

## Required Courses

VRHS students are required to earn 28.5 credits in order to graduate.

The following are specific requirements for graduation:

- 4 Credits of English
- 3 Credits of Mathematics
- 1 Credit of Physical Science Survey
- 1 Credit of Biology
- 1 Credit of an elective science course
- 1 Credit of Global Studies II
- 1 Credit of The Constitution and Civic Responsibility
- 1 Credit of America in the 20<sup>th</sup> Century or American Studies or AP US History
- 1 Credit of Contemporary Issues or Western Civilization
- 2 Credits of Physical Education (.5 Credit Per Year)
- .5 Credit of Health
- 1 Credit in the Arts, Vocational Education or Tech Ed
- .5 Credit of Summer Reading over 4 years
- 1 Credit of Capstone Internship



## Counseling Services

The School Counseling Department addresses the academic, career and personal/social development of all students. They collaborate with classroom teachers, support personnel, and parents in understanding and meeting the needs of all students in the school environment.

Counselors meet with students individually and in the classroom setting to discuss goal setting, testing results and their 4-year course sequence. They guide students with post high school planning, researching and navigating the college process.

### Valley Regional High School

256 Kelsey Hill Rd.  
Deep River CT 06417

[www.reg4.k12.ct.us](http://www.reg4.k12.ct.us)

# VRHS School Counseling



Lorraine Duffy

Department  
Coordinator



## Useful Websites

[www.collegeboard.com](http://www.collegeboard.com): SAT registration dates and college searches

[www.actstudent.org](http://www.actstudent.org): ACT Registration/ Interest Inventories

[www.connection.naviance.com/valleyrhs](http://www.connection.naviance.com/valleyrhs) College Research

[www.fafsa.ed.gov](http://www.fafsa.ed.gov): Federal Financial Aid

## About Our Counselors

All professional school counselors must have a Masters Degree in School Counseling and meet certification requirements as defined by the Connecticut Department of Education.

All Valley Regional High School Counselors are members of the following professional Organizations: Connecticut School Counselors Association and the New England Association for College Admission Counseling.

How to see your counselor? All students have an assigned counselor based on your last name. Students may fill out an appointments request form in the Counseling Department to schedule a meeting. The counseling staff welcomes ongoing contact with parents and recommends scheduled appointments to address concerns you may have.

If you have any questions or concerns please contact a member of the counseling department.

- Ms. Lorraine Duffy

[lduffy@reg4.k12.ct.us](mailto:lduffy@reg4.k12.ct.us)

- Ms. Sarah McKinney

[smckinney@reg4.k12.ct.us](mailto:smckinney@reg4.k12.ct.us)

- Mr. Yves Noiset

[ynoiset@reg4.k12.ct.us](mailto:ynoiset@reg4.k12.ct.us)

## Class Rank and GPA

Class rank is weighted and is determined by calculating the Class Rank Score, which is the sum of all levels & credit weighted final grades divided by the total number of credits excluding PE.

GPA is unweighted and on a 4.0 scale. World Languages, Algebra, and Geometry can be taken in grades 7 or 8, but are not given credit or factored into GPA.