



# FOCUS ON FRESHMAN

## Welcome!

The counseling office at the Freshman Center would like to welcome you to our building. Our offices are located off the main hallway in room 103. Please come by and check out our counseling center. To see your counselor, please make an appointment with the secretary, who will give you an appointment pass.

Pictured left to right: Judi, Karin, Meredith, Alicia, and Jim.

## Blue Springs School District Blue Springs Freshman Center



- **What's Your Last name?** Here at the FC and again at your high school, you will be assigned to a counselor by your last name.
- **A-E is Karin Finley** Karin has been a school counselor in the district for many years. She was at a middle school before coming to the FC 7 years ago.
- **F-L is Judi Knipmeyer** Judi has been a school counselor here at the FC for 5 years.
- **M-R is Jim Breske** Jim is also our building A+ coordinator and has been with the district for 10 years.
- **S-Z Meredith Molloy** Meredith has been a Reading teacher in the district for 5 years, but is new to our counseling office this year.

### How to Survive your Freshman Year

You are beginning a new phase of your educational career....high school. It will be exciting and maybe a little nervous too. This is normal. Entering high school is a challenge but it can be fun as well. Here are a few tips that will help you be a survivor both academically and socially.

- Don't be afraid to ask questions.
- Pay attention to your teachers and remember that they are trying to prepare you for the "real life" after high school.
- Treat other students and staff with respect.
- The FC offers many electives and extra-curricular activities. Try something new!
- Students at the FC come from four middle schools. Make some new friends.

## A-E

**Karin Finley**  
kfinley@bssd.net

## F-L

**Judi Knipmeyer**  
jknipmeyer@bssd.net

## M-R

**Jim Breske**  
jbreske@bssd.net

## S-Z

**Meredith Molloy**  
mmolloy@bssd.net

## Secretary

**Alicia Kolsem**  
akolsem@bssd.net

## Important Dates

- 9/4 Back to School Night
- 9/6 A+ Training FC 2:40p.m.
- 9/18-20 Explore Testing
- 9/18 School Picture Day
- 9/28 1st 6 week grading period ends.
- 10/5 Grade cards Issued to Student
- 10/17 PSAT Testing (optional)
- 11/9 2nd 6 week grading period Ends
- 11/16 Grade cards issued to students
- 12/21 1st semester ends

## Missouri Connections

[www.missouriconnections.org](http://www.missouriconnections.org)

Is an internet-based one stop shop, including resources for:

- Career Assessment and Awareness
- Educational and Occupational Exploration
- Postsecondary Planning
- Career Preparation and Management
- Job Placement

All 8th grade students were registered at their middle school last year. Each student has a Login and password to access this program. New students to the FC can register for Missouri Connections by picking up an Individual Login Instruction form from the counseling center.

### FC 07/08 Batch Codes:

Career Search	I769283PCB
Skills Assessment	S769285PCB
Work Values Inventory	V769284PCB

## Let's plan your future-EXPLORE

All 9th graders will be given the **Explore** test on September 18-20. The **Explore** test is a curriculum based assessment program developed by ACT to help students develop a high school course plan that prepares them to achieve their post-high school plans.

The **Explore** ACT's comprehensive assessment program for students entering high school, provides information about your child's current level of preparation in English, mathematics, reading and science—plus details about his or her interests, needs and plans.

Getting the best education possible is an important key to your child's future. **Explore** organizes the important information you need to consider when developing your educational plan. For more ways to use the **Explore** student score reports, visit [www.explorestudent.org](http://www.explorestudent.org)

### A+ Program

The A+ program provides financial incentive to qualified A+ students to continue their education beyond high school. A+ students may be eligible to receive reimbursement for the cost of tuition while attending a Missouri public community college or vocational/technical school on a full-time basis for two years. To sign up for this program at the Freshman Center, students and parents must first sign a program agreement forms. After the forms are signed and submitted, students will be required to attend a Tutor Training Session held at any of the three high school throughout the school year. A+ students must graduate with a minimum 2.5 GPA, 95% attendance rate, and perform and document 50 hours of unpaid district tutoring/mentoring. Applications for this program were mailed home in the summer packet. However, students and parents can still sign up during enrollment and throughout the school year. More information about this program can be found on the district website [www.bluesprings-schools.net](http://www.bluesprings-schools.net) or by contacting Jim Breske at 224-1325 or [jbreske@bssd.net](mailto:jbreske@bssd.net)

## THE COUNSELOR'S ROLE AT THE FC

School counselors are specially trained professionals with a Master's Degree (or higher) in Counseling. The counselors at the FC are charged with helping students and their families make important academic, personal and social decisions.

Counselors provide solutions to problems and listen sometimes when nobody else can or will.

Counselors help to find answers to confusing questions such as what courses students should take in high school to meet graduation, college entrance, and career goal requirements. Most of all, counselors offer support to students, parents, and faculty. The counselors at the FC are here to serve our student population and hope you will seek us out when needed.

*Let us help you have a great freshman year!*

### PSAT

#### Preliminary Scholastic Aptitude Test

measures verbal, math and writing skills. Most students take this test in their junior year when they are beginning to apply to colleges. It is being offered to freshman and sophomores who want to get some practice before their junior year. In addition, your PSAT score could qualify you to enter the National Merit Scholarship Corporation Program. Students will sign up and pay a fee to take the test. Listen to the announcements and check the FC website page for registration details. More information about the PSAT can be found on the internet site [www.collegeboard.com](http://www.collegeboard.com). The test will be given one time only on the morning of October 17th. Mark your calendar.

## PARENTS- PLAN TO ATTEND BACK TO SCHOOL NIGHT SEPTEMBER 4TH.

*THE COUNSELORS WILL SPONSOR AN INFORMATIONAL WORKSHOP ON A+ program, CAREER and College PLANNING, TESTING OPPORTUNITIES and the Missouri Connections program*

The majority of FC students who fail courses and have to repeat them are the ones who do not do their homework on a regular basis.

*Do your homework.*



