

GRIZZLY GAZETTE

JAN 2022

COUNSELOR NEWSLETTER FOR PARENTS

(281) 939 0016 / <https://gohs.conroeisd.net/department/guidance-counseling/>

ACADEMIC SHOWCASE

Mark your calendars for Monday, **January 24th** from 5:30 to 7:30 PM to attend the GOHS Academic Showcase. This event will be a showcase of Grand Oaks HS academic core and elective courses available for the 2022-23 school year. Parents and students can visit subject booths spread throughout the building to gain information and speak with a teacher or student about the courses.

In addition to the showcase, there will be two different parent information meetings about course selections and graduation requirements. A Dual Credit meeting will also be held for students interested in receiving dual credits from Lone Star College and GOHS.

GRAND OAKS HIGH SCHOOL
PRESENTS
ACADEMIC SHOWCASE
ACADEMIC PRESENTATION
AND COURSE FAIR
ACADEMICS, ENDORSEMENTS, ELECTIVES, GRADUATION
JANUARY 24, 2022
5:30- 7:30 PM
GOHS Auditorium and Cafeteria

ACADEMIC PRESENTATIONS:
Current 8th Grade @ 6:00 PM
Current 9th-11th Grades @ 7:00 PM
AUDITORIUM
DUAL CREDIT MEETING
6:30- 7:00 LGI
COURSE FAIR
5:30- 7:30 CAFETERIA

COURSE SELECTIONS

Building a high school transcript is an important part of the college admissions process and something students and parents should take time to consider. Choosing high school courses wisely will help build a well rounded transcript. Students should consider taking the most rigorous core courses they can *balance* with electives that allow them to pursue their interests, passions, and potential careers.

The process to choose courses for the 2022-2023 school year is beginning this January. Please take note of the timeline and work with your student to choose the best courses possible. In addition to the events scheduled, there is also ample information on the GOHS website [here](#). The [Virtual Academic Showcase](#) is a thorough resource with detailed information about GOHS courses. Article: [How to Choose High School Electives](#)

Ultimate COURSE SELECTION GUIDE

- 1 GET INFORMED**
COURSE SELECTION MEETINGS:
 - Freshmen: Jan 21st 4th Period
 - Sophomores: Jan 21st 2nd Period
 - Juniors: Jan 24th 3rd PeriodACADEMIC SHOWCASE on Jan 24th 5:30-7:30
- 2 CHOOSE YOUR COURSES**
UPDATE your 4 YEAR PLAN in VIEW IT
Carefully choose courses for next year.
The 4YP is your COURSE SELECTION SHEET.
Due Date: Feb 2nd
View it 4YP closes on 2/2
FEB 2ND DUE DATE
- 3 MEET WITH YOUR COUNSELOR**
 - Review your transcript and credits
 - Ask questions
 - Discuss your future - college? career?
 - Finalize your Course Selections in your 4YP

REMEMBER!
complete your 4YP by Feb 2nd

COUNSELOR MEETINGS SCHEDULE:
Students will meet one on one with their counselor on the following dates:

- Current 9th Grade: Feb 14-17 through World Geo
- Current 10th Grades Feb 22-25 through World Hist
- Current 11th Grade: Feb 28-March 4 through Physics

COURSE INFORMATION
Visit the GOHS Guidance & Counseling Website and Click on Course Selection.

HELPING THE GRIEVING STUDENT

Being a teenager in today's ever changing world is a difficult enough task without adding in extra emotional trauma from the loss of a close friend or family member. Schools offer a variety of support for students who are experiencing grief.

Grand Oaks counselors are trained and ready to provide school support for students needing help processing a loss or experiencing a crisis. CISD also supports the GOHS staff by sending in extra grief counselors to assist.

Even though each crisis event is different, Grand Oaks counselors typically respond by providing:

- Grief space for students to process emotions and talk with trained grief counselors
- Classroom visits to debrief events and provide support when needed
- Individual counseling for students who are particularly impacted
- Referrals to professional counselors for further counseling or therapy

Parent support and participation is also a critical part in helping teens deal with grief.

Sitting with, listening, and allowing teens to express their thoughts and emotions is a healthy way to support and help your child. See the articles below for more information and tips on supporting your child through grief.

Articles: [Helping a Teenager Deal with Grief](#)

[Ten Tips for Supporting Children who are Grieving](#)

WHAT IS DUAL CREDIT?

Dual Credit is a cooperative program between Lone Star College and CISD. It is an opportunity for students to earn credit for one course at the high school and college levels at the same time. For example, a student who takes English 3 Dual Credit will earn one credit for High School English and 6.0 college credits for English 1301 and 1302. GOHS offers the following DC courses: English 3 and 4, US History, College Algebra, and Statistics (new offering). Students who qualify and take advantage of DC courses can earn up to 24 college credits upon high school graduation. To qualify for DC courses, students must apply and be accepted to Lone Star College and demonstrate college readiness with a PSAT, SAT or TSI test score.



For more detailed information, attend the DC Parent Meeting on Jan 24th during the Academic Showcase or click [here](#).