

Eastlake High School Counseling, College, and Career News

A quarterly newsletter for Eastlake students and families focused on academics, college and career readiness, and social emotional support.

Half Way



Goodbye sweet snow! Eastlake looks and quiet in this snowy picture, but we're been busy preparing for second semester and registration for the 2020-21 school year. See below for the latest!

Registration

Registration

Timeline

We are gearing up for Eastlake High School registration for 2020-2021! In order to help ensure students are making thoughtful, informed decisions about their courses we will have many opportunities for students to learn about the courses offered at Eastlake.

- **January 29:** UW/AP Parent Night
- **January 30:** Eastlake Registration Day 1
- **January 31:** Eastlake Registration Day 2
- **January 31:** Wolf Time Sessions (students attend 3 sessions of interest)
- **January 31:** Electives Fair
- **February 7:** Eastlake registration due

As always, the information will be available on the [Counseling Center Power School page](#) and the [Eastlake website](#) during the registration time. Please reference it for any questions/concerns. The [course catalog](#) is always available on the Eastlake website as well, which has a ton of great information! Please be sure to check your email as we will be sending additional information before and during the registration period.

Counselor Drop In Times

We appreciate your patience and understanding for the counseling staff, as we register students, answer individual questions, troubleshoot technology issues, and ensure all students are getting registered properly! With that said, counselors won't be able to take individual appointments during this busy time.

Counselors will be available for registration questions before school, during lunch, and after school on the following dates: **1/31, 2/3, 2/4, 2/5, 2/6, 2/7**. Students are encouraged to stop by during that time with registration questions.

A Word About Balance

Having a balanced class schedule is important for maintaining student mental health and overall well being. Things to consider when registering for classes are: How many hours of homework will you have per week? How many hours a week do you spend on extracurricular activities? Are you taking classes that align with your interests and strengths? At Eastlake, we consider a student course load of 5 AP classes across 4 years, (this includes UW and Running Start courses), as "Most Rigorous". We also include this verbiage in our School Profile.

Senior Registration Activities

Seniors will participate in a High School and Beyond Plan activity on Friday, January 31st, which includes:

- Eastlake alumni panel
- FAFSA/WASFA reminders
- Financial reality
- Digital citizenship
- Moving towards a decision.

Running Start

Running Start

Information Sessions

If you're a current 10th or 11th grader who wants to learn more about the Running Start options for the 2020-21 school year, stop into a counselor-led information session!

- **February 7 during Wolf Time A** (Students only) EHS Theater
- **February 19 at 1:00 pm** (Parents and students) EHS Theater

Need more Running Start Info?

- [Counseling PowerSchool page](#)
- [Eastlake website](#)

WANIC



WANIC 2020-21 Academic Year Registration is Now Open

- [WANIC](#) offers tuition-free technical and professional training at their Lake Washington Institute of Technology (Kirkland) Skill Center, DigiPen (Redmond) campus, and area high schools.
- Curriculum is based on rigorous academic and industry standards.
- Designed in three period blocks to acquire both theory and hands-on lab experience.
- All classes earn Occupational Education high school credits and often offer course equivalencies such as science, art, PE, and others.
- Dual credit and industry certification opportunities
- Want to learn more? Take advantage of the below visit opportunities!

Eastlake Electives Fair (Students only)

- 1/31/2020 8:45 am-9:45 am, Eastlake gym
- WANIC and DigiPen reps will be at the Fair to answer questions.

Field Trip (Students only)

- 2/25/2020, 9:30 am-1:30 pm, bus departs and returns to Eastlake
- Make stops at WANIC's Lake Washington Institute of Technology and DigiPen campuses including Video Game Programming, Art & Animation, Music & Sound Design, Dental Careers, Medical Careers, Fire & EMS, Health Science Careers, and Auto Technology classrooms.
- Free and includes transportation and lunch.
- Email [Carol McGuigan](#) if you are interested

Open House (Students and families)

- 3/10/2020, 5-7 pm at Lake Washington Institute of Technology
- Tour the WANIC Skill Center classrooms and labs, meet teachers and current students.

WANIC Registration Tips

- Register for a full Eastlake schedule during Eastlake registration
- Investigate classes on WANIC's website and/or through a visit opportunity.
- Apply for your desired class on [WANIC's website](#).
- When WANIC classes are approved in late spring, Eastlake counselors work with students to custom-build a schedule that allows enough time to travel to WANIC.
- Email [Carol McGuigan](#), with any questions.

College and Career

College & Career

Seniors, do you have a college application that requires a mid-year report?

Counselors will upload transcripts reflecting 1st semester grades to all Common and Coalition Application schools that require a mid-year report by approximately February 7th.

College and Post-High School Planning Parent Night 3/11

Save the Date: March 11, 2020 at 7-8:30 pm. We'll review a variety of post-high school options and dive deeper into college planning with a panel of college admissions counselors. Open to all Eastlake Families.

High School and Beyond Plan

All 9th-11th grade students must have their Xello Matchmaker completed prior to registration on 1/30. Directions are available on the [High School and Beyond tab of the Eastlake Website](#).

To meet the Washington State HSBP requirements, students must:

- Complete Xello "About Me" tasks
- Save careers and/or colleges on Xello
- Complete Four-Year Course Planner on 1/30 – During Registration
- Complete either a resume or activity log (on Xello) 1/30 – Seniors during Registration
- Participate in the Senior Seminar on 1/31 – Seniors during Registration

Running Start Students will satisfy their HSBP requirements on a more individualized basis.

For questions on the High School and Beyond Plan, please contact Amanda Duarte.

SAT and ACT

SAT/ACT Planning Wolf Time Recap

- Eastlake's January 10th SAT/ACT Planning Wolf Time covered the SAT/ACT, how colleges use these standardized tests, timelines and tips.
- Find the presentation on the [College and Career Center PowerSchool page](#).

Upcoming SAT Test Dates

- [Register](#) early to secure nearby testing locations
- March 14
- May 2

- June 6
- August 29

Upcoming ACT Test Dates

- [Register](#) early to secure nearby testing locations
- February 8
- April 4
- June 13
- July 18

Our favorite free/inexpensive practice resources

- [Eastlake PTSA Mock SAT and ACT Tests](#)
- [Khan Academy Official SAT Practice](#)
- [ACT Academy](#)
- [Method Test Prep \(available via Xello\)](#)

Scholarships

- Local and other outside scholarship opportunities can be found on the [scholarship bulletin tab of the College and Career Center PSL page](#).
- Scholarship activity is heaviest January-March so check back often.

Enrichment Opportunities

The [College and Career Center PowerSchool page](#) has enrichment resources for:

- Student jobs
- Internships
- Volunteer
- Summer
- Contests
- Career Exploration

Social and Emotional Support

Meet Erin Sutherlin, MSW, LICSW

My name is Erin Sutherlin, LICSW, and I am a contracted social worker for the Lake Washington School District through EvergreenHealth. My background is in child and adolescent trauma, and I specialize in domestic violence, sexual assault, and suicidal ideation. I currently work with both Eastlake High School and Redmond High School doing crisis intervention, suicidal/homicidal assessments, and referrals for various mental health resources. I work closely with Admin and the Counseling Department to provide support not only to students, but also to parents on options for moving forward intentionally with their teens. I am on-call everyday of the work week to address issues that arise, and I am happy to be a resource for this district.

Thank you,
 Erin Sutherlin, MSW, LICSW
 Social Worker, LWSD
 425.471.9628 (p) 57643 (LWSD extension)
 Evergreen Health, 12040 NE 128th St. Blue1-140, MS-116, Kirkland, WA 98034

Coffee with the Counselors



Next Session February 10th

We held our second Coffee with the Counselors on December 10th and had a fantastic parent turnout! Our next session will be on Monday, February 10th at 9:00 AM in the Counseling Conference Room. This session will be focused on Running Start. If you have any questions regarding the Running Start process, this is a great opportunity to get them answered!

We love your ideas

Do you have ideas for future newsletters?

Send your ideas or comments to

Carol McGuigan and Stephanie Fox at cmcguigan@lwsd.org.