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Heritage Counseling News

Screenagers

Do you and your kids argue about screen time? Are you curious about how to find a healthy balance while living in the digital age? We have the event for you!

This event is open to all LPS families, but has limited seating. It is recommended for students 5th-12th grade to attend with a parent or guardian.

Screenagers is a documentary designed to spark a conversation between adults, students, and schools about navigating the benefits and challenges of increasing technology in our lives.

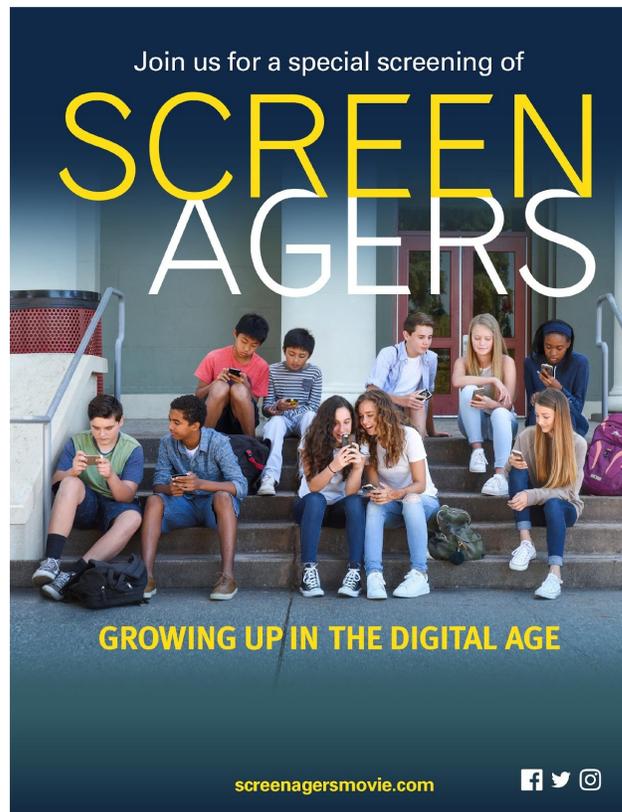
Pre-registration is required. There is no cost to attend thanks to the support of the LPS Foundation.

Screenagers is only available via exclusive screenings. This event will include a viewing of the full feature film and an action kit to take home and encourage ongoing family conversation.

Tuesday, April 11 at 6pm in the HHS Theater

Register Here:

<http://tinyurl.com/h4kgth8>



End of Year Events

- April 11—SAT all Juniors
- April 11—Screenagers
- April 12—PSAT all Sophomores
- April 13—CMAS, 9th and 11th grades
- April 17—ABC's of THC (district presentation)
- April 17-21—MAD Week
- April 20-21—AP Pre-Registration during lunch
- April 24-28—Mental Health Awareness Week
- May 1-3—AP Exams
- May 19—Last Day for Seniors
- May 22—Senior Awards Night
- May 24—Graduation
- May 23, 25, 26—Final Exams
- May 26—Last Day of School



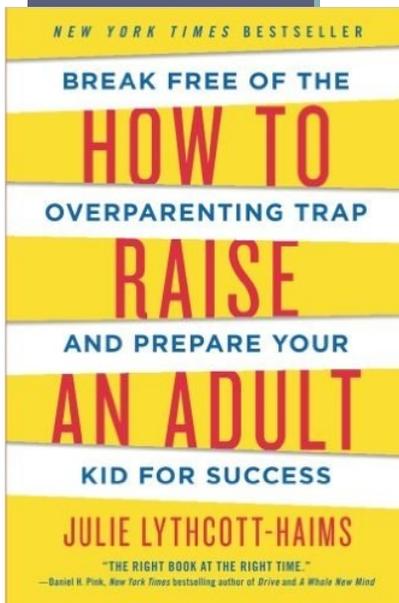
How to Raise an Adult

The Heritage Counseling Office highly recommends the book, How to Raise an Adult for all parents. We have read it ourselves and are trying to apply its lessons to our own families. Some of us attended a lecture the author presented in December and came away feeling even more strongly the importance of helping our kids learn to take care of themselves and to allow them to fail so they can learn to pick themselves up. The author, Julie Lythcott-Haims, is the former Dean of Freshmen students at Stanford. She provides great stories and lessons from her own experience and from research. According to the Harvard Grant Study, the 2 things a person needs to become a successful and happy adult are love and chores.

Summary from an Amazon review:

In How to Raise an Adult, Julie Lythcott-Haims draws on research, on conversations with admissions officers, educators, and employers, and on her own insights as a mother and as a student dean to highlight the ways in which overparenting harms children, their stressed-out parents, and society at large. While empathizing with the parental hopes and, especially, fears that lead to overhelping, Lythcott-Haims offers practical alternative strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

Relevant to parents of toddlers as well as of twentysomethings--and of special value to parents of teens--this book is a rallying cry for those who wish to ensure that the next generation can take charge of their own lives with competence and confidence.



"One of the key life skills our children must develop...is the ability to live **without us.**"

Julie Lythcott-Haims

Kids Money Lessons

Summer Jobs

Check out the Job Board in the Post Grad Office if you are interested in finding a part time or summer job. Lots of opportunities available.



4 Questions When Comparing College Offers

From *usnews.com*

1. **How does each school support new students?** Nearly all freshmen face an adjustment period when they start college. Does the school have some supports behind Freshmen Orientation?
2. **What long-term support structures are in place?** College can be challenging and many students find themselves in need of occasional support. Most schools offer academic and mental health supports, but their availability and types may vary.
3. **How does academic advising work?** In the best-case scenario, each freshman is paired with an academic adviser who can answer questions on what classes to take and other opportunities on campus. A great adviser can help your student to stay on course for graduation.
4. **What is the financial aid fine print?** General affordability may have factored into your student's initial choice of schools, but now you can focus on the details. Make sure you know what is scholarships, grants, and loans. It is also a time to investigate interest rates and repayment structures.



Summer at Heritage

Heritage will be closed this summer from June 1—Aug 10. There will be some limited access to the building for a few the summer sports activities, but the majority of the building will be completely shut down while the district completes the work approved in the last Mill Levy.

The Heritage Main Office staff will be operating out of Powell Middle School. The office will be closed on Fridays and during the weeks of June 30-July 14. First day of school is Thursday, August 17.

AP Testing Schedule

All students enrolled in an AP course are required to take the AP Exam, per Heritage policy. Students paid a \$15 deposit fee at the beginning of the school year and will be billed the remainder of the balance this semester. AP exam dates are determined by the College Board and can only be administered during the scheduled time. More information can be found in the [AP Bulletin](#).

Monday, May 1: Chemistry (AM), Environmental Science (AM), Psychology (PM)

Tuesday, May 2: Computer Science A (AM), Spanish Language (AM), Physics I (PM)

Wednesday, May 3: English Lit (AM)

Thursday, May 4: US Government (AM), Seminar (PM)

Friday, May 5: German (AM), US History (AM)

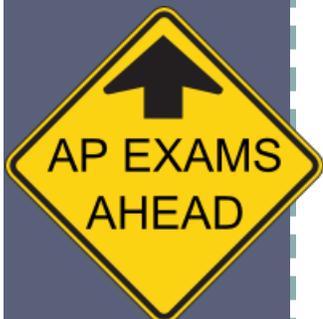
Monday, May 8: Biology (AM), Music Theory (AM), Physics C (PM)

Tuesday, May 9: Calculus AB (AM), Calculus BC (AM), French (PM)

Wednesday, May 10: English Lang (AM), Macroeconomics (PM)

Thursday, May 11: Statistics (PM)

Friday, May 12: Human Geography (AM), European History (PM)



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Summer Plans for Students

1. Follow a passion: If you could do anything this summer, what would it be? Hiking, camping, white water rafting, reading, volunteering, trying something new?
2. Get a taste of a future career: Explore opportunities to learn about a job. Call businesses and organizations, ask about internships, talk to people in the profession.
3. Create an internship: Offer to work for free with someone who inspires you
4. Create a business: Motivated and mature students may find it rewarding to start their own small businesses. Ideas-bilingual language tutor, nanny, landscaping, etc.
5. Think outside the box: Do something productive doesn't have to mean having a traditional job. Look into special programs or summer learning programs.
6. Volunteer: Spend the summer pitching in at a local charity. It can help develop leadership skills and new interests.
7. Read! Read! Read!: Whatever you do over the summer, read! Reading opens your mind to other worlds and sharpens important skills such as comprehension and vocabulary.

