

# Checklist for Helping Your Child with Homework

## Show You Think Education And Homework Are Important

- Set a regular time every day for homework.
- Provide necessary materials for all classes.
- Locate a quiet place to study.

## Monitor Assignments

- Check planner for homework assignments and due dates.
- Are assignments started and complete?
- Read the teacher's comments on returned assignments.
- Limit and supervise TV, video game and internet time.

## Provide Guidance

- Recognize and respect your child's learning style.
- Help your child get organized. (Planner, binder, folders)
- Help your child to develop good study habits: scheduling time for assignments, making up tests and homework from absences, and scheduling 2-3 days to study for tests.
- Talk with your child about homework assignments. Does he/she understand them?

## Talk with Someone at School when Problems Come Up

- Meet with teachers early in the year before any problems arise.
- When necessary, meet with the teacher and work out a plan to fix homework problems.
- Follow up with the teacher and your child to make sure the plan is working.

## WHY DO I HAVE A SCHOOL COUNSELOR?

We are here to support our students as they experience life as a teenager and develop skills to be successful throughout high school and in their future careers. We recognize the importance of students exploring career opportunities and learning life skills at a young age so they are prepared for higher education and entry to the workplace in the future.

The counseling office is a safe environment. We encourage students to visit whenever they need emotional, social, or academic support. We make every effort to have interactions with students during lunch or before/after school so students do not miss class time. However, we are always available to students throughout the day and encourage them to stop by and meet with their counselor whenever needed.

### INDIVIDUAL STUDENT PLANNING



Students and parents will meet formally with their assigned school counselor once per year during CCR's to review and discuss the following:

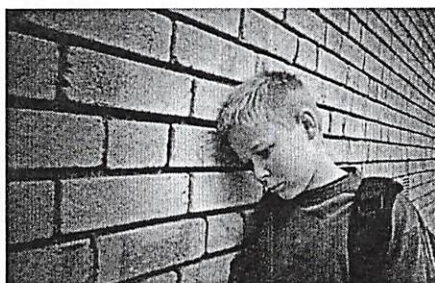
- Current academic progress
- Course selection for the upcoming school year
- Four-year plan (courses through high school)
- Graduation and college entry requirements
- Scholarship opportunities
- Academic and personal goals
- Career options
- College and other post-high school education

Mr. Rosenberg A-G

Mrs. Powell H-O

Mrs. Sheridan P-Z

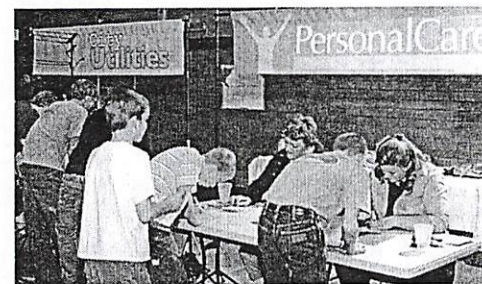
### RESPONSIVE SERVICES



Students are encouraged to visit their school counselor at their own discretion. We also encourage friends, teachers, administrators, and parents to refer students who may benefit from counseling services. Collaborating with parents, teachers, and community members, we can better ensure all students receive the support they need. We are available in our office throughout the day to help parents and students with any concerns, which may include:

- Friends
- Family
- Grief and loss
- Personal/ social issues
- Concerns with classes or teachers
- Suicidal thoughts
- Bullying
- Crisis
- Transition

### GUIDANCE CURRICULUM



We regularly visit the students in the classroom and organize events that allow students to explore and develop personal/social, life/career, multicultural, and academic/learning skills. This curriculum includes:

- Career exploration (7<sup>th</sup> grade CTE Intro lessons, Utah Futures)
- Character education (bullying, life skills, compassion, social skills, goal setting, Internet safety)
- Tool Day (career day)
- 7 Habits for Highly Effective Teens
- Reality Town
- Resumes, applications, and mock job interviews
- Field trips

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[ssheridan@dsdmail.net](mailto:ssheridan@dsdmail.net)

801 402 7723

### Step 7: Get into the “Night Before” Habit

Get as much sleep as you possibly can. As you start Jr. High, you will find yourself waking up earlier than you did in elementary school. Try to get at least 9-10 hours of sleep a day so that you are alert and energized!

In Jr. High, you will do a lot within an 8-hour day. And that doesn't include anything you do after school. It can make for a really stressful and tiring day if you haven't adequately prepared for it the night before. So, each night, look at your planner to see what is in store for the next day, set out what you plan to wear, pack your backpack, make sure your homework is done, and have your parents sign anything needing to be signed. Your morning will go much smoother that way!

### Step 8: Ask for Help

Develop good relationships with your parents, teachers, counselors, principal, other school staff, and peers and you will discover a huge network of people that are committed to helping you succeed. *ASK THEM FOR HELP* if you need it! There is *NO SHAME* in doing so! Even the most successful of people, such as Bill Gates, have had to ask for help sometimes. If you just relax and *DO YOUR BEST*, you should be on your way to success!

## Check List for Jr. High Success

- ☐ Check your grades *OFTEN*
- ☐ Write things down using a planning system



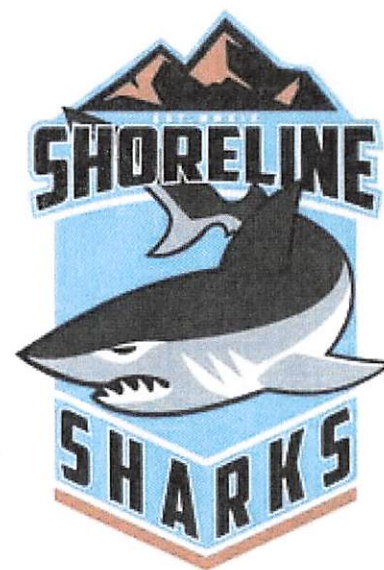
- ☐ Complete your homework *ON TIME*
- ☐ Turn in your homework *ON TIME (WITH YOUR NAME ON IT)*



- ☐ If you don't understand something, *ASK* your teacher
- ☐ Keep your parents informed, especially with *BIG* projects



# 8 STEPS FOR SUCCESS IN JUNIOR HIGH





### Step 1: Think of Jr. High as a New Beginning

You are entering a new chapter of your life, so why not think of this chapter as a new beginning? Try to clear away any previous baggage that you may have — it may hold you back if you don't. Don't be afraid to be yourself and try new things. You can make friends with new groups of people. You can take classes that challenge you. You can change your style. Jr. High is the perfect time to do all of these things! Take advantage of the opportunities to learn and grow, but at the same time, remember to be kind and nonjudgmental to those who are doing the same. Everyone wants to be liked for who they truly are.

### Step 2: Stay Organized

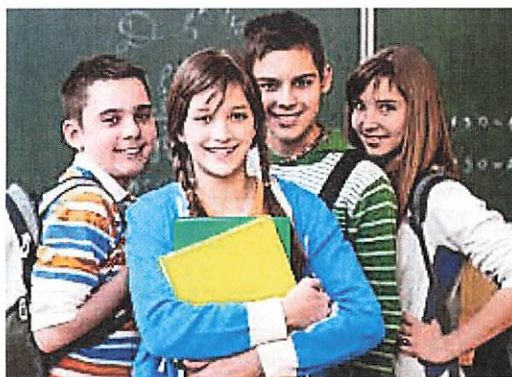
Organization is one of the *MOST IMPORTANT* parts of Jr. High. Every student at Shoreline receives a planner, and we *STRONGLY* encourage you to *USE* them to keep track of assignments!

To help you get organized, we suggest that you use a durable 1 ½ inch binder with pockets, and fill them with dividers, loose-leaf notebook paper, and a zippered pencil pouch to keep all of your supplies and work in one place.

It is recommended that students keep *ALL* of their assignments throughout the term in case there are any questions on credit received. You may want to purchase an accordion folder (to be kept at home) where you can store all of these assignments.

### Step 3: Attitude Check

Prepare yourself mentally for Jr. High by having an *ATTITUDE OF POSITIVITY AND SUCCESS!* If you want to be successful and have a great experience, then you have to want it, believe in yourself, and be proactive in getting what you want out of it. Getting involved in clubs, sports, and other activities at Shoreline is a great way to enrich your Jr. High experience!



### Step 4: Relax

It is completely normal to be a little nervous entering Jr. High, but don't worry, you'll adjust quickly. Before you know it, you will be used to your new teachers, the school, and your schedule. But if you need a little help along the way, *ASK FOR IT*. Your teachers, counselors, and other school staff are here to help you!

### Step 5: Know How to Use the MyDSD Student Account & Canvas

Each student should already be set up with a student account on MyDSD. This is where you will be able to check your grades and citizenship. To login, go to MyDSD on Shoreline's website. Sign in using the first part of your student email account (ex: 25jstudent) and pin number. Your parents/guardians are encouraged to set up a guardian account so that they can access this information, too.

Canvas is an electronic planner that many teachers use to communicate with their students. Make sure you are familiar with it, as this is where you may be asked to turn in a lot of your assignments. To login, your username is your school email address (ex. 25jstudent@go.dsdmail.net), and your password is the first initial of your name (capitalized) and your pin number from MyDSD (ex: J1234).

### Step 6: Stay on Top of Your Schoolwork

Your social life may be fun and exciting during Jr. High, but don't forget that you still need to set aside time to study and do homework. Plan to do your homework after getting home from school and start with the hardest assignment. Study at least 2 days before a test and take notes in class — this will help you prepare for tests and quizzes. Always remember that if you are absent, it is *YOUR* responsibility to ask teachers what you missed. And *ALWAYS* turn in your work *ON TIME* with *YOUR NAME ON IT*.



## What Do the Numbers Say?

- In 2015 (ages 12-17), 30% of girls and 20% of boys have had an anxiety disorder. - National Institute of Mental Health-
- Median age of onset of anxiety is 11.
- 8<sup>th</sup> graders who spend 10 or more hours a week on social media are 56% more likely to say they're unhappy than those who devote less time to social media.
- Teens' feelings of loneliness spiked in 2013 and have remained high since.
- Teens who spend 3 or more hours a day on electronics are 35% more likely to be at risk for suicide.
- In 2011, for the first time in 24 years, the teen suicide rate was higher than the teen homicide rate.

## Effective Natural Stimulants

- *Exercise*
- *Hugs*
- *Meditation*
- *Yoga*
- *Music*
- *Spiritual Experiences*
- *Nature Walks*
- *Deep Conversation*
- *The process of memorization*
- *Increased tactile activities*
- *Limited electronic stimulation*

### Resources:

<https://www.davis.k12.ut.us/departments/student-family-resources/community-resources>

## Electronics, Social Media and the Teenage Brain

RESEARCH SHOWS AN INCREASE IN MAJOR DEPRESSIVE EPISODES FROM 8.7% IN 2005 TO 11.3% IN 2014 IN ADOLESCENTS AND FROM 8.8% TO 9.6% IN YOUNG ADULTS. THE INCREASE WAS LARGER AND ONLY STATISTICALLY SIGNIFICANT IN THE AGE RANGE OF 12 TO 20 YEARS. CLEARLY DEPRESSION IS ON THE RISE AMONG TEENS, THE QUESTION WE NEED TO ASK OURSELVES IS HOW MUCH DO TECHNOLOGY AND SOCIAL MEDIA CONTRIBUTE TO THIS TREND?

## How to help your teen navigate the digital world

While these findings might make you want to delete all social media apps and ban your teen from any digital communication, avoidance isn't the answer. Teens use social media to connect, seek friendship and support, and even ask for help at times. A better solution is to understand how and why your teen uses social media, stay connected, and know what to look for if your teen shows unexplained emotional changes.

Believe it or not, your teen does want your support and guidance, but it can be hard to strike a balance between helping and trying to fix everything. Follow these tips to support your teen:

### Ask questions

Teens need autonomy in their lives, so micromanaging their online use can backfire. The best thing parents can do is engage with their teens. Ask which apps your teen uses the most often and why. Give your teen the space to tell you about the benefits of social media.

When difficult situations arise online, either in the news or in your teen's life, ask your teen how she or he would handle it. What can teens do to make social media a more positive experience?

### Model appropriate behavior

Modeling is very important during adolescence. Teens are confronted with new and confusing information almost daily. Growing up in the digital age is no easy task. When parents follow their own rules and stick to their own boundaries, teens learn important lessons in self-care and setting limits.

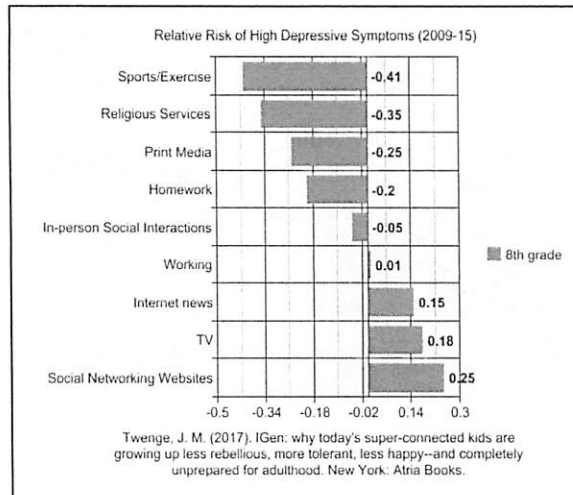
When teens begin to internalize the importance of limits and boundaries, they can set limits with their peers. This is an important life skill that is sometimes overlooked when teens are stressed, busy, and constantly connected.

### Talk often

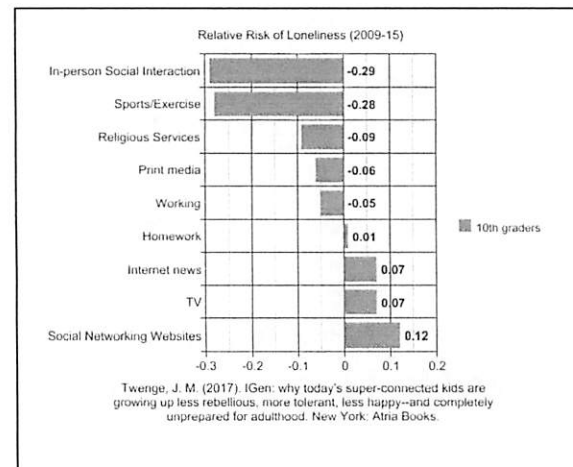
Parents play a critical role in helping teens process and cope with what they're seeing online. Talk about your own experiences with social media. Have you ever experienced envy when scrolling through your feed? Have you accepted a friend request that turned out to be a fake profile because you didn't take the time to look? When parents share their own experiences and talk openly about the highs and lows of social media, teens are more likely to open up about their experiences.

Parents can also help teens broaden their social media experiences by talking about interesting Instagram accounts, Twitter feeds, or Facebook pages that share information about certain topics. It's too easy for teens to get stuck on the treadmill of social comparisons when engaged with social media. Guiding them toward their areas of interest using social media helps them expand their experiences and learn new things.

Connection is key when it comes to parenting teens in a modern world. The single best thing you can do for your teen is make time for face-to-face connections that provide opportunities to unplug and simply be present.



*Research shows that what we do affects how we feel. As parents, if we model and encourage activities that foster emotional wellness, then teens will be able to see the benefit of incorporating healthy activities into their own lives.*



# Shoreline Junior High School

## Four-Year Plan for College and Career Readiness

Name: \_\_\_\_\_

High School: LHS DHS Other \_\_\_\_\_ Graduation date: \_\_\_\_\_

Academic Goal: \_\_\_\_\_ Utah Scholars/Regents \_\_\_\_\_

Career Ideas: \_\_\_\_\_

Pathway: \_\_\_\_\_ NCAA \_\_\_\_\_

Colleges of Interest: \_\_\_\_\_

### Basic High School Requirements

- o English - 4 credits
- o Math - 3 credits
- o Science - 3 credits (from 2 different areas)
- o Social Studies - 3 credits
- o CTE - 1 credit (2 sem.) \_\_\_\_\_
- o Arts - 1.5 credits (3 sem) \_\_\_\_\_
- o P.E. - 1.5 credits (Fit for Life plus 2 sem.) \_\_\_\_\_
- o Digital Studies - .5 credit
- o Health - .5 credit
- o Financial Literacy - .5 credit
- o Elective credit - 8.5

### Total of 27 credits

*College bound students may need 2 years of foreign language and additional core classes. Check individual college/scholarship information.*

9 <sup>th</sup> Grade		10 <sup>th</sup> Grade - PSAT		11 <sup>th</sup> Grade - NMSQT-ACT/SAT		12 <sup>th</sup> Grade-ACT/SAT	
1. English 9	English 9	English 10	English 10	English 11	English 11	English 12	English 12
2. Sec Math	Sec Math	Sec Math	Sec Math	Sec Math	Sec Math		
3. Science	Science	Science	Science	Science	Science		
4. Geography	Geography	World History	World History	US History	US History	Government/ Citizenship	
5.		Health	Fit for Life	Financial Lit			
6.							
7.							
8.							

7<sup>th</sup> \_\_\_\_\_

Parent Signature	Student Signature	Counselor Signature	Date
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8<sup>th</sup> \_\_\_\_\_

Parent Signature	Student Signature	Counselor Signature	Date
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9<sup>th</sup> \_\_\_\_\_

Parent Signature	Student Signature	Counselor Signature	Date
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