

Frequently Asked Questions

1. Who will be my son or daughter's counselor?

- Nicole Seegmiller: 7th grade students
- Tammy Halcrow: 8th grade students
- Mike Adams: 9th grade students

2. How do counselors help students in junior high school?

Counselors are trained listeners and problem solvers. They have observed many students negotiate the challenges of growing up and of junior high school. Counselors provide assistance to students with Student Educational and Occupational Plans, high school planning, post-secondary educational planning, and social/emotional adjustments to junior high school.

3. How do I or my son or daughter make an appointment with a counselor?

Students are encouraged to schedule an appointment with their counselor through the counseling registrar, Mrs. Ruiz. After signing up with Mrs. Ruiz, students will be called down to the counseling office to visit with their counselor. Parents are encouraged to make an appointment to avoid waiting for service. An appointment can be made at 801-423-6550. The counseling office is open from 7:30 a.m. until 3:30 p.m. on most days.

4. What is the purpose of a CCR (College and Career Readiness) conference?

CCR conferences provide students, parents, and counselors an opportunity to discuss the student's goals for future success. Individual and small group conferences are held to identify strengths and celebrate the student. Academic assessments, career interest inventories, high school graduation requirements, and college entrance requirements are often discussed in these important conferences.

5. What is the class change policy?

When registering for classes students need to carefully select the classes they are interested in taking. Occasionally there are problems in a particular class that necessitate a class change. Class changes are only permitted depending on class availability. Students interested in making a class change should obtain a class change request form in the counseling office. A \$5 class change fee should accompany all requests. Any class change occurring after the first week of the semester may jeopardize the grade and credit of the adjusted class.

6. How can I get help in an academic subject?

The first thing you should always do is talk to the teacher either after class, before/after school, or during Olympic Time. If you are confused about the subject matter, try to have some specific questions in mind. Many teachers often provide help directly to students before and after school. Your counselor also has ideas on study techniques, planners, and organizational skills.

7. As a student, what can I do to be successful in school?

Attend class every day, if you are ill, make sure to see the teacher to find out what you missed. Develop your own system to keep track of assignments and due dates. Have a study plan at home with the following guidelines:

- a. Find a quiet place where you will not be disturbed by phone calls, family activities, TV, or other distractions.
- b. Plan on studying at least an hour each night. Remember to not only do the written homework, but also complete reading assignments and review notes from lectures and labs every night.
- c. Take care of yourself by getting enough sleep, participating in physical activity, and staying connected to friends, your parents, and school staff.

8. How can I track my student's academic progress?

Parents and students can access academic and attendance records via the internet at the Nebo School District's website: www.nebo.edu. A parent user name and password is needed to allow you access to the SIS: Parent area. If you need to create a username and password, visit www.nebo.edu/parents. You will need to know your student's ID number and birthday. Accessing your student's grades and attendance on a daily or weekly basis is an excellent way to track their progress.

9. What are the requirements to complete junior high and high school?

7th Grade

English/Lang Arts	2.0
Math	1.0
Science	.5
Utah History	.5
P.E.	.5
Fine Arts	1.0
CTE	1.0
Elective	.5
Total:	7.0

8th Grade

English	1.0
Math	1.0
Science	1.0
Utah History	1.0
P.E.	.5
Health	.5
Elective	2.0
Total:	7.0

High School Graduation Requirements (9-12)

Language Arts (1.0 required in 9th)	4.0
Math (1.0 required in 9th)	3.0
Science	3.0
Social Studies (Geography and World Civilizations in 9th)	2.5
Healthy Lifestyles (Part Skills in 9th)	2.0
Fine Arts	1.5
Financial Literacy	0.5
Information Technology	0.5
Career Technology Education	1.0
Electives	8.0
Total:	26.0