

COUNSELOR ASSIGNMENTS

KRYSTAL CULPEPPER

apolonk@duvalschools.org

(ALL IB 11 & 12)



TO MEET WITH MRS. CULPEPPER:

- <u>STUDENTS</u>: Students should email, call, or message Mrs. Culpepper through Teams (IB or Paxon School Counseling Team)
- PARENTS: Call or email Mrs. Culpepper and allow at least 5 days to respond.

PAXON SCHOOL COUNSELING OFFICE

Support Staff

Mrs. Bouie

bouies@duvalschools.org

Ext. 1075999930

Mrs. Belk

belka@duvalschools.org

Ext. 1075999925

- •Scheduling parent/teacher conferences
- OneView portal information
- Transcript Requests (hard copy)
- Attendance
- Student records
- •Enrollment
- Transcript Requests (electronic)

Upcoming absences should be reported to classroom teachers <u>and</u> the Attendance Clerk (Mrs. Bouie)

- You may Cc Mrs. Culpepper on emails sent as a courtesy
- Students are responsible for work missed during absences; one day is allowed for each day missed to make up work per District Policy



PSAS SCHOOL COUNSELING WEBSITE



About Us

Parents Students Programs <u>More ∨</u>

District \vee Q

Enroll Today

Parents Parents Quick Links PTSA Media Center

Quick Links

- School Counseling Website
- School Choice Application
- High School Acceleration Programs Application Process
- School Cash Online
- Parent Academy
- PTSA Website
- Information for Military Students and Families
- Title I



https://paxonsas3075.wixsite.com/psasschoolcounselors

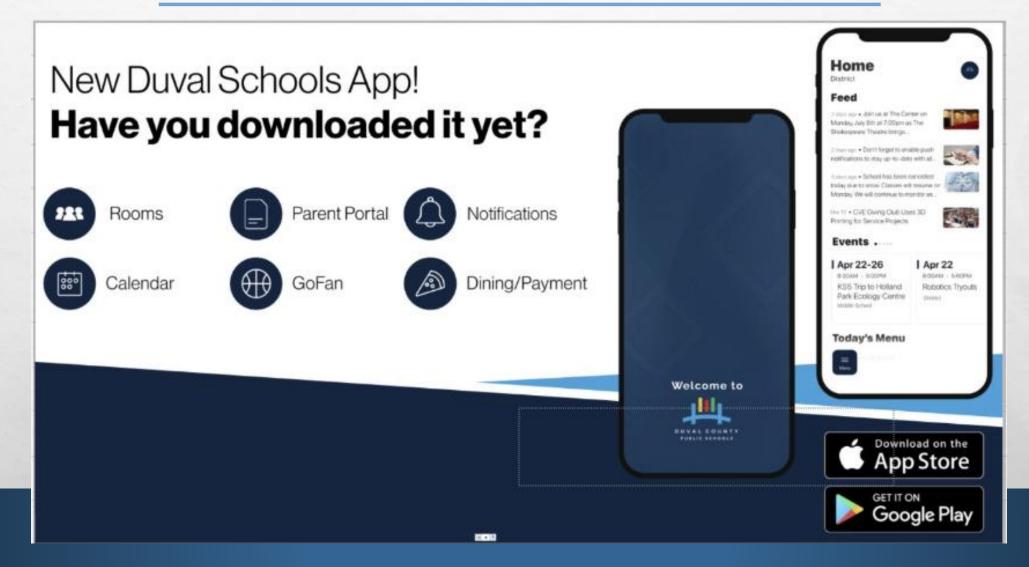
MAKE SURE YOU VISIT OUR WEBSITE

- Counselor emails Listed
- How to schedule appointments
 - With Teachers: ext. 1075999930=Mrs. Bouie
 - With Mrs. Culpepper: Email is preferred
- Calendar of events
- College/Career Planning
- Scholarship/Financial Aid



Many questions may be answered by visiting our website or in Rooms (DCPS App).

DOWNLOAD THE DCPS APP



How do students submit community service and/or work hours?

nseling | IB at Paxon School Profile Document Community Service & Work Hours More...

Paxon Community Service & Work Hours Requirements

PLEASE EMAIL YOUR COMPLETED COMMUNITY SERVICE AND WORK HOURS FORMS TO YOUR SCHOOL COUNSELOR.

How do students register for the SAT/ACT/CLT?

Can my child get an SAT/ACT waiver?

ınseling IB at Paxon School Profile Document Community Service More... Graduation Requirements Letters of Recommendation PSAT / SAT / ACT / CLT Inform Transcript Requests Learning Lab (Tutoring) College & Career Planning The PSAT is administered to all students at Paxon in 9th, 10th, and 11th grade Course Catalog & Registration are able to qualify for National Merit scholarships when taking the PSAT in Scholarships & Financial Aid (taking the PSAT in 9th and 10th grades serve as practice) PSAT/SAT/ACT/CLT NCAA Initial Eligibility The SAT and ACT are tests for college admissions/scholarship purposes. Stud Mental Health Awareness registering to take the SAT and/or ACT in 11th grade. Students may contact the Current & Rising Seniors counselor to see if they qualify for a fee waiver.

Learn more about each test below

PSAT

The PSAT will be administered to grades 9-11 on October 9, 2024.

PSAT/NMSQT results will be released in December 2024.

PSAT/NMSQT Student
Guide

SAT

Click here to <u>register for the</u> SAT

Maximize for SAT score with Official SAT practice through the Khan Academy

Click Here

Think you qualify for an

ACT

Click here to <u>register for the</u> ACT

Prepare for the ACT with The Official ACT Live Online Class, Powered by Kaplan

Click Here

Think you qualify for an

CLT

Parent Information

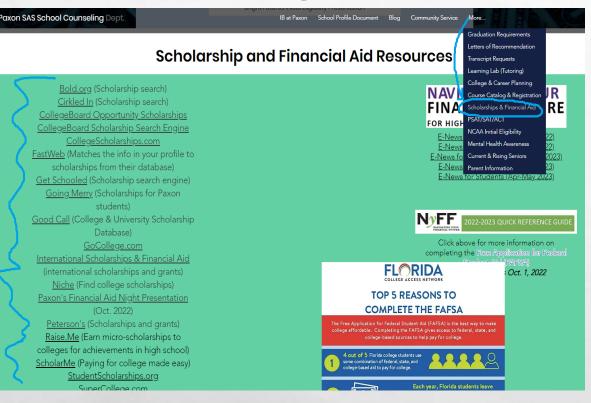
Click here to <u>register for the</u> CLT

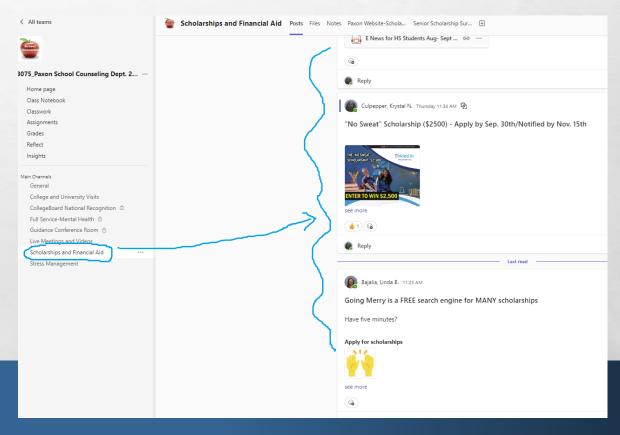
Prepare for the CLT by taking a practice exam.

Click Here

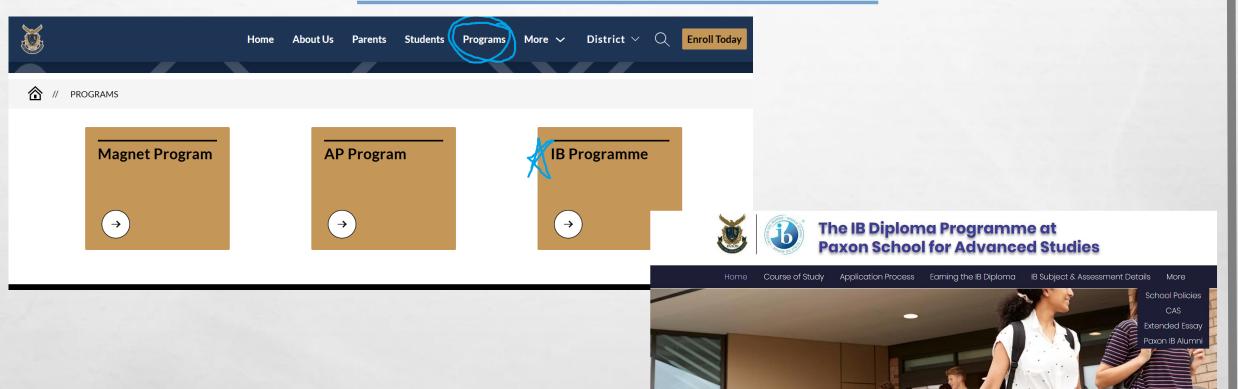
Think you qualify for a CLI waiver?

Where can we find scholarships?





PAXON IB WEBSITE



https://paxonsas3075.wixsite.com/ibatpaxon

What is IB?

Learn more about

What are the requirements for each IB subject? **How do students earn their IB Diploma?**





The IB Diploma Programme at **Paxon School for Advanced Studies**

Home Course of Study Application Process Earning the IB Diploma IB Subject & Assessment Details More

IB Subject & Assessment Details

The following course descriptions will give you a better understanding of what to expect for the IB Junior and Senio level subjects as well as the IB core requirements. As students enter the IB Junior year, there are also certain IB groups/subjects for which there are options. This gives students the opportunity to select which subject they would like to study.

One of the great things about IB assessments is that the score for each subject is not just determined by one test. IB students have various assessments while studying each IB subject area that contribute a percentage to the overall IB subject score. The links below will provide you with more information on IB subject descriptions and the assessments associated with each subject. This will give you a better understanding about what to expect junior and senior year.

You will notice an 'HL' or 'SL' next to most subjects. Higher level (HL) subjects are taught over 2 years, while standard level (SL) subjects may be taught in 1 or 2 years. At Paxon, we teach all subjects over 2 years with the exception of Chinese B. Business Management, Environmental Systems and Societies and Information Technology in a Global Society which are taught in one year.

Click the 'HL' or 'SL' in order to find out more about what the expectations are for each subject at each level (HL=higher

Studies in Language & Literature (Group 1)

English A: Literature (HL)

Enalish A: Language & Literature (SL)



Language Acquisition (Group 2)

Mandarin Chinese I

French B (HL or SL)







The IB Diploma Programme at Paxon School for Advanced Studies

Course of Study

Application Process Earning the IB Diploma IB Subject & Assessment Details More

Earning the IB Diploma

Each IB subject is assessed on a scale of 1 - 7 with a score of 4 considered a "passing grade". This score is calculated based on a combination of internal and external assessments throughout the 11th and 12th grade years. A total of six subjects must be studied, with a combination of standard and higher levels (SL and HL). Students must also complete the "core", which is made up of creativity, activity, service (CAS), theory of knowledge (TOK) and extended essay (EE). TOK and the EE are graded on a scale of A-E.

To earn the IB diploma, students must score a minimum 24 out of a possible 45 points and earn at least a 'D' for both TOK and the EE.



IB Grade Scale

Subject Scores

EE and TOK grading scale

7 - Excellent

6 - Very Good



GRADUATION REQUIREMENTS & PSAT/SAT/ACT/CLT

IB PROGRAM OF STUDY



IB PROGRAM OF STUDY GRADUATION REQUIREMENTS

- ²4 Credits *IB Curriculum*
- Complete A// IB assessments (internal & external)
- Complete CAS, the Extended Essay, and TOK requirements
- 2.0 Unweighted GPA
- Pass Alg. I EOC/FST ELA (Grade 10)







IB STUDENTS ARE NOT REQUIRED TO ...

- Take an online class
- Take the following courses:
 - Amer. Government
 - Economics
 - HOPE
 - Performing Fine Art



If at any point a student exits from the IB Program of Study, all of this <u>will</u> need to be competed.

PSAT

- PSAT: (9TH 11TH grades)
 - October 8, 2025 during the school day at Paxon.
 - O National Merit is based on 11th grade PSAT scores.

ACT/SAT/CLT

- ACT: $(11^{TH} \text{ and/or } 12^{TH} \text{ grades})$
 - O Register at <u>www.ACT.org</u>
 - O Students can take practice tests and question of the day
 - Offered in September, October, December, February, April, June, and July
- SAT: $(11^{TH} \text{ and/or } 12^{TH} \text{ grades})$
 - O Register at <u>www.collegeboard.com</u>
 - O Students can take practice tests and question of the day
 - Offered in August, October, November, December, March, May, and June (now fully digital)
- CLT: $(11^{TH} \text{ and/or } 12^{TH} \text{ grades})$
 - O Register at https://www.cltexam.com/tests/clt/
 - O Students can take practice tests
 - Offered monthly (dates available for September 2025 June 2026)
 - O Remote option

Don't delay completing college applications because of test scores!!!

DATES (POSTED IN **TEAMS AND** ROOMS)



Cost: \$68.00 www.collegeboard.com

Test Date	Registration Deadline	Late Deadline
August 23, 2025	August 8, 2025	August 12, 2025
September 13, 2025	August 29, 2025	September 2, 2025
October 4, 2025	September 19, 2025	September 23, 2025
November 8, 2025	October 24, 2025	October 28, 2025
December 6, 2025	November 21, 2025	November 25, 2025
March 14, 2026	February 27, 2026	March 3, 2026
May 2, 2026	April 17, 2026	April 21, 2026
June 6, 2026	May 22, 2026	May 26, 2026

ACT Cost: \$68.00 (no writing), \$93.00 (w/writing), \$4.00 (Science add-on) www.actstudents.org

Registration Deadline	Late Deadline
August 19, 2025	August 29, 2025
September 30, 2025	October 10, 2025
November 24, 2025	December 5, 2025
January 23, 2026	February 6, 2026
March 24, 2026	April 3, 2026
May 29, 2026	June 5, 2026
June 24, 2026	July 3, 2026
	August 19, 2025 September 30, 2025 November 24, 2025 January 23, 2026 March 24, 2026 May 29, 2026

Cost: \$59.00 www.cltexam.com (Check website for additional test dates)

Test Date	Registration Deadline	Available Test Mode	
August 16, 2025	August 7, 2025	Remotely Proctored	
September 18, 2025	September 11, 2025	Remotely Proctored	
October 11, 2025	October 2, 2025	Remotely Proctored	
November 8, 2025	October 30, 2025	Remotely Proctored	
December 3, 2025	November 20, 2025	Remotely Proctored	
January 24, 2026	December 17, 2025	Remotely Proctored	
February 19, 2026	January 21, 2026	Remotely Proctored	
March 21, 2026	February 18, 2026	Remotely Proctored	
April 16, 2026	March 18, 2026	Remotely Proctored	
May 16, 2026	April 15, 2026	Remotely Proctored	
June 11, 2026	May 13, 2026	Remotely Proctored	

ACT/SAT/CLT WAIVER QUALIFICATIONS

The student....

- Is <u>eligible</u> to receive free/reduced lunch
- Family income falls within the Income Eligibility Guidelines set by the USDA (see Paxon School Counseling website for chart)
- Family receives public assistance
- Lives in federally subsidized public housing, a foster home, or is homeless
- Is a ward of the state or an orphan

For SAT:
Once 1st waiver is used, 2nd waiver will automatically apply to next test (should come up in SAT account).



BENEFITS OF IB ASSESSMENT

MORE INFO ON PAXON'S IB WEBSITE

HTTPS://PAXONSAS3075.WIXSITE.COM/IBATPAXON



BENEFITS OF IB ASSESSMENT

- IB assesses differently than AP
 - OSubject score not just based on one test
- May still earn the IB diploma even if passing scores not achieved in all subjects
 - OMust earn a min. of 24 out of a possible 45 points overall
- Encourages students to self-reflect and develop social/emotional skills

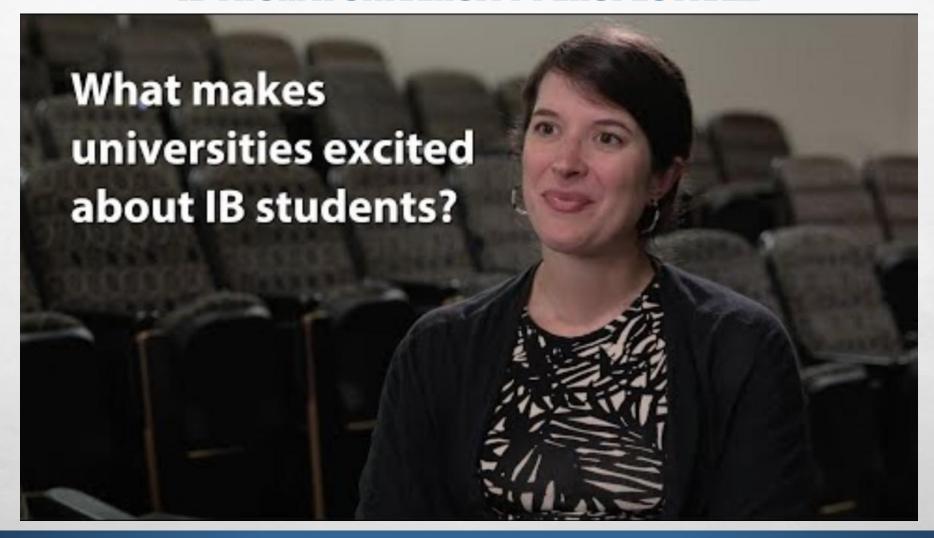
EARNING THE IB DIPLOMA

- Assessed in 6 subjects (HL/SL)
 - Each subject: Scale 1-7 (4 is passing) based on combination of IA and EA (may exams)
 - OMin. 24 points to earn the diploma (max 45)
 - 12 points must come from HL subjects
 - OAt least 9 point from SL subjects
- Must Pass your EE ('D' or higher)
- Must Pass TOK (assessments 'D' or higher)
- Must complete CAS



MORE INFO ON PAXON'S IB WEBSITE: https://paxonsas3075.wixsite.com/ibatpaxon/earning-the-ib-diploma

IB FROM A UNIVERSITY PERSPECTIVE...



https://youtu.be/f9AT9IH74iU?si=cW8Jz1UPEPgXSFpY

PLEASE REMIND YOUR CHILD TO LISTEN TO MRS. CULPEPPER AND...



- Take their Internal assessment (IA) for each subject seriously
 - OA class assignment, but it counts towards earning their IB diploma (and ultimately graduation)
- Do the best they can on their EE and TOK
- Complete CAS
- STOP PROCRASTINATING!!!



SCHOLARSHIPS & COMMUNITY SERVICE/CAS



BRIGHT FUTURES REQUIREMENTS

Type	16 High School College- Preparatory Course Credits ¹	High School Weighted Bright Futures GPA	College Entrance Exams by High School Graduation Year (ACT°/CLT®/SAT®)	Volunteer Service Hours ²	Paid Work Hours ²
FAS	4 - English (three must include substantial writing) 4 - Mathematics (at or above the Algebra I level)	3.50	2024-25 Graduates: 29/96/1340 2025-26 Graduates: 29/95/1330	100 hours	100 hours
FMS	3 - Natural Science (two must have substantial laboratory) 3 - Social Science 2 - World Language (sequential, in same language)	3.00	2024-25 Graduates: 25/84/1210 2025-26 Graduates: 24/82/1190	75 hours	100 hours

Other Ways To Qualify:

- IB Diploma Recipient (with 100 community service and/or work hours)
- National Merit® Finalists and Scholars
- National Hispanic Scholars

BRIGHT FUTURES SCHOLARSHIP



Application Opens: Oct. 1, 2025

Test scores, G. P. A., and community service are reviewed by the State three times a year (September, January and July)

If you want to qualify prior to graduation, your service/work hours, test scores and GPA must meet the requirements for the academic or medallion level prior to January 1st.

Students earning the IB diploma qualify for the top Bright Futures award (as long as 100 community service and/or work hours documented)

FAFSA INFORMATION

- The Free Application for Federal Student
 Aid (FASFA) opens October 2025
- Uses parents tax information from 2024
- Apply whether there is a need or not
- Matches students with other scholarship opportunities



Financial Aid Evening at Paxon – Jan. 22, 2026 @6pm





(CAS)





COMMUNITY SERVICE VS. CAS

Community Service	CAS
ounting hours ay count hours from 9 th -12 th grades ust submit Paxon Community Service og to get hours on Focus ork hours <u>are not</u> community service	 No hour counting IB req. that starts day one of 11th grade (document over 18 months min.) More about personal growth and exploring interests (doesn't have to be successful

Document on ManageBac

Students <u>can</u> double dip and submit the hours for things counting as 'Service' for CAS. (Just submit the <u>Paxon Community Service log sheet</u> via email to Mrs. Culpepper)

Please Note: Work hours ARE NOT Community Service hours

CAS - CREATIVITY, ACTIVITY, SERVICE CAS DEADLINES:

SENIORS=FRI., FEB. 27, 2026 / JUNIORS=FRI., FEB. 26, 2027

- OStudents should update CAS regularly (no excuses-class time given in TOK)
- OMay be removed from IB after sem. 1 if no significant progress (remember, min. of 18 months)
- Olf help is needed, please ask Mrs. Culpepper

For more information on CAS, visit the 'CAS' page on the Paxon IB website.



LETTERS OF RECOMMENDATION & TRANSCRIPT REQUESTS



LETTERS OF RECOMMENDATION

- PLEASE be sure you have completed the <u>letter of</u> <u>recommendation questionnaire</u>
- We do not write letters of recommendation without a specific need or the necessary information to develop a letter (i.e. name/address of organization or person letter is going to, name of the scholarship, deadline, etc.)
- You must give me at least two weeks notice and have completed the other pieces prior to asking for a letter



شركة الحاسبات لتكنولوجيا المعلومات شمك (مقفلة) Hasibat Information Technologies Co. K.S.C. (Closed)

To Whom It May Concern:

This letter is my personal recommendation for Sayed Hashem Husein. Sayed has joined HASIBAT for the period from June 2006 till September 2007 as a Deputy Program Manager. Until just recently, I have been Sayed's immediate supervisor. I found him to be consistently pleasant, tackling all assignments with dedication and a smile.

Besides being a joy to work with, Sayed is a take-charge person who is able to present creative ideas and communicate the benefits. He has successfully managed the project team and the strategic partners. During his tenure, the project was progressing according to plan and the customer was satisfied with the progress.

Though he was an asset to the Kuwait Airways Project, Sayed was also extraordinarily helpful in other areas of the company. In addition to managing all project activities, Sayed assumed a leadership role in project and partners meetings, inspiring and motivating other employees.

I highly recommend Sayed for employment. He is a team player and would make a great asset to any organization.

Sincerely,

Mazen A. Ishbil

General Director of Operations

بن بـ 27728 مشتر 13138 الكويت 5 240601 منت 965 2240600 منت 965 2240601 الكويت 4 240601 عنت 965 2240600 Fax: +965 2240601

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COUNSELOR RECOMMENDATIONS: NOT JUST ACADEMICS

- Academics and Potential to Perform College-Level Work
- Quote or Motto to live by
- Personal Qualities & Growth
- Interesting Experiences & Special Circumstances
- Final Thoughts



TRANSCRIPT REQUESTS

- Most schools don't need a transcript yet (ex. STARS)
- Requests are made online and the first 5 hard copies are free
 - You will be responsible for copying additional transcripts; Ms. Bouie will make them official if needed
- Final transcripts will be sent to schools once the district has cleared seniors (mid to late June).
 - You must also request transcripts from Embry Riddle or FSCJ for proof of dual enrollment credits earned.

SELF-REPORTED TRANSCRIPT AND ACADEMIC RECORDS SYSTEM (STARS)



SELF-REPORTED TRANSCRIPT AND ACADEMIC RECORD SYSTEM (STARS)

Welcome to STARS!

Formerly known as SRAR/SSAR

SRAR/SSAR is now STARS. You can still log in with the same email address and password.

STARS allows students to self-report courses and grades to participating colleges and universities.

Accuracy is important, so please refer to an unofficial transcript or grade report (e.g., your online report card) while completing your STARS Record.

▶ Participating Colleges and Universities

IMPORTANT!

Since accuracy is critical, students should have a copy of their high school academic record available to use as a reference (this is available for you to see in FOCUS).

▼ Participating Colleges and Universities

View a list of <u>participating colleges and universities</u> or reference your **My Colleges and Universities** dashboard on the STARS **Home** page.

https://ssar.selfreportedtranscript.com



COLLEGE & CAREER PLANNING RESOURCES



CHOOSING THE RIGHT COLLEGE

FIT AND ALIGNMENT

Look for colleges that align with your academic interests, career goals, and personal values.

CAMPUS CULTURE

Consider the campus environment:

- Diversity of the student body
- Extracurricular activities
- Overall community vibe



ADMISSION REQUIREMENTS

1 ACADEMIC RECORD

Colleges look at your GPA, course rigor, and academic achievements to assess your readiness for college-level work.

EXTRACURRICULAR ACTIVITIES

Colleges seek well-rounded students who demonstrate leadership, community involvement, and passions outside the classroom.

2 STANDARDIZED TEST SCORES

Most colleges require SAT, ACT or CLT scores as part of the admission process to evaluate your academic abilities.

LETTERS OF RECOMMENDATION

Strong letters from teachers, counselors, or mentors can provide valuable insights into your character and potential (if required)



Partnership Details

Common App is a program that simplifies the college application process. It saves time and effort by consolidating the tasks and documents into one workflow. Over 1000 American post-secondary institutions use Common App.

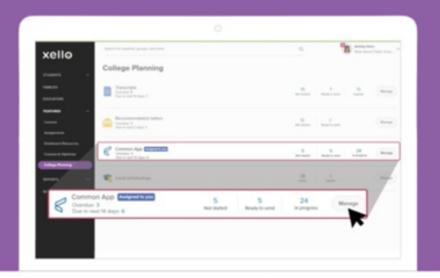
All done through your Common Application:

- Transcripts
- Letters of Recommendation (if needed)

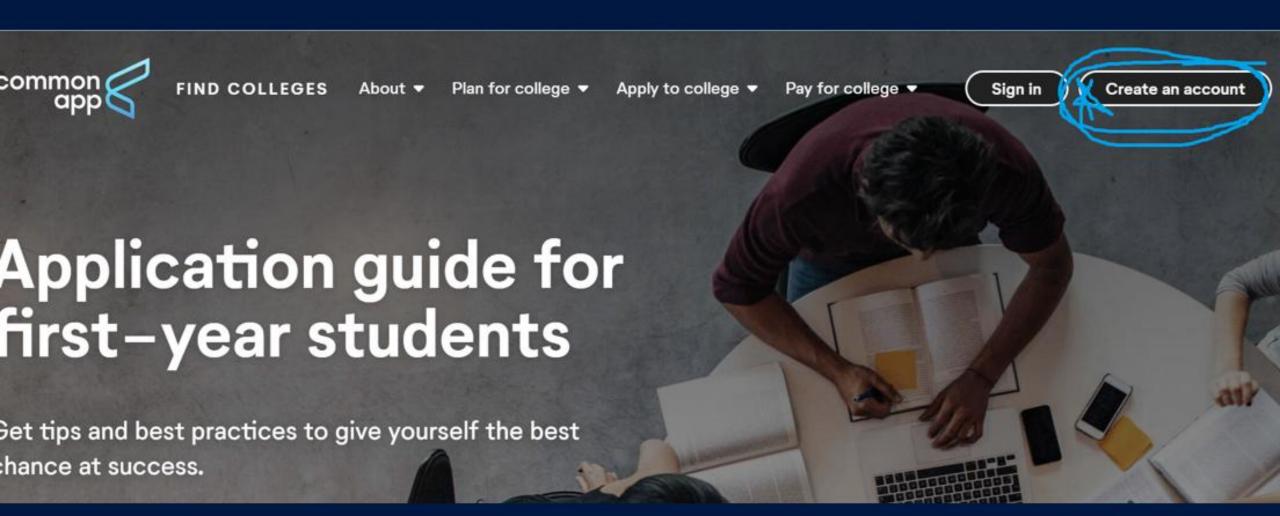
PARTNERSHIPS

Xello & Common App

Xello and Common App have teamed up to make the college application process easier. For students and educators it means being able to request, gather, and send all application materials from one place — within Xello.

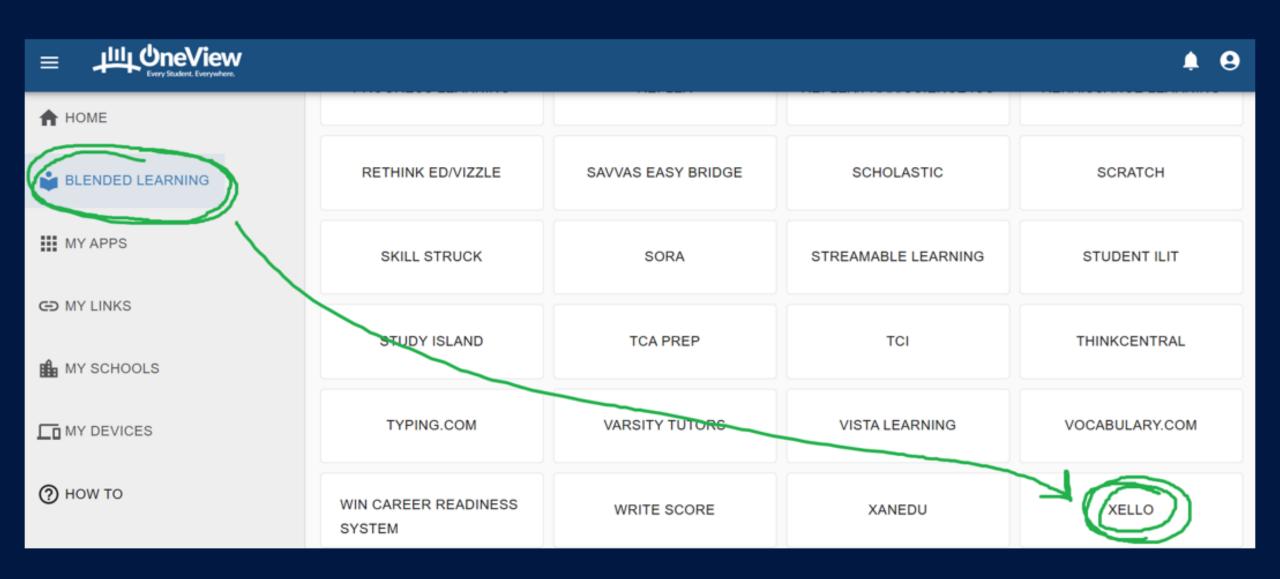


STEP 1: CREATE YOUR COMMON APP ACCOUNT



https://www.commonapp.org/apply/first-year-students

STEP 2: LINK YOUR COMMON APP TO XELLO



THINGS TO REMEMBER...

- Double check deadlines
 - Don't wait for the last minute (early applications=scholarships)
 - Check testing requirements/deadlines
- Ask for recommendations early...but only if you really need them
 - Counselor recommendation
 - Teacher recommendations
- Check essay prompts
 - Let the real you shine through
 - SAVE THE DATE: Virtual College Essay Workshop
 - Tue., Sep. 30th @6pm





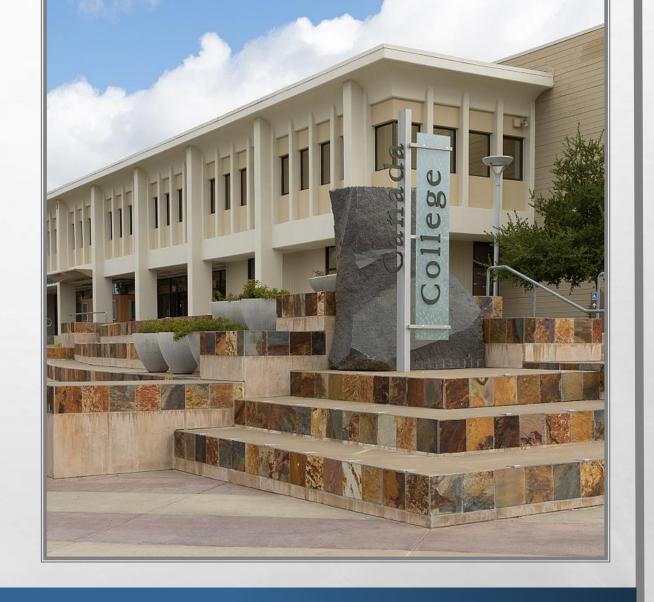
COLLEGES & UNIVERSITIES VISITING PAXON SO FAR...

August/September

Paxon SAS College Visits 2025-2026					
Date	College	, -		Time*	Meeting Location
08/19/2025	Savannah College of Art and Design (SCAD)	Savannah	GA	1 st Lunch (A-day)	Guidance
08/27/2025	Bryant University	Smithfield	Ri	1 st Lunch (A-day)	Guidance
08/29/2025	Florida State University	Tallahassee	FL	2 nd Lunch (A-day)	Media Center
09/02/2025	United States Naval Academy	Naval Academy	MD	1 st Lunch (B-day)	Guidance
	University at Albany (SUNY)	Albany	NY	2 nd Lunch (8-day)	Guidance
09/03/2025	Hampden-Sydney College	Hampden Sydney	VA	1 st Lunch (A-day)	Guidance
	Binghamton University	Binghamton	NY	2 nd Lunch (A-day)	Guidance
	University of Glasgow	Glasgow, Scotland		2 nd Lunch (A-day)	Guidance
09/04/2025	Eckerd College	St. Petersburg	FL	1 st Lunch (B-day)	Guidance
	Long Island University	Brooklyn	NY	2 nd Lunch (8-day)	Guidance
09/05/2025	Amherst College	Amherst	MA	1st Lunch (A-day)	Guidance
	Rutgers University	New Brunswick	NJ	1 st Lunch (A-day)	Guidance
	New College of Florida	Sarasota	FL	2 nd Lunch (A-day)	Guidance
	University of Notre Dame	Notre Dame	IN	2 nd Lunch (A-day)	Guidance
	University of Alabama	Huntsville	AL	2 nd Lunch (A-day)	Guidance
09/08/2025	Syracuse University	Syracuse	NY	1 st Lunch (B-day)	Guidance
	Yale University	New Haven	СТ	1st Lunch (B-day)	Media Center (by Invitation only
	Hofstra University	Hempstead	NY	2 nd Lunch (8-day)	Guidance
	Rice University	Houston	TX	2 nd Lunch (8-day)	Guidance
09/09/2025	Tulane University	New Orleans	LA	1st Lunch (A-day)	Guidance
	Washington University in St. Louis	St. Louis	WA	2 nd Lunch (A-day)	Guidance
09/10/2025	Purdue University	West Lafayette	IN	1 st Lunch (B-day)	Guidance
	University of South Carolina	Columbia	SC	2 nd Lunch (8-day)	Guidance
09/11/2025	University of Florida	Gainesville	FL	2 nd Lunch (A-day)	Media Center
09/12/2025	Jacksonville University	Jacksonville	FL	1st Lunch (B-day)	Guidance
09/15/2025	Boston University	Boston	MA	1 st Lunch (A-day)	Guidance
	Lenoir-Rhyne University	Hickory	NC	2 nd Lunch (A-day)	Guidance
09/16/2025	Howard University	Washington	DC	1st Lunch (B-day)	Guidance
	Smith College	Northhampton	MA	2 nd Lunch (8-day)	Guidance
09/19/2025	Florida Southern College	Lakeland	FL	1 st Lunch (A-day)	Guidance
	University of Central Florida	Orlando	FL	2 nd Lunch (A-day)	Media Center
09/24/2025	FAMU (Health Professions)	Tallahassee	FL	1 st Lunch (B-day)	Media Center
	Wofford College	Spartanburg	SC	2 nd Lunch (8-day)	Guidance
09/26/2025	Villanova University	Villanova	PA	1st Lunch (B-day)	Guidance

NE FL GOES TO COLLEGE WEEK (SEP. 2-5, 2025)

- NACAC College Fair: Sep. 6, 2025
 (9am-1pm Prime Osborne)
- Informative workshops presented and college reps will be available to answer admissions and financial aid questions



TAKE STOCK IN CHILDREN SCHOLARSHIP

- TWO YEARS OF FREE TUITION THROUGH FLORIDA PRE-PAID
- APPLICANTS MUST:
 - BE A 9TH 11TH GRADE STUDENT
 - QUALIFY FOR FREE OR REDUCED LUNCH
 - HAVE A 2.0 GPA (UNWEIGHTED)
 - HAVE NO CONDUCT OFFENCES OR ATTENDANCE ISSUES
- PARTICIPANTS WILL BE EXPOSED TO:
 - A MENTOR THROUGHOUT HIGH SCHOOL
 - COLLEGE/FINANCIAL AID WORKSHOPS
 - NATIONAL COLLEGE FAIR
 - COLLEGE TOURS
- MENTORS AND MENTEES ARE NEEDED!
- CONTACT MRS. MONIKA STEBEL AT (904) 717-0509 OR MSTEBEL@GOODWILLNORTHFL.ORG





HELP PAXON SUPPORT YOUR CHILD'S GROWTH AS A PERSON



DOES YOUR CHILD HAVE GRITP

GRIT DEFINITION: COURAGE AND RESOLVE; STRENGTH OF CHARACTER.



https://youtu.be/gVI84IpZHV0?si=SgoLjt6KiN7y2hyi

WAYS TO HELP DEVELOP A GROWTH MINDSET

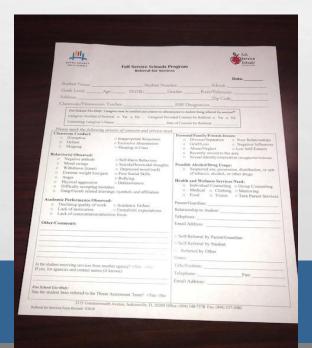
- Let your teen find a passion
- Place teens in activities out of their comfort zone
- Let your teen get frustrated ("It's too hard"...that's okay)
- Model a grit and a growth mindset
- Brainstorm together (self-advocate, accepting responsibility for own actions)
- Teach that failing is okay (absolute success is not always good)
- Discuss effort and not accomplishments

Resource: "How Parents Can Teach Kids Grit"

https://www.verywellfamily.com/how-parents-can-teach-kids-grit-4126106

GREAT MENTAL HEALTH EQUALS GREATER ACADEMIC SUCCESS

- PSAS is a Full-Service School
- Referrals: Self (student), parent, counselor
- FREE Services Provided at Paxon or Virtually (Private/Confidential)
 - Full-time mental health therapist on campus daily



Additional mental health resources are in the 'Mental Health & Stress Relief' section of Paxon's School Counseling website.

GREAT MENTAL HEALTH EQUALS GREATER ACADEMIC SUCCESS

- Hazel Health (https://my.hazel.co/duvalschools/info)
 - A school health representative can initiate a video visit with a Hazel health care provider while your child is at-school to provide either physical or mental health services.

What is Hazel?



Scheduled therapy visits

Confidential virtual visits

Hazel's expert therapists can help with stress, bullying, relationship issues, anxiety, depression, grief, trauma, and more

Care management to local resources

Hazel offers referrals to mental health services in your community to ensure your child receives the long-term support they need



 Contact Mrs. Culpepper if you have questions/concerns (email is best)

- Your patience is Appreciated
 - College application season (Aug-Nov)
 - ○IB Exam Season (Apr-May)

This presentation will be posted on Paxon's School counseling website ('Parent Information' section)



PARENT MEETING SIGN-IN



Scan the QR code to sign in.

Department

