



**North Warren Jr. Sr. High School Guidance Office**  
6110 State Route 8  
Chestertown, NY 12817  
(518) 494-3015 ext. 757

**August, 2018**

**To the Class of 2023:**

**Dear 8<sup>th</sup> Grade Students and Parents,**

Congratulations on starting your last year of Junior High School! We are looking forward to having the opportunity to work with you for your 8<sup>th</sup> grade and high school experiences. In the year to come, you will have a chance to learn more about your interests, skills and values about the world of work and how those will help you choose future career plans.

It's very important to emphasize that this year's foreign language, and/or advanced math grades will actually be included in your high school transcript. On **November 7<sup>th</sup>**, we will be hosting an **8<sup>th</sup> Grade Parent Night**, where you will learn more about High School graduation requirements, and how 8<sup>th</sup> grade can play an important role in your academic success.

Whether your plans after graduation from high school include college, career or technical training, it's very important to choose your courses and activities carefully. At the end of August, you will receive a copy of your 8<sup>th</sup> grade schedule in the mail, but in the meantime, we hope the following information will be helpful.

### **Junior High School Tips for Planning: 2018-2019**

*Just a few important reminders for this year*

1. Visit the Guidance Office
  - Come as often as you need to!
  - Study Hall or PE times are best, but you are welcome at anytime *with a signed pass*.
  - There will be times when you will be contacted to come to the guidance office.
  
2. Remember critical Study Skills
  - Organization
  - Time Management (make effective use of your schedule & manage stress)
  - Study Area at Home (quiet, free of distractions, comfortable, well-lit)
  - Planner (Use it!)
  - Take notes (Will reinforce what happens in class!)
  - Study even when you don't have "homework"
  - Don't be afraid to ask for help
  - Please consider staying after school for additional help as needed (Mon-Thur w/late bus)
  - Check out <http://www.how-to-study.com/> for more helpful tips!
  
3. Get involved at NWCS! (Clubs, Organizations, Sports)
  - Interact
  - Student Council
  - SADD
  - Baseball
  - Basketball

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- Field Hockey
- Soccer
- Natural Helpers
- Just to name a few... All provide great opportunities to learn about yourself, your interests, talents and abilities!

4. Stay involved!

- In order to be informed, all Parents and Students are strongly encouraged to attend and participate in grade critical annual events, such as the 8<sup>th</sup> Grade Parent Night taking place on Wednesday, November 8<sup>th</sup>, from 6:00 to 7:30 p.m. in the school library.
- Please sign up for the Schooltool Parent Portal to access online updates for your student assignments and grades.  
<http://www.northwarren.k12.ny.us/Parents/Docs/ParentPortalGuide.pdf>
- Please keep in touch with your student's teachers via email, to identify and address any concerns in a timely manner.
- Please visit the North Warren Guidance website to view the Guidance Newsletter which is updated every 5 weeks during the school year, with each progress and report card.

5. In 2011, North Warren implemented the Olweus Bullying Prevention Program. During the 2018-2019 school year, this program in conjunction with the Cougar Code of Conduct, will continue to help ensure that North Warren continues to be compliant with the Dignity for All Students Act. All North Warren staff will be participating in program training prior to the start of school and students will be participating in curriculum and class meetings starting in September and continuing throughout the year.

## **TIPS for making your 8<sup>th</sup> grade classes count**

- **Sit as close to the front** of the classroom when possible.
- **Join in** class discussions.
- **Ask questions!** If you don't understand something, chances are others in the class don't understand either.
- **Keep up** with class assignments. Finish them before they're due.
- **Ask for help** in any class in which you find yourself falling behind. Remember, your teachers want to help you succeed!
- Look for ways to **sharpen your basic skills** in each class. You can practice your writing skills in history, your algebra skills in science, and your math and science skills in vocational education classes.
- **Learn keyboarding** skills so you can type your own schoolwork and use a computer.
- Learn to **take good class notes**. You'll be taking lots of notes during the rest of your life.
- Learn to **proofread, correct, and rewrite** your written work.
- **Develop test-taking skills**. Your counselor and teachers can show you how to get started.



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Source: <http://mappingyourfuture.org/Downloads/MHSCStudents.pdf>

## Time Outside of School

- Find a **quiet place to study** where you won't be interrupted. Is it just too noisy at home? Ask your family or a teacher to help you find a place to study.
- Plan a **daily homework schedule** and stick to it. Do more than is required.
- Ask your **family or friends** to read your written work. And ask them for help if you're having trouble at school.
- **Use your local library.** If you don't have a library card now, ask the librarian for one. They're free.
- **Read newspapers and magazines.** Talk with your family and friends about what you read.
- Look up words you don't know in the **dictionary.** Then use your new words in writing and talking.
- Remember College Admission Officers may review your **social media presence** during the application process. Ensure your social media presence is suitable for not only College Admission Officers, but for future employers too.
- Talk with your family about **career plans** and what you want to do in the future.

Source: <http://mappingyourfuture.org/collegeprep/make-high-school-count-student.cfm>

The 8<sup>th</sup> grade school year will mark a big transition from Junior High to High School. This is an exciting time of preparation for the future. I would like to encourage all students and parents to feel free to contact me with any questions that you may have, in order to get the most out of this experience that you can!

Having a balance between academics, athletics, extracurricular activities and personal time to simply do what you want to do is very important. It is my hope that you enjoy what is left of summer, and are getting ready for a great year ahead!

If you have any questions or concerns, please contact me at 494-3015 ext. 752, or via email at [mtherio@northwarrencsd.org](mailto:mtherio@northwarrencsd.org). Your schedule for 2018-2019 will be mailed home during the last week of August. I look forward to seeing and working with you in September!

Michael Therio  
8-12 School Counselor

## Career Exploration

It's never too early to think about future career and planning options! Check out the following resources for some free time exploration!

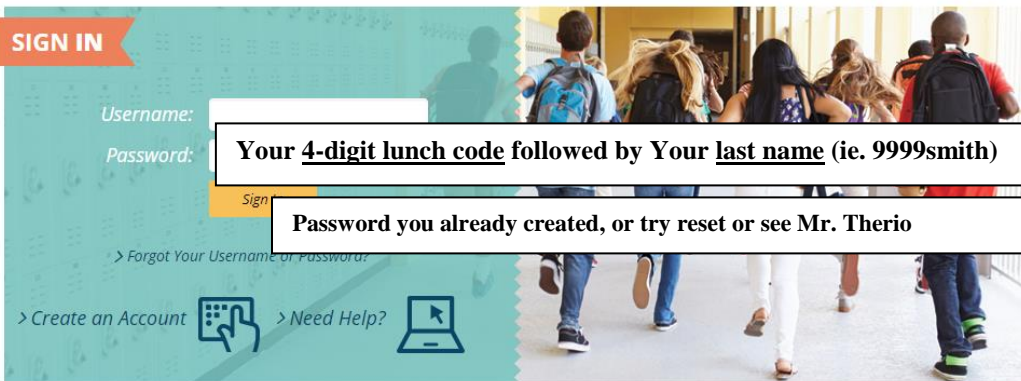
[mappingyourfuture.org/planyourcareer/careership/](http://mappingyourfuture.org/planyourcareer/careership/)

An online Career Exploration Adventure Tool... The more you learn, the further you can go. Your mission starts here!



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[www.Choices360.com](http://www.Choices360.com)



1. Enter your Username and Password
2. If you can't remember them, you can click on [> Forgot Your Username or Password?](#) (or contact Mr. Therio for assistance.)

From the **Career Planning** tab, try one of the 7 assessments to learn more about yourself. This is the best place to start when choosing the right career for you. Also, be sure to check out the **College Planning** section for great ideas about choosing the right fit school for you!

| Assessment Name               | Description  | Duration      |
|-------------------------------|--|---------------|
| Interest Profiler             | Figure out what interests you have and match them to careers.          | 10-20 minutes |
| Work Values Sorter            | Find your work values and match them to career options.                | 5-15 minutes  |
| Basic Skills Survey           | Find out what careers require your basic skills.                       | 10-15 minutes |
| Transferable Skills Checklist | See how the skills you've learned can lead to new opportunities.       | 30 minutes    |
| Career Cluster Survey         | Find out which career cluster is right for you with this quick survey. | 15-25 minutes |
| The Career Key                | Discover your career interest areas in a few quick steps.              | 10-15 minutes |