

# Foothill High School

October 12, 2018 Juniors



# BREAKFAST CLUB

ON

## LATE STARTS

- 10/24 Stress Management
- 11/28 Mindful Meditation
- 1/30 Self Esteem
- 4/24 Health Coping

Sign up: <http://bit.ly/mindfulknights>

**Presented by:  
Western Youth Services**

Questions see: Mrs. Hermanson  
& or Ms. Sanchez

ROOM: LIBRARY

TIME: 8:15

# Coping

**Children who learn to cope effectively with stress are better prepared to overcome life's challenges. The best protection against unsafe, worrisome behaviors may be a wide repertoire of positive, adaptive coping skills.**

- 1. Do I help him/her understand the difference between a real crisis and something that just feels like an emergency?**
- 2. Do I model the importance of caring for our bodies through exercise, good nutrition, and adequate sleep?**
- 3. Do I guide my child to develop positive, effective coping strategies?**

# Letting your students fail: The Benefits of Natural Consequences

Questions to ask your student:

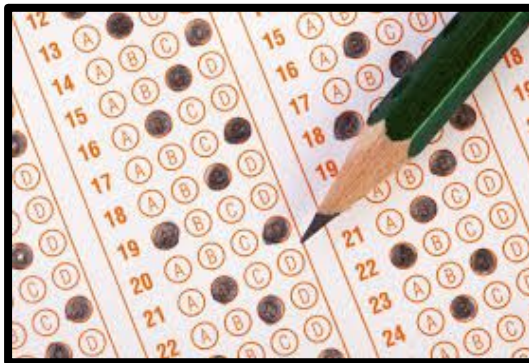
1. What part did you play in this?
2. What are you going to do differently?
3. What did you learn from this?

# Testing

## PSAT

**Wednesday, October 10th**

**\*Results will be handed back through 3rd period**



**Foothill  
Class of 2019\*  
1 National Merit  
Semi Finalist  
\$2500  
3 Commended**

**PSAT continue...**

**PSAT Result Night/  
College Planning for Juniors**

**Monday, January 22, 2019**



# SAT FREE PREP KHAN ACADEMY

## Full-length PSAT/NMSQT to take on paper

 Google Classroom  Facebook  Twitter  Email

Congratulations on taking the initiative to prepare for the PSAT/NMSQT! The format and content of the PSAT/NMSQT is almost the same as the SAT, so a great way to start your practice is to use our official SAT practice on Khan Academy. Not sure what the PSAT/NMSQT® is actually about? Read on!

There are actually three different PSAT exams:

- PSAT 8/9
- PSAT 10
- PSAT/NMSQT

The first two tests are designed for the grade levels indicated by their names. Learn more about the PSAT 8/9 [here](#), and the PSAT 10 [here](#). The third test is the same assessment as the PSAT 10—and, as its name implies, it's not just a preliminary SAT. NMSQT stands for National Merit Scholarship Qualifying Test. Top scores on this test have the potential to qualify students not only for the National Merit® Scholarship Program but also for substantial scholarships at many different colleges. If you are interested in learning more about the NMSQT timeline and qualifying process, take a look at [The Official Student Guide to the PSAT/NMSQT](#).


# Free SAT, AP, ACT Prep

My Portal My ePortfolio

Classes Extras

My Classes





- English 3 CP 2017-2... ▾
- FHS Digital Citizensh... ▾
- Hour of Code ▾
- Level 2 Spanish 16-17 ▾
- Pre-Calc 1718 ▾
- Shmoop ▾
- Spanish 3 17-18 ▾

Calendar 





< Sep 2017 >

S	M	T	W	R	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Thu, Sep 21

-   Voc. Lesson 2 Ex 5 Due
-   TLM Ethos, Logos, Pathos Chart Due at beginning of class

Fri, Sep 22

-   Minimum Day
-   Vocabulary Lesson 2 Test

Announcements

No announcements

Grade Summary

Recent Grades

No grades available

Recent SBG Grades



# SAT & ACT Test

## ACT Test

- October 27, 2018
- December 8, 2018
- February 9, 2019
- April 13, 2019
- June 8, 2019
- July 13, 2019

## ACT: Home

## SAT Test

- November 3, 2018
- December 1, 2018
- March 9, 2019
- May 4, 2019
- June 1, 2019

## SAT Registration





# Foothill Counseling Website Junior Timeline

## Junior Year Calendar

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**Junior Presentation: PSAT Night/College Planning Night**

### September

- Prepare for the PSAT by looking at the practice booklet distributed in your English classes. You will find additional resources for the PSAT including an online practice test on the College Board website. A quick link to this information is found at: **Collegeboard Testing**.
- Check the Naviance College Visit calendar for the list of college admission representatives visiting FHS. Sign up for any colleges of interest. Check this calendar regularly through November as the list will grow as information sessions are scheduled. **Naviance Family Connections**

### October

- Take the school wide PSAT **Collegeboard PSAT** on the 2nd Wednesday of October. All FHS students are automatically registered.
- Start planning your college visits. Junior year is a good time to visit local areas colleges to get a feeling about the type of college you will attend. Large or small, public or private, UC or CSU, etc.

# Counseling

## Helpful Hints....

**Send your students in with questions!**

**We are writing their letters of recommendation and we need time to establish a relationship.**

**Follow the College & Career Center  
Instagram @Fhscollegeandcareercenter**

