

**Counseling Update for Class of 2023**

With the unprecedented ending of our school year and the many changes occurring as a result, the counseling department wanted to send out grade specific information to answer questions you may have. We also wanted to provide some resources/links that we thought might be useful in the next few months.

***How are we going to be graded for this semester?***

For this semester your grade will be what you had as of March 11. You will have the opportunity to improve on that grade by doing remote learning work for the rest of the year. If you were passing a class on March 11, you may choose to take the credit and a CR will show on your transcript. For all students who were below 60% in a class as of March 11, you will have the opportunity to work with your teacher to possibly bring that grade up to a passing grade and receive credit (CR). This work will be done through Google Classroom and/or packets that will be starting April 20th until May 26th.

**Grades as of March 11**

* **Passing grade and happy with grade:** Take CR on transcript, no further action required. It is recommended to continue remote learning.
* **Passing grade and happy with grade:** Take Letter Grade on transcript, click on and fill out this [Choosing A Letter Grade form](https://forms.gle/Ukse82ihmThLsYda9) by June 1st indicating what class(s) you want a letter grade. It is recommended to continue remote learning.
* **Passing grade, but want to improve grade**: Work with teacher(s) to improve grade via remote learning.
* **Failing grade:** Work with teacher(s) to possibly earn credit or grade, otherwise you will have an Incomplete (INC) posted to your transcript with no credit earned. Opportunity in the fall to change (INC) grade to (CR) grade on transcript. Details for this opportunity are still being created and will be communicated at a later date.
* \*\*\*If you are planning on playing division I or II athletics in college please contact Mrs. Renner or Mrs. Kik for important information on grading choices.

***What if I am currently taking an online class as one of my six normal day classes?***

Please continue to work on your online class through MIVU or Edgenuity. Your grade for this current semester (only) in the online class will be posted as a CR/NC instead of a letter grade. If you want to take the letter grade, please contact Mrs. Kik by June 1st. The expectation is that you will complete the class by May 29. If you are unable to complete because of technology issues, please contact Mrs. Kik or Mrs. Renner ASAP.

***What if I am concerned about my mental health?***

If you NOTICE something different in the way you are thinking, feeling, or acting and need some support, please reach out to someone you trust (a parent, teacher, coach, pastor, counselor) Sometimes just telling someone how you are feeling or thinking can be enough. We also attached some links that could also help, please use them as needed:

[What is Depression?](https://storage.trailstowellness.org/trails-2/resources/what-is-depression.pdf)
[3 Relaxation Skills](https://storage.trailstowellness.org/trails-2/resources/3-relaxation-skills.pdf)
[Behavioral Activation Ideas](https://storage.trailstowellness.org/trails-2/resources/behavioral-activation-ideas-for-teens.pdf)
[Healthy Thinking](https://storage.trailstowellness.org/trails-2/resources/healthy-thinking-handout.pdf)
[Self-Care for Students COVID-19](https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-teens.pdf)
[Emotional Wellbeing During COVID-19](https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/)
[Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/)

**Here is a suggested Schedule to Keep Students on Task**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| -ELA: 30 min-Math: 30 min-Elective: 30 min | -Science: 30 min-Social Studies: 30 min-Elective: 30 min | -ELA 30 min-Math 30 min-Elective 30 min | -Science 30 min-Social Studies: 30min-Elective: 30 min | -Catch up on week’s work-Connect with teachers via email with questions |

We are here to answer any and all questions! Please do not hesitate to contact us:

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