

Greetings Parents of the Class of 2028,

As we begin the second half of first semester, the Guidance and Counseling Team would like to share an update about what your student has been doing in conjunction with our department as well as provide you with a glimpse of what is coming up.

What's Happened?

- **“Freshmen Individual Meetings”:** Your student has met with his/her assigned counselor, one-on-one, to discuss their experiences this year and how their academic and social transition to high school and/or Hill-Murray School has been going.
- **Naviance:** Your student has now registered into Naviance and has full access to its tools and resources. Parents will receive an email on Wednesday, November 6 with a registration code that will grant them access into Naviance. Please contact Guidance and Counseling Assistant, Mrs. Jen O’Gary (jogary@hill-murray.org), if you are unable to log in.
 - Naviance is a program your student will use throughout his/her four years of high school to assist in academic, post-secondary, career, and personal development.
- **Sainted at Hill-Murray:** The Guidance and Counseling Team is leading a new initiative called, “Sainted at Hill-Murray.” The purpose of this initiative is to recognize and celebrate all of the acts of kindness that take place within our school and community by our STUDENTS. Click [HERE](#) to read about the students that have been recognized this year!

What's Coming Up?

- **Learning Style Inventory / GPA Calculator Activity:** During Pioneer Period, your student completed an assessment in Naviance that assessed and evaluated their individual learning preferences and explored strategies to help them learn more effectively and efficiently. The results of this assessment were then used as part of a GPA calculator activity - where students learned how to calculate a GPA based on their current grades and then again, based on their grades improving. You can check your students' results by going into the “Self-Discovery” tab and clicking “Learning and Productivity.”
- **Letter to My Future Self Activity:** During Pioneer Period and before Christmas Break, your student will write a letter to themselves that will be saved and stored away by our G&C Team until spring of their senior year. This letter will detail their current interests, passions, and goals - as well as share any personal experiences related to their time at Hill-Murray. These letters will be returned just before Graduation and will be a great way for them to reflect on their journey and growth at H-M.
- **Post-Secondary Planning Meeting:** The College Counseling Team would like to welcome you to join us for our annual “**Post-Secondary Planning**” presentation for 9th and 10th grade students and parents. This presentation is scheduled for Wednesday, November 13 (6:30pm) in the Auditorium. This event will be recorded and shared out for those who cannot attend in-person.

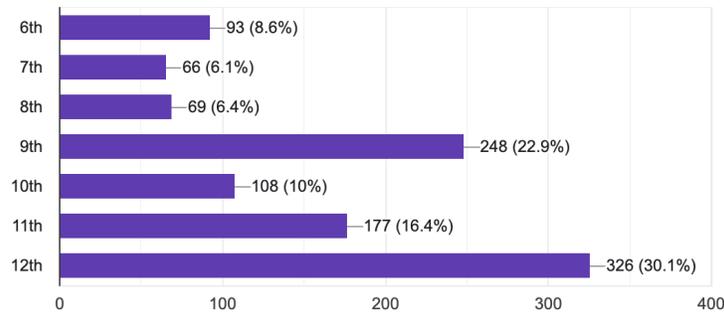
- o In this presentation, we will discuss post-secondary options, a general timeline with grade-specific targets for the college planning process, information on college applications and admissions, as well as tips and recommendations for parents to help reduce stress and improve conversations at home with your student.
- **College Fair:** Hill-Murray and Cretin-Derham Hall are co-sponsoring an annual College Fair that will host over 100 colleges. This event will be held on Thursday, April 10 (6:30pm-8:00pm) at Cretin-Derham Hall (550 South Albert Street, St. Paul, MN).

Guidance and Counseling: By the Numbers

*****The graphs below represents the data collected from students that visit the Guidance and Counseling Office (as of Friday, Nov. 1)*****

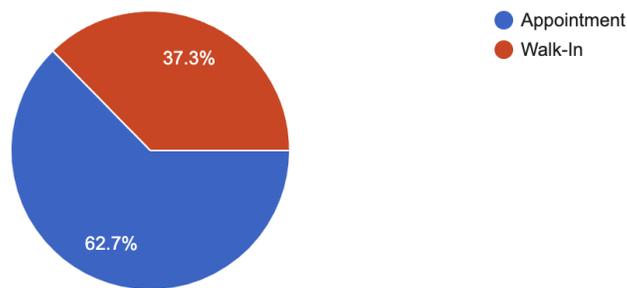
Visits by Grade:

1,082 responses



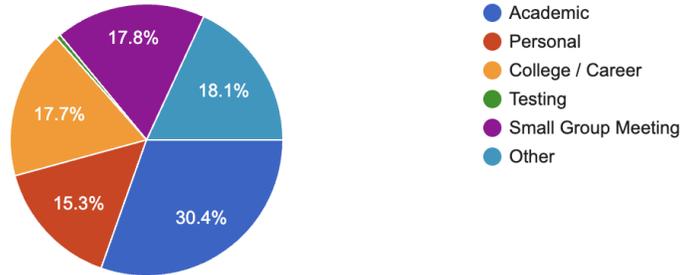
Type of Visit:

1,082 responses



Reason for Visit:

1,082 responses



As we continue to support students and families through the many transitions high school presents, the Guidance and Counseling Team wants to encourage and reinforce the importance of developing strong communication and self-advocacy skills. Challenge your student to have conversations at home with you, his/her counselor, teachers, and/or coaches if support is needed. Developing strong communication and self-advocacy skills provide the foundation for other skill-development, most notably: self-determination, independence, decision-making, and leadership.

We look forward to partnering with you and supporting your student during their time at Hill-Murray. If you have any questions or concerns, please reach out to your assigned Counselor listed below.

High School Counselors

Mr. Charlie Cicalello	(A-C)	651-748-2426	ccicalello@hill-murray.org
Ms. Amy Cosgrove	(D-J)	651-748-2259	ccicalello@hill-murray.org
Mrs. Jenny Vinck	(K-Q)	651-748-2441	jvinck@hill-murray.org
Mr. Aaron Goulet	(R-Z)	651-748-2493	agoulet@hill-murray.org

College Counselors

Mrs. Carrie Egan	(A-Z)	651-748-2238	cegan@hill-murray.org
Mr. Charlie Cicalello	Curriculum & Development		