



Welcome

Junior
Parent
Night

—

Helena High School

The Counseling Department

Last Name of Student:

A - E	Mrs. Pandis	324-2227
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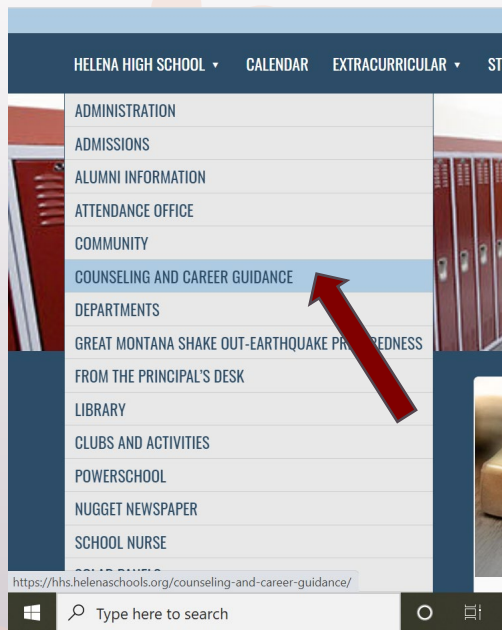
F - L	Mrs. Staldine	324-2224
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M - R	Mr. Murgel	324-2226
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S - Z	Mrs. Murgel	324-2223
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Career Counselor	Ms. Navarrete	324-2225
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Office Manager	Corena Hall	324-2221
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HELENA HIGH SCHOOL ▾ CALENDAR EXTRACURRICULAR ▾ STAFF DIRECTORY

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

COUNSELING AND CAREER GUIDANCE

WELCOME TO THE 2023-24 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 29th

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

Friday, February 2nd

- ✓ English 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			
21-22 Helena High School						<div>Credits Earned</div> <div>ACT, SAT, AP scores added upon request</div>						Total GPA:3.821	Class rank is 58 of 253		
ENG	English 1 Honors	A	0.50	A	0.50							Earned Credit Hours: 14.00	Req. For Graduation: 23.00		
SST	World Cultures	A	0.50	A	0.50	<div>Classes are coded to match Grad Req's</div>						Test Scores			
MTH	Math 2 Honors	B+	0.50	B-	0.50							ACT		ACT	
SCI	Earth and Space Science Hon	A	0.50	A	0.50							Date:00/00/0000		Date:00/00/0000	
ELE	French 1	A	0.50	A	0.50							Composite:		Composite: 00	
VOC	Pr Biomed Sci	A	0.50	A	0.50							English:		English:	
HP	Frosh HP PE	A	0.50	A	0.50							Math:		Math:	
												Reading:		Reading:	
												Writing Sub:		Writing Sub:	
												Writing Combined:		Writing Combined:	
												Science:		Science:	
22-23 Helena High School						SAT		SAT							
ENG	English 2 Honors	A-	0.50	A	0.50	Date:00/00/0000		Date:00/00/0000							
MTH	Pre Calc Honors	B	0.50	B+	0.50	Total:		Total:							
SCI	AP Biology	B	0.50	A	0.50	Critical Reading:		Critical Reading:							
SCI	Chemistry 1	A	0.50	A	0.50	Math:		Math:							
ELE	French 2	A	0.50	A	0.50	Writing:		Writing:							
VOC	Human Body Systems	A-	0.50	A	0.50	Work In Progress									
HP	Soph HP PE	A	0.50												
HE	Health Enhancmt			A	0.50	Subj		Course Title	Credits						
						23-24 Helena High School									
						USH	American History								
						Mth	AP Calculus AB								
						ELE	AP Psychology								
						FA	Art 1								
						SCI	Biology 2								
						ENG	English 3 AP								
						ELE	French 3								

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
DTTD

02/22/2007 04/24/2007 06/16/2007 05/06/2008 04/27/2012

Requirement	Req	Completed	Current	Needed
English	4.00	2.00		2.00
English	4.00	English 1 Honors <i>1.00</i> English 2 Honors <i>1.00</i>	English 3 AP	2.00
Social Studies	1.00	1.00		Completed
Social Studies	1.00	World Cultures <i>1.00</i>		Completed
Math	3.00	2.00		1.00
Math	3.00	Math 2 Honors <i>1.00</i> Pre Calc Honors <i>1.00</i>	AP Calculus AB	1.00
Science	2.00	2.00		Completed
Science	2.00	Earth and Space Science Hon <i>1.00</i> AP Biology <i>1.00</i>		Completed
Physical Ed	1.50	1.50		Completed
Physical Ed	1.50	Frosh HP PE <i>1.00</i> Soph HP PE <i>0.50</i>		Completed
Health	0.50	0.50		Completed
Health	0.50	Health Enhancmt <i>0.50</i>		Completed
CTE/Vocational Ed	1.00	1.00		Completed
CTE/Vocational Ed	1.00	Pr Biomed Sci (Biomed 1) <i>1.00</i>		Completed
Fine Arts	1.00	0.00		1.00
Fine Arts	1.00		Art 1	1.00
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	Chemistry 1 <i>1.00</i> French 1 <i>1.00</i> French 2 <i>1.00</i> Human Body Systems (Biomed 2) <i>1.00</i>	English 3 AP American History AP Psychology AP Calculus AB Biology 2	3.00



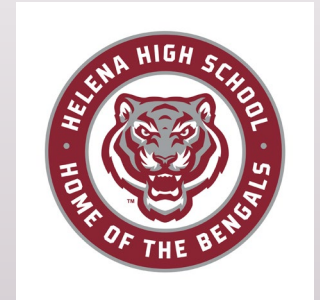
High School Graduation Requirements

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



*****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

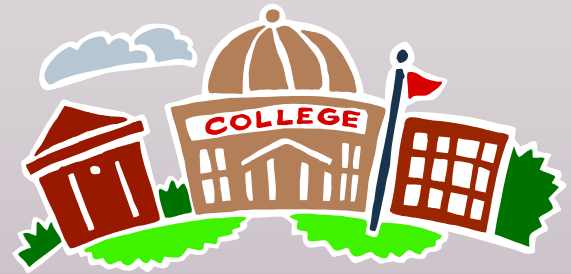
Must complete to be eligible for the MUS Honors Scholarship-
4-year renewable scholarship, waives tuition when used at eligible campus

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 $\frac{1}{2}$ 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

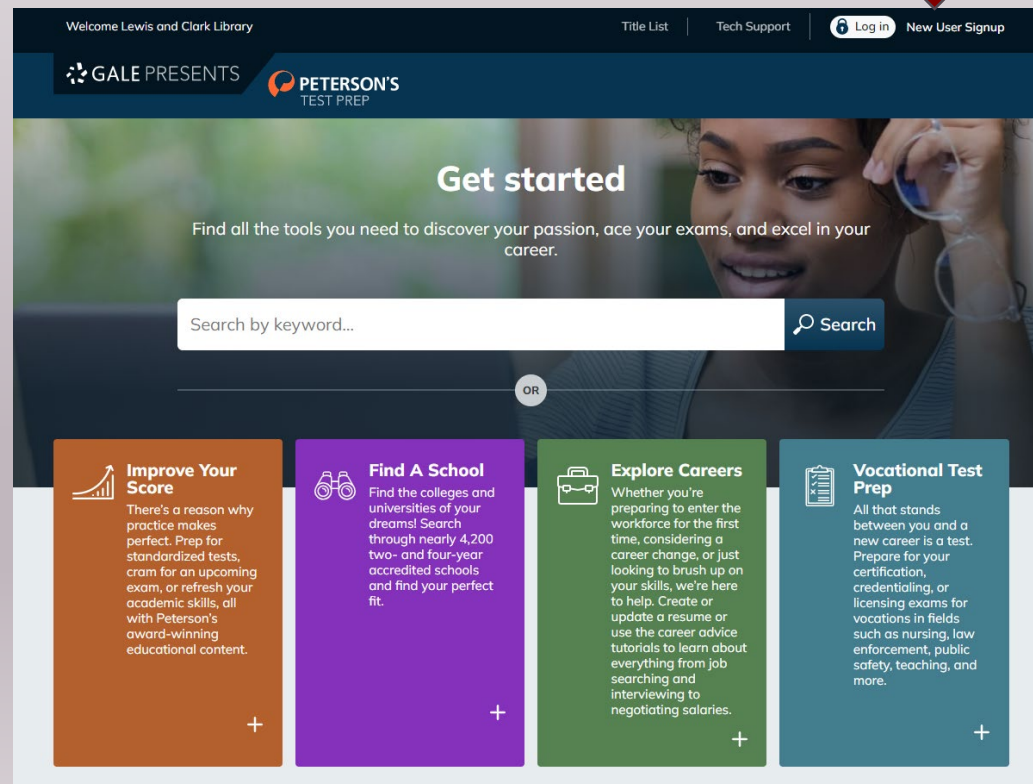
When: April 9th -12th 2024 (exact date TBD)

Where: Helena High School

- Students are automatically registered by the district with 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

- Watch for emails (from the district office) containing pertinent ACT info.
- 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](#)
- **Quizlet** has many free options for ACT prep as well:
[Quizlet Flashcards](#)



ACT Test Prep

- **Sycamore Learning ACT Prep Class**
 - February 5th & 6th at Capital High School Library (5:00 – 7:30 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

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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

Intro to Literature

College Writing

College Algebra

Intro to Statistics

Technical Math

Contemporary Math

MS Excel-CAPP156Intro

CAD 2D (Drafting) - GC

Industrial Safety for (WLD)

Technical Writing

Pre-Calculus

Calculus I

Calculus II

Culinary (MC)



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 10, Apr 13, June 8, July 13
(reminder: all Juniors will take the ACT at HHS during April 2024)

~ SAT National Test Dates: Mar 9, May 4, June 1 (**New for Spring 2024 – all SAT exams will be administered digitally**)



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 Honor College, University of MT – October 1st @ 10:01
University of Southern California – October 8th @ 9:08
United 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

COUNSELING AND CAREER GUIDANCE

PLANNING FOR AFTER HIGH SCHOOL

COLLEGE PLANNING

COLLEGE VISITS

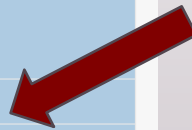
SCHOLARSHIP TIPS AND OPPORTUNITIES

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!](#)

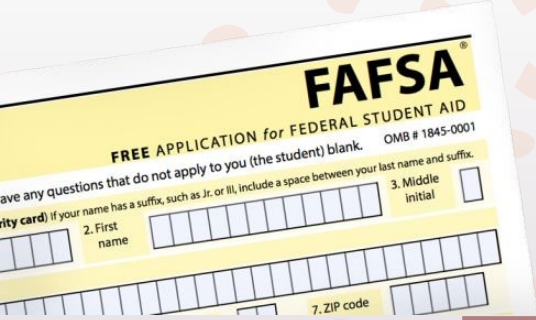
NEED HELP WITH THE FAFSA?

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

- Historically, parents have been able to submit the FAFSA beginning October 1st each year, however this year the federal government has implemented a new process, with a soft launch at the end of December. As with all new things, there is a learning curve – you'll want to attend senior parent night next Fall for the most current/updated info about FAFSA
- Must have an FSA ID prior to starting the application.
 - Student obtains FSA ID first, and then invites parent to join FAFSA process
 - Go to fafsa.gov for more information.

UP NEXT:

Chrissy Murgel

324-2223

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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](#)

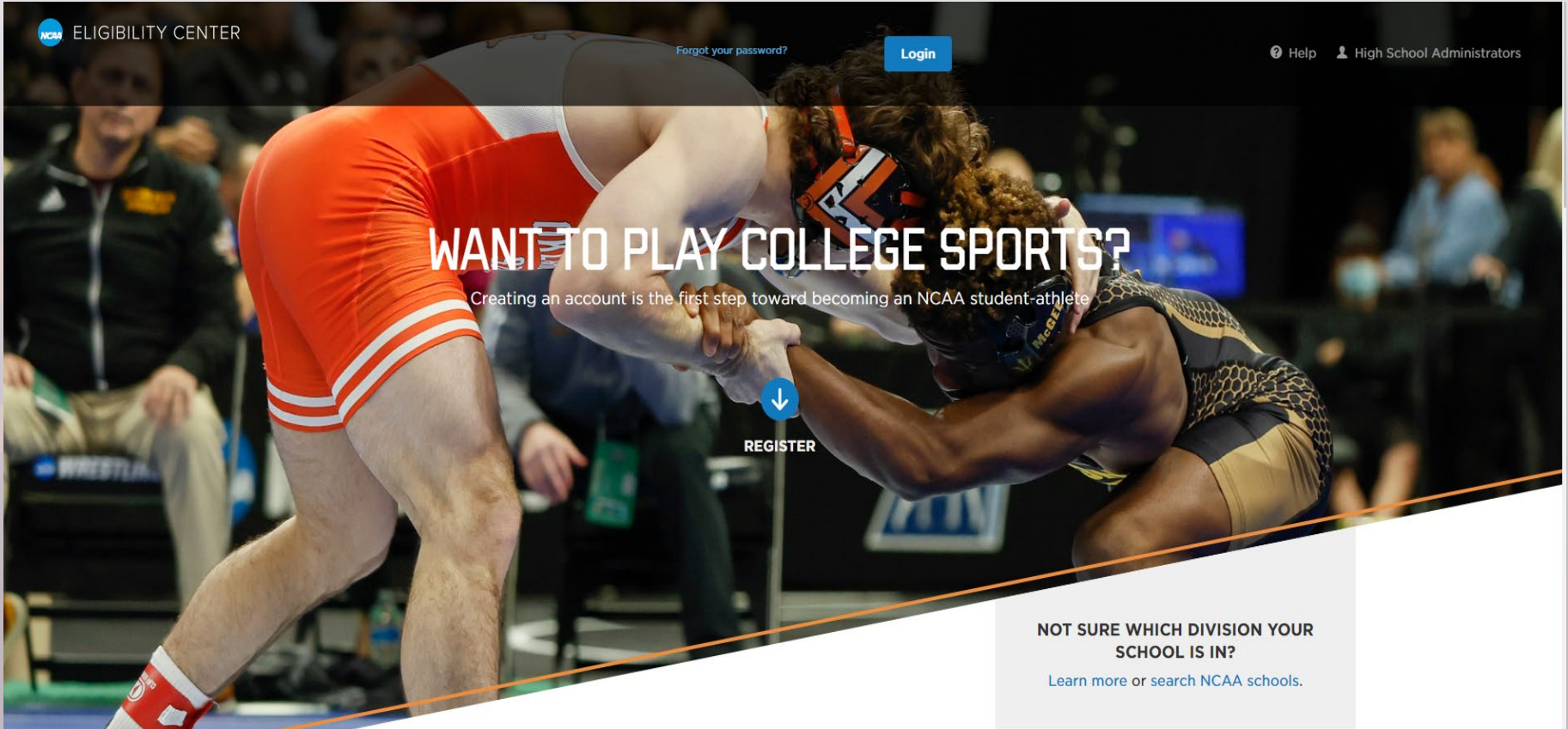
NAIA Requirements

MUST MEET TWO OF THE THREE

1. TEST SCORE REQUIREMENT	2. HIGH SCHOOL GPA REQUIREMENT	3. CLASS RANK REQUIREMENT
Achieve a minimum of 18 on the ACT or 970 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

[NAIA Guide](#)

Register with NCAA Eligibility

A banner image for the NCAA Eligibility Center featuring a wrestling match. Two athletes are in a clinch; one is wearing an orange singlet and the other a black and gold singlet. The background shows a blurred crowd and arena lights.

NCAA ELIGIBILITY CENTER

[Forgot your password?](#)

[Login](#)

[Help](#) [High School Administrators](#)

WANT TO PLAY COLLEGE SPORTS?

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

[↓](#)

REGISTER

NOT SURE WHICH DIVISION YOUR SCHOOL IS IN?

[Learn more](#) or [search NCAA schools](#).

[NCAA Portal](#)

Register with NAIA Eligibility

PLAYNAIA ELIGIBILITY CENTER Already have an account? [Sign In](#)


READY TO PLAY?

When you're ready to take your game and your life to the next level, it's time to register with the NAIA.

Get Access Today

Athletes, create an account for more info

☐ Remember me on this computer

☐ I'm not a robot 

[Register Student](#)

Time to Suit Up

Visibility	Opportunity	Eligibility
<ul style="list-style-type: none">Let our coaches find you easilyPost a video showing off your skills	<ul style="list-style-type: none">Play the sport you love while earning a degree	<ul style="list-style-type: none">Make sure your eligibility is in orderIncrease your opportunity for

[Play NAIA Eligibility Center](#)



UP NEXT:

Ellaina Staldine

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Advanced Placement (AP)

- AP courses reflect what is taught in introductory college courses
- Students take the optional AP Exam in May to measure their mastery of college-level work
- AP Exams have been ordered, but students may still add an exam with a late fee until 3/1.
 - \$100 exam fee plus \$40 late fee made in Revtrak
 - Exams take place between May 6-17th.

If there is a conflict with the exam date, contact AP Coordinator

AP Transfer Credit

Each college has its own policies regarding AP credit and placement. College Board offers information about AP credit at thousands of schools and how a course and exam score will transfer.

An example:

Montana State

English Language- Score needed 4, Writing 101 (3 credits)

English Literature- Score needed 3, Lit 110 (3 credits)

University of Montana

English Language- Score needed 3, Writing 101 (6 credits)

English Literature- Score needed 4, Lit 110 (6 credits)

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

AP Credit Policy Search

Your AP scores could earn you college credit or advanced placement (meaning you could skip certain courses in college). Use this tool to find colleges that offer credit or placement for AP scores.

☒ Search by Course

AP Course

Credit policies for AP Precalculus will be posted in fall 2023. These exams are not included in 2023-23 academic year policies.

☐ Find Your College

PSAT/NMSQT Results

- Test administered digitally, Oct 10-17, 2023, to 104 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 video demonstration and pdf (titled Understanding Scores: for students and families) 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 10, Apr 13, June 8, July 13
(*reminder: all Juniors will take the ACT at HHS during April 2024*)
register at www.act.org
 - ~ SAT National Test Dates: Mar 9, May 4, June 1
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