School Guidance Department Curriculum

- We uphold a comprehensive guidance program that supports students through academic advising, social-emotional counseling, and college admissions support.
- In each grade we focus on certain aspects of development and planning for the future.
  - **Freshman:** Focus on the transition into high school, as well as building strong study skills, organizational techniques, advocating abilities, and time management skills.
  - **Sophomores:** Delve into the career exploration process, discuss personal strengths and areas of intended growth, identify interests, and examine possible college majors.
  - **Juniors:** Begin the college and post-secondary planning process. Students will start to identify college characteristics they prefer and will begin to research their options utilizing a variety of tools.
  - **Seniors:** Students will be working through the college application process and will secure their plans for after high school. They will be finalizing their college list, completing their college essay, finishing their applications, and taking any additional steps necessary to apply to the colleges of their choice.

Guidance Workshops

**Freshman**
Fall: Learning Styles and Study Tips

**Sophomores**
Spring: Career Exploration

**Juniors**
Winter: An Overview of the College Research Process

**Seniors**
Fall: How to apply to colleges: The necessary Steps to Take

Additional Opportunities

**Fall:**
- A college admissions workshop for Seniors, which is done at a local college
- College Admissions representatives visit MHS to meet with prospective students

**Winter:**
- Multiple College Fairs held at MHS
- Course Selection Presentation to Students

**Spring:**
- A Junior Parents Seminar on beginning the college admissions process
Some Beneficial Resources

- **College Search Tool**: https://bigfuture.collegeboard.org/
- **College Match Tool**: https://bigfuture.collegeboard.org/college-search
- **Career Exploration**: https://masscis.intocareers.org/materials/portal/home.html (Login under Massachusetts Resident- MassCIS HS)
- **College “Essays that Worked” Examples**: https://www.conncoll.edu/admission/apply/essays-that-worked/
- **Study Tips**: https://www.khanacademy.org/test-prep/sat/new-sat-tips-planning/modal/a/tips-for-effective-efficient-studying
- **Course Selection**: A Powerpoint from MHS Guidance
- **For updated information on guidance events, scholarships, etc.**: http://www.matignon.org/academics/resources-for-seniors.cfm