

# Westford Academy Counseling Department

Coffee with a Counselors Series:  
High School 101



## OUR AGENDA

**1**

**INTRODUCTION TO THE  
COUNSELORS-  
OVERVIEW OF THE  
THREE DOMAINS**

**2**

### **ACADEMIC**

Academic advising,  
transcript overview

**3**

### **CAREER**

SCOIR, School-to-Careers  
Website

**4**

### **SOCIAL/EMOTIONAL**

Resources to support social  
emotional development

**5**

**CONCLUSION/QUESTIONS**



The background of the slide is a white canvas filled with numerous watercolor circles of various sizes and colors. The colors include shades of blue, green, yellow, pink, and purple. Some circles are solid, while others are split vertically or horizontally into two different colors, creating a vibrant and artistic pattern.

# **Meet the Counselors**





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# Academics



ADVICE

SUPPORT

GUIDANCE

HELP

- Academic Requirements/Credit review
- Academic advising/course selection
- Academic challenges/concerns
- Transcript

Westford Academy  
30 Patten Road  
Westford, MA 01886

**Official Transcript for:**

**Academic Term: Q1**

|                      |                               |                             |                      |                       |
|----------------------|-------------------------------|-----------------------------|----------------------|-----------------------|
| <i>Last Name</i>     | <i>First Name</i>             | <i>Middle Name</i>          | <i>Gender</i>        | <i>Student ID#</i>    |
|                      |                               |                             | F                    |                       |
| <i>Home Address</i>  | <i>City</i>                   | <i>State</i>                | <i>Zip</i>           | <i>Home Telephone</i> |
|                      | Westford                      | MA                          | 01886                |                       |
| <i>Date of Birth</i> | <i>Anticipated Graduation</i> | <i>Total Earned Credits</i> | <i>GPA</i>           |                       |
|                      |                               | 0.00                        | Based on 0 Semesters |                       |

| Course   | Final | Credits | Course   | Final | Credits |
|--|-------|---------|----------|-------|---------|
| Grade 9<br><br><b>23-24</b><br>038 English 9 H<br>133 German II H<br>201 World History II H<br>308 Algebra I CP<br>410 Biology CP<br>514 Intro to Business & DECA Pr<br>700 Foundations of Art<br>883 Basics of Kin. in Phy. Ed.<br>887 Health Education |       |         | Grade 11 |       |         |
| Grade 10   |       |         | Grade 12 |       |         |

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|                        |                   |                                 |                               |                      |
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| <i>Last Name</i>       | <i>First Name</i> | <i>Middle Name</i>              | <i>Gender</i>                 | <i>Student ID#</i>   |
|                        |                   |                                 | M                             |                      |
| <i>Home Address</i>    | <i>City</i>       | <i>State</i>                    | <i>Home Telephone</i>         | <i>Date of Birth</i> |
|                        | Westford          | MA 01886                        |                               |                      |
| <i>Parent/Guardian</i> | <i>Status</i>     | <i>Total Earned Credits</i>     | <i>Anticipated Graduation</i> |                      |
|                        |                   | 67.50                           | 2025                          |                      |
|                        |                   | GPA 3.5000 Based on 4 Semesters |                               |                      |

| Course                 | Final | Credits | Course                            | Final Credits |
|------------------------|-------|---------|-----------------------------------|---------------|
| Grade 9                |       |         | Grade 11                          |               |
| <b>21-22</b>           |       |         | <b>23-24</b>                      |               |
| 001 English 9 CP       | 93    | 5.00    | 003 English 11 CP                 |               |
| 143a Spanish II CP     | 94    | 5.00    | 148 Spanish IV H                  |               |
| 201 World History II H | 93    | 5.00    | 211 US History II CP              |               |
| 308 Algebra I CP       | 96    | 5.00    | 331 Algebra II CP                 |               |
| 410 Biology CP         | 94    | 5.00    | 432 Human Anatomy & Physiology CP |               |
| 500 Marketing I CP     | 94    | 2.50    | 504 Sports Marketing CP           |               |
| 700 Foundations of Art | 96    | 2.50    | 506 Management II Honors          |               |
| 881 PE Wellness        | 92    | 2.50    | 549 Digital Art CP                |               |
| 887 Health Education   | 98    | 2.50    | 890 Kin. of Fitness & Exercise    |               |

|                        |      |      |          |  |
|------------------------|------|------|----------|--|
| Grade 10               |      |      | Grade 12 |  |
| <b>22-23</b>           |      |      |          |  |
| 002 English 10 CP      | 86   | 5.00 |          |  |
| 146 Spanish III H      | 85   | 5.00 |          |  |
| 205 US History I CP    | 91   | 5.00 |          |  |
| 321 Geometry CP        | 83   | 5.00 |          |  |
| 420 Chemistry CP       | 84   | 5.00 |          |  |
| 501 Management CP      | 88.2 | 2.50 |          |  |
| 706 Painting I         | 95.4 | 2.50 |          |  |
| 884 Kin. of Team Games | 99   | 2.50 |          |  |

|  |  |  |  |  |
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# **Career/Post Secondary**



# Westford Academy School to Careers Programming



## Why School to Careers?

School to Careers is a locally developed collaboration among education, business, and the community designed to better prepare all students to make informed educational and career decisions. School to Careers is based on the proven concept that education works best and is most useful for future careers when students apply what they learn to real life, real work situations.

The WA Counseling Department delivers a four year developmental guidance curriculum to our students to help them connect their skills, talents and interests with real world applications.



### Program Components:

Self Assessment and Career Exploration

Career Exploration Breakfasts

Junior Job Shadow

Senior Capstone





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# **Social Emotional**

# Mental Health tools, resources and support

- Freshman introduction meetings
  - GAD7/PHQ9 all grades
  - Counselor on call
- Tips on time and stress management during midterms
  - Cartwheel





**LISTEN.**



# **3 Tricks to keep them talking**



**Don't minimize their experience.**

**Express gratitude.**

**Ask: Do you want to problem solve?**





**Massachusetts Should Lower the  
Legal Driving Age to 14.**



# **Frontal Lobe vs Limbic System**

## **Frontal Lobe**

- **good decision making**
- **thinking about the future**
- **potential consequences**

## **Limbic System**

- **risk taker**
- **emotions**
- **emotional expression**

**Who runs faster in the brain  
development Olympics?**

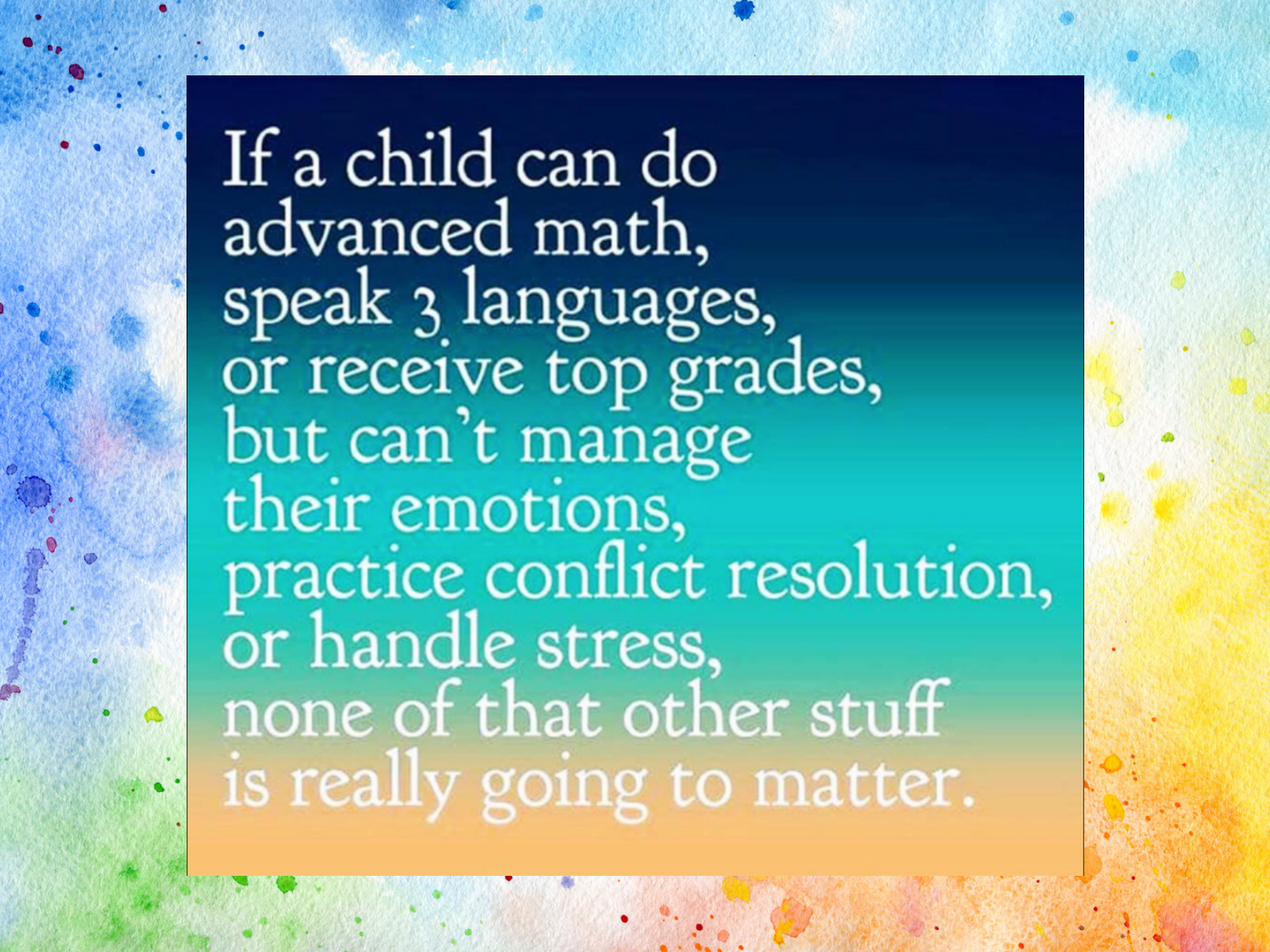




- **Students can access virtual mental health assessments, therapy, and/or medication evaluation with **no waitlists**.**
- **Treatment is designed to provide short-term therapy for students and families during the school day or after school. 8am-8pm.**
- **Offers free webinar series for all parents/caregivers!**
- **Note on cost:**
  - **MassHealth accepted**
  - **Most private insurance accepted / standard co-pay**

**Please contact your child's school counselor to start the process**





If a child can do  
advanced math,  
speak 3 languages,  
or receive top grades,  
but can't manage  
their emotions,  
practice conflict resolution,  
or handle stress,  
none of that other stuff  
is really going to matter.



# Communication

- **Monthly Newsletters**
  - emailed and on Counseling website
- **Mr. Twomey's Friday emails**
  - emailed through PowerSchool - no subscription needed
- **Counseling website**
  - Timelines
  - Academic Planning tools
  - Resources for Social/Emotional support
- **Follow us on Instagram:**  
**@wa\_counseling**
- **Scoir**

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