The Power of PAC

Academics • Service • Character

Introductions

Dr. Jon Riethmeier, school counselor
- 20 years in education
  - 4 math teacher
  - 16 school counselor/Guidance Director

Katie Johnson, English teacher & PAC coordinator
- 7 years in education
- One period devoted to PAC development daily
- Working on Masters in Counseling

A little about Lindbergh High School...

- Located in St. Louis south county
- 2,150 students, 120 teachers, 4 counselors, 1 social worker, 1 college/career counselor
- 92% attend post-high school education
- 89% white, 4% African-American, 4% Asian, 3% Hispanic
- 15% free-reduced lunch
- 23.3 ACT Composite Average

Lindbergh High School

- 30 minute homeroom-style “class”
  - Most Wednesdays—roughly 3 times/month
- Many different activities/lessons
  - LHS mission statement
    - Lindbergh High School empowers learners to become caring and responsible critical thinkers within the global community.
  - PAC Goals

What is PAC?

The Why?

Large student body and growing

Every student deserves a “person”

Make a large school feel small
PAC Goals

Planning students’ future
- college and career readiness and research
- ACT and other testing preparation
- Future goal setting

Academics
- checkpoints on current class performance
- advisement for scheduling for next year

Character education
- Character topic conversations
- Focus on whole student well being

A History of PAC

Oh, how we’ve grown!

The Planning Phase

- 2010-2011
  - Asked teachers to volunteer to meet with identified students during course planning process
  - 30 teachers volunteered
  - 150 students identified

- 2011-2012
  - Several teachers/administrators visited schools with an advisory program
  - Continued targeted meetings for course planning

Planning Phase Cont.

- 2012-2013
  - Advisory Committee created as one part of our professional development
  - 25 teachers chose this option
  - Goal: research benefits, look at other advisory programs, looked at various formats & logistics (what it might actually look like)

Planning Phase Cont.

- 2013-2014
  - Advisory Committee no longer part of PD program
  - Teachers continued to meet on their own time after school
  - Decided to move forward with advisory program
  - Worked out the specifics (i.e. daily schedule, frequency of advisories, grouping of students, identified faculty/staff who would have advisory, identified students who would be part of advisory, came up with advisory topics)

Finally, we got to the launch phase!
Year One: 2014-2015

- **Vision:** To connect students to adults in our building through relationship building. We hope to forge connections that will help students become a part of a community and to assist them in making informed course selections that impact their future goals.
- 6 advisory meetings. 25 minutes long. 124 advisories.
- Grade specific (freshman, sophomore and junior) with about 13 students per advisory
- Students with IEP will be with their case managers (mixed grade levels)
- Topics: career clusters and course selection
- Teachers were provided lesson plans. Although, teachers will have latitude to add their own personal components.

Year Two: 2015-2016

- **Weekly PAC (name change).** 30 minutes. 127 PACs
- Grade specific (includes all students 9-12th grade)
  - Averaged 15.8 students per PAC
- IEP students stay with their case manager (mixed grade level)
- Three areas of focus over 31 weeks:
  - Academics - 15
    - Course selection, ACT/ASPIRE results, college/career information, grade checks
  - Service Learning - 7
    - Environment, civic responsibility, cancer awareness, disability awareness
  - Character Education - 9
    - Digital citizenship, stress management

Year Three: 2016-2017

- Grade specific PACs
  - IEP students are still separated, but now grouped by grade level
  - 130 PACs; averaged 15.7 students per PAC
- Areas of focus:
  - Suicide prevention and mental health
  - Course selection
  - Goal setting and team building
  - College/career fair
  - Seniors: Special Olympics (Service Learning)

Year Four: 2017-2018

- All students are scattered throughout 125 PACs; no IEP-only PACs.
  - Buddy PACs
  - Eclipse Education
  - College/Career Fair
  - Giving Back
  - Toy’s for Tots
  - Pay It Forward Competition
  - Course Selection
  - Cultural Awareness
  - Social Emotional Learning
- Average 16.3 students per PAC

What goes on in PAC?

* A look into our goals and yearly calendar! 

Character is Embedded Everywhere
**Yearly Calendar**
- Includes all dates for the year
  - Regular PAC Days
  - ½ days at the end of 1st and 3rd quarter
- Divided by grade level
  - 9th and 10th together & 11th and 12th together
  - Specific look at what each group needs
- Planning Committee
  - Uses staff and student surveys to guide

**Logistics**

*How does all this work?*

**Who is involved in PAC?**
- All students have a designated PAC
- Their PAC teacher (who may not be one of their academic teachers) will lead their PAC
  - *same group of grade level students* for all 4 years at LHS
  - PAC teachers will become a *trusted mentor* for students to discuss and collaborate with on...
    - current academics
    - future academic and career planning
    - character education
    - service learning--Seniors
  - Counselors, secretaries, and administrators do not have a PAC

**Logistics**

- How students are divided up
  - Specialized groupings (ELL, IEP, Gifted)
- *Surveying* students and staff
- Determining curriculum (what to do and what not to do)
- Sharing information with our staff
  - Faculty Meetings
  - *Website*
    - [https://sites.google.com/lindberghschools.ws/lindberghpac/home](https://sites.google.com/lindberghschools.ws/lindberghpac/home)

**Roadblocks**
- Consistency between PACs
- Groupings have changed every year as we fine tune program
- Finding space for every PAC with proper technology
- Staff turnover
- Answering the “isn’t this the counselor’s job” questions
- Gaining buy-in from staff

**Is it working?**

*Take a look at the results we’ve seen!*
Positive Outcomes

● Increased involvement & school spirit
● Connections!
● More accurate class placement
  ○ Student Needs & Interests
● Character Education embedded
● Mechanism to get counseling curriculum delivered
● Community involvement/service

Big Take Away...

Student experience largely depends on teacher buy-in.

Contact Info

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Conference Announcements

● For all conference related information, download the Conference Yappp App. The Yappp ID is MSCA17.
● Please complete the Workshop Evaluation: http://tinyurl.com/mscweworkshop17
● Please complete the Full Conference Evaluation: http://tinyurl.com/MSCAeval17
● Support this year’s Annual Project through raffles, Monday reserved seating, poker run, project walk, and service project.
● Make plans to participate in evening activities:
  ○ Hospitality & Poker Run from 5:00 to 7:00 p.m.
  ○ Service Project Activity beginning at 7:00 p.m.
  ○ Trivia Night beginning at 7:00 p.m.
  ○ Project Walk beginning at 7:00 p.m.
  ○ Evening Social & Live Music beginning at 10:00 p.m.
● For more information on MSCA, like us on Facebook (mymsca) and follow us on Twitter (@myMSCA).