

## College & Career Center The Counseling Connection

This is a monthly newsletter published by the Counseling Center and the College & Career Center. *The Counseling Connection* is distributed in school and is always available on the website at [www.rhnet.org/cc](http://www.rhnet.org/cc).

### Online College & Career Planning



#### Naviance Student

<https://student.naviance.com/rhshs>

User Name: Last Name + First Initial +  
Graduation Year (last 2 digits)

Password: 6 digit student ID#

Ex: SmithT22@docs.rhnet.org

### Some additional college/career planning sites:

Cappex: [www.cappex.com](http://www.cappex.com)  
College Board: [www.collegeboard.org](http://www.collegeboard.org)  
College Data: [www.collegedata.com](http://www.collegedata.com)  
Federal Student Aid: [www.studentaid.ed.gov](http://www.studentaid.ed.gov)  
NYS Student Aid: [www.hesc.ny.gov](http://www.hesc.ny.gov)  
Princeton Review: [www.princetonreview.com](http://www.princetonreview.com)



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# Career Shadowing

Career Shadowing provides a unique opportunity for you to spend a day “on the job” with someone in our community employed in a career field in which you’re interested. It’s an exciting way to find out whether you like a specific job or career area!

### How can I get involved in Career Shadowing?

- ✓ Pick up a shadowing application from Mrs. Murphy, the Work-Based Learning Coordinator, in the Counseling Center or download it from the CCC Web page at [www.rhnet.org/cc](http://www.rhnet.org/cc).
- ✓ Return the completed application to Mrs. Murphy, in the Counseling Center. Students will be placed in the order that their application was received.
- ✓ When a career shadowing placement has been made, you will meet with Mrs. Murphy to receive all necessary information about the shadow placement, to go over shadowing expectations, and to answer any questions you may have.

### Field Trips

Careers in Education Conference.....TBD

Spend a day at Nazareth College learning about opportunities in education careers. A college fair is also included in your day!



Rush Henrietta  
Senior High School

## Important Information for Sophomores



Contact Information:  
School Counselors for Sophomores:

Elizabeth Tabone (A-K) [etabone@rhnet.org](mailto:etabone@rhnet.org) 359-7801

Jessica Kinsman (L-Z) [jkinsman@rhnet.org](mailto:jkinsman@rhnet.org) 359-5230

Alternative High School  
Dean James [djames@rhnet.org](mailto:djames@rhnet.org)

359-5530

## Why should I visit the CCC?

- It's a friendly place to hang out! Computers available! Questions answered!
- Lots of free stuff to pick up!
- Browse the CCC library and borrow some books – this is one of the most extensive collections of college and career-related materials in the area!
- The CCC has lots of tips and shortcuts for how to find information that will make things easier for you as you begin your college and career exploration!
- Find out about scholarships for sophomores!
- Join in small group visits with college reps!
- Take an assessment to find the best jobs for you!
- Find out about opportunities to explore careers!
- Get info on volunteering and leadership opportunities!
- Find out what your personality type is and how that relates to careers for you!
- Bring your questions to the CCC - anything you want to know related to colleges and careers. Get answers or information on how to find answers!

**If you have questions like these,  
the CCC is for you!**

*I don't have a clue what I want to do with my life! Where do I start?*

*My parents and friends are asking me about college. How do I begin to choose?*

*I'm not sure I can get into college or pay for it! How will I know?*

*I have an idea of some jobs I might like. How can I make sure before I choose a college major based on a job?*

*I have so many interests. How do I narrow down my options?*

*What's the difference between a bachelor's degree and an associate's degree? How do I know what's required for a job?*

## What should I be doing this year?

- Get to know your school counselor
- Get involved in school and community activities. Follow your passions!
- Take every opportunity you can find to move into positions of responsibility or leadership
- Earn the best grades you can
- Take the most challenging courses you can
- Read *The Counseling Connection* every month
- Visit the CCC to begin exploring careers, colleges, and academic majors
- Take assessments in the College & Career Center to explore what careers would best match your personality and interests
- Plan to job shadow at least once this year
- Attend visits with college reps in the College & Career Center
- Attend college fairs at R-H and in the community
- Visit colleges
- Create a résumé and give a copy to your counselor
- Get info on Exploring Posts and join at least one
- Volunteer! Find opportunities in the CCC
- Depending on the courses you take, plan to take the PSAT in the fall or SAT test in the spring – talk to your counselor for assistance
- Attend workshops with your parents
- Read for pleasure
- Plan to use your summers productively; choose meaningful activities while enjoying your free time
- Think about taking classes at RIT and/or University of Rochester beginning the summer between sophomore and junior year– **tuition free!** (a benefit just for R-H juniors and seniors)

## Exploring

Exploring is a career-education program that allows students to learn more about a particular career through hands-on activities led by people out in the "real world." Do you like to work on cars and wonder if auto mechanics is the career for you? Do you think you want to be an engineer? Do you know there are many different kinds of engineers out there?

Exploring Posts are offered in more than 100 different fields from ambulance services to zoology. Check in the College & Career Center or the Exploring Web site at [www.swcexploring.org](http://www.swcexploring.org) for details and future Post openings! Here are just a few of the career areas offering Exploring:

Animal Care	Law
Architecture	Marine Biology
Auto Mechanics	Medical, Pharmacy
Chiropractic	Nursing
Criminal Justice	Psychology
Engineering	Real Estate
Forensics	Skilled Trades
Hospitality	Theatre
Information Technology	Veterinary Medicine

# EXPLORE