

Portland High School Guidance Curriculum & Programming

The mission of the Portland High School Guidance Department is to help students understand themselves, access resources and develop goals to meet their potential and contribute in the global environment.

Freshman Year

“Who am I?”

Fall

Adjust to High School*

Meet your Counselor during Freshman Seminar for brief individual appointments.

PSAT and Results Review

Orientation to Naviance* (on-line college, career and life tool)
Career Interest Profiler

Winter

Career Exploration

The City is Your Campus workshop days with your counselors learning about your career interest profiler, careers, transcripts, military, colleges and financial aid. Field trips matched with career interests.

Spring

Starting the 4-Year HS and Post-Secondary Plans*

Course Planning & Registration
(Individual or Small Group Meetings)

Early College, College Choice Process and Timeline, Financial Aid Planning
(Evening presentation)

Students create resumes and interview with local professionals*

Ongoing

Collaboration with 9th Grade Teachers*

Counselors meet individually with all students.

Sophomore Year

“How am I doing?”

Fall

PSAT and Results Review

Winter

Career Planning

“Do What You Are” Inventory Career Planning with the Myers Briggs Type Inventory & Prepare for Job Shadows (Classroom Guidance)

Spring

Future Options Search

Intro to College/Military/Job Search using Naviance and other resources to explore future options. (Classroom Guidance)

Early College, College Choice Process and Timeline, Financial Aid Planning
(Evening presentation)

Extended Learning Opportunity Presentation (Early College, PATHS, Internships etc.)

Career Prep Job shadows*

Ongoing

Enrichment & Leadership Opportunities*

Counselors meet individually with all students.

*These events are planned in collaboration with PHS staff and/or JMG.

Junior Year

“What are my plans for my future?”

Fall

College & Career Planning

College Admissions & Military Representatives visit PHS

PSAT and Results Review

Winter

Self-Directed SAT Prep Workshop
(Evening Presentation)

Spring

Post-Secondary Planning

College/Military/Job Search, Financial Aid & SAT/ ACT/ SAT Subject Testing Info (Classroom Presentation)

Extended Learning Opportunity Presentation

(Early College, PATHS, Internships etc.)

SAT (April)

Junior Interview & Graduation Planning

Discuss future plans, review senior courses & graduation plan (Individual Meetings)

Early College, College Choice Process and Timeline, Financial Aid Planning
(Evening presentation)

Ongoing

Student internships*

Counselors meet individually with all students.

Senior Year

“Where am I going?”

Fall

College & Career Planning

College Admissions & Military Representatives visit PHS

Post-Secondary Application and Financial Aid Process (Classroom Guidance)

College Admissions Process
(Evening Presentation)

Post-Secondary Planning: Senior Interview
Update Goals & Clarify Plans
(Individual Meetings)

Financial Literacy Fair & Future Options Speakers
(Half-day Workshop)

Create FSA ID (financial aid)
(Bulldog block presentation)

Financial Aid Completion Night
Complete your FAFSA & CSS Profile with local aid professionals (Evening Workshop)

Spring

Finalization of Plans: Senior Exit Survey

Ongoing

Student internships*

Counselors meet individually with all students.

Graduation!

Portland High School Student Support Services

Student Support Services strives to meet the needs of our students through partnerships between school, home and community.

Please refer to the PHS Course Selection Guide for detailed descriptions of program offerings for students.

Health & Social/Emotional Wellness	Academic Support & Programs	Youth Development Programs	PHS Programs	Student Groups	Community Partnerships
Nurse	Bulldog Block Academic Support and Enrichment	Make It Happen! A language acquisition, academic support, and college readiness program for high school English language learners.	Alternative Education (AEP & ACO)	LatinX	Early College Programs Students may take courses outside of PHS and earn up to 4 credits toward graduation. Programs: USM, SMCC, UMO & St. Joseph's College
School Counselors PHS has four full-time school counselors. Counselors are assigned to students based on the student's last name.	Peer to Peer Tutoring/Paired Learning Tuesdays & Fridays during bulldog block in the library.	Portland Mentoring Alliance Students are matched with adult mentors from the local community.	Freshman Academy Teams & Freshman Seminar	Honey Girls	Dual Enrollment Students can earn college credit while taking specific PHS courses.
Social Workers	Rose Blair Center for Music and Humanities (The Listening Center) A quiet space for students to listen to classical music & audiobooks.	Extended Learning Opportunities	Special Education	Language Heritage Weekly Classes in Somali, Portuguese, French, and Spanish	Jobs for Maine's Graduates
City of Portland Health Clinic	Academic Support Center and Intensive Support Center			ELL groups	EMBARK
Day One Counselor at PHS	Intensive Study Halls				Upward Bound Math/Science
	AP4ME (online AP courses)				FAFSA Help Sessions for Individuals and Families
					Olympia Snowe Women's Leadership Institute