

Prioritize Mental & Emotional Health

- Remember it's healthy and ok to put up personal boundaries
- Talk to your loved ones for advice or ask them to just listen
- Get off of social media, sometimes a break is exactly what you need to refresh and feel grounded in who you are
- Turn your phone one DO NOT DISTURB at night to make sure you get enough sleep
- If there's too much drama:
 - Try turning your phone off for a few hours each day so you're more able to focus
 - Try not to talk to others about someone else's issues, it is not your story to tell
 - When working on a problem with a friend, to doing it in person and not over text
- Make an appointment with your counselor, we love to help our students!

PSAT

- Typically offered on campus in October
- Results come out in December through College Board
- PSAT scores are not used in the college admissions process
- Free PSAT Test Prep:
 - <https://www.kaptest.com/psat/free/psat-practice>

Build Relationships

Get to your know teachers & counselors:

- Improve your grades
- More motivation to attend class
- Best for your mental & emotional health, and your teacher's!

When applying to college as a senior, you will need **letters of recommendations** from academic teachers. The better someone knows you, the more they can write about what an amazing student you are.

Course Selection Process

- Every spring students will receive an updated copy of their unofficial transcript
- Students and parents will learn about the courses being offered/ required for the next school year
- Counselors meet with students one on one to discuss graduation requirements and help students choose course requests

Use Your Summer

Determine how you can use your summers to grow

- Internship
- Summer Intensives
- Programs
- Job
- Visit colleges

Elective Waivers for your GPA

- Don't miss out on the opportunity to select an "Elective waiver" to remove up to 2.0 full credits for your GPA
- Our Registrar, Mr. McCommis, will email students and parents about this opportunity each semester and the deadline to request.
 - Only elective credits can be waived
 - Grade will be replaced with a "P" on the transcript and no longer be averaged into the GPA
 - Once students/parents request this, it cannot be removed

Academics are still Important

- Grades and attendance still matter
- Check grades on Power School weekly
- Check Week at a Glance weekly
- Attend tutorials if needed
- Always check in teacher if you missed a class to see about any missing work or tests

Get Involved

- Meet other artists and create together
- Audition for The Happenings, Diversity Series, All School Musical, Library Concert Series
- Get or stay involved in clubs
- Be more involved in your art major

Begin a **resume** by writing down your involvement for the last 2 years,

Explore Careers

Road trip Nation

- Using Naviance, students can watch videos of people within a field of interest discuss their career and how they arrived there

Start thinking about post high school

- **Do you want to continue with your art area as a career?**
- **Do you want to choose another career but still continue your art at the same time?**
- **Are you your interests and strengths taking you in a different direction from your art?**

Start Researching Colleges

Naviance has a lot of information for college searches

- College Super Match
- Scattergrams

Use HSPVA Most Popular College lists per art major for some ideas

Watch Naviance tutorial videos to learn how to navigate

TO CONTACT YOUR COUNSELOR:

BECKY JOHNSON
REBECCA.JOHNSON@HOUSTONISD.ORG
CREATIVE WRITING, INSTRUMENTAL, & VOCAL

CHRISTY FARRIS
CHRISTINA.FARRIS@HOUSTONISD.ORG
DANCE, THEATRE, & VISUAL ARTS