>
	<p><u>Krista Antrim</u> Class of 2021 <a href="#">Request a Meeting</a> krista.antrim@cchs165.com</p>		<p><u>Caitlin Klaybor</u> Class of 2024 <a href="#">Request a Meeting</a> caitlin.klaybor@cchs165.com</p>
	<p><u>Brenda Krutsinger</u> Class of 2022 <a href="#">Request a Meeting</a> Brenda.krutsinger@cchs165.com</p>		<p><u>Amy Prudencio</u> School Social Worker <a href="#">Request a Meeting</a> amy.prudencio@cchs165.com</p>
	<p>Brittany DeVantier Secretary brittany.devantier@cchs165.com</p>		<p>Mindy Clark Registrar <a href="#">Request a Transcript</a> mindy.clark@cchs165.com</p>



# CREATING A COLLEGE BOARD ACCOUNT

1. Before you get started have your:
    - a. Email address
    - b. Expected high school graduation date (month and year)
    - c. High School name
  2. Go to [collegeboard.org](https://collegeboard.org)
  3. Click on “Sign In” / “Create account”
  4. Select “I am a Student”
  5. Create a Username and password
    - a. Username: your lunch code plus your initials (EX 771062BK)
    - b. Password: your password plus a lowercase “c” and “!” (EX: BK234521c!)
- 



# TESTING INFO

## IMPORTANT DATES

- PSAT/NMSQT  
October 29 & January (TBA)

- SAT  
April 13, 2021

## TEST PREP

- Your college board account has your previous questions and answers to study.
- College Board practice tests
- Khan Academy
- Naviance test prep
- Varsity Tutors

## CONTACT

- Testing Coordinator  
Terri Goodin
- Email  
[Terri.Goodin@cchs165.com](mailto:Terri.Goodin@cchs165.com)
- Look for announcements on the CCHS website and in emails from Ms. Goodin, Ms. Murphy, and Mrs. Krutsinger



# GRADUATION REQUIREMENTS

1. English 4 credits
2. US History (1 credit) - Junior year
3. American Government ( $\frac{1}{2}$  credit) - Senior year
4. Civics ( $\frac{1}{2}$  credit) - Senior year
5. Mathematics (3 credits, including Algebra 1 and Geometry content)
6. Science (2 credits)
7. Consumer Education - ( $\frac{1}{2}$  credit) - One of the following classes: Adult Living or Personal Finance.
8. Health ( $\frac{1}{2}$  credit, one semester) - Freshman year
9. Physical Education - Students must take physical education every semester; waivers may be applicable. See Physical Education in the handbook.
10. Music, Art, Foreign Language, Business, Family and Consumer Science, Industrial Technology or Career Education (1 credit required).
11. **Nineteen (19) credits are required for graduation.**



# TRANSCRIPTS

- Please take a minute to make sure the personal information on your transcript is correct. If it is incorrect, please email me with the correct information.
- **Keep in mind...**
  - Your junior year transcripts are what's submitted to colleges/universities, so having coursework listed that balances rigor with success is important.

# NAVIANCE

## TASKS

- Please complete your assigned Naviance tasks.
- You can also use Naviance to research and save college and career requirements.
- **Login Process:** When you are on the login page, click "Login with Clever." From there, select Carbondale Community High School, then click "Login with Google." Next, use your regular school info on the google login page.

## COLLEGE & CAREER VISITS

Register in Naviance

- Sometimes visits might require extra steps - read follow-up emails regarding visits

There are **many** upcoming visits listed in Naviance.

# DUAL CREDIT & DUAL ENROLLMENT

- Keep in mind, you are starting your college transcript when you enroll in a dual credit or dual enrollment class.
  - Dual Credit-- Taught by a CCHS teacher
  - Dual Enrollment-- Taught on the JALC campus or online
- Students receive JALC college credit for BOTH dual credit and dual enrollment courses. CCHS students do not receive high school credit for dual enrollment courses
- \*Email questions to [dualcredit@jalc.edu](mailto:dualcredit@jalc.edu)\* -- More information to come
- Please keep in mind high school comes before college -- remember balance!

# IMPORTANT - ABOVE EVERYTHING ELSE

## Self Care

- Create a daily schedule/routine
- Eat nutritious foods & drink plenty of water
- Reading, do puzzles, play games
- Be active (walk, run, dance, bike, hike, etc.)
- Call, video chat, or text friends/family
- Go outside and get some sunlight!
- Do something you love

# PLEASE COMPLETE YOUR MINUTE MEETING SURVEY FROM MS. MURPHY



Questions | Responses

## Class of 2022 Minute Meeting Survey

Wonderful Advice:

I would like to be meeting individually with you all to collect your answers to the questions below but virtual connections will have to do for now.


Please consider each question as if I was asking it out loud, and type in whatever comes to mind for you right now.

These answers will only be reviewed by me and Ms. Kutzinger, and it is fine if they are your answers for RIGHT NOW...things change, plans change, and these questions are just a way to check in with your plans and goals for life after COVID.

Last Name: \*

Enter your answer

RECORDED WITH SCREENCAST MONITOR



# #GOALS

Please take time now to set some goals for junior year.





# THANK YOU!

Please take a look around my website and Ms. Murphy's website for all current information. Most information is emailed to you as well, so be sure to check often.

If you have any questions at all please email one or both of us!

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