



Welcome

Junior Parent Night

—

Helena High School

The Counseling Department

Last Name of Student:

A - E Mrs. Pandis 324-2227

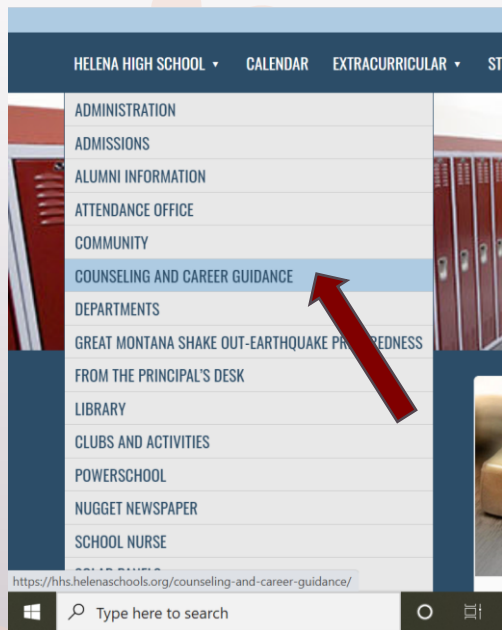
F - L Mrs. Staldine 324-2224

M - R Mr. Murgel 324-2226

S - Z Mrs. Murgel 324-2223

Career Counselor Ms. Navarrete 324-2225

Office Manager Corena Hall 324-2221



HELENA PUBLIC SCHOOLS > HELENA HIGH SCHOOL > COUNSELING AND CAREER GUIDANCE

COUNSELING AND CAREER GUIDANCE

WELCOME TO THE 2022-23 SCHOOL YEAR!

HHS Counseling and Career Department provides information and assistance with academic progress, course selection, careers, college searches, scholarships, financial aid, and other post-secondary opportunities. Individual guidance and classroom group instruction are provided to assist students in making educational and vocational/career plans. Additionally, our staff offers personal and social support to individuals and families. Students are assigned to counselors by last name.

www.hhs.helenaschools.org

PLANNING FOR AFTER HIGH SCHOOL

COLLEGE PLANNING

COLLEGE VISITS

SCHOLARSHIP TIPS AND OPPORTUNITIES

MILITARY RESOURCES

TRADES & APPRENTICESHIPS

POST-SECONDARY PLANNING RESOURCES

RESOURCES FOR PARENTS

CURRENT & NEW STUDENT RESOURCES

ACT, ADVANCED PLACEMENT, AND PSAT/NMSQT INFORMATION

DUAL CREDIT FORMS & INFORMATION

HELENA HIGH SCHOOL'S MOBILE APP – HHSAPP

INTERNSHIPS

JOB OPPORTUNITIES

MAKE-UP SCHOOL & SUMMER SCHOOL INFORMATION

NEW STUDENT INFORMATION

PARENT NIGHTS

REGISTRATION MATERIALS

SHARPEN YOUR STUDY HABITS

Junior Registration for Senior Year

Monday, January 30th

- ✓ English 3 classes -registration materials
- ✓ Transcript Review
- ✓ Credit Check for Graduation
- ✓ College Entrance Requirements

Friday, February 3rd

- ✓ English 3 Classes Register in Library
- ✓ Parent Signature Required

Subj	Course Title	Mark:	S1 Cr	Mark:	S2 Cr	Subj	Course Title	Mark:	S1 Cr	Mark:	S2 Cr	Academic Summary	
15-16 Helena Middle School												Total GPA:3.900	Class rank is 40 of 340
ELE	Spanish 1	A	0.50	A-	0.50							Earned Credit Hours: 15.00	Req. For Graduation: 23.00
16-17 Helena High School												Test Scores	
ENG	English 1 Honors	A	0.50	A	0.50							ACT	ACT
SST	World Culture Hon	A-	0.50	A	0.50							Date:00/00/0000	Date:00/00/0000
MTH	Algebra I	B	0.50	B+	0.50							Composite:	Composite: 00
SCI	Earth Science Hon	A	0.50	A	0.50							English:	English:
ELE	Spanish 2	A	0.50	A-	0.50							Math:	Math:
FA	Concert Band	A	0.50	A	0.50							Reading:	Reading:
HP	Frosh Weight Trn	A	0.50	A	0.50							Writing Sub:	Writing Sub:
17-18 Helena High School												Writing Combined:	Writing Combined:
ENG	English 2 Honors	A-	0.50	A-	0.50							Science:	Science:
ELE	Psychology			A	0.50							ELA:	ELA:
MTH	Geometry	A-	0.50	B	0.50							STEM:	STEM:
SCI	Biology 1	A	0.50	A	0.50							SAT	
ELE	Spanish 3	A-	0.50	A-	0.50							Date:00/00/0000	Date:00/00/0000
VOC	Welding 1	A	0.50	A-	0.50							Total:	Total:
VOC	Intro Culinary Art	A	0.50									Critical Reading:	Critical Reading:
HP	Soph HP PE			A	0.50							Math:	Math:
HE	Health Enhancmt	A	0.50									Writing:	Writing:
												Montana University System Writing Assessment	
												Date:00/00/0000	
												Writing:0.0	
												Work In Progress	
						Subj	Course Title					Credits	
						18-19 Helena High School							
						MTH	Algebra II						
						USH	American History						
						SCI	AP Environmental Science						
						SCI	Chemistry 1						
						ENG	English 3 AP						
						ELE	Phy Enh Cond S1						
						FA	Tech Theater						

Credits Earned

ACT, SAT, AP
scores added
upon request

Classes
are coded
to match
Grad Req's

GPA
&
Class
Rank

AP=Adv Placement WF=Withdraw Fail WM=Withdraw Medical **=Mod Grade

Comments:

DTP	06/04/2002	08/08/2002	10/17/2002	10/07/2003	04/18/2007
DTTD					
HIB	06/04/2002	08/08/2002	04/04/2003		
HPA	06/06/2016	07/24/2017			
HPB	04/04/2002	06/04/2002	04/04/2003		

Graduation Requirement Set: **Post-2020-Grad-Req**

Requirement	Req	Completed	Current	Needed
English	4.00	2.00		2.00
English	4.00	English 1 Honors 1.00 English 2 Honors 1.00	English 3 AP	2.00
Social Studies	1.00	1.00		Completed
Social Studies	1.00	World Culture Hon 1.00		Completed
Math	3.00	2.00		1.00
Math	3.00	Algebra I 1.00 Geometry 1.00	Algebra II	1.00
Science	2.00	2.00		Completed
Science	2.00	Earth Science Hon 1.00 Biology 1 1.00		Completed
Physical Ed	1.50	1.50		Completed
Physical Ed	1.50	Soph HP PE 0.50 Frosh Weight Trn 1.00		Completed
Health	0.50	0.50		Completed
Health	0.50	Health Enhancmt 0.50		Completed
Vocational Ed	1.00	1.00		Completed
Vocational Ed	1.00	Welding 1 1.00		Completed
Fine Arts	1.00	1.00		Completed
Fine Arts	1.00	Concert Band 1.00		Completed
American Government	1.00	0.00		1.00
American Government	1.00			1.00
US History	1.00	0.00		1.00
US History	1.00		American History	1.00
Elective	7.00	4.00		3.00
Elective	7.00	Psychology 0.50 Spanish 2 1.00 Spanish 3 1.00 Intro Culinary Art 0.50 Spanish 1 1.00	English 3 AP American History Algebra II Chemistry 1 AP Environmental Science Tech Theater Phy Enh Cond S1	3.00



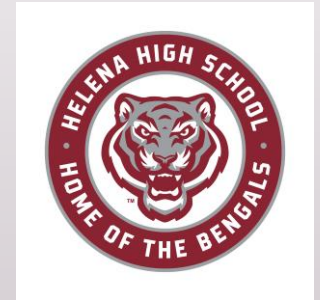
High School Graduation Requirements

4 years of English	4 credits
1 year Social Studies (World cultures)	1 credit
1 year of American Government	1 credit
1 year of American History	1 credit
2 years of Science	2 credits
3 years of Math	3 credits
1.5 years of Human Performance	1.5 credits
.5 year of Health	0.5 credit
1 year of Fine Arts	1 credit
1 year of Vocational (CTE)	1 credit
<u>Electives</u>	<u>7 credits</u>
Total	23 credits

Seniors are Required to take 6 credit-bearing classes

How to meet this requirement.....

1. Fill your schedule with 6 or more HHS classes
 - Study halls are not considered credit-bearing classes
2. Take Business Co-op
 - Get credit for paid work experience!(Concurrent enrollment in vocational class req.)
3. Take a class at Helena College or Carroll College
4. Sign up for an internship
 - Get credit for unpaid work experience!
5. Take a class online through MTDA
 - Separate calendar and expectations, but may be an option



Change in Policy!!!

****Students are required to complete all graduation requirements at the end of senior year in order to participate in the graduation ceremony ****

MUS Admissions Requirements (4-year campuses)

College Prep Curriculum:

- 4 years of English
- 3 years of Math
- 2 years of Lab Sciences
- 3 Years of Social Studies
- 2 Years of College-Prep Electives (foreign language, computer science, visual and performing arts, or vocational units)

*Interested in attending college out of state? Most colleges require 2 consecutive years of a foreign language and may have more specific requirements.



MUS Rigorous Core

- 4 years of English
- 4 years of Math (1 year beyond Algebra II)
- 3 years of Lab Sciences
- 3 Years of Social Studies
- 3 Years of College-Prep Electives

Must complete to be eligible for the MUS Honors Scholarship-
4-year renewable scholarship, waives tuition when used at eligible campus

http://mus.edu/Prepare/Pay/Scholarships/MUS_Honor_Scholarship.asp

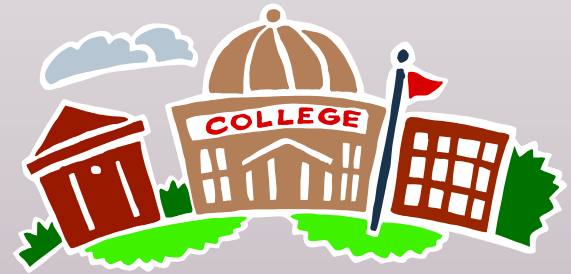
MUS Admissions Standards (4-year campuses)

Must meet one of the following:

- 2.5 GPA
- Rank in top ½ of class
- Test scores:

- ACT 22 / SAT 1120 (*MSU-B, MSU, UM, Tech, UMW*)
- ACT 20 / SAT 1050 (*MSU-N-Havre*)

– *And.....*



MUS Admissions Standards

(Proficiency Standards)

Math Proficiency:

One of the following required:

- ACT math (22+)
- SAT math (27.5+)
- AP Calculus (3+)
- 4 years of HS Math

(grade of C or above in Algebra I, Geometry, and Algebra 2 and 1 more beyond Algebra 2)



Writing Proficiency:

One of the following required:

- ACT ELA (18+)
- ACT Writing Test (19+)
- ACT Optional Essay (7+)
- SAT Writing/Language (25+)
- AP English Literature (3+)



ACT Test

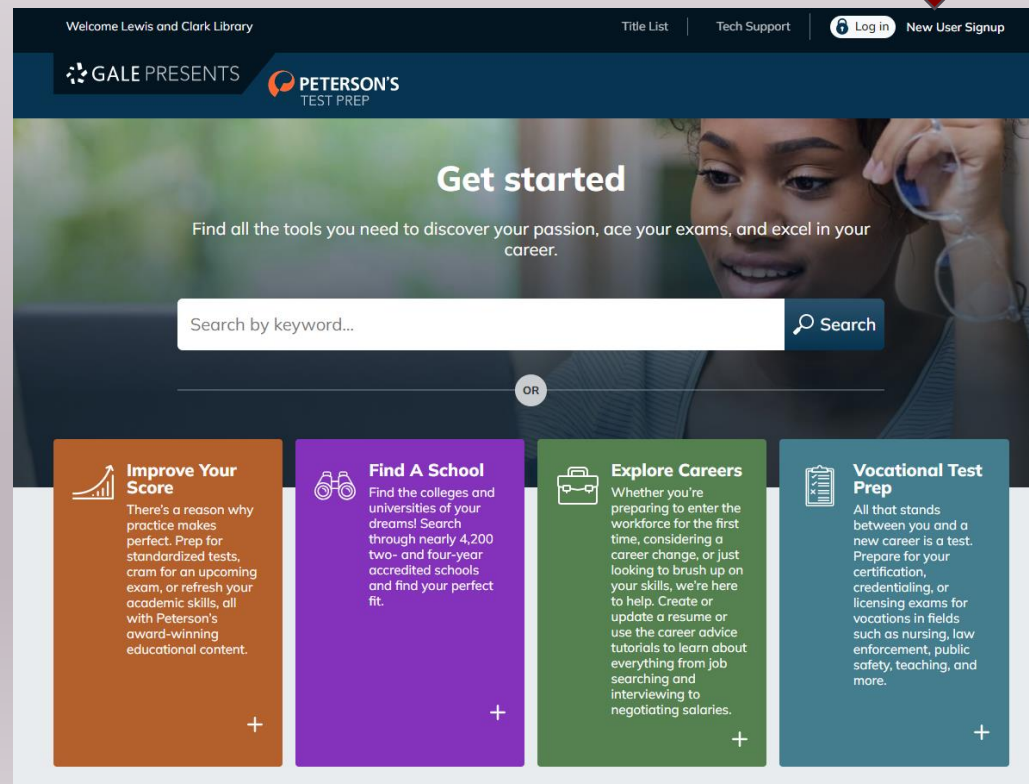
When: April 11 - 13 2023 (exact date TBD)

Where: Helena High School

- Students are automatically registered by the district.
Fees paid by Helena Public Schools.
- Test format will be online
- ACT scores are used for college entrance and dual credit class placement.
- The ACT test gives students a good look at how prepared they are for college.
- On average, students who retake the test their senior year increase their scores 60% of the time.

ACT Test Prep

- E-Mails are being sent home with ACT prep resources (one was just sent on Tue 1/3)
- ACT Study Resource provided by **Lewis & Clark Library**:
- [Gale - Product Login](#) (click on 'sign in' next to the browser Window in the top right corner)
- **ACT** has free online test prep resources as well:
[ACT.org](https://www.act.org)
- **Quizlet** has many free options for ACT prep as well:
[Quizlet Flashcards](#)



ACT Test Prep

- **Sycamore Learning ACT Prep Class**
 - February 6th & 7th at Capital High School Library (5:30 – 8:30 pm)
 - Go to www.prepforthefuture.com to sign up. Cost is \$99.
 - For additional questions, please call toll-free: (866) 223-9691
- **Sylvan Learning of Helena – Char Kautzman, Center Director** 406.443.9205 x1 or sylvanhelena@montana.com
- **Study.com**
 - Risk-free for 30 days, fee based after initial 30 days

[Take a Study.com ACT practice test](#)

UP NEXT:

Jason Murgel

324-2226

jmurgel@helenaschools.org

PROS & CONS OF DUAL CREDIT

PROS

- Earn H.S. Credit and College Credit at same time
- College level rigor
- Helps students find right career path
- Helps Expedite College Degree Completion
- Cost Effectiveness – about 1/3 of the cost, may help save thousands (1-2-Free Initiative)
- Lowers Remediation Rates

CONS

- Registration process – semesters don't match up (streamlined process with HC)
- Transferability of credits
- Rigor of courses
- Grades become permanent records on college transcripts

DUAL CREDIT COURSE LIST

- Accounting Procedures I
- MS Word-CAPP154
- MS Excel-CAPP156
- Intro to Programming
- Programming with Java I
- Industrial Safety for (WLD)
- Cutting Processes (WLD)
- Technical Math
- Contemporary Math

- Pre-Calculus
- Calculus I
- Intro to Literature
- College Writing
- Technical Writing
- College Algebra
- Intro to Statistics
- Calculus II
- Culinary (MC)

Intro to Theater

Intro to Acting

CAD 2D (Drafting) - GC



Dual CREDIT vs Dual ENROLLMENT

Qualifying Factors for Dual Credit

- No placement tests required (ACT/COMPASS)
- Previous High School coursework (C's or better)
- Math placement form
- Age Waiver / Teacher Recommendation

Paying for College Credit

Montana University System – 1-2-Free Initiative

- * First two classes, up to 6 credits are free
- * Dual Credit at HS or on College Campus
- * Hardship Scholarship
- * \$55.92 per credit

[One Two Free Info](#)

**ONE
TWO
FREE.**

ONE SYSTEM.
TWO COURSES.
**FREE ACCESS TO
HIGHER EDUCATION.**

UP NEXT:

Alexis Navarrete

324-2225

anavarrete@helenaschools.org



To Do:

Jr. Year tasks

- Academic success
- Get involved (join a club/volunteer)
- Job Shadows/Internships
- College & Military Visits
- Scholarships
- Register for ACT/SAT if desired:
 - ~ ACT National Test Dates: Feb 11, Apr 15, June 10, July 15
(reminder: all Juniors will take the ACT at HHS during April 2023)
 - ~ SAT National Test Dates: Mar 11, May 6, June 3



Montana Career Information System (MCIS)

- Excellent resource for college and career research!
- There are so many useful tools with MCIS including career interest inventories!
- Counselors will be providing instruction on the use of MCIS to Juniors this Spring.
- Students can log in using Clever (on school district device) or by creating account at: [MCIS login](#)



COLLEGE AND MILITARY REPS SCHEDULED VISITS ~ 2018-2019



Attention Juniors and Seniors: Did you know colleges come to Helena High to tell you about their programs and to give you information about your future options. Don't miss out, you may discover your dream school! Sign up in the counseling center.

Gonzaga University, WA – September 13 @ 9:15
Lewis & Clark College, OR – September 20 @ 9:15
Carnell College, MT – September 27 @ 9:15
Devotion Honors College, University of MT – October 1st @ 10:01
University of Southern California – October 8th @ 9:08
Unfield College, CA – October 10th @ 9:15
University of Rochester, NY – October 11th @ 9:00
United States Army – October 16th @ 11:10
Seattle University, WA – October 17th @ 11:30
MSU Northern – October 22nd @ 9:45
University of Montana Western – October 23rd @ 8:30
Montana State University Billings – October 23rd @ 11:10
Montana Tech – October 24th @ 9:15
Middlebury College, VT – October 24th @ 10:00 (cancelled, flight delay)
Flathead Valley Community College – October 25th @ 9:08
Knox College, IL – November 2nd @ 10:15
University of Providence – November 5th @ 10:01
Montana State University – November 5th @ 1:30
Highlands College – November 6th @ 11:10 (at Shops)
University of Montana – November 17th @ 12:35
Wyo Tech – November 14th @ 11:10 (at Shops)
City College (Billings) – November 15th @ 11:10 (at Shops)
U.S. Naval Academy – November 19th @ 10:49
Army Reserve – November 20th @ 11:10
Montana National Guard – December 6th @ 9:15
AmeriCorps NCCC – December 10th @ 10:01
Columbia University – January 7th @ 12:11
Western Washington University – TBA (HHS Alumni)



College & Military Visits

Going there:

- Parents excuses student prior to absence.
- Obtain written verification from college officials and give it to HHS attendance.
 - Absence will be changed to school related.
- * Allowed 2 per year

Staying here:

- Listen to the bulletin, check bulletin online, check the counseling office website.
- Sign-up ahead of time in the counseling office.
- Counseling will send a pass to attend.





Scholarship Resources

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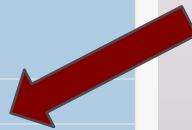
SCHOLARSHIP TIPS AND OPPORTUNITIES

MILITARY RESOURCES

TRADES & APPRENTICESHIPS

POST-SECONDARY PLANNING RESOURCES

RESOURCES FOR PARENTS



- *Helena High Scholarship List*
- *College Green Light*
- *Fast Web*
- *Ms. Navarrete!*

HELENA PUBLIC SCHOOLS > HELENA HIGH SCHOOL > COUNSELING AND CAREER GUIDANCE > SCHOLARSHIP TIPS AND OPPORTUNITIES

SCHOLARSHIP TIPS AND OPPORTUNITIES

LETTER OF RECOMMENDATION

Do you need a letter of recommendation for your scholarship or college admissions applications?

If so, you can fill out this document and give it to your letter writers to help them include information they may not already know about you.

[DOWNLOAD THE FORM HERE!](#)

NEED HELP ORGANIZING YOUR APPLICATION MATERIALS?

Try using this checklist or create a similar one for your own use.

[DOWNLOAD THE CHECKLIST HERE!](#)

NEED HELP WITH THE FAFSA?

You can download the FAFSA checklist to make sure you have all the materials to complete the FAFSA quickly — download that here.

fastweb!



**COLLEGE
GREENLIGHT**



FAFSA

- Parents will be able to submit the FAFSA beginning October 1, 2023
- Must have an FSA ID prior to starting the application.
 - Both students and parents are required to have separate FSA ID's
 - Go to fafsa.gov for more information.
- Use 2022 income information

UP NEXT:

Chrissy Murgel

324-2223

cmurgel@helenaschools.org

Student Athletes

Clearinghouse required for all collegiate athletes.

Apply during Junior Year.

Requirements beneficial to know when registering

Make sure to let your counselor know that you are interested!

NCAA Requirements

Full Qualifier

- Complete 16 core courses.
 - Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school.
 - Seven of the 10 core courses must be in English, math or science.
- Earn a core-course GPA of at least 2.300.
- Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page).
- Graduate high school.

[NCAA Full Qualifier](#)

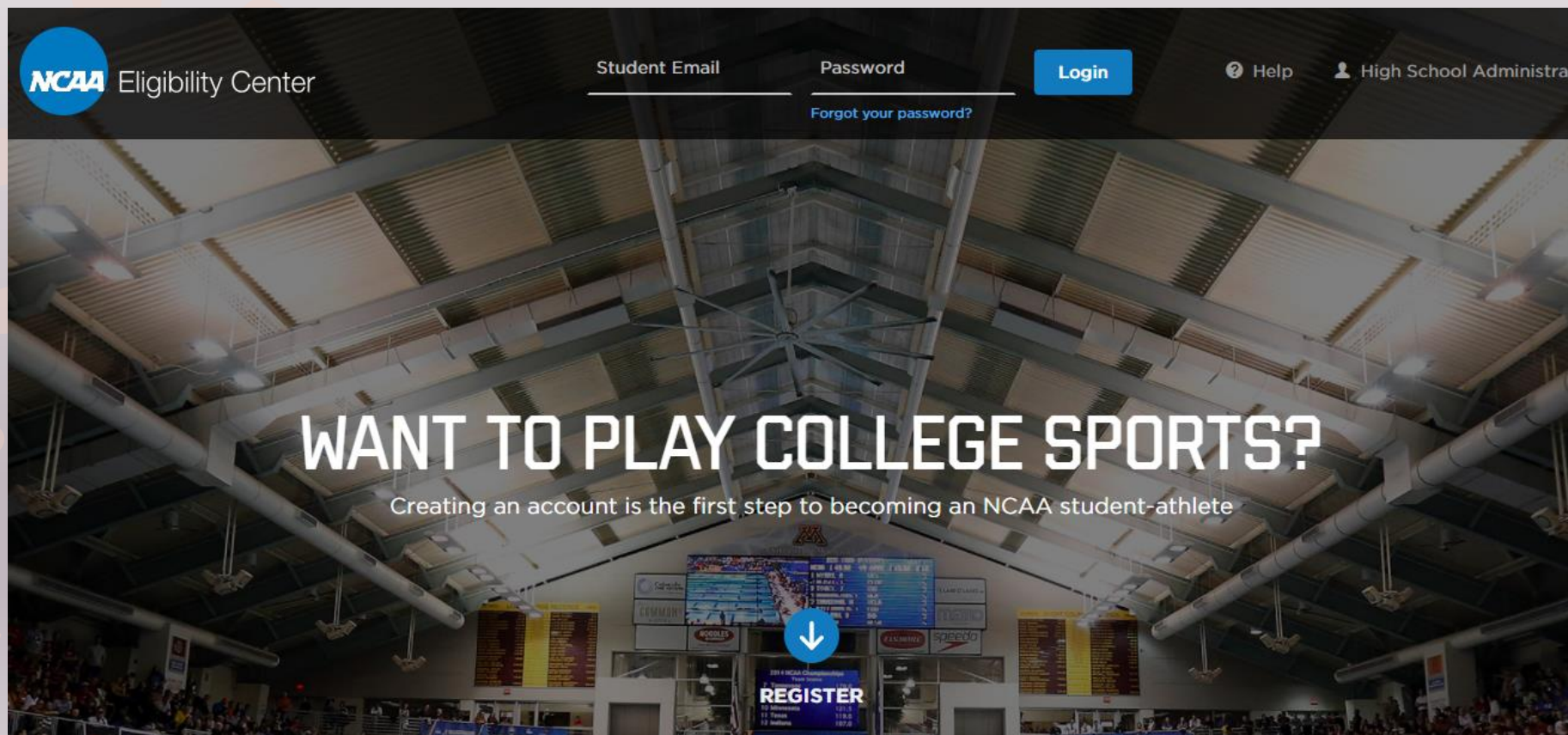
NAIA Requirements

Graduate High school and meet 2/3

MUST MEET TWO OF THE THREE

1. TEST SCORE REQUIREMENT	2. HIGH SCHOOL GPA REQUIREMENT	3. CLASS RANK REQUIREMENT
Achieve a minimum of 16 on the ACT or 860 on the SAT.	Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale.	Graduate in the top half of your high school class.

Register with NCAA Eligibility



The image shows the NCAA Eligibility Center website interface. The background is a photograph of a large indoor sports arena with a high ceiling and many lights. In the foreground, there are several digital scoreboards and a large sign that says "REGISTER".

NCAA Eligibility Center

Student Email _____ Password _____ [Login](#)

[Forgot your password?](#) [Help](#) [High School Administrator](#)

WANT TO PLAY COLLEGE SPORTS?

Creating an account is the first step to becoming an NCAA student-athlete

[↓](#)

REGISTER

Register with NAIA Eligibility

NATIONAL ASSOCIATION OF
INTERCOLLEGIATE ATHLETICS



THE NAIA ELIGIBILITY CENTER

Join Us On:    

Students Parents & Coaches High School Administrators NAIA Members

Eligibility Center Login

E-mail

Password

SIGN IN

[Forgot Password?](#)



PLAYNAIA

Your college sports experience starts here.

Register now to Play!

WHAT IS THE ELIGIBILITY CENTER?

Discover the academic and athletics opportunities offered at an NAIA school. ➔



REGISTER TO PLAY

Register to have your eligibility determined to play in the NAIA! ➔

ARE YOU AN ADMINISTRATOR?

High school administrators: Create a school profile to help students through the process. ➔

AP Credit Policy Search

- <https://apstudents.collegeboard.org/getting-credit-placement/search-policies>

The screenshot shows the AP Credit Policy Search page. At the top, there is a navigation bar with the CollegeBoard logo, an 'AP' tab, and links for 'Sign In' and 'Search'. Below this is a secondary navigation bar with 'AP Students' and a menu containing 'Home', 'Getting Started', 'Courses & Exams', 'Taking Exams', 'Scores', and 'Credit & Placement'. The main content area has a blue header with the title 'AP Credit Policy Search' and a subtitle: 'Find colleges that offer credit or placement for AP scores. For the most up-to-date AP credit policy information, check the institution's website.' Below the header, there are two search options: 'Search by Course' (selected) and 'Find Your College'. Under 'Search by Course', there is a section titled 'Accepted AP Course' with a dropdown menu currently showing '--Select Course--'.

AP Students

Home Getting Started Courses & Exams Taking Exams Scores Credit & Placement

AP Credit Policy Search

Find colleges that offer credit or placement for AP scores. For the most up-to-date AP credit policy information, check the institution's website.

☒ Search by Course

Accepted AP Course

--Select Course--

☐ Find Your College

MSU- UM

English Language

University of Montana

Exam Name	Min Score Required ?	# of credits	Equivalent course
AP English Language and Composition	3	6	WRIT 101

Montana State University

Exam Name	Min Score Required ?	# of credits	Equivalent course
AP English Language and Composition	4	3	WRIT 101W

UP NEXT:

Ellaina Staldine

324-2224

estaldine@helenaschools.org

PSAT Results

- Test administered on October 12, 2022, to 90 students
- The PSAT measures the skills and knowledge that research shows are most essential for college/career readiness. Helps prepare for the ACT or SAT- a test often required for college admissions
- A video demonstration and a 2-page Parent Tutorial is available on our counseling website to assist you in understanding PSAT results
- Students are encouraged to access their full score report at psat.org/myscore and sign up for Khan Academy for personalized practice.

PSAT Results

- Total score= Score on Reading & Writing + Math
- Score range is between 320-1520
- Majority of test takers score around 920
- Percentile rank shows how you scored compared to other students
 - Example: A score in 75th or higher means you're doing well, a score in 50th is average, and a score in the 25th or lower means you've got room for improvement
- The color-coded benchmarks represent college readiness
 - A score at or above the benchmark means you're on track to be ready for college
 - A score below the benchmark means you have some room for improvement

National Merit Scholarship?

- Percentile rank can help determine if your student will be recognized as a National Merit Semi-Finalist.
- In general, students who score in the top 1% of juniors are deemed Semifinalists. Typically, percentages in the 99th and sometimes 98th percentile are invited to compete. No guarantee
- If invited, please know that your student needs to ‘verify’ their score by taking the ACT or SAT.
 - ~ ACT National Test Dates: Feb 11, Apr 15, June 10, July 15
(*reminder: all Juniors will take the ACT at HHS during April 2023*)
register at www.act.org
 - ~ SAT National Test Dates: Mar 11, May 6, June 3
register at www.collegeboard.org

Next Steps for Students

1. Create a College Board account to view full PSAT score report at psat.org/myscore
2. Create a Khan Academy account at satpractice.org and link it to your College Board account for free, personalized practice for the SAT/ACT
3. Use other tools like BigFuture, which are available via online score report
4. Decide if you will register for the SAT or ACT or both. Watch registration deadlines for both. See our counseling page under Junior Parent Night for information on ACT versus SAT
5. Practice, practice, practice

Stay Connected!

Web Page- www.hhs.helenaschools.org

Facebook- Helena High School Counseling Department

Instagram – bengal_counseling





Thanks for
coming!

Questions?
See your student's
counselor