

# Student Support Services NQHS & QHS School Counseling

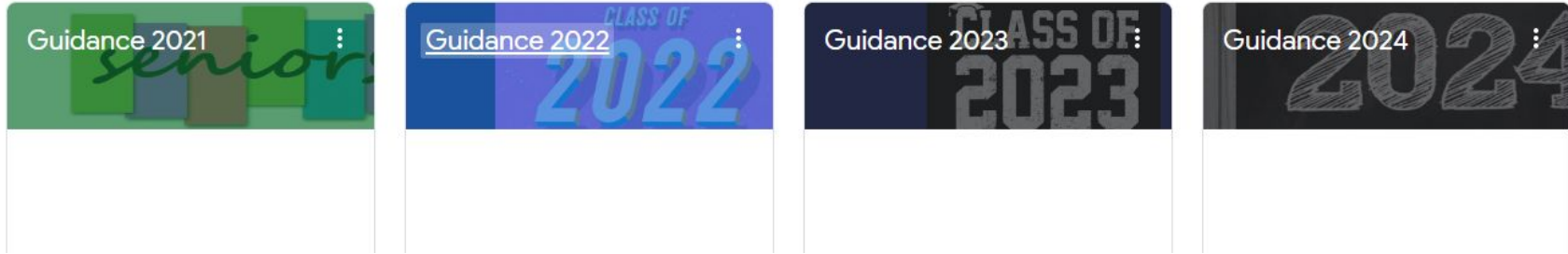
PAULA MCGEADY, QHS STUDENT SUPPORT CHAIRPERSON  
REBECCA NUTLEY, NQHS SUPPORT CHAIRPERSON



# Social Emotional Support in the High School

- Daily open virtual office hours and by appointment through zoom with counselors
- Regular communication with students and families through email/newsletter
- SEL check-in during classroom presentations
- Social Emotional Learning post weekly on Google Classroom
- Regular communication with teachers about social emotional concerns
- Outreach to families to offer support in various ways (counseling referrals, technology, monetary assistance, supplies, etc.)





 To-do  To review  Calendar



- Regular posts about post-graduate planning, scholarships, and college information
- Weekly SEL posts
- Presentations and recordings of presentations for viewing on transition to high school and post-graduate planning topics
- Ease of communication between counselors and students

# SEL Check-in during presentations

<https://docs.google.com/forms/d/1M27S9JeQ3l0gyrXSHJgodplmFCXcid3oiio6KtAUZDc/edit>

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

## SEL check-in during presentations

*What can teachers or other adults at school do to better help you?*

<https://forms.gle/3vSPAybjLTgqqzc9A>



# Examples of Social Media Posting

**Types of Self-Care**

Physical	Emotional	Social	Spiritual
Sleep Stretching Walking Exercise Nutrition Yoga	Stress Management Coping Skills Compassion Therapy Journaling	Boundaries Support System Positive Social Media Communication Friends	Time Alone Meditation Prayer Nature Sacred Space
Personal	Space	Financial	Work
Hobbies Creativity Goals Identity Authenticity	Safety Healthy Environment Stability Clean Space	Saving Budgeting Money Management Paying Bills Boundaries	Time Management Work Boundaries Breaks

BlessingManifesting

nqhsguidance Happy weekend! Make sure you take some time to take care of yourself #selfcare #treatyourself

14w

9 likes  
OCTOBER 24, 2020

Add a comment... Post

**North Quincy High Guidance**  
Published by Florence Xia · January 21 at 10:38 AM · 🌐

Through diversity we unite 🌈

WE ARE ALL  
DIFFERENT AND THAT'S  
A GOOD THING

ReligionAndBliss

FB/N610GK4CA9TC7E/JUN73...K-VL61M4h4-605M4-BW4B900141GMW44T404RT3...

## Post-Graduate Planning during the time of COVID

- Virtual presentations to students and families (recorded and posted on QPS website and in Google classroom)
- Google classrooms set-up for seniors and each class -- updated with post-graduate planning information
- Social Media (Facebook, Twitter, Instagram) for more information sharing
- Virtual college planning appointments with counselors
- Virtual college fairs through NACAC, College Board, and other agencies
- Virtual on-the-spot admissions (Bridgewater U, Quincy College, Massasoit & Nichols)
- Naviance virtual college visits daily from September to December
- FAFSA support virtually with a volunteer
- Scholarships: Sponsors continue to be extremely generous to our students

# Virtual College Visits through Naviance

Advanced Search

OverviewCalendarAvailability & SettingsCollege FairsContactsNotifications & Tasks

+ ADD VISIT

November 2020

SUN

MON

TUE

WED

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Calendars

AUTOMATIC

☒ In-person visits - Confirmed

☒ Virtual visits - Confirmed

☒ College Fairs - Confirmed

☒ Pending

Share calendars

November 2020

<

Today

>

EXPORT

Day

Week

Month

Agenda

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

01	02 9AM Endicott College	03	04 9AM Sacred Heart Univ 9AM Nichols College 1PM Simmons Univers	05 1PM Wheaton College	06	07
08	09 9AM Boston College	10 9AM Eastern Nazarene 1PM University of Vern	11	12 1PM University of Mass	13 9AM Merrimack Colleg	14
15	16 9AM American Intern	17 1PM Wentworth Institu	18 1PM New England Coll	19 1PM Savannah College	20 9AM University of New 1PM Eastern Nazarene	21
22	23 9AM Fisher College	24 1PM University of Rhod	25	26	27	28

NS

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## What is new with the College Admissions Process?

- Colleges are being flexible -- Understand pass/fail or credit/no credit grades for spring of 2020 and will not be held against students
- Many colleges are offering virtual visits, open houses, and tours
- New Common App Covid optional essay prompt - Community disruptions such as COVID-19 and natural disasters can have deep and long-lasting impacts. If you need it, this space is yours to describe those impacts. Colleges care about the effects on your health and well-being, safety, family circumstances, future plans, and education, including access to reliable technology and quiet study spaces.

# PSAT Administration

- NQHS and QHS administered the PSAT to approximately 550 students on Tuesday, January 26th
- First standardized testing since November of 2019
- Very successful and well attended

## What has changed with SAT and ACT in Admissions?

- Many colleges were test-optional for 2021- 22 applications -- which means that students can choose to apply without submitting test scores; some have chosen to remain test optional
- Website to find out which schools are test optional: [www.fairtest.org](http://www.fairtest.org)
- Make sure to check requirements for each school, as some schools may have other requirements
- SAT is no longer offering SAT Subject tests
- SAT will discontinue the optional SAT Essay after the June 2021 administration
- Check SAT and ACT websites for updated information on testing locations, dates, and cancellations

## SAT Update

- NQHS & QHS is offering a school-day SAT on Tuesday, April 27
- Register with the school (details are forthcoming)
- The March 13th SAT administration at NQHS & QHS is cancelled



Thank you!