

CCHS COUNSELING NEWSLETTER

SUMMER 2026



At CCHS, the counseling department exists to support the holistic growth and development of all students, so that they are prepared and inspired to be a light in their future communities.

SUMMER COLLEGE PLANNING

Seniors:

- Work on the Common Application! This application is long, but having it completed will save lots of time in the fall.
- Fine tune your essay! Have multiple people proofread and give feedback.

Juniors:

- Visit colleges you may be interested in over the summer!
- Do a job shadow in a career field you are interested in.
- Look for volunteer opportunities that will help build skills that apply to your future career field.

REGISTER NOW FOR THE PSAT/NMSQT!

On October 13th, sophomore and junior students will have the opportunity to take the PSAT/NMSQT here at CCHS! For juniors, this test serves as the qualifying exam to be considered for the National Merit Scholarship. It also serves as a great practice round for pacing and stamina for other standardized tests that come up later in the school year.

Students who plan to take the test should fill out the registration form below. We hope that sophomores and juniors will consider taking advantage of this opportunity!

[PSAT/NMSQT REGISTRATION FORM](#)

SUMMER SCHEDULE CHANGE REQUESTS

Students wishing to request a schedule change during the summer months should do so using the form below. Requests will be processed in the order they are received. You will be notified via email whether or not your request can be honored based on availability.

[SUMMER SCHEDULE CHANGE REQUEST FORM](#)

COLLEGE AND CAREER PLANNING THROUGH NAVIANCE

CCHS is proud to present our new college and career planning platform, Naviance! This will replace SCOIR, which is what students previously used.

Naviance is designed to be a one-stop platform to assist students in planning for the future.

Within Naviance students will be able to:

- Input activities to generate a high school resume
- Research colleges
- Request letters of recommendation
- Research and apply for scholarships
- Track service hours
- Take career interest assessments to help develop a sense of direction in what they would like to do after high school

In addition, Naviance also provides students reflection questions to complete after counseling lessons to help them connect what they are learning to their desired career path.

Plan to come to Welcome Back Night on August 13th to hear about how CCHS will be using Naviance to enhance the future-planning process for all students!



NAVIANCE

College & Career Readiness Planning

UPCOMING DATES:

- **Thursday, August 13th**- Welcome Back Night
- **Monday, August 17th**- First Day of School!
- **Monday, September 28th**- College information Night
- **Tuesday, October 13th**- PSAT Testing

CONTACT MRS. RODRIGUE:

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COUNSELING CURRICULUM

2026-2027

As a part of the counseling curriculum at CCHS, all students will engage in grade-level appropriate lessons on topics in both college and career planning and social-emotional learning. These lessons target specific skills that students can use in high school and also lay a foundation for fostering independence, confidence and leadership in the adult world.

Take a look at the map of topics students will cover over the 2026-2027 school year. We are excited to partner with you to foster holistic development in students!

	College and Career Planning	Social-Emotional Development
Grade 9	• Introduction to career clusters and career searching • 4-year planning and resume building • Freshman Seminar	Building Healthy Relationships • Defining traits of a healthy relationship • Identifying positive relationship-building traits • Identifying healthy boundaries within relationships
Grade 10	• Introduction and analysis of work values • Building a work resume • Interview skills practice • Introduction to college searching	Executive Functioning Skills • Task Analysis and prioritization • Time Management • Flexible Thinking • Growth Mindset • Self-Advocacy
Grade 11	• Defining future career goals • College searching and defining a good fit school • College application preparation • College essay writing • Introduction to paying for college	CONFLICT MANAGEMENT • Defining Conflict • Identifying personal conflict management style • Practicing self-awareness of others in conflict management • Managing conflict scenarios
Grade 12	• College application guidance • Scholarship search and application assistance • Analyzing school offers and choosing a school • FAFSA assistance • Planning for future work skills	Resilience Skills • Facing challenges honestly by naming emotions • Owning the response when something goes wrong • Reframing setbacks into learning experiences • Addressing potential resilience roadblocks • Practicing resilience tools

All freshman students will take part in the brand-new CCHS freshman seminar curriculum! This curriculum covers the following foundational skills:

- Note taking and study skills
- Writing reports, researching and giving presentations
- Using AI appropriately
- Working with teachers and asking for help
- Goal setting and planning for the future
- Leadership training

COUNSELING QUICK LINKS:

- [Scholarship Database](#)
- [CCHS General Scholarship Application](#)
- [Naviance Login](#)
- [SUSO link - See Something, Say Something](#)
- [Local Mental Health Resources and Risk Awareness](#)

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