

A high-angle photograph of a person standing on a large white arrow painted on a paved surface. The person is wearing blue jeans and brown shoes. The arrow points downwards, and the person is standing on the shaft of the arrow. The background is a textured, greyish-brown pavement with white lines.

MISD Parent

University

10th Grade

A photograph of two young women sitting at a table in what appears to be a classroom or office setting. The woman on the left is a Black woman with long, wavy brown hair, looking towards the woman on the right. The woman on the right is a white woman with her hair pulled back in a bun, wearing a light-colored sweater and a headband, and is holding a pair of black-rimmed glasses. In the background, there is a white shelf with some plants and a blue tissue box on the table.

Hello!

HIGH SCHOOL COUNSELORS

Our role is to advocate for students through direct and indirect services focusing on academic, career, and social & emotional needs. You can find our contact information on the Mansfield HS website.

Campus Staff

Principals:

Mr. Vopal, A – E

Mrs. Martinez, F – Le

Mr. Pollard, Li – R

Mrs. Haygood, S – Z

Counselors:

Mrs. Cook, A – Col

Mrs. Dabney, Com – Hal

Mrs. Petersen-Leach, Ham – Ll

Mrs. Candler, Lo – O

Mrs. Smith, P – Sp

Mrs. Barnett, Sq – Z

Mrs. Dawkins – Student Support

“

I've learned that people will forget
what you said, people will forget
what you did, but people will never
forget how you made them feel.

-Maya Angelou



STUDENT

COMPETENCIES

Academic

- Courses
- PSAT
- GPA/Ranking
- Dual Credit

Career

- Planning
- Course Alignment
- Endorsements/Certificates

Social/Emotional

- Time Management
- Social Media
- Resiliency
- Mindfulness



An antique key with a circular ring handle and a notched bit, resting on a piece of torn, light-colored paper. The word "SUCCESS" is printed in large, bold, black, sans-serif capital letters on the paper. The background is a dark, textured surface, possibly wood or stone.

SUCCESS

Courses

Your students meet one on one with their counselor each spring to discuss their courses for the following year.

PSAT/SAT/ACT

District PSAT is on October 10th
– Scores will be emailed to the
students in January.

SAT/ACT – We recommend
that students wait until the
spring of their junior year.





Dual Credit/AP

- Should my student take Dual Credit or AP classes?
- When should they start? The first district meeting will be in Nov 2018.



M	T	W	T	F	S
		1	2	3	4
6	7	8	9	10	11
13	14	15	16	17	18
20	21	22	23	24	25
27	28				

1.

Biggest Question

What should we be focusing on this year to prepare for graduation and the transition after high school?

College Board Timelines

What is College Board?
[Collegeboard.org](https://collegeboard.org)

- Fall
- Winter
- Spring
- Summer



FALL

1.

Make sure your child meets with the school counselor



2.

Encourage your child to set goals for the school year



3.

Make a plan to check in regularly about schoolwork



4.

Talk about extra-curricular activities

WINTER

1.

Review PSAT
10 or
PSAT/NMSQT
results
together

2.

See how much
you need to
save for college

3.

Discuss next
year's classes



SPRING

1.

Make a college wish list together



2.

See how much you need to save for college



3.

Help your child make summer plans.



SUMMER

1.

Visit a college
campus
together



2.

Get the facts
about what
college costs.



3.

Help your
student
explore career
ideas

Careers

Students do research – it's time to narrow it down.



A person in a light green jacket and dark pants is running towards the right. The background is a large mural with a blue and teal color palette. The mural depicts an underwater scene with a giant hand reaching down from the top left, a boat on the right, and various fish swimming. The overall mood is dynamic and aspirational.

Career Planning

- Develop an interest list
- Figure out how to get there
- Try it out – job shadow, volunteer, interview someone in the field, go to career fairs
- College & Career Night is Monday, October 29th at The Center
- Career Cruising



Course

Alignment

Perfectly Orchestrated

BBIA

Co-Curricular

Clubs, Organizations

Topic Specific



Endorsements/

Certificates

- Refresher
- Can the Endorsement Change
- How can my student earn an industry certificate?

The background features a dark grid pattern with various glowing numbers and symbols, including '0', '1', '7', and 'E', creating a digital or data-themed aesthetic.

FUN FACT:

13,425

Number of face-to-face visits with high school counselors last year.



Social &

Emotional Needs

- #1 fear among teens is the fear of failure
- Stress Levels - The Cause
- Resiliency – What that looks like.
- Social Media - The good, bad, and ugly

The
FEAR
OF
failure

Its All About Balance

TIME
MANAGEMENT

Course
Work

Extra
Curricular

Free
Time

Volunteer
Work

A close-up photograph of a person's hands using silver scissors to cut a piece of white paper. The paper has the words "I can't" written in a bold, black, sans-serif font. The scissors are positioned to cut through the paper between the word "can" and the apostrophe. The background is a blurred wooden surface.

I can't

RESILIENCY

Why it matters?

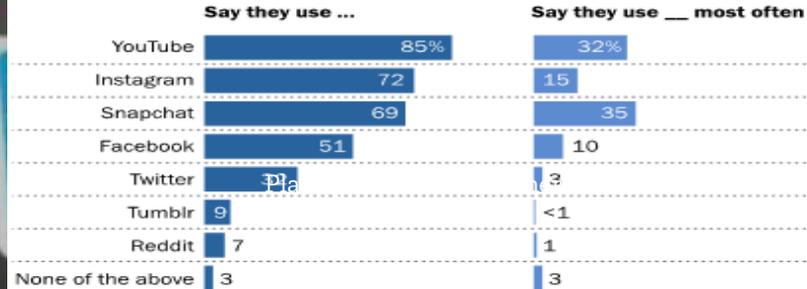
Social

Media

Usage

YouTube, Instagram and Snapchat are the most popular online platforms among teens

% of U.S. teens who ...



Note: Figures in first column add to more than 100% because multiple responses were allowed. Question about most-used site was asked only of respondents who use multiple sites; results have been recalculated to include those who use only one site. Respondents who did not give an answer are not shown.

Source: Survey conducted March 7-April 10, 2018.

"Teens, Social Media & Technology 2018"

PEW RESEARCH CENTER

Many experts have described a rise in [sleeplessness, loneliness, worry, and dependence](#) among teenagers — a rise that coincides with the release of the first iPhone 10 years ago. One [study](#) found that 48 percent of teens who spend five hours per day on an electronic device have at least one suicide risk factor, compared to 33 percent of teens who spend two hours a day on an electronic device. - Harvard

SOCIAL MEDIA

STATS

A background image showing various social media icons (Pinterest, Instagram, LinkedIn, Facebook, and a green icon) hanging from blue strings against a dark background.

	Good	Bad	Ugly
88% of teens have seen someone be mean or cruel to another person on a social media site			X
67% know how to hide what they do online from their parents		X	
40 % feel positive about connecting with friends and family	X		

A silhouette of a person's arms raised in a heart shape against a sunset background. The sun is visible through the heart-shaped opening, creating a bright yellow and orange glow. The background is a gradient of orange and red, suggesting a sunset or sunrise over a body of water.

Thanks!

Any questions?

#grittotheheartofit

@misdounseling