Counseling Team:

- Counselor: Mr. Martin A-G
- Counselor: Mrs. Adame-Watson H-O
- Counselor: Mrs. Fick P-Z
- Career Specialist: Mrs. Comeau Career
- Student Assistance Professional: Mrs. Vaal
- Counseling Office Support: Mrs. Jones

We are here to help....
It’s “YOUR!” Future

Otherwise known as today and tomorrow…
Healthy Choices/Harmful Choices
Taking care of physical and mental health…

\{
  \text{Sleep, Nutrition, Exercise}
\}

……to Risk taking and Substance use……
Select Positive Groups

- Peers
- Mentors
- Teachers
- Counselors
- Family
- Neighbors
- Coaches & Advisors
Personal Resources available at NKHS

- Feeling Down, Sad, Alone and/or Overwhelmed… Speak out and Seek help- We are here to help!!!
- Counselors- Our role
Social Resources available at NKHS

- Lifesavers
- GSA
- NKC “North Kitsap Connection”
Encouraging you to encourage others, as you too have been encouraged...
Keep your doors open by exploring opportunities and interest…
Career Center
Denise Comeau - dcomeau@nkschools.org
360.396.3146

Career Information, Activities and Opportunities
Career Center Bulletin Board
Printed resources: books, brochures, magazines, pamphlets
Formal guest speakers and business site visits representing careers of interest to students

Colleges
Coordinate visitation of admission recruiters

Military – Coordinate visits and ASVAB test
CTE
Career and Technical Education
“Different Paths, Success for ALL”

CTE Classes at NKHS

ATHLETIC MEDICINE
COMPUTER PROGRAMMING AND GAME DESIGN
CAREER CHOICES
CULINARY ARTS
ENGINEERING
RECORDING STUDIO ARTS
AP PSYCHOLOGY
CHILD PSYCHOLOGY
DIGITAL GRAPHICS/ WEB DESIGN
Access to Internet for college/career search using
http://www.wois.org
Site key – cja442

**Answers the question**

**Who Am I?**
Explore interests, skills and values with multiple assessments and tools

**Where Am I Going?**
Obtain current, accurate information about careers and education to make informed decisions and plans. Information brings relevancy to high school education. Career and educational details include:

- Career tasks
- Related careers
- Skills needed
- Wages & Outlook
- Training needed
- Suggested high school courses
- Major employers

**How AM I Going To Get There?**
Training details, Schools that offer the training
“I believe using WOIS helped me find a career path that suits my strengths and gives me hope for my future.”  High school student

“Through WOIS I learned that dental careers require strong math and science skills. This led me to take higher level math and science classes. I decided to start my dental career as a Dental Hygienist, and discovered that EWU offer’s a bachelor’s degree in Dental Hygiene. I then found the American Dental Hygienists Association on the WOIS site, and discovered they offer scholarships.”  High school student
Do you know how to calculate your GPA?
Do you know what type of GPA you need for college?
For information about the State of Washington High School Transcript please visit the OSPI website at www.k12.wa.us
College: What to think about now...

Develop strong study habits now
Keep track of grades through skyward/talk to teachers
Submit all assignments
Don’t drop year long classes mid-year
Academic Resources available at NKHS

- Wednesday AM
- 9th Grade Tutorials
- Writing Lab Rm:404
### HIGH SCHOOL + BEYOND PLANNING

**Student Name:** __________________________

**Parent Initial:** ________

**Class of:** _________________________

**Date:** ________________

#### Classes (listed are REQUIRED, take 6.0 credits each year)

<table>
<thead>
<tr>
<th>Course</th>
<th>9th Grade</th>
<th>10th Grade</th>
<th>11th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ENGLISH</strong></td>
<td>4.0</td>
<td>English 9 (1.0)</td>
<td>English 10 (AP Prep) (1.0)</td>
<td>English 11 (AP Lang) (1.0)</td>
</tr>
<tr>
<td><strong>MATHMATICS</strong></td>
<td>3.0</td>
<td>Math (1.0)</td>
<td>Math (1.0)</td>
<td>Math (1.0)</td>
</tr>
<tr>
<td><strong>SOCIAL STUDIES</strong></td>
<td>3.0</td>
<td>History 9 (0.5) (AP World 1.0)</td>
<td>Mod. World History (AP World) (1.0)</td>
<td>US History (AP US History) (1.0)</td>
</tr>
<tr>
<td><strong>SCIENCE</strong></td>
<td>3.0</td>
<td>Physical Science (1.0)</td>
<td>Chemistry (1.0)</td>
<td>Biology (1.0)</td>
</tr>
<tr>
<td><strong>CAREER + TECHNICAL ED. (CTE)</strong></td>
<td>1.0</td>
<td>Health/PE 9 (0.5) + (0.5)</td>
<td>PE (0.5)</td>
<td>Lifelong Wellness (0.5)</td>
</tr>
<tr>
<td><strong>HEALTH + FITNESS</strong></td>
<td>2.0</td>
<td>Health/PE 9 (0.5) + (0.5)</td>
<td>PE (0.5)</td>
<td>Lifelong Wellness (0.5)</td>
</tr>
<tr>
<td><strong>VISUAL + PERFORMING ARTS (VAPA)</strong></td>
<td>2.0</td>
<td>Physical Science (1.0)</td>
<td>Chemistry (1.0)</td>
<td>Biology (1.0)</td>
</tr>
<tr>
<td><strong>WORLD LANGUAGE</strong></td>
<td>2.0</td>
<td>Physical Science (1.0)</td>
<td>Chemistry (1.0)</td>
<td>Biology (1.0)</td>
</tr>
<tr>
<td><strong>ELECTIVES</strong></td>
<td>4.0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL CREDITS</strong></td>
<td>24</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
</tbody>
</table>

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**Beyond NKHS Plan**

What is your career goal? ________________

- [ ] Community College
- [ ] Technical College
- [ ] 4-year College
- [ ] Apprenticeship
- [ ] Military Service
- [ ] Other

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**Keep your doors open by having a 4 year plan!**