



# SKYHAWK COUNSELING NEWSLETTER

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## WHAT'S YOUR PLAN?

This year all students at Hill Campus of Arts and Sciences will begin working on their ICAPs.

ICAPs are Individual Academic and Career Plans. Students' ICAPs will follow them from middle school to high school! ICAPs meet state legislation requirements and are a graduation requirement for all students.

ICAPs are an ongoing plan which includes counselor-led activities on career interests, goal setting, college opportunities, financial aid, preparedness for high school and non-cognitive skills which increase academic success.

At Hill, students will complete ICAP lessons, with the school counselor, quarterly - 8th graders will receive bi-quarterly lessons. ICAP work will begin in early October.

To support your student, start asking them, "What's your plan??" Our goal is to engage students in conversations about their future and link those plans to their academic performance and motivation.



## SKYHAWK SPOTLIGHT ON...

### Study Tips For Middle School Students:

1. Set up a study schedule.
2. Start studying for 10-15 minutes at a time, then build up from there.
3. Take breaks.
4. Reward yourself when meeting study goals.
5. Use the same place to study. A consistent place helps you focus.
6. Make sure your study place is quiet and has minimal distractions.



## MEET THE COUNSELOR

Hi, my name is Liz Gray and I am the school counselor at Hill. I work with all grades levels in three areas: academics, social/emotional and college and career readiness. School counselors are general educators and all students have access to them through classroom and school-wide guidance. I also work with students in one on one and small group settings.



I am a former high school teacher. Last year I worked at TJHS in the counseling department. I attended Miami University for my undergrad and the University of Colorado Denver for my masters in counseling.

## ANNOUNCEMENTS

**September 15th:**  
**Back to School Night**  
Stop by the counseling table for more resources and information.

**November 2nd:**  
**8th Grade Career Fair**  
All 8th graders attend the DPS career fair at the National Western Complex. More information to come.

## COLLEGE WORD OF THE MONTH

### "Scholarship"

A monetary gift made to support a student's education, awarded on the basis of academic or other achievement.

aka Free money for college!