

COLLEGE AND CAREER READINESS



**JUNIOR
CLASS
OF
2021**

BRIGHTON

COUNSELING

General Information

Phone Numbers

Main Office: 801-826-5800

Attendance: 801-826-5861

Counseling: 801-826-5820

COUNSELORS	Student Last Name	Phone Number
Debra Kyriopoulos debra.kyriopoulos@canyonsdistrict.org	A-CI	801-826-5824
Amber Terry amber.terry@canyonsdistrict.org	Cm-G	801-826-5825
Jenna Miller jenna.miller@canyonsdistrict.org	H-K	801-826-5823
Amy Mena amy.mena@canyonsdistrict.org	L-O	801-826-5822
Christina Shaw christina.shaw@canyonsdistrict.org	P-So	801-826-5826
Paul Winkelman paul.winkelman@canyonsdistrict.org	Sp-Z	801-826-5821
Linda Landgren	Counseling Center Secretary	801-826-5820
Scott Mitchell	School Psychologist	801-826-5829
Leslie Schwendiman	Scholarships	801-826-5979
Lisa Prudden	Career and Technical Education & Concurrent Enrollment	801-826-5841
Susan Summers	Registrar Records	801-826-5830
Penny Petersen	Records	801-826-5831
Eileen Kastelar	WBL Coordinator	801-826-5842

Credit Recovery Options:

1. Canyons Virtual High School

Canyons Virtual High School (used for making up a failing course / original / replacement credit.

<https://cvhs.canyonsdistrict.org/>



2. Northridge Learning Center

<https://northridgelearningcenter.com>



3. BYU Independent Study

<https://is.byu.edu/>



4. SUMMER SCHOOL

<http://www.canyonsdistrict.org/>

Replacement Grade Option

We have good news about Grade Replacement! In the spring of 2017 the State Legislature approved a new grade replacement policy. If you would like to improve your GPA, please visit

<https://www.bhscounseling.org/cr>

To get started on a grade replacement you will need to complete the "Intent to Enroll in a Course for the Purpose of Replacing a Course Grade" form. The form is to be submitted to your school counselor prior to enrolling in the comparable course. This form and all of the policies about grade replacement are listed on BHS Counseling Website:

<https://www.bhscounseling.org/cr>



Flexible Learning Options

Canyons Virtual High School

www.cvhs.canyonsdistrict.org



CANYONS
VIRTUAL
HIGH SCHOOL

Canyons Virtual High School (CVHS) is a year-round, online program dedicated to serving students within the Canyons School District, and elsewhere throughout the state of Utah. Students may take up to six (6) full credits of online courses as part of their full high school schedule. In some cases, participating students may be asked to drop one or more traditional courses to “make room” for an online course in the student’s schedule.

Coursework is accessible 24/7, just about anywhere there is an Internet connection. Each student is at the center of the class. Students can set the pace of the course, and don’t have to wait for other students before moving on - or can even take extra time to learn a concept. Students may re-submit online assignments to earn a better grade on a unit or section. Online teachers provide each student with individualized instruction and attention when needed

It is important to know that online learning may not mean "easier" or "faster" for some students. Students must be familiar with using a computer, and must check email daily. Sometimes technology isn’t 100% reliable, and access to programs may be interrupted. As a result, students cannot wait until the last minute to complete assignments. Students must be self-directed enough to stick to a schedule of working on courses at least three to four times a week.

CVHS course offerings include:

English 9, 10, 11, 12

Secondary Math 1, 2, 3

Biology

Physics

Chemistry

Geography for Life

World History

U.S. History

U.S. Government & Citizenship

Health

Fitness

Participation Skills & Techniques

Computer Technology

Elective Options:

Digital Photography

Entrepreneurship

Political Science

World Religions

and more...

View the CVHS Catalog at www.bhscounseling.org registration tab/"CVHS Catalog"

Additional Credit Earning Options:

Students may use any accredited provider to earn credit. Some frequently used providers include:

BYU Independent Study: Format: Teacher led, packets or online. Students may use BYU courses for recovery or original credit. Hundreds of course offerings across all content areas. The cost is \$50-\$243 depending on the course and format. More info at www.is.byu.edu

Northridge Learning Center: Format: Paper packets. Students may use NLC for recovery or original credit. Course options are required courses only and the cost per half credit is \$100. Students receive a pass/fail letter grade. For more info: www.northridgelearningcenter.com

Jordan High Night School: To register go to: <https://jhnigh.canyonsdistrict.org>

Bridge: 2:30 - 3:30 Monday - Thursday Ms. Isley room 202

Concurrent Enrollment

Earn College Credit here at BHS!

Concurrent Enrollment courses give students both high school and college credit.

Most concurrent enrollment students in the Canyons District are seniors and juniors and earn credit from Salt Lake Community College (SLCC). Credits are recorded on both a permanent college transcript and the high school transcript. Both CTE and general education classes may be offered from concurrent enrollment credit.

Concurrent enrollment courses taught at the high school are the same courses taught on the college campus.

Please visit our website at <https://www.bhscounseling.org/concurrent-enrollment> or talk to Ms. Prudden or your counselor for more information.

SUBJECT	TITLE
ART 1020	Intro to Drawing
ENGLISH 1010	Intro to Writing
ENGLISH 2010	Intermediate Writing
MATH 1030	Quantitative Reasoning
MATH 1050	College Algebra
MATH 1060	Trigonometry

CTE Options

Work-Based Learning (Internship, Job Shadow, and Work Experience)

Your school has a work-based learning specialist you can talk to about getting some hands-on experience in a career field of interest. This can happen through a job shadow, going to a seminar, or conferences. Work-based learning, can help you identify career interests and goals, gain valuable experience, and apply classroom learning in a workplace.

Job Shadow

A job shadow is spending time with a worker on the job, to observe actual workplace tasks and to explore a potential career interest. A job shadow may last a few hours or a few days. Talk to your school work-based learning coordinator, counselor or career center coordinator for more information about internships and job shadows.

For More Information Contact:
Eileen Kasteler
801-826-5842
Room 234c

Internship

An internship is working on special assignment to learn about a career of interest, a particular occupation, and to practice skills learned in the classroom in the same field. Internships can be paid or volunteer. Some last for a summer while others continue through the school year. You may think internships are for college students, but they are for high school students, too. A high school internship can open the doors to the working world and show you what it's like to have a boss, attend meetings, and meet deadlines. Internships also introduce you to experienced people who can help guide you toward a career.

For More Information Contact:
Camille Haskan
801-826-5862
Room 729



CTE Options Continue

Career and Technical Education (CTE)

ctepathways.org

CTE courses develop your academic and technical skills in areas of high demand in the workforce. CTE courses provide career exploration, work-based learning, and pathways leading directly to college and career. You can take CTE courses at your home high school, another high school or at CTEC.

How are CTE classes different from other classes? CTE courses are often held in non-traditional classrooms like labs and in industry-type settings. CTE classrooms often look like the workplace and give students real-life learning experiences. For example: auto tech students work in a school's auto shop; dental assisting or CNA students spend time in classrooms that look like dental or medical offices; students in foods courses meet in kitchen labs; and, students in construction trades attend class at a building site. Many CTE classes focus on STEM and are held in a computer lab.

CTE is all about getting hands-on training. The best way to understand CTE courses is to see their classrooms. When you see what's happening in CTE courses, excitement sets in! By taking a CTE class and passing the assessment at the end, students can earn a *Skills Certificate* that may be helpful in getting a job or industry certification.

CTE Program Areas

Agriculture and Animal Science
Business and Marketing
Economics and Entrepreneurship
Family and Consumer Science
Health Science
Information Technology Skilled
Technology and Engineering

All CTE program areas have student organizations called CTSOs (Career and Technical Student Organizations) that focus on leadership development and skill competition. Students can be involved in CTE in the classroom and in after-school extracurricular activities through CTSOs.

Canyons Technical Education Center (CTEC)

ctec.canyonsdistrict.org

Canyons Technical Education Center is operated by Canyons School District. Students take advanced career and technical education (CTE) courses and earn verified high school credit to earn a high school diploma. Students have the opportunity to simultaneously earn high school credit and college credit in most programs. CTEC offers job-specific courses that prepare students to continue their technical education after high school or obtain a job related to that career field. These courses meet business and industry requirements wherever possible. Courses may have prerequisites to insure students are prepared to meet course demands.

- ❑ Classes are linked to skill development in high demand industries.
- ❑ Classes align with college programs and certificates.
- ❑ Concurrent enrollment college credit is awarded for many of the course offerings.
- ❑ Classes are supported by business and industry partners.
- ❑ Students attend class with students from other schools in Canyons District.
- ❑ Participation in student organizations (CTSOs) is emphasized.

Program areas include:

Business Leadership
Certified Nursing Assistant
Computer Systems
Computer Programming
Cosmetology/Barbering
Criminal Justice
Digital Media/3D Animation
Emergency Medical Technician
Heavy Duty Mechanics/Diesel
Medical Assistant
Medical Forensics
Physical Therapy
Welding Technician



Steps for CTEC Registration

Step 1: Go to www.canyonstech.org or ctec.canyonsdistrict.org. Check out the detailed program information including costs and pre-requisites.

Step 2: Click the Apply Here link. After you have filled out the application completely, click Submit.

Step 3: Notify your Brighton CTE Coordinator when you have been accepted into the program. The CTE office will work with your counselor and the registrar to add classes to your schedule.



Registration for other Wasatch Front Consortium technical center:

Students at Brighton may attend other technical centers that are part of the Wasatch Front Consortium if space is available. There is no transportation provided to those technical centers and students must apply online on the individual website and meet the requirements for admission to that specific technical center. For further information see Ms. Prudden or your counselor or check out the following sites:

Jordan Applied Technical Center: www.jordontech.org

Granite Technical Institute: www.schools.granite.org/gti

Canyons School District does not discriminate on the basis of race, color, national origin, gender or disability in its programs and activities.

College and Career Readiness Assessments

ACT College and Career Readiness System

www.act.org

ACT

The ACT (originally an abbreviation of American College Testing) college readiness assessment is a standardized test for high school achievement and college admissions in the United States produced by ACT. All 11th grade students take the ACT in late February or March at no cost. The ACT is also offered in October, December, February, April, and June and is always on a Saturday. You may choose either the ACT assessment, or the ACT assessment plus writing. Students with verifiable disabilities, including physical and learning disabilities, are eligible to take the test with accommodations. The standard time increase for students requiring additional time due to disabilities is 50%. Scores are sent to the student, his or her high school, and up to four colleges.

College Board Assessments

PSAT

www.collegeboard.org

Students in 11th grade can take the PSAT/NMSQT for the first time in October of each school year. The test cost \$20. Schools can request fee waivers for eligible 11th-grade students taking the PSAT/NMSQT. The PSAT/NMSQT is the official route of entry to the National Merit® Scholarship Program.

SAT

Many students take the SAT during their junior or senior year in high school. At least half of all students take the SAT twice — in the spring of their junior year and in the fall of their senior year. Most students also improve their score the second time around. SAT fee waivers are available to students who need them. In addition, every student who takes the SAT with a fee waiver will, as a senior, receive four college application fee waivers directly from the College Board. Seniors will access these waivers through their

online College Board account

ACT vs. SAT

The ACT is an achievement test that focuses on school curriculum-based skills — English, math, reading, and science. The SAT is more of a reasoning test that changes very subtly from one test to the next but still includes math, writing (English grammar), and critical reading; it does not contain a science component.

The ACT's straightforward style and formatting remains the same from test to test, enabling students to prepare and strategize. In contrast, the SAT always has the same time allotments and section types — writing, critical reading, and math — but may place them in a different order or have more or fewer questions of a certain type. Both the ACT and SAT have optional essay writing components.

Preparing for the ACT and SAT

One of the best ways to prepare for college admissions testing is to take rigorous courses and apply yourself in school. Some websites that will help you prepare include:

www.actstudent.org/sampletest/
www.collegeboard.org
<https://utahfutures.org/my/learning-express>
<http://www.bhscounseling.org>
www.petersons.com/college-search/free-act-practice-test.aspx www.crackact.com
www.shmoop.com

Paying for College - Scholarships

Where to start?

Scholarships are a form of financial aid that does not have to be repaid. Scholarships usually refer to cash or tuition waiver awards based on academic merit, talents and abilities, community service, and more. The place to start a scholarship search is with the college or university's website. Each college typically offers the following types of scholarships:

- Merit (ACT/GPA)
- Departmental
- Leadership
- Diversity
- Talent (athletic/dance/music/art)
- Need based
- Service/Volunteer Work

Many colleges have alumni-sponsored scholarships and other miscellaneous scholarships. For a complete listing of the scholarships for each college check out their websites. Most colleges have separate links to their own financial aid and/or scholarship information.

Your best tool is the Internet!

Finding a scholarship match for your accomplishments, interests, special needs, talents, etc. is time consuming and ongoing through the year. Use the Internet tools identified by your school counselor. After you FIND scholarships that fit your circumstances, APPLY!

Watch Deadlines

- www.bhscounseling.org/scholarships
- Fastweb.com
- Tuitionfundingsources.com
- AIE.org
- Weeklyscholarshipalert.com
- Scholarships.com
- Students.gov
- Scholarships101.com

Service Opportunities to start now!

Increase your access to even more scholarships!



Visit: <http://www.youthline.org/localservicedirectory/> to find service opportunities nearby!



Need Help with your search?
Schedule an appointment with
Leslie Schwendiman Scholarship
Specialist
Tues. & Thurs. 8am- 2pm
Last appointment time 1:30pm
801-826-5979
To make an appointment:
www.signup.com/go/OxOCgGr



Where else do I look?

Your high school's website also has information about scholarships. Some high schools have specific scholarships just for their students. Check in the counseling or career center of your high school for more information. Students also find scholarships locally.

Consider the following sources:

- Clubs
- Businesses
- Employers
- Civic Groups
- State Groups
- Professional Organizations
- Ethnic Groups
- Private Charities
- Private Foundations
- Banks
- Credit Unions
- Religious Organizations

Beware of scams!

Not all scholarship and financial aid tools are legitimate. There are a few organizations out there that will ask you for money and promise you all kinds of scholarships and money for college. Don't trust them at all. Any information you need about scholarships and financial aid is FREE! You don't need to pay for anything more than a postage stamp and that is rare because most scholarship and financial aid applications are completed online.

BRIGHTON HIGH SCHOOL CLUBS & ADVISORS

Academic Clubs

Academic clubs generally have a corresponding BHS class (see notes below).

CLUB	ADVISOR	EMAIL	NOTES
Art Club	Derek Chandler	derek.chandler@canyonsdistrict.org	Class optional
ASL Club	Dan Edwards	daniel.edwards@canyonsdistrict.org	Class optional
Astronomy Club	Janice Spencer-Wise	janice.spencerwise@canyonsdistrict.org	Class optional
Band/Orchestra	Mikala Mortensen	mikala.mortensen@canyonsdistrict.org	Tryout required for some levels - class in schedule
BARB/Journalism Club	Christine Yee	christine.yee@canyonsdistrict.org	Class optional
Cheer	Micah Worrell	eptumbling@gmail.com	Tryout required (March19-22) - class in schedule
Choir	Daniel Emrazian	daniel.emrazian@canyonsdistrict.org	Tryout required for some levels - class in schedule
Dance	Lindsay Christensen	lindsay.christensen@canyonsdistrict.org	Tryout required - class in schedule
Debate Club	Celeste King	celeste.king@canyonsdistrict.org	Class optional
DECA	Jonnie Knoble	jonnie.knoble@canyonsdistrict.org	Class optional
	Carol Fitzgerald	carol.fitzgerald@canyonsdistrict.org	
Drama Club	Austin Kimbell	austin.kimbell@canyonsdistrict.org	Class optional
FBLA	Marlene Day	marlene.day@canyonsdistrict.org	Class optional
	Carol Fitzgerald	carol.fitzgerald@canyonsdistrict.org	
FCCLA	Sierra West	sierra.west@canyonsdistrict.org	Class optional
	Camille Haskan	camille.haskan@canyonsdistrict.org	
Film Club	Christine Yee	christine.yee@canyonsdistrict.org	Class optional
French Club	Lauren McCombs	lauren.mccombs@canyonsdistrict.org	Class optional
History Day Club	Shan Apolonio	shan.apolonio@canyonsdistrict.org	Class optional
HOSA	Lisa Prudden	lisa.prudden@canyonsdistrict.org	Class optional
Journalism	Christine Yee	christine.yee@canyonsdistrict.org	Class optional
Latinos in Action	Michael Harris	michael.harris@canyonsdistrict.org	Class in schedule
Math Club	Afton Brown	afton.brown@canyonsdistrict.org	Class optional
MUN	Jim Hodges	james.hodges@canyonsdistrict.org	
NHS	Jessica Loveridge	pamela.loveridge@canyonsdistrict.org	Must apply and meet requirements
Peer Leadership Team	Sierra West	sierra.west@canyonsdistrict.org	Class in schedule
PTSA	Robin Tenbrink	robin.tenbrink@canyonsdistrict.org	
First Robotics	Janice Spencer-Wise	janice.spencerwise@canyonsdistrict.org	Class optional
	Robert Rainey	robert.rainey@canyonsdistrict.org	
Runes	Ron Meyer	ronald.meyer@canyonsdistrict.org	Class optional
Skills USA	Paul Otterstrom	paul.otterstrom@canyonsdistrict.org	Class optional
Spanish Club	McKay Anderson	mckay.anderson@canyonsdistrict.org	Class optional
TSA - Photography Tech.	Derek Chandler	derek.chandler@canyonsdistrict.org	Class optional
Yearbook Club	Christine Yee	christine.yee@canyonsdistrict.org	Class in schedule

Extracurricular Clubs

Extracurricular clubs are generally open to all students and meet primarily outside of school hours.

CLUB	ADVISOR	EMAIL	NOTES
American Heroes Support	Derek Chandler	derek.chandler@canyonsdistrict.org	
Anime Club	Catherine Bates	catherine.bates@canyonsdistrict.org	
Badminton Club	Kristen Reuter	kristen.reuter@canyonsdistrict.org	
Book Club	Catherine Bates	catherine.bates@canyonsdistrict.org	
Chess Club	Austin Gillespie	austin.gillespie@canyonsdistrict.org	
Dungeons & Dragons	Nicole Shon	nicole.shon@canyonsdistrict.org	
ESports	Austin Gillespie	austin.gillespie@canyonsdistrict.org	
Gaming Club	Sierra West	sierra.west@canyonsdistrict.org	
GLSEN Club	Shan Apolonio	shan.apolonio@canyonsdistrict.org	
Harry Potter Club	Celeste King	celeste.king@canyonsdistrict.org	
Hockey Club	McKay Anderson	mckay.anderson@canyonsdistrict.org	
Hope Squad	Janice Spencer-Wise	janice.spencerwise@canyonsdistrict.org	
Interact	Jenn Mattson	jennifer.mattson@canyonsdistrict.org	
MA (Men's Association)	Steven Guerrero	Steven.Guerrero@canyonsdistrict.org	
Mountain Biking Club	Sarah Beck	801-898-1248	
Motorcycle Club	Ron Meyer	ronald.meyer@canyonsdistrict.org	
Outdoors Club	Ethan Greene	ethan.greene@canyonsdistrict.org	

Ping Pong	James Nielson	james.nielson@canyonsdistrict.org	
Republicans	James Nielson	james.nielson@canyonsdistrict.org	
Red Cross Club	Jim Hodges	james.hodges@canyonsdistrict.org	
Rock Climbing Club	Sandy White	james.white@canyonsdistrict.org	
Rugby Club	Christine Yee	christine.yee@canyonsdistrict.org	
Ski Club	Afton Brown	afton.brown@canyonsdistrict.org	
Spikeball	Celeste King	celeste.king@canyonsdistrict.org	
Young Democrats	Catherine Bates	catherine.bates@canyonsdistrict.org	
WA (Women's Association)	Courtney Hatch	courtney.hatch@canyonsdistrict.org	A service and social club for all students!
Water Polo	Lois Fisher	lois@cottonwoodheights.com	
BHS Team Sports			
BHS Team Sports are sanctioned UHSAA Sports that require a tryout. Students may receive PE credit for participating.			
CLUB	ADVISOR	EMAIL	NOTES
Baseball	Mark Kleven	mark.kleven@canyonsdistrict.org	Tryout required - 0.5 class in schedule
Basketball (Boys)	Garrett Wilson	garrett.wilson@canyonsdistrict.org	Tryout required - 0.5 - 1.0 class in schedule
Basketball (Girls)	Cameron Wood	cwoodbasketballcoach@gmail.com	Tryout required - 0.5 class in schedule
Cross Country	Angie Welder	awelder@comcast.net	Trouout required
Drill	Tessa Italasano	tessa.italasano@canyonsdistrict.org	Tryout required - 1.0 credit class in schedule
Football	Rafe Maughan	rafemaughan@gmail.com	Tryout required - 0.5 - 1.5 class in schedule
Golf (Boys)	James Gresh	james.gresh@canyonsdistrict.org	Tryout required
Golf (Girls)	Cameron Wood	cameron.wood@canyonsdistrict.org	Tryout required
LAX - Boys (Sanctioned 2019-2020)	Jesse Curtis	jessecurtis@gmail.com	Tryout required
LAX - Girls (Sanctioned 2019-2020)	Melissa Nash	melnash41@gmail.com	Tryout Required (early December)
Soccer (Boys)	Brett Rosen	rosen.brett@gmail.com	Tryout required - 0.5 class in schedule
Soccer (Girls)		rosen.brett@gmail.com	Tryout required - 0.5 class in schedule
Softball	Jeff Barfuss	jbarfuss23@gmail.com	Tryout required - 0.5 class in schedule
Swimming	Todd Etherington	toddetherington@gmail.com	Tryout required - 0 - 1.0 class in schedule
Tennis	Natalie Meyer	natalie.meyer@canyonsdistrict.org	Tryout required
Track & Field	Kirk Merhish	kirk.merhish@canyonsdistrict.org	Tryout required
Volleyball	Beau Lawler	beau.lawler@canyonsdistrict.org	Tryout required - 0.5 class in scheudle
Wrestling	Jedd Jones		Tryout required - 0.5 - 1.0 class in schedule
			Subject to Change- Updated 2/8/2019

College-Bound Student-Athletes

NCAA Eligibility

Prospective Student-Athletes Register on-line @ <http://eligibilitycenter.org/>

College-bound student-athletes preparing to enroll in a Division I or Division II school need to register with the NCAA Eligibility Center <http://eligibilitycenter.org/> to ensure they have met amateurism standards and are academically prepared for college coursework. Information about registering with NCAA is available at your high school but students and parents must take responsibility for learning all about NCAA eligibility rules and requirements. Visit the NCAA Eligibility Center website to get the most accurate information on what student-athletes can plan and prepare to do now to be ready to compete at the collegiate level.

Division I	Division II
<p>To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division I school, you must graduate from high school and meet ALL the following requirements:</p> <p>Complete 16 NCAA core courses:</p> <ul style="list-style-type: none"> • Ten (10) core courses completed before the start of the seventh semester. Seven (7) of the 10 must be in English, math, or natural/physical science. <ul style="list-style-type: none"> • "Locked in" for core-course GPA calculation • Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on sliding scale (see NCAA website *) <p><i>*Students who do not meet core-course progression requirements may still be eligible to receive athletics aid and practice in the initial year by meeting academic redshirt requirements (see NCAA website *)</i></p>	<p>To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must graduate high school and meet ALL the following requirements:</p> <p>Complete 16 NCAA core courses:</p> <ul style="list-style-type: none"> • Three years of English • Two years of math (Algebra 1 or higher) • Two years of natural or physical science (including one year of lab science if your high school offers it) • Two years of social science • Three additional years of English, math or natural or physical science • Four additional years of additional courses (from any area above, foreign language or comparative religion/philosophy). • Corresponding test score and core-course GPA on sliding scale (see NCAA website *)

* Visit <http://eligibilitycenter.org> for all Division I and Division II eligibility requirements including details about sliding scale criteria and academic redshirt requirements.

How to plan your high school courses to meet the 16 core-course requirement:

4 X 4 = 16

4 English courses (one per year)
+ 4 math courses (one per year)
+ 4 science courses (one per year)
+ 4 social science (and/or additional) courses (one per year)

16 NCAA core courses

NEW PROCESS IN ORDERING YOUR TRANSCRIPT

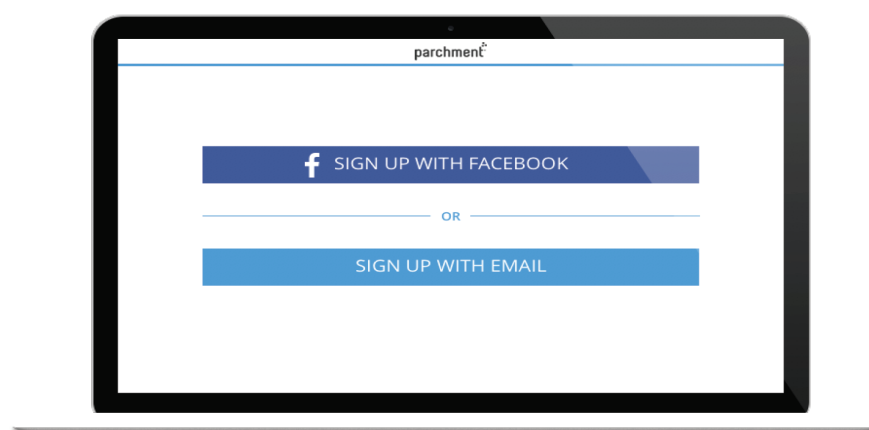
Ordering your Transcripts is as Easy as 1, 2, 3

Applying for college just got easier. Canyons School District is now partnering with Parchment, an online system for ordering high school transcripts. Starting this spring, CSD high school students can order electronic copies of their official transcripts with a push of the button.

1 Register For Your Free Account

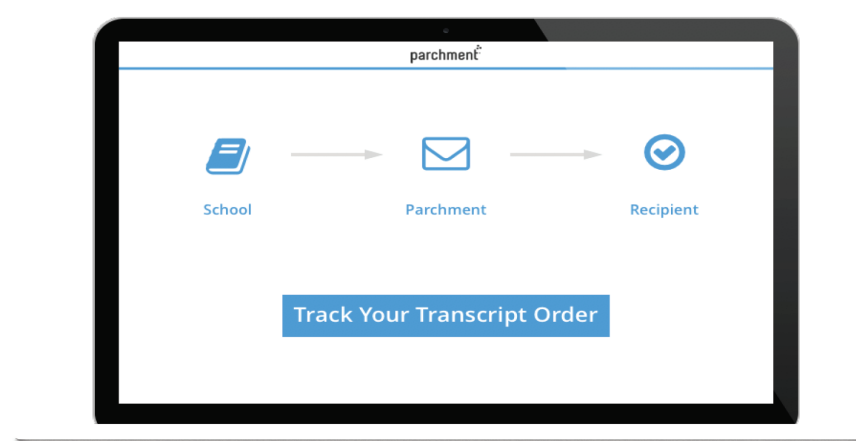
If you received a registration code handout, go to parchment.com/register. If you received an email, just click the link

1. Visit [Parchment.com](https://parchment.com)
2. Click Sign Up Now
3. Build your profile



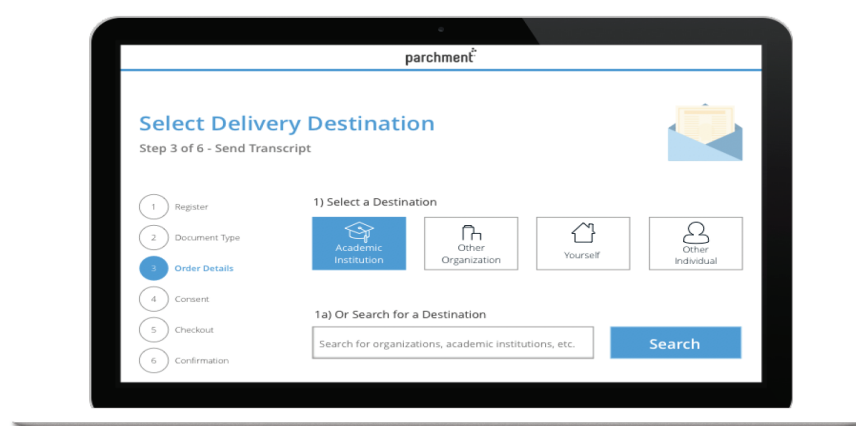
2 Request Your Transcript

1. In your account, go to Transcripts
2. Click Send Transcripts
3. Select a destination
4. Submit payment, if necessary
5. Request is confirmed!



3 Track Your Transcript

1. Log into your [Parchment.com](https://parchment.com) account
2. In the top navigation bar, click Transcripts
3. Click Order History to see the status



Request & Send Transcripts

Step 1: Log in or Register



1. Sign in at www.parchment.com
2. Click Sign Up to log in or register your account

Step 2: Add your school to your Profile



1. Click Get Started
2. Add your High School

Step 3: Add Destinations



1. Select Destinations such as colleges, NCAA, Common Application, or yourself
2. Review Destinations

Step 4: Provide Consent



1. Complete the waiver form.
2. Complete the Transcript Authorization form by eSigning

Step 5: Payment



1. Provide debit/credit card
2. payment if there are any fees

Step 6: Track Order



1. The status of your request will be emailed and updated in your Parchment.com Account

Need Help?

Visit parchment.com/studentkit today!

NAME: _____
Last Name First Name

[illegible][illegible]

Total Time_____

Student Volunteer Service Log Sheet

Program/Activity: _____

What I learned and/or enjoyed about this service activity:

Program/Activity: _____

What I learned and/or enjoyed about this service activity:

Program/Activity: _____

What I learned and/or enjoyed about this service activity:

Program/Activity: _____

What I learned and/or enjoyed about this service activity:

Program/Activity: _____

What I learned and/or enjoyed about this service activity:

Program/Activity: _____

What I learned and/or enjoyed about this service activity:



Think Safe

Social – Emotional

Canyons School District Resources

- ☐ Crises Prevention and Intervention
- ☐ Suicide Prevention
- ☐ Bullying Prevention Tips
- ☐ Drug and Alcohol Prevention
- ☐ Preventing Gang Involvement

<http://www.canyonsdistrict.org/social-emotional-supports>

Community Based Resources

- ☐ Parent Education Services
- ☐ LGBTQ + Resources
- ☐ Crises Services
- ☐ Other



Feeling Secure and Welcome

How CSD Supports Student Mental Health

While it's important to install security features on the physical building, Canyons District believes it's equally important for students to feel welcome, secure and valued. The issues faced by Canyons' Responsive Services Department are complex, but the laser-like focus of this department's staff is simple: Students can't achieve at high levels if they are anxious, worried, fearful, depressed, or feeling some level of trauma, among other emotions. The District's Responsive Services Department works to streamline the social-emotional learning, and physical- and mental-health supports for all of Canyons' schools. Canyons District has embraced a "blended model" for providing supports to students who are experiencing difficult emotions. Recognizing these professionals have different, yet equally important skill sets, we've worked hard to provide every school with at least one counselor and/or one social worker or school psychologist. Secondary schools have counseling centers to help guide students not just toward high school graduation but also a healthy outlook on life. School nurses also are a part of helping students feel well enough to learn at high levels.

CSD Responsive Services Department's 'Blended Model' of Providing Support

School psychologists, social workers and counselors are assigned to every school to support students and families. Each has an important yet varied skill set that CSD can employ to aid students feel safe, secure and welcome. CSD's Responsive Services also maintains an online library of tools for parents and educators about a range of topics from suicide and drug- and alcohol-prevention to tips about how to talk to children, adolescents about traumatic events.

Canyons District also is providing information about resources within the District and community for families who are seeking extra support with various issues, including help coping with trauma or tragedy.

INSTANT & CONSTANT STUDENT SUPPORT

Not only are trained staff members available to aid students who are struggling but Canyons was among the first school districts in Utah to roll out access to a mobile app text-and-tip line called SafeUT. This is available for students and parents to use if they need to immediately report a concern, be it about a student's mental, social or physical well-being. Access to this app, which provides all-day and all-night real-time access to school administrators and licensed clinicians at the University of Utah's Neuropsychiatric Institute, is available to all Canyons school communities. The SafeUT app and website were developed as part of a partnership between UNI and the Utah State Office of Education with funds allocated by the Utah Legislature. Multiple languages are available. This intervention and emotional support also provides follow-up and responses through user-password protection. Users can submit a tip with a picture and/or video, and a user can communicate online or call by phone. However, if you are experiencing an emergency, please call 911. You can also contact the suicide-prevention lifeline at 1-800-273-TALK to speak to a trained crisis worker.

HOW CAN YOU SUPPORT OTHERS USING PROTECTIVE FACTORS?

Connectedness and relationships to friends, family, and/or community

Knowledge of helpful resources such as SafeUT and National Crisis Line

Self-esteem and sense of purpose in life

Appropriate coping skills and problem-solving

Physical Health – exercise, healthy diet, sleep

Limit leisure screen time to 2 hours or less per day

Involvement in hobbies, activities, interests

RESOURCES FOR STUDENTS IN NEED OF IMMEDIATE HELP

SafeUT App

Chat and tip line: available 24/7/365
Download the app on your mobile device

Crisis Text Line

Text a Crisis Counselor 24/7 by
texting "HELLO" to 741741

National Suicide Lifeline

Talk with a crisis counselor 24/7 over
the phone at 1.800.273.TALK

The Trevor Project

Crisis intervention and suicide
prevention for LGBTQ+ youth
www.thetrevorproject.org
Lifeline (available 24/7/365):
1.866.488.7386

Trevor Text (available 1-8 PM; M-F):
Text "Start" to 678678

EMERGENCY RESPONSE CALL 911

DURING SCHOOL HOURS:

Contact your School Counselor,
School Psychologist, School Social Worker,
Teacher or Administrator

STUDENTS WITH SUICIDAL THOUGHTS

Information and Immediate
Action Guidelines for
Students



**A STUDENT WHO
PRESENTS WITH
SUICIDAL THOUGHTS
REQUIRES
IMMEDIATE
ATTENTION!**

**ALL THREATS OF
SUICIDE SHOULD
BE TAKEN
SERIOUSLY!**

With appropriate treatment and safe student planning, students are able to find help and hope. This brochure contains action plans and resources for parents and students for ongoing safety.

**WHEN CONCERNED ABOUT
A PEER WHO PRESENTS
WITH SUICIDE THOUGHTS,
REMEMBER TO USE**

QPR

Question

Listen carefully, attentively, and without judgment to your friend. Take any threat seriously. Never promise to keep suicide thoughts secret.

Persuade

Let your friend know you care about them and their safety. Voice your concern, remain calm, and assure your friend that you will stay with them while you get help from an adult.

Refer

Get help from a trusted adult immediately. Talk to a parent, school counselor, teacher, religious leader, or other trusted adult. If an adult is not immediately available, contact SafeUT app, National Suicide Prevention Lifeline

WARNING SIGNS OF SUICIDE THOUGHTS

Though many students at risk of suicide exhibit warning signs, not all students will demonstrate signs. Nor is the list below an exhaustive list of warning signs.

DIRECT SIGNS

Talking about suicide
and/or hurting oneself

Writing, texting, social
media posts which talk
about suicide or
hurting oneself

Mentioning a plan in
which one might die
by suicide

Expresses feeling like a
burden to others or
feeling worthless

Saying good-bye
to loved ones

INDIRECT SIGNS

Sudden changes in mood
and/or behavior

Loss of interest in activities
and/or social isolation

Depression, anxiety,
hopelessness, etc.

Sudden drop in attendance
and or grades

Increased use of alcohol
and/or drugs

Increased risky and/or
impulsive behavior

Self-harming behavior

Giving away possessions

Sudden unexplained calm
after long period of depression

THE CHOICES THAT YOU MAKE BETWEEN YOUR FRESHMAN YEAR AND SENIOR YEAR COULD DETERMINE WHAT YOU DO THE REST OF YOUR LIFE



- ❖ YOUR GRADES & ACT COULD DETERMINE WHAT COLLEGE OR UNIVERSITY YOU ATTEND AND THE DEGREES YOU WILL EARN
- ❖ WHAT COLLEGE OR UNIVERSITY YOU ATTEND WILL DETERMINE YOUR CIRCLE OF FRIENDS
- ❖ YOUR CIRCLE OF FRIENDS COULD DETERMINE THE LIFE PARTNER YOU CHOOSE
- ❖ THE LIFE PARTNER YOU CHOOSE WILL DETERMINE THE FAMILY YOU DECIDE TO HAVE
- ❖ THE FAMILY YOU HAVE DETERMINES THE PLACE YOU LIVE AND THE CAREER YOU WILL HAVE
- ❖ THE CAREER YOU WILL HAVE WILL DETERMINE YOUR FINANCIAL STABILITY
- ❖ YOUR FINANCIAL STABILITY WILL DETERMINE THE LIFE YOU WILL LIVE.



YOU
ARE THE
MOST IMPORTANT
INGREDIENT
IN PLANNING
YOUR
FUTURE!

Visit our website for more information & resources

www.bhscounseling.org

