

GUIDANCE ORIENTATION INFORMATION

for Freshmen and New Senior High Students to York Catholic High School

COUNSELORS

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The following are some tips from your counselors, which will help you to have a productive first year in the senior high at York Catholic High School. Asking questions will help you avoid problems. Our goal is to help you grow as a whole person, educationally, personally, and socially.

ACADEMICS – Be positive about learning. That attitude helps the brain function and make connections with various skills and ideas you are dealing with in class. Review every subject daily for ten minutes – repetitions help our brain store information in our long-term memory (what you use for quizzes, tests and semester exams). Cramming is not effective. Use visual, auditory and discussion methods with friends. The more parts of the brain involved in learning, the better we can use information to promote higher-level thinking and problem solving. Being creative in problem solving and getting experience in working in groups is something you will want to concentrate on in high school, since these skills are a high priority in the working world today.

Remember that grades are important – not as an end in themselves, but as one measure of how you are learning. Grades achieved by the end of the first semester determine your course choices for next year in addition to future career plans. There may be minimum grades for certain core courses and electives. Failing two or more subjects will make you ineligible to take part in school activities. If you fail for the year, summer school is almost certain – at your expense. Grades help determine class rank and are part of your permanent record at York Catholic. Colleges will want to know your grades from 9th, 10th, 11th and 12th grades – so you will want to do as well as you can.

How do you get help if you do not understand a particular subject? Ask your teacher during class. There may be many students with the same question. If you wait, you may get “lost” in a few days or weeks and have a difficult time catching up. Keep your assignments up to date in your Student Handbook/Agenda. This will help you keep track of due dates for tests, quizzes, papers and projects. Teachers are willing to see you after class when you are both free – but you need to take the first step and let them know you want extra help. Consider writing the teacher a note if it is hard for you to find the right time to talk with them. You could also request a student tutor through your teacher to help you during one of your study halls. Ask your teacher or counselor for help in arranging

this. Also, talk to others in your class who may be of help to you. There are LIU tutors who will assist with English, Reading, Math. Check with your teachers or counselors about arranging to meet with them.

TESTING – We have standardized tests for 7th through 11th graders. The Iowa Test of Educational Development is taken by the 7th, 8th, and 9th grade students in April. These tests cover reading and expression, math, science and social studies. The IOWA test gives students, parents and teachers feedback about what students are learning and their ability to use that information. Sophomores can choose to take the PSAT 10 in April as a practice test to prepare for the important Junior year PSAT. Registration for the PSAT 10 will take place in the winter and there is a minimal charge for this optional test. Juniors will take the PSAT in mid-October. The PSAT provides an opportunity to experience college entrance exams such as the SAT or ACT without the scores being submitted to universities, but qualifies for the National Merit Scholarship competition. It is important for students to do their best on all of these tests.

CAREER ROOM – The Career Room is available to students during their study halls to use the career resources, college materials, and computers. The Guidance Secretary can help students arrange to talk with college and armed services representatives. The Career Room is available on school days from 8:00 AM to 3:00 PM.

PERSONAL – We are aware that many students have occasional personal situations of pressure from within themselves, family, or peer relationships. These can put students at risk. Lack of self-confidence, poor grades, and emotional problems can occur if not dealt with appropriately. We offer our services to listen and try to facilitate students in making good choices in a confidential atmosphere. If we are concerned that students might hurt themselves or someone else, we will notify parents or appropriate adults.

STUDENT ASSISTANCE PROGRAM (SAP) – The Student Assistance Team is a group of trained faculty members who meet to assess students at risk and to help students through a difficult time. The team this year includes Miss Anderson, Mr. Bankos, Mr. Hayek, Mrs. Langione, Mrs. Lupinetti, Mrs. Obermeier, and all of the guidance counselors. Please refer to your Handbook/Agenda, or contact your guidance counselor with questions. All students meet with their guidance counselor at least three times during the school year for individual interviews and group information sessions. Students may request an individual appointment at any time, by talking with their counselor, or by leaving a note for the counselor in the main office with their name and homeroom number listed on the note. Parents are always welcome to contact counselors by phone or email.

BULLYING PREVENTION – This program is in effect for the senior high as well as the junior high. We strive to make York Catholic a safe learning environment for our students. If students are aware of any bullying or harassment taking place, they are to report it to a teacher, Mr. Bankos, or a guidance counselor. Students can also complete a form in the nurse's office. Please refer to your Handbook/Agenda for more details.

WELCOME – We welcome you to high school and wish you well in all of your endeavors. Please feel free to stop by your guidance office with any questions you have or just to say hello.