



GUNN'S WEEKLY NEWS UPDATE

September 24th, 2017

Dear Titans,

We are happy to share this week's updates and information from our counseling and wellness programs. With the days getting shorter, we are opening this week's edition with a reminder about sleep.

Wellness Center Update (All grades)

As the weather changes and the busy semester continues we would like to encourage all to recognize the need to take some personal time to recharge. Student rest for both physical and mental health is essential as we approach midterm season right around the corner!

Progress & Grade Reports (All Grades)

Students earning a C- or below in any class will receive a progress report in the mail. If your student has received a progress report, please have your student connect with the counselor should they need support. Counselors drop in hours are daily before school, during lunch and after school.

First Quarter Ends (all grades)

October 13th will be the last day of the first quarter. Grades will be available on the IC Portal, October 20th at 8:00pm.

College & Career Center Sessions / PSAT October 11th (all grades)

Freshmen will participate in Challenge Day activities, building connections between students and the SELF mentors, Sophomores and Seniors will participate in College & Career Day and Juniors will take the PSAT.

College & Career Corner (12th grade focus)

College workshops 2017--see next page

Building a College List: Oct. 11th (PSAT Day)

Common App: Oct. 5th, and Nov. 14th (Flex), Oct. 11th (PSAT Day)

UC/CSU App: Oct. 3rd, Nov. 2nd, Nov. 14th, Nov. 28th (Flex), Oct. 11th (PSAT Day)

College Essay Writing: Oct. 11th (PSAT Day)

Additional senior workshops will be held October 11 during College and Career Day. Please note that this is the same day as the PSAT.

Mrs. Kirsch is now seeing JUNIORS.

Junior parents should look for a message that went out Friday via IC inviting you to schedule your Junior appointment. If you want your student to do this without you, let Mrs. Kirsch know. If you are a senior and still need assistance, send an e-mail to Mrs Kirsch to see what may still be available.

College Fairs

Sept 27 CSU at the Santa Clara Convention Center 6-8:30 PM. All CSUs will be present to provide information.

Sept 28 Johns Hopkins at the Marriott in San Jose 7 PM

Oct 1 Princeton, Vassar, UCB, Dartmouth and Northwestern @ SJ Marriott 7 PM

Oct 1 At the DoubleTree in San Jose MIT at 2 PM (they do not visit Gunn)

Oct 8 STEM fair 1-4 pm at the SCC convention Center (near Great America)

Oct 9 College Fair at 6:30-8:30PM in the Paly HS Gym. Please carpool, bike or walk as parking is limited. Meet 125 representatives from private California colleges and universities as well as out-of-state public and private institutions. Please go to <http://paly.net/list-of-colleges> for a list of participating colleges. The College Fair will have a Financial Aid Workshop at 7:30pm Dance Studio as well.

College Visits (11th and 12th Grades)

Colleges continue to visit Gunn. To see which colleges are coming, please check your Family Connection account for details. To be able to attend one of the sessions, sign up at least 24 hours in advance through Family Connection. Students should make arrangements with their teachers if the college visit leads to missed class time. Please note that when the seat count says the session is full, **it is full**; unfortunately, no more students can be added.

If your plans include visiting college campuses, please take note of the [attendance procedures](#) should the visit require missing class time.

Senior Conferences(12th grade)

The Gunn Counselors are conducting senior conferences. In the sessions, each counselor checks in with the student, goes over the college application process and shares services that are available in our expanded College and Career Center.

Family Connection for Sophomores (10th grade)

Sophomores, please email Mr. Lang (llang@pausd.org) to get your Naviance account set up. You will need this account to register for workshops this year during the PSAT day. Naviance accounts are linked to your personal email. See Mr. Lang in the College & Career Center with questions.

Family Connection for Seniors (12th grade)

We will be running a session on Family Connection for our seniors. The session will:

- support students new to the platform (or haven't logged in as a Gunn High School student yet)
- College search features
- Accessing "To Do's" for college packets

Thursday, September 26th at lunch in the College & Career Center

Parent Informational Evening (9th and 10th grade)

Wednesday, September 27, 2017

9th grade parents 6:30 - 7:30PM in Bow Gym. Topics that will be discussed:

- Gunn counseling services
- Informational booths sharing useful services and support for you and your student

10th grade parents 7:45 - 8:45PM in Bow Gym. Topics that will be discussed:

- Gunn counseling services
- Informational booths sharing useful services and support for you and your student

SELF (9th Grade)

Students this week will be learning about how to develop a positive rapport with their classroom teachers by way of reflecting on their own formative educational experiences. Mentors will be emphasizing that rapport is "a two way street," which leads into the class interviewing the teacher,

then the teacher interviewing the class, and then the class interviewing a non-SELF teacher or staff member.

Please Support PiE

Thank you to all that have supported Partners in Education (PiE). The donations to PiE continue to support many programs at Gunn, including our guidance department. Your donations have made a difference for all students at Gunn.

Thanks for your continued support!

Mike Heffner

Assistant Principal, Student Services

Gunn High School