



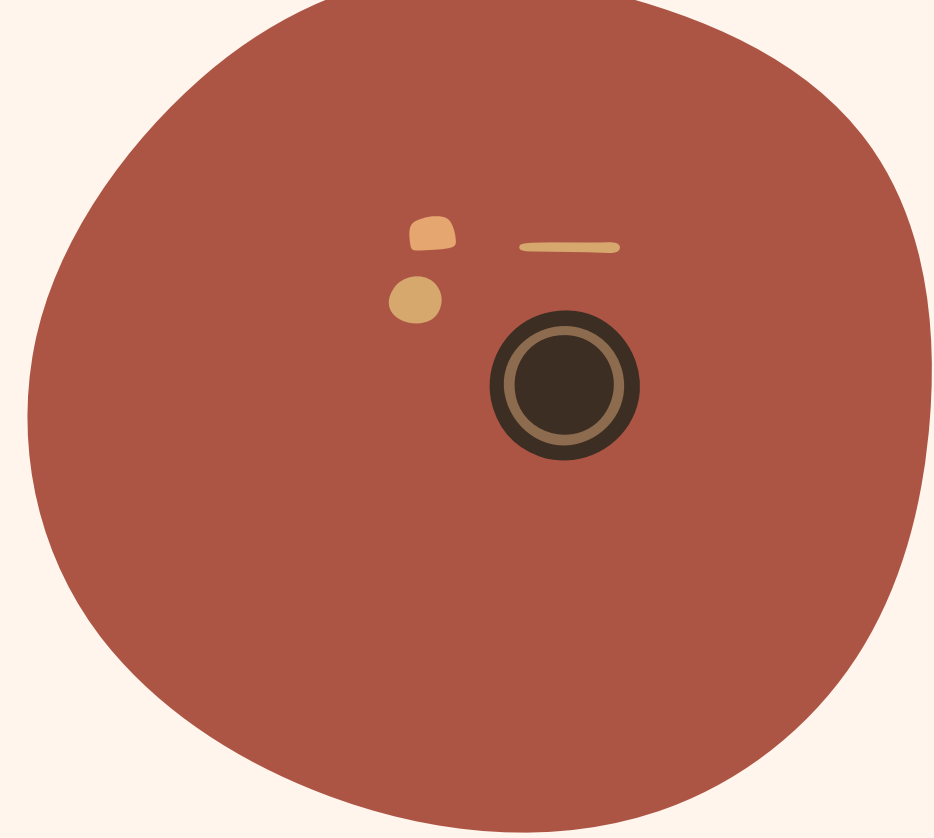
TRANSITION TO HIGH SCHOOL

BHS Freshman Lesson

START



Our Team



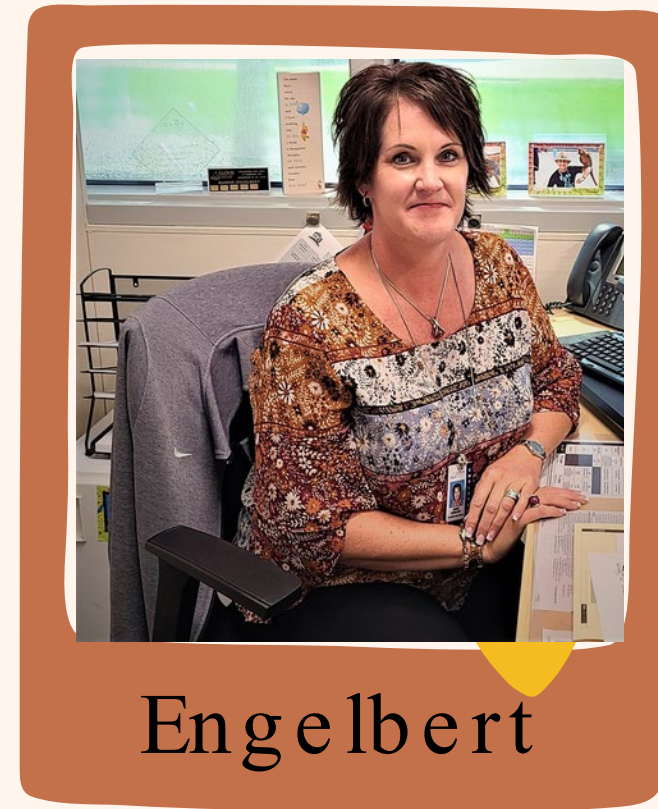
Wagner



Brandon



Tozlian



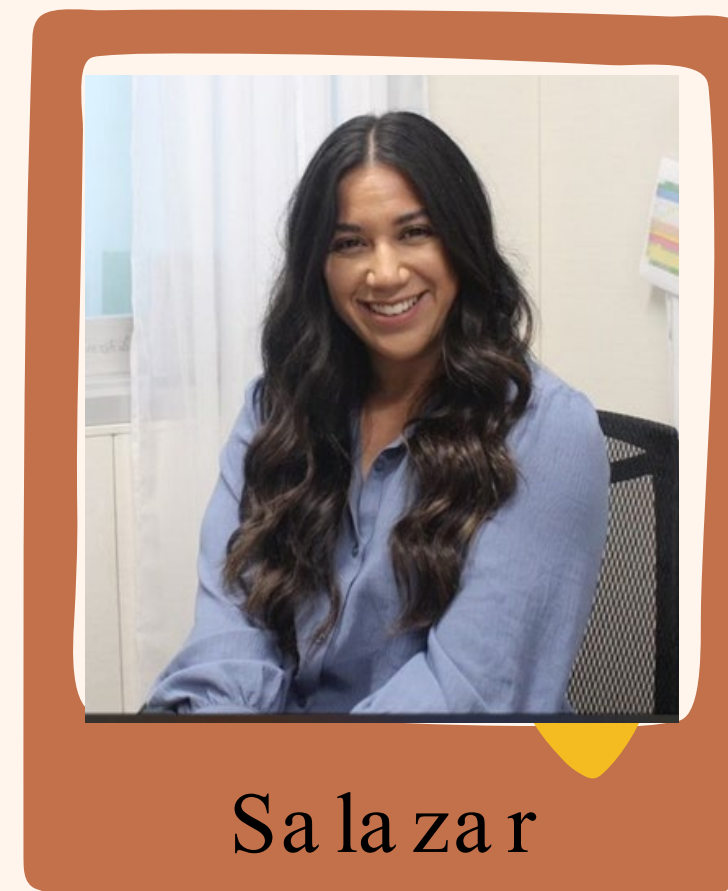
Engelbert



Felix



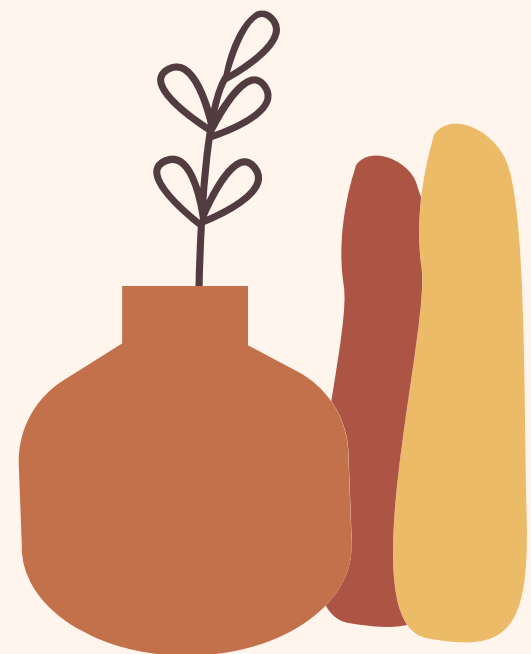
Loggins



Salazar

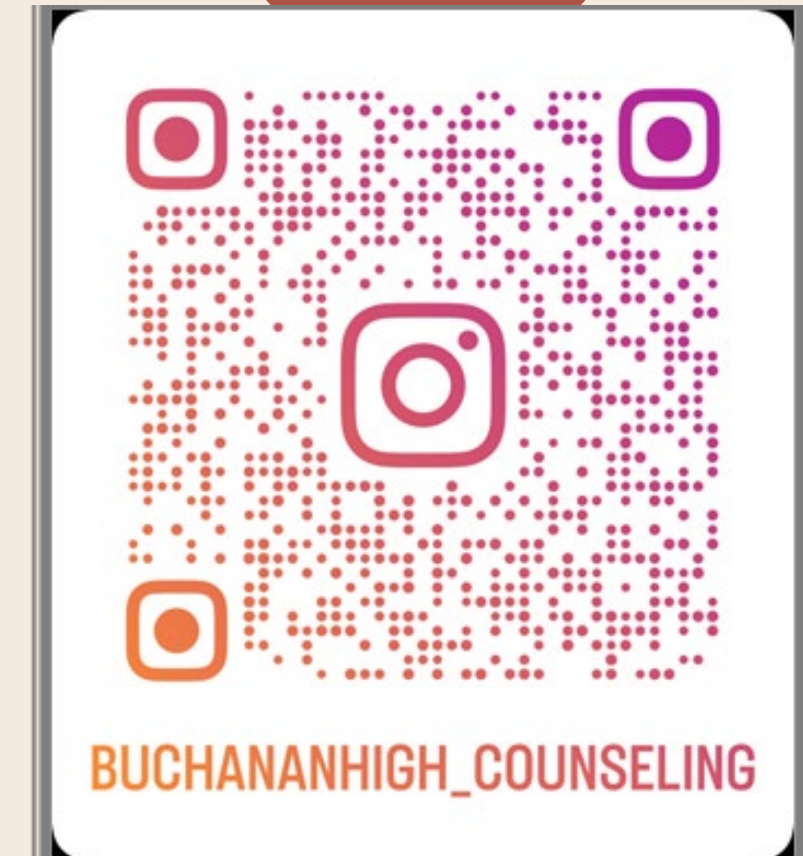


Rudolph



Stay Connected!

- [BHS Website](#)
- [Email](#)
- Instagram:
[@buchananhigh_counseling](#)



A scenic landscape at sunset with mountains and a valley. The sky is a warm, golden-orange color, and the sun is low on the horizon, casting a soft glow over the scene. The mountains are silhouetted against the bright sky, and the valley below is filled with rolling hills and fields. The overall mood is peaceful and contemplative.

You never get a second chance
to make a first impression.

Will Rogers

OBJECTIVES FOR TODAY

1. Identify and locate resources on campus
2. Understand the role of a high school counselor
3. Believe in the importance of developing mind, body, and spirit

Role of a High School Counselor

What does your
Counselor do?

To do list:

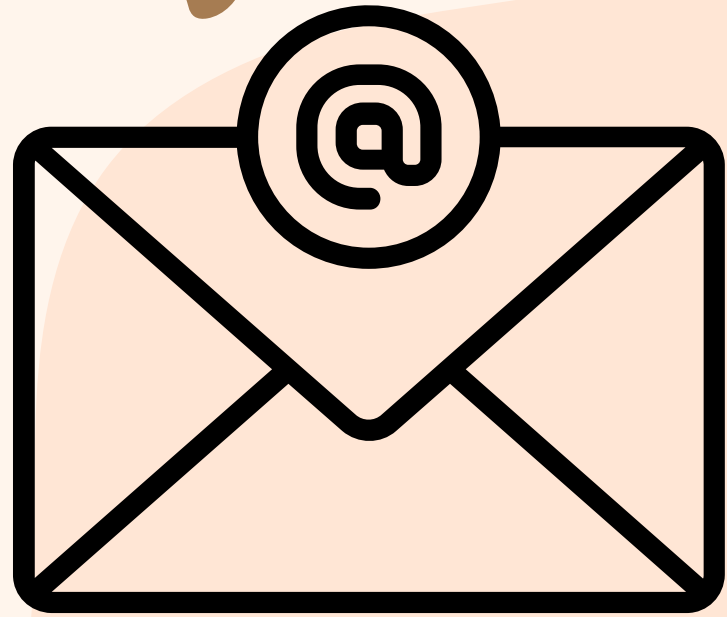
- Academic Counseling
 - Individual meetings
 - Course planning
- College/ Career Counseling
 - Career exploration
 - College/ Career workshops & applications
- Social/ Emotional Counseling
 - Individual meetings
 - Connect w/ other resources

When will you meet with
us?

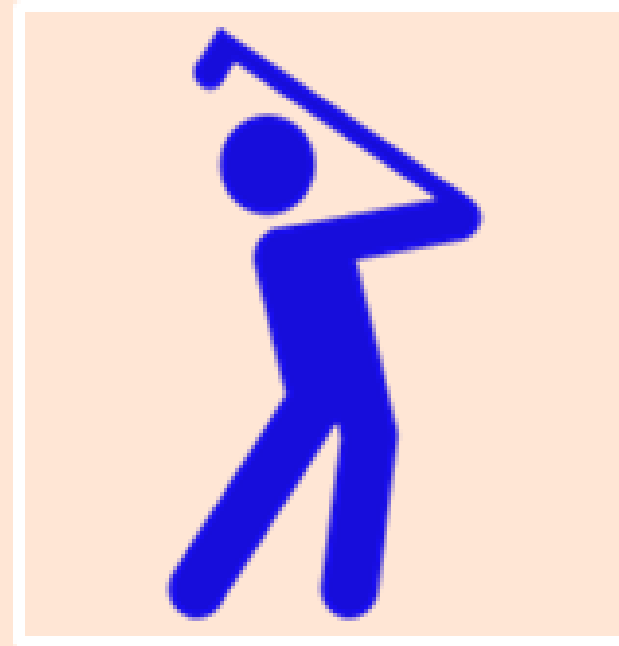
To do list:

- Registration in March
- 2 grade-level lessons (October & February)
- Otherwise, as needed or requested

How to contact your Counselor



Em a i l

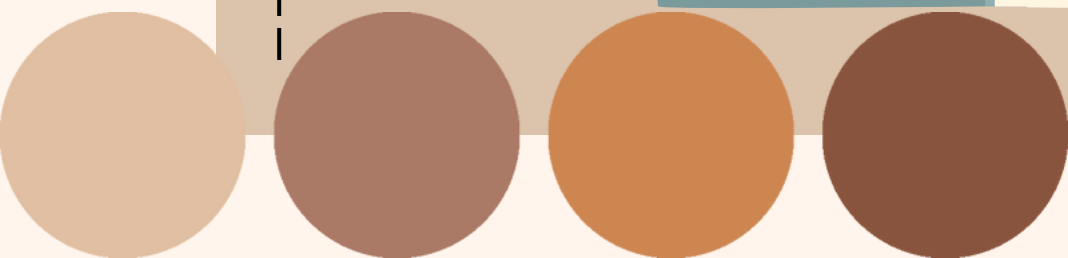
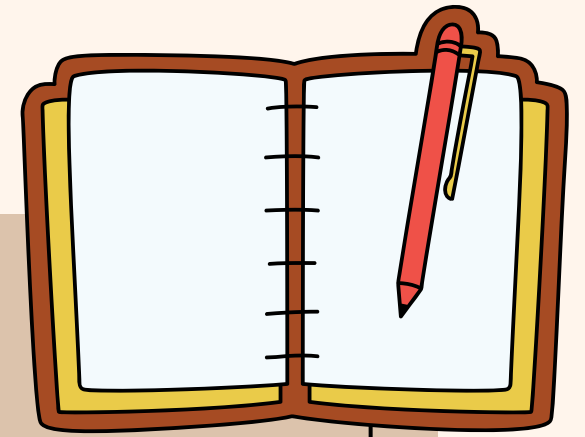


Swing by in person, before school, at lunch, or after school to see if we're available



Check in at the computers at the front and select reason for Counseling Center visit

What is different
about high school?



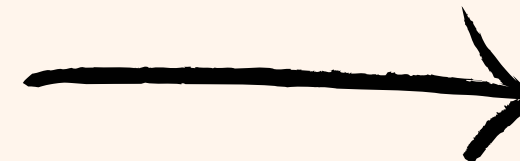
CREDITS MATTER!

1. Every class that you pass, you'll get 5 credits per semester
2. Any class you don't pass, you have to make up
 - C or better in Math/ World Lang. to move on to next level
3. Privileges you could lose
 - Summer (make up class at summer school)
 - Future elective options (will have to do credit recovery/ retake classes)
 - Senior off campus @ lunch
 - School events
 - Graduation

HIGH SCHOOL IS DIFFERENT



You might have more homework (work might be harder)



You will need to self-advocate a little more

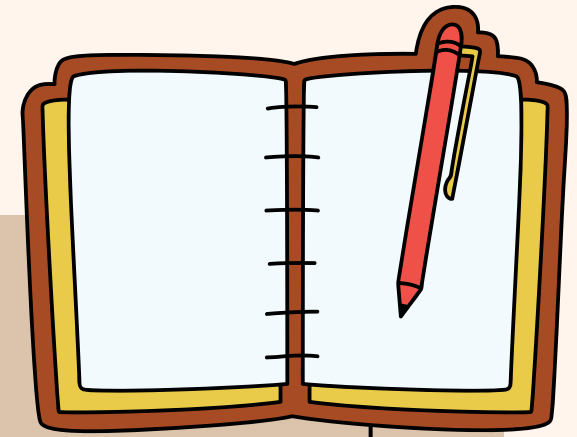


Responsible for your own educational experience

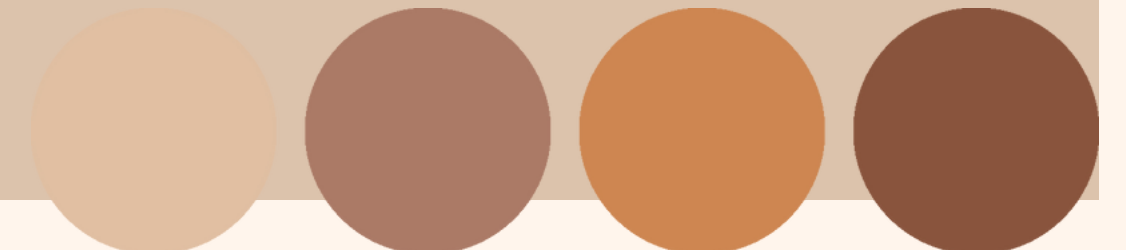


These are all key pieces to help you mature as young adults

YOU ARE DIFFERENT!



- You are older and with that comes a responsibility to take care of your growth as an individual
- Pursue development in Mind, Body, and Spirit
- TIPS:
 - Figure out a work-out regimen
 - Become lifelong learners
 - Develop grit and perseverance
 - Communicate
 - Be Humble and Kind



Let's Review

Credits matter

High school is different

Resources on campus

Role of a high school
counselor

To do list:

- Meet with your counselor if you have any questions
- Take a look at your grades. Do you need some help from a teacher or academic labs?
- Practice writing emails
- Read a book
- Think about, or better, write about the person you want to be



**HAVE A
GREAT
YEAR!**

