



HARKER®

Grade 11 Parent Q&A

September 22, 2022

Security



Brian Yager
Head of School

Thriving in the 11th Grade



Rosalyn Schreiman, LCSW
Academic Counselor

ARE ADOLESCENTS THRIVING?

American Academy of Pediatrics- recently declared a national state of emergency for children's mental health

National high for loneliness in children and adolescents

Overall trend showing an increase in adolescent mental health concerns post-covid as seen by an increase in emergency department visits for adolescents.

WHAT DOES THRIVING LOOK LIKE?



- Balance
- Sleep
- Exercise
- Social Life-connections
- Academics
- Personal Time-Reflection
- Joy

WHY IS IT IMPORTANT TO THRIVE?

- When I'm thriving I can:
 - Learn/ take in information in a meaningful way
 - Connect with others
 - Self-regulate



HOW DO COUNSELORS SUPPORT STUDENTS TO THRIVE?



- Partner with LIFE
- Wellness letters and virtual counseling office resources
- Time management surveys
- Groups
- Provide a Safe Space
- 1:1 counseling support
- Provide referrals
- Provide crisis support

ACADEMIC COUNSELORS



Ms. Chang
(A-Folk)



Ms. Alves
(Fox-Lim)



Ms. Leahy McKeown
(Lin-Su)



Ms. Schreiman
(Sud-Z)

HOW CAN PARENTS HELP THEIR JUNIORS THRIVE?

- Seek out supports
- Be a Role Model
- Be aware of your own anxieties
- Foster Independence



Academic Planning & College Counseling



Kelly Horan

Assistant Upper School Division Head

- Substance Use & Abuse
- Distracted Driving
- Eagle Buddies



On the path
towards
graduation...

Senior year courses

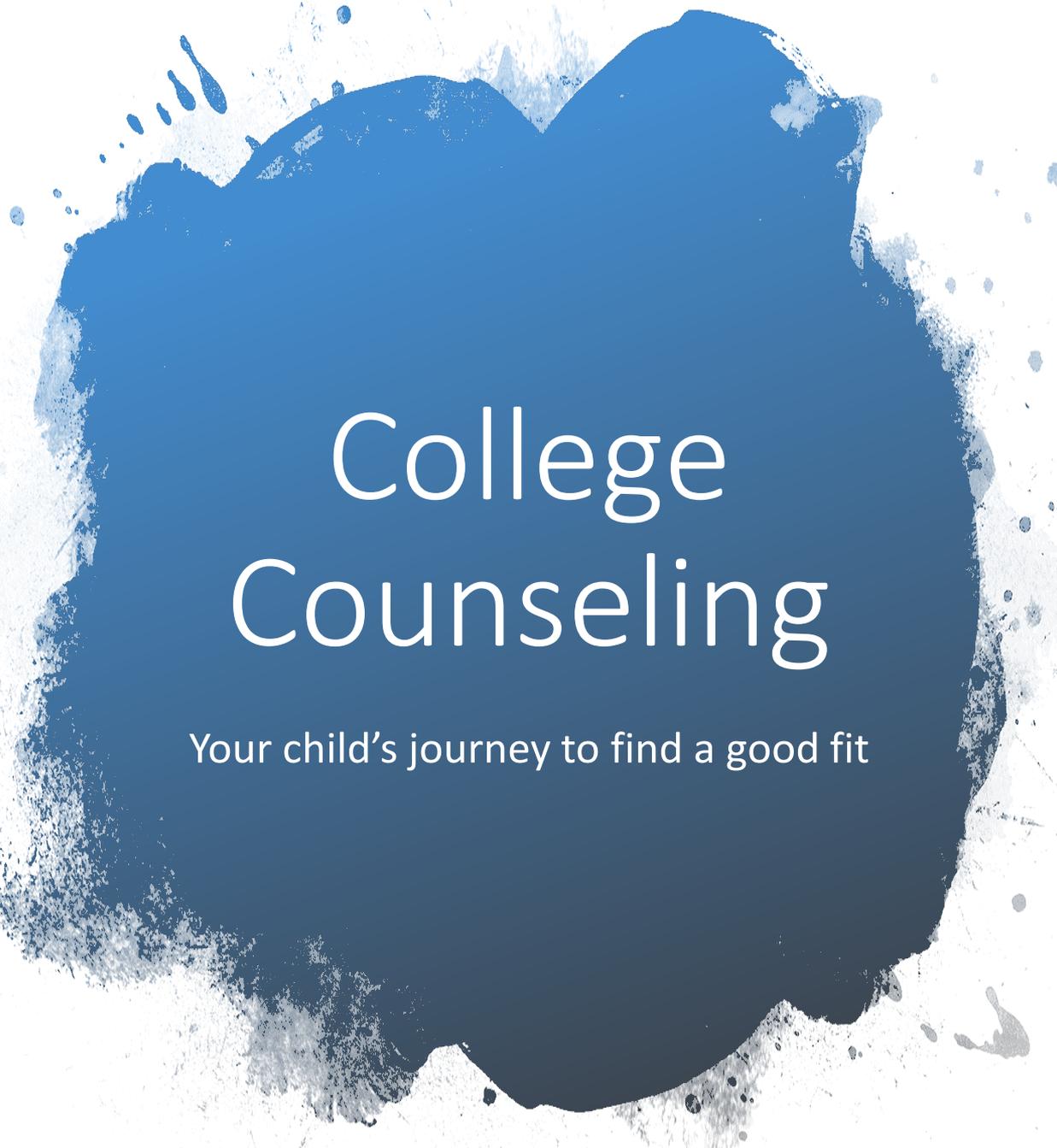
- English is required
- Math is strongly encouraged
- 5 academic courses are required

Physical Education

- Credits = 2
- Report on IC/Alfredo Alves

Community Service hours

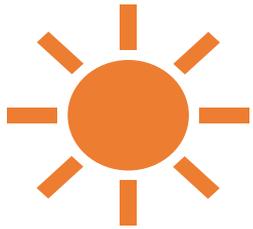
- 10 hours by Spring Break



College Counseling

Your child's journey to find a good fit

Timeline for Juniors



October 2022

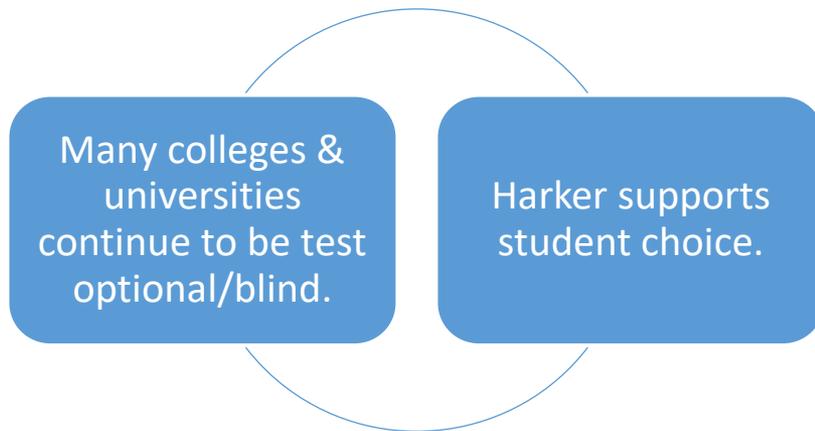
PSAT

Standardized Tests

- PSAT (School-organized)
 - Wednesday, October 12th – on campus, no academic classes
 - Registration: September 30 in Advisory
 - Scores are NOT sent to colleges
 - National Merit Scholarship Qualifying Test
- SAT and/or ACT (Individualized)
 - Recommendation: take SAT or ACT at least once by the end of Junior year

Standardized Test Guidance

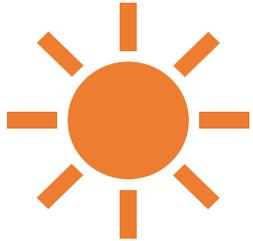
Class of 2023



Class of 2024

- Landscape continues to evolve.
- Current advice – follow the timeline & work the process.

Timeline for Juniors



October 2022

PSAT



January-May 2023

College counseling classes (most Tuesdays after school)

Individual meetings

- Students first, then family

Take standardized tests (SAT, ACT)

Investigate & plan summer activities

Visit colleges over February &/or Spring breaks

What will happen in College Counseling?

2nd Semester 11th grade

Spring 2023

- Exploration of self
 - Provide info to college counselor
 - Identification & construction of college list
 - Preparation for essay writing
- Information about process & research

1st Semester 12th grade

Fall 2023

- Finalize college list
- On-site/virtual visits from college reps
- Essay feedback
- Complete applications

Virtual Research

- Start the list – check out Big Future
- Visit their admissions websites

The screenshot shows the homepage of bigfuture.collegeboard.org. At the top, the URL "bigfuture.collegeboard.org" is displayed in a large, black, sans-serif font. Below the URL, there is a navigation bar with the CollegeBoard logo and "BigFuture" text on the left, and a "Sign In" button with a user icon on the right. A search bar labeled "College Search" is positioned below the navigation bar, containing the placeholder text "Search by college name". To the right of the search bar is a heart icon with the number "0". The main content area features the heading "Find the right college for you." followed by the instruction "Choose a category to start exploring." Below this, there are four interactive buttons: "Location" (with a map icon), "Major" (with a graduation cap icon), "Type" (with a building icon), and "Campus Life" (with a sun and people icon). At the bottom of the page, there is a colorful illustration of a college campus with a central building, a fountain, a gazebo, and a bench.



[Live Virtual Tours: Experience Pomona](#)

Tours: Video campus tours with live tour-guide narration.



[Webinars: Get to know Pomona](#)

Webinars: Topics range from “Applying to Pomona,” to “Exploring Majors,” and “Research & Internships.” Q&A always included!



[Info Sessions: Pomona at a glance](#)

Info Sessions: Why Pomona? An overview of Pomona, including admissions & financial aid, with time for Q&A at the end.



[Chats: Speak with us virtually](#)

20-minute Chats: Ask an admissions officer or a current student all your questions!



[Monthly Programs: Deeper dives into Pomona](#)

Monthly Programs: Half-day programs that offer multiple sessions & workshops for students and families.

Adm **QUICKLINKS** +

[Connect with a Student](#)

[Admitted Students](#)

[Gap Year](#)

[Work / Volunteer for Admissions](#)

[Diversity & Access](#)

[Request Information](#)

FINANCIAL AID

ATTENTION: Find answers to your questions about the impacts of the coronavirus (COVID-19) on your preparation for Pomona College. [Learn More >](#)

CONTACT US

Monday through Friday
9:00 a.m. – 2:00 p.m.

[Sumner Hall](#)
admissions@pomona.edu

(909) 621-8134



How can you support your child logistically?

- Be open to & facilitate college visits during breaks & summer vacation (if possible)
- Attend the College Parent Nights in Jan & Sept
- Attend CC appointments when invited

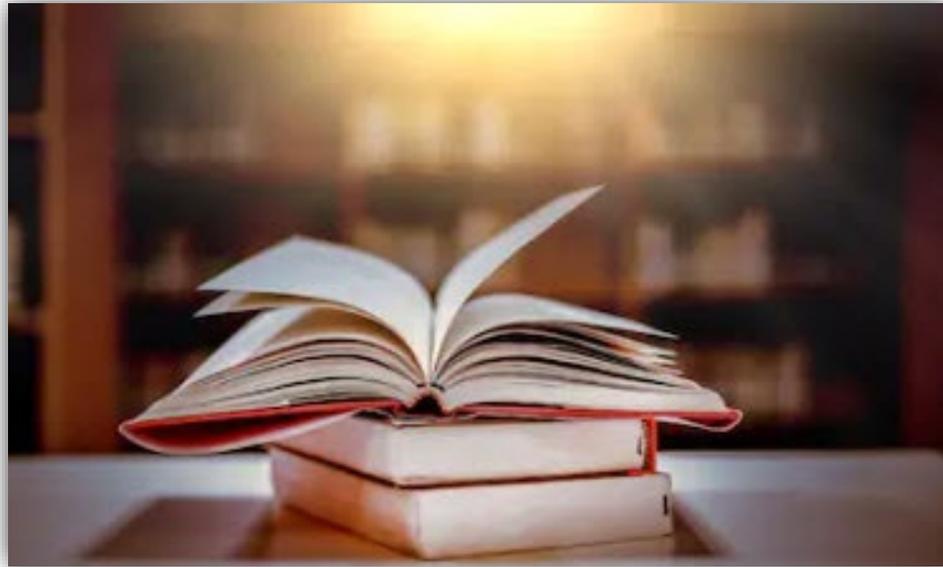




How can
you help
your child
thrive?

- 
- Allow your child to work the program
 - Listen with an open mind as they explore options
 - Agree on ground rules at home

Academics



Paul Barsky
Upper School Division Head

Introductions



Paul Barsky

Upper School Division Head

Grade Level Coordinators

Vivian Lee

Vivianlee2000@gmail.com

Ming Xu

mingxu71@gmail.com

Senior Panel

Brian Chen

Rupert Chen

Samvita Gautham



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