

GRIZZLY GAZETTE

MAR 2022

COUNSELOR
NEWSLETTER
FOR PARENTS

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

COURSE VERIFICATIONS FOR 2022-23

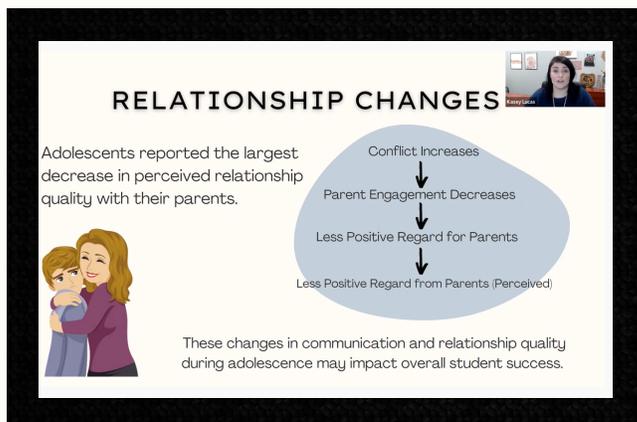
Students in current grades 8 through 11 met with their counselor prior to Spring Break to discuss graduation requirements and courses for next year. Students used their Four Year Plan in Student Access to update course selections. Students and parents can see courses chosen in Student Access or Parent Access under "Course Requests." Changes to course requests can be made until April 22nd via this [Course Selection Change Form](#). Course request changes are not allowed after this date due to scheduling priorities.

In addition, parents and students will need to electronically sign the [Advanced Course Agreement](#) which can also be found in Student Access and Parent Access Centers. Students who choose to take an advanced course must agree to completing the demands of the course and staying in the course for the school year.

GPA & RANK

GPA and Rank have been updated for students through the Fall Semester of 2021. 10th through 12th grade students can view GPA and Rank in their Naviance Account under About Me, then My Account. GPA and Rank are updated after each semester and are based on semester grades only. 9th Graders receive their first ranking in the Fall of their 10th grade year. For more information about GPA and Rank please visit the GOHS Guidance & Counseling Website at this link: <https://gohs.conroeisd.net/departments/guidance-counseling/academic-information/>

COFFEE WITH COUNSELORS



RELATIONSHIP CHANGES

Adolescents reported the largest decrease in perceived relationship quality with their parents.

Conflict Increases
↓
Parent Engagement Decreases
↓
Less Positive Regard for Parents
↓
Less Positive Regard from Parents (Perceived)

These changes in communication and relationship quality during adolescence may impact overall student success.

GOHS Counselor Kasey Lucas presented via zoom at the March 2nd Coffee with Counselors on **Parent Involvement: Too Much or Too Little**. Topics covered include communication, empowerment, balance, improving relationships, and academic performance.

The recorded presentation is available on the GOHS Guidance & Counseling website at this link: <https://www.youtube.com/watch?v=SxbFT45TPrc>

UPCOMING EVENTS

JUNIOR JUMPSTART

Calling all Juniors and their parents!! Please join GOHS and Conroe ISD for Junior Jumpstart on March 30th from 6:30 to 8:30 PM at The Woodlands High School. This evening will provide opportunities to gather information and discuss important topics associated with your next steps after high school. Break out sessions include topics about Admissions; Highly Selective Universities; Public v. Private Universities; Majors such as Pre-Med, Fine Arts, and Engineering; ROTC; Military; and much, much more. University admissions counselors and experts will be facilitating sessions with first hand information. Click here for more detailed information: [Junior Jumpstart 2022](#)

graduate together
knowledge
high school
class
friends now
success
important
parents
education

CISD
Junior Jumpstart

skills planning work
knowledge thinking
goals military
college
prepared
success
expectations
readiness
career
training
graduate

March 30, 2022 • 6:30 - 8:30pm
THE WOODLANDS HIGH SCHOOL

Welcome Class of 2023!

FOR THE SAKE OF OUR YOUTH

CONROE ISD PRESENTS
FOR THE SAKE OF OUR YOUTH
PARENTING IN A TECH OBSESSED WORLD
WITH AUTHOR, PARENT AND THERAPIST
TESSA STUCKEY

FREE TO ATTEND

DOOR PRIZES
including:
kendra scott jewelry
spa packages
tumblers
and more!

APRIL 13
MCCULLOUGH
JR HIGH
AUDITORIUM
(SOUTH SIDE OF CAMPUS)
THE WOODLANDS
6:30 PM

For All Parents
Ready to introduce smartphones?
Already ventured into the world of screens?

Tessa is eager to share her research behind how our culture is impacting our kids and what parents can do **today** to ensure family balance wellbeing.

TALKING POINTS

- PARENTING WITH TECH, SMARTPHONES, SOCIAL MEDIA, SCREEN ADDICTION
- 6 CULTURAL INFLUENCES IMPACTING OUR KIDS
- BUILDING STRONG PARENT/CHILD CONNECTION
- PRACTICAL TIPS FOR TODAY'S PARENTING

TESSA STUCKEY
LICENSED PROFESSIONAL COUNSELOR
AUTHOR
SPEAKER

Tessa isn't just a therapist but also the mother to 4 young boys here in CISD. Her passion has become personal to ensure safety not only for her own kids but their friends, the community, and beyond.

CONROE ISD
www.tessastuckey.com

Tessa Stuckey will be presenting to parents of CISD students on April 13th about *Parenting in a Tech Obsessed World*. Ms. Stuckey is a Licensed Professional Counselor and author of the book For the Sake of Our Youth. Her presentation is research based and provides parents with tools needed to improve balance and wellbeing for their children and family. Talking points will include parenting with technology, cultural influences, and building strong parent-child connections.

Please join us at McCullough Junior High School for this free presentation.

For more about Tessa and her work, please click here: <https://www.tessastuckey.com/about>

STUDENT JOB FAIR

Juniors and Seniors looking for a job or an internship for Summer 2022 are invited to the EFTA Virtual Job Fair via Zoom on March 29th (Juniors) and March 30th (Seniors). Businesses attending the job fair include Kroger, The Waterway Marriott, YMCA, Aon, Cisco Systems, At Your Side Homecare, and many more. For more information and to register for this event click here: [EFTA Virtual Job Fair](#).



SPRING TESTING

STAAR End of Course Testing starts the first week of April. See below for the schedule and any other important information regarding test dates and calendar changes.

- English 1 EOC: April 5th**
- English 2 EOC: April 7th**
- Algebra 1 EOC: May 3
- Biology EOC: May 4
- US History EOC: May 4
- AP Exams: May 2-12 Link: [2022 AP EXAM DATES](#)
- Senior Final Exams: May 17-20
- 9-11 Final Exams: May 23-26

**Late Arrival for 11th and 12th graders not testing. Time TBA.

April 2022						
S	M	TU	W	TH	F	S
					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

Please note changes in Orange-Blue schedule for week of April 4th.

MAKING IT THROUGH SENIOR YEAR

Are you wondering what has happened to your junior or senior student in recent weeks?

Psychologist John Duffy says, "Beginning late in junior year and during their senior year, they are very aware of their impending freedom, and they're really excited about it. At the same time, it's scary. They're worried about whether they are capable of balancing school and their social life and all the other new pressures coming up. So they are excited and scared in equal measure."

Senior year brings many wonderful milestones but also can bring strained parent-child relationships as many family dynamics are changing. Some say, adolescence is bookended with grieving the loss of childhood at the beginning and with grieving an empty nest at the end. This can be a very challenging time for parent and child as they anticipate the seniors impending departure from the family.

For more help on this topic please consider reading the following two articles.

[Parenting your \(nearly\) Adult Child](#)

[Thanklessly Parenting an Older Adolescent in Senior Year](#)

SENIOR CELEBRATIONS

April 23 - Prom

May 10 - Senior Awards Night

May 19 - Senior Clap Out

May 20 - Senior Picnic

May 24 - Graduation