NKHS Counseling Team:

- Counselor: Mr. Martin A-G
- Counselor: Mrs. Adame-Watson H-O
- Counselor: Mrs. Fick P-Z
- Counseling Intern: Mrs. Miriam Foley
- Career Specialist: Mrs. Comeau Career
- Student Assistance Professional: Mrs. Vaal
Taking care of physical and mental health...

Sleep

Nutrition

Exercise

Substance Abuse
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”
Keep your options open by exploring opportunities and interests...
Career Center
Denise Comeau -
dcomeau@nkshools.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 Science
- Career Choices
- Culinary Arts
- Engineering
- Recording Studio Arts
- AP Psychology
- Child Psychology
- Digital Graphic Arts/Web Design
- Interior Design
- AP Environmental Science
Access to Internet for college/career search using http://www.wois.org
Site key - xvs551

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 offers a bachelor’s degree in Dental Hygiene. I then found the American Dental Hygienists Association on the WOIS site, and discovered they offer scholarships.”
Make a 4 year plan!
**GPA (GRADE POINT AVERAGE)**

- Do you know how to calculate your GPA?
- Do you know what type of GPA you need for college?

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<th>Percentage Range</th>
<th>GP Value</th>
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For information about the state of Washington high school transcript services, visit the ISIP website at sde.wa.gov/isip.
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 morning

- Study Sessions
- Homework Club
- Library Tutoring