

7th Grade - College and Career Readiness



You can do
this!
We are here
to help.



You have
questions. We
have
answers.



It's never too
early to start
thinking
about your
future.

INTRODUCING

YOUR

COUNSELING TEAM



Southern Utah University
Loves: College football, my wife, naps, donuts, pickleball, watching sons play Lacrosse.



Utah State University
Snow College
Loves: sunshine, the beach, reading, shopping, naps, not running, and donuts.



Utah State University
BYU
Loves: sleeping, her nephews, Diet Coke, long showers, Post Malone & Justin Bieber.



Utah Valley University
Utah State University
Loves: reading, sleeping, Diet Coke, family, frogs (not real ones), movies, games, donuts, & college football.

How can the counselors help?

Advocate for students

Provide social, emotional, & mental support to all students

Collaborate with teachers and staff

Schedule / class changes
(the first 10 days of each semester)

HOPE SQUAD

Organize and run small groups: Anxiety, Friendship, Why Try, Empathy, & more

Conflict resolution with:
friends, peers, teachers, etc.

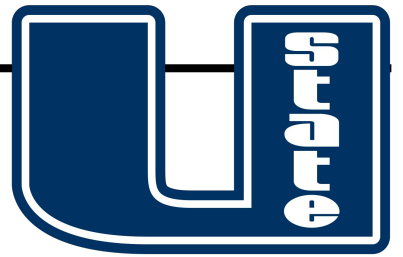


ACHIEVEMENT

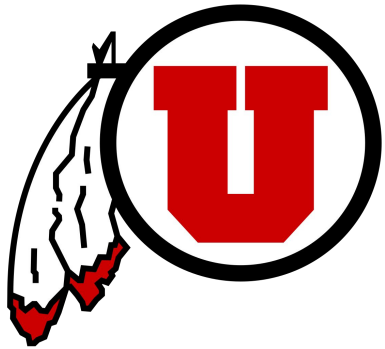
Pass It On.



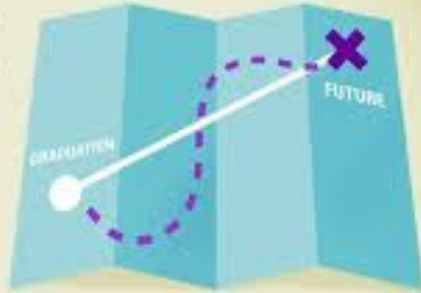
College / University



- English : 4 years
- Math : 4 years
- Science: 3 years
- Social Science & History : 3 years
- Foreign Language : 2 - 3 years
- Fine Art : 1.5 year
- Aptitude Test: ACT or SAT



COLLEGE
isn't
THE ONLY
OPTION



1, 2, 4 or More!





1, 2, 4 or MORE

YOU
DO
YOU



UtahFutures

College and Career Planning

\$SCHOLARSHIPS



FAFSA



Frontier Counseling
Website

Cedar Valley High
School Scholarships



Resources:

EVERYDAY STRONG



Chat - CrisisLine

Opens 2 - way messaging with a SafeUT CrisisLine counselor.



Start a Chat
with a crisis counselor



Submit a Tip
to your school



Start a Call
with a crisis counselor

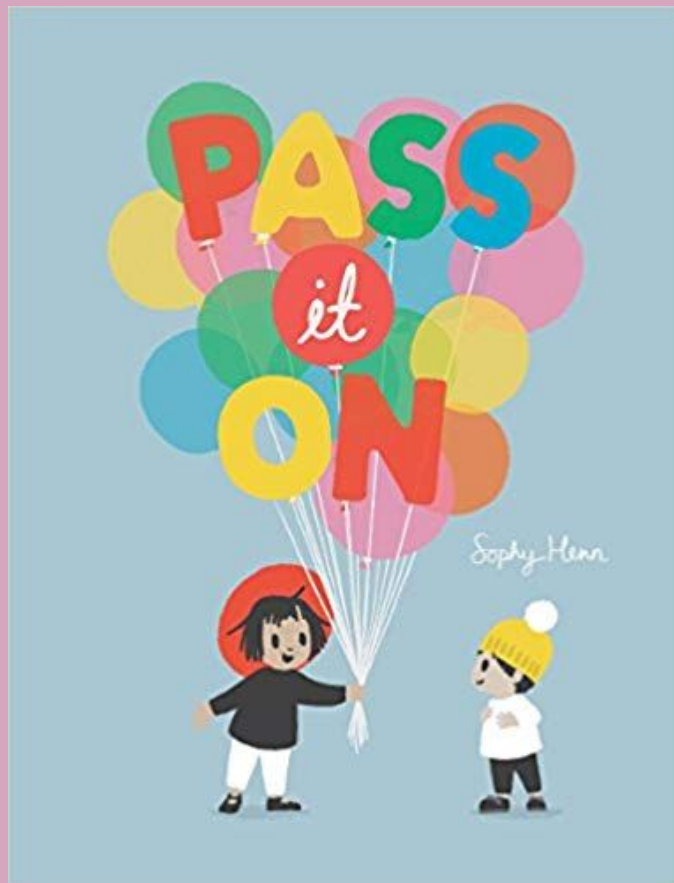


View Existing
chats and tips

Submit a Tip

Submit confidential tips to school administrators on bullying, threats, or violence.

Frontier Counseling
Website



FLEX TIME



- * Every Tuesday - Friday after A2 & B6 for 40 minutes
- * Students are assigned a homeroom
- * FLEX can be used to finish assignments, projects, and/or complete quizzes & tests.
- * FLEX provides teachers and students the opportunity to collaborate on specific, targeted learning needs.
- * Students can ask their teachers to request them for FLEX

Experience
Frontier

The MUSTANG WAY

M

MASTERY

S

SPIRIT

A

ACCOUNTABILITY

G

GRATITUDE

U

UNITY

T

DEDICATION

N

INTEGRITY



Get Connected

National
Junior Honor
Society

Archery

FLEX
Activities

Reading Club
&
Battle of the Books

**Cross Country
&
Track and
Field**

We want you to be good citizens ...
digital citizens.



How does my student meet with their counselor?

1. QR Code
2. Chrome book in counseling office
3. Frontier website main page & on counseling page.



How do I excuse my student's tardies (1st period only) and absences?

Email attendance office
frontierattendance@alpinedistrict.org

Where do I find my teachers' email addresses?

1. School website
2. Disclosure document
3. Skyward

What if I need help in Math?

1. Requested for flex
2. Before or after school
3. Add a lab
4. Daily math class

What should I do if I miss class (i.e. assignment, test, project, quiz, participation)?

1. Look on Skyward, Canvas, and class websites
2. Email/talk to the teacher
3. If you still need help, talk with your counselor

PARENT SURVEY

