



# HIGH SCHOOL SUCCESS AND TIPS

Bartram Trail High School Counselors



# BTHS School Counseling Department



## 9<sup>th</sup> and 10<sup>th</sup> Grade

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\*\*\*\*Open door policy for students during lunch\*\*\*\*



# STAY IN THE LOOP

- Check the BTHS website and Schoology Group
- School Counseling Information: [www-bths.stjohns.k12.fl.us/guidance/](http://www-bths.stjohns.k12.fl.us/guidance/)
- Schoology Group: Access Code: VXTV-WZ8T-KXHHV
- Daily Announcements: [www-bths.stjohns.k12.fl.us/news](http://www-bths.stjohns.k12.fl.us/news)
- Monthly Guidance Parent Newsletter: [www-bths.stjohns.k12.fl.us/guidance/monthly-newsletters](http://www-bths.stjohns.k12.fl.us/guidance/monthly-newsletters)
- Check your students Home Access Center (HAC) to stay updated with grades

# STUDY TIPS for Students

- Always review your work after school and on the weekends.
- Practice staying organized with a calendar and folders with due dates.
- Make flashcards or use Quizlet especially with vocabulary words.
- Form a study group.
- Ask for help when you need it.
- Arrange to get extra help from your Teacher by attending their help sessions before school.
- Use Varsity Tutoring an online resource for tutoring assistance in all subjects.
- Use Kahn Academy an online resource for tutoring assistance in all subjects.
- Take advantage of the NHS free tutoring on 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month in the media center.
- Take advantage of free Algebra Math tutoring on MWF during all lunches in Room N135 with Ms. Kori Bichler.



# Campus Connections

- Encourage your students to get connected with a club or activity.
- On September 5<sup>th</sup> Bartram had a club fair for students to gather information on the over 50 clubs.
- The updated BTHS club list with club sponsors are all listed on our BTHS website for your review at: [www-bths.stjohns.k12.fl.us/clubs](http://www-bths.stjohns.k12.fl.us/clubs)
- Students must have a permission slip completed to attend club meetings. Club dues can be paid online on our BTHS website via SchoolPay.
- On September 17<sup>th</sup> Counselors in the Courtyard focused on campus connections and getting involved.
- If your student has an interest in participating in school sports, please contact Ms. Kim Dohman or Mr. Ben Windle.



# COPING SKILLS AND STRATEGIES

- Exercise, take a walk, ride a bicycle, skateboard
- Watch a movie or favorite TV show
- Paint or Draw
- Listen to music or play an instrument
- Write a letter or read a book
- Plant some seeds
- Create or build something
- Clean your room and organize items
- Talk to a friend, sibling, parent or an adult
- Put a puzzle together





THANK YOU!

BARTRAM TRAIL GUIDANCE  
DEPARTMENT