

## Prioritize Mental & Emotional Health

Starting High School requires a lot more time and hard work than Middle School in academics and your art specialty.

Our artists have a tendency to spread themselves thin, stay heavily involved in studios outside of school, and/or focus on being perfect rather than learning and growing.

Please check in with yourself/child and ask, **"When was the last time I laughed and had fun, or pursued my art without being judged?"**

Even artists cannot do it all and we have learned that students who take a break, lessen their commitments outside of school, and spend quality time with loved ones not talking about school or college have a much better time coping with the difficulties of this transition.

## 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

Taking time to create a good relationship with your teachers, classmates, and counselors can help by:

- Feeling like you are not alone
- Having someone to listen
- Help with problem solving
- Improve in academics
- Improving in your art major
- Elevate each other as artists
- Encouraging empathy and growth

## Building Your Own Personal Narrative

- Students begin learning about building their personal narrative in writing.
- Use information from personality tests and profiles on Naviance to explore their skills, interests, and possible career paths.
- Finding your voice, processing your journey, and preparing for your future starts as soon as you walk through the doors at PVA.
- Every day is an opportunity to gain awareness and grow.

## Understand How Your GPA Works

- A GPA is your Grade Point Average
- Every semester grade is given a GPA point and averaged together to determine a GPA.
  - Academic courses are on a 4.0 scale
  - AP and Honors courses are on a 5.0 scale
  - Each semester grade is made up of 3 cycle grades and a final
- High school credit taken in middle school does not go into your GPA

## Academics are Important

Students will need to pass all required courses to graduate.

Tips for academic success

- Read your syllabus
- Check Week at a Glance
- Check grades on Power School weekly
- Contact teachers for work/tests if absent
- Attend tutorials as needed
- Ask questions in class
- Create study groups

## Get Involved

- Join a club or multiple clubs
- Attend the All School Musical
- Attend the Happenings
- Attend Diversity Series
- Attend Library Desk Concerts
- Volunteer for your art specialty programs
- Volunteer with tutoring sessions or the Writing Center
- Audition
- Support other artists

## 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

TO CONTACT YOUR COUNSELOR:

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