

Junior Parent/Family Presentation

Counseling Department



The Vertus Counseling Department

Who We Are:

Jillian Flanagan

jflanagan@vertusschool.org

#585-363-1397



Jennifer Lefrois

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#585-3632379

Where We Are Located:

-The Career and Counseling Center off of the cafeteria at Vertus

Where to Find More Information, Resources and Supports:

The Vertus Counselors Website: <http://www.vertusschool.org/vertus-counseling-department/>

Please reach out to the Vertus Counselors with any questions or concerns, weekdays from 8:30am-3:30pm by texting, calling, or emailing.

Friend the Counselors on Facebook

Facebook interface for the page "Vertus Counselors".

Search bar: Vertus Counselors

Navigation: Vertus Home Find Friends

Profile Picture: A circular image showing two young women standing in front of a large red shield logo with a black 'V' in the center. The shield is surrounded by the words "COURAGE", "LEADERSHIP", and "RESPONSIBILITY".

Cover Photo: A large image of the exterior of Vertus High School, featuring the school's logo and name prominently on the building facade.

Page Name: Vertus Counselors

Actions: Edit Profile Activity Log ...

Navigation Menu: Timeline About Friends 132 Photos Archive More

NYS Regents Diploma Credit & Regents Requirements

	MINIMUM NUMBER OF CREDITS
English	4
Social Studies <i>Distributed as Follows:</i> <i>U.S. History (1)</i> <i>Global History and Geography (2)</i> <i>Participation in Government (1/2)</i> <i>Economics (1/2)</i>	4
Science <i>Distributed as Follows:</i> <i>Life Science (1)</i> <i>Physical Science (1)</i> <i>Life Science or Physical Science (1)</i>	3
Mathematics	3
Languages Other than English (LOTE)	1(*)
Visual Art, Music, Dance, and/or Theater	1
Physical Education (participation each semester)	2
Health	0.5
Electives	3.5
Total	22

	Regents Diploma for All Students	
REGENTS EXAM or passing score on a Department Approved Alternative	# of Exams	Passing Score
English Language Arts (ELA)	1	65
Math	1	65
Science	1	65
Social Studies	1	65
Pathway (See note 1 on reverse side)	1 or CDOS	65 if Regents Exam
Compensatory Safety Net	Non Applicable	

Advanced Regents Diploma Requirements

In Addition to the Regents Diploma Requirements:

- Need 8 Regents Exams:
 - ELA
 - 3 Math- Algebra 1, Geometry, Algebra 2
 - 2 Science- Living Env and Physical (Earth Science, Physics or Chemistry)
 - 2 Social Studies- Global and US
- 3.0 Credits of LOTE (instead of 1.0)
 - At Vertus: Spanish 1, Spanish 2 and Spanish 3
 - Local Checkpoint B after completion of Spanish 3



Career Exploration

It is normal for a student to be unsure of what they want to do after graduation!

Students should start exploring different career options NOW so we can help get them on the right track

This PowerPoint has a number of career sites and assessments to help students match up with careers that fit their interests and skills:

[Career Exploration PowerPoint](#)



Trades and Job Opportunities

Trades

- A number of trades companies are short on workers and looking to hire Vertus students when they turn 18 and graduate
- Isaac Heating and Cooling has a 6 week training program with guaranteed job placement upon completion
 - [Training Program at Isaac Training & Education Center \(ITEC\)](#)
- The REOC Building Downtown also offers a number of trade programs year round
 - [REOC Program Offerings](#)

Job Opportunities

- Find current job posting on our 'Vertus Counselors' FaceBook page and by stopping into the Counseling Office
- Vertus partners with Dream Bikes on getting our students jobs at the shop.
- Lifetime Assistance has weekly open interviews on Wednesdays:
<https://www.lifetimeassistance.org/employment/>



Work Permits

- Work permits are required for students under the age of 18
- You will need to fill out Part 1 of the application form and bring in a copy of your child's most recent physical (done within the last year).

Work Permit Application



Department
of Labor

Division of Labor Standards
Worker Protection

Summary of New York State Child Labor Law, Permitted Working Hours for Minors Under 18 Years of Age

Age of Minor Girls and Boys		Industry or Occupation	Maximum			Permitted Hours
			Daily Hours	Weekly Hours	Days per Week	
Attending School, When school is in session:	14 and 15	All occupations except farm work, newspaper carrier and street trades	3 hours on school days. 8 hours on other days.	18 ¹	6	7 AM to 7 PM
	16 and 17	All occupations except farm work, newspaper carrier and street trades.	4 hours on days preceding school days: Monday, Tuesday, Wednesday, Thursday ² . 8 hours on :Friday, Saturday, Sunday and Holidays ⁴ .	28 ⁴	6 ⁴	6 AM to 10 PM ³
Attending School, When school is not in session (vacation):	14 and 15	All occupations except farm work, newspaper carrier and street trades.	8 hours	40	6	7 AM to 9 PM June 21 to Labor Day
	16 and 17	All occupations except farm work, newspaper carrier and street trades	8 hours ⁴	48 ⁴	6 ⁴	6 AM to Midnight ⁴
Not Attending School:	16 and 17	All occupations except farm work, newspaper carrier and street trades	8 hours ⁴	48 ⁴	6 ⁴	6 AM to Midnight ⁴
Farm Work:	12 and 13	Hand harvest of berries, fruits and vegetables.	4 hours	-----	-----	June 21 to Labor Day, 7 AM to 7 PM. Day after Labor Day to June 20, 9 AM to 4 PM.
	14 to 18	Any farm work	-----	-----	-----	-----
Newspaper Carriers:	11 to 18	Delivers, or sells and delivers newspapers, shopping papers or periodicals to homes or business places.	4 hours on school days. 5 hours on other days.	-----	-----	5 AM to 7 PM or 30 minutes prior to sunset, whichever is later
Street Trades:	14 to 18	Self-employed work in public places selling newspapers or work as a bootblack	4 hours on school days. 5 hours on other days.	-----	-----	6 AM to 7 PM

¹ Students 14 and 15 enrolled in an approved work/study program may work 3 hours on a school day, 23 hours in any one-week when school is in session.

² Students 16 and 17 enrolled in an approved Cooperative Education Program may work up to 6 hours on a day preceding a school day other than a Sunday or Holiday when school is in session, as long as the hours are in conjunction with the Program.

³ 6 AM to 10 PM or until midnight with written parental and educational authorities consent on day preceding a school day and until midnight on day preceding a non-school day with written parental consent.

⁴ This provision does not apply to minors employed in resort hotels or restaurants in resort areas.

Create and Build Your Resume NOW!

- No matter what you do after Vertus, you are going to need to make a resume!
- A resume should include the following:
 - Basic contact information: Name, Phone #, Email, Address
 - Awards, honors and recognitions you received in High School
 - Clubs, sports, activities you participated in, inside and outside of school
 - Previous work experience, even informal work such as babysitting counts
 - Keep it on one page and make sure to proofread it
 - Keep constantly UPDATING IT!
- If you need help formatting or creating a resume, make an appointment to meet with Ms. Flanagan.

Resume Example

John Smith

21 Humboldt Street
Rochester, NY 14607
(585) 123-4567

jsmith@vertusschool.org

Education:

- Vertus High School (Rochester, NY): 10th-12th grade
 - Expected graduation: June 2021
- Edison Tech High School (Rochester, NY): 9th Grade-10th Grade

Awards and Honors:

- Man of the Month: April 2017
- Red Blazer Recipient: 2019
 - Academic recognition given by Vertus HS or bestowed upon students who qualify
- Science Man of the Month: November 2018
- Team on Time: May 2018
- National Honors Society Member: 2019
- Urban League Black Scholars Honoree: 2018-2019
- HOBY Leadership Conference: 2019
 - Interviewed and chosen to attend conference at University of Rochester

Extracurricular Activities:

- JV Basketball: 2017-2018
 - Team Captain sophomore year
- Varsity Soccer Team: 2019
- Music Club: 2018
- Church Youth Group: 2017-Present
- Boy Scouts Member: 2018
- Volunteering at FoodLink: 2019
- Volunteering at Toys for Tots: 2019
- Donated to Red Cross Blood Drive: 2019
- Hillside Family of Agencies: 2018
 - Youth Mentor Volunteer

Work Experience:

- WalMart: 2018-Present
 - Cashier
- Raking Leaves/Shoveling/Landscaping in Neighborhood: 2019-Present
- Babysitting: 2015-Present
 - Up to 4 children at a time.

References:

- | | | |
|--|---|--|
| 1) Jillian Flanagan
Vertus School Counselor
(585)-363-1397
Jflanagan@vertusschool.org | 2) Aaron Banks
Preceptor
(585) 481-4489
abanks@vertusschool.org | 3) Richard Maez
Athletic Director
(585) 241-3071
rmaez@vertusschool.org |
|--|---|--|

College Exploration

- Now is the time to start exploring different college options

You can pick a college based on a number of different factors:

- Major/Program
- Location
- Cost
- Enrollment Size
- Athletics
- Family/Friend Connections
- Institution Type (Private vs Public)
- Campus Setting (Urban, Suburban or Rural)
- Ranking

What ultimately matters is choosing the right fit for YOU!

- Check out the College Exploration PowerPoint on the Vertus Counselors homepage for more information and resources to help get you started: <http://www.vertusschool.org/vertus-counseling-department/>



Financial Aid & Scholarships

- Check out this additional PowerPoint Presentation for more in depth information on Financial Aid and Scholarships:
 - [Financial Aid & Scholarship Presentation](#)



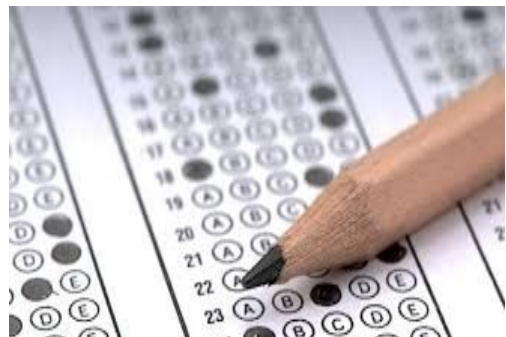
ACT Exam and Study Materials

Exam Information:

- The ACT (and SAT) are standardized tests many colleges require for admission
- Most students take the exam once their junior year and once their senior year
- Upcoming Exam Dates:
 - Saturday, April 17th, 2021→ Registration Deadline 3/12/2020
 - Vertus has become a test site and will host the exam at school that Saturday!
 - We encourage every 3rd year student to register and take the exam on 4/17/21. The school counselors will reach out to every student with registration details.

Study Materials:

- ACT Academy is a free online prep program
 - Need to create a profile using your email and a password
 - Every 3rd year should now have access on his computer
 - <https://actacademy.act.org/profile/onboarding/create-profile?role=student>
- Practice exams located in the Counseling Office



<https://my.act.org/account/signin?location=https://my.act.org>

Partnerships and Programs at Vertus

- Future Ready Program
 - After school program that provides academic tutoring and job readiness skills. Through partnerships, they help secure our students jobs at companies such as Wegmans, Dunkin, Best Western, Holiday Inn Express, Taco Bell, and KFC.
- Barbering & Construction Program
 - On site semester long program. Upon successful completion, students can secure a job in the given field.
- MCC Dual Enrollment Classes & Bryant and Stratton “JumpStart” Program
 - College level classes offered to students. Vertus students can earn transferable college credits (in various programs) for passing the class.
- RIT STEP
 - Hands on, STEM exploration program. Prepares students for careers in the science/technology/engineering/mathematics field.

Check out the Counseling Website for Applications and More Information About These Programs!

Drivers Permit Testing at Vertus

- Eligible 3rd and 4th year students will be able to take their drivers permit test online at Vertus!
- Study materials available online:
<https://dmv.ny.gov/driver-license/drivers-manual-practice-tests>
- After passing the online exam, we help students make an appointment at the DMV and get all the necessary paperwork together.
- Forms you should start getting together now:
 - Social Security Card
 - Birth Certificate
 - School ID with Transcript
 - *A parent/guardian with a valid drivers license
- Cost will depend on age, but it is around \$80

