

## Required Courses

In order to graduate, VRHS students are required to earn the following credits:

**Class of 2019- 26.5**

**Classes of 2020-2022- 25.5**

The following are specific requirements for graduation:

- 4 Credits of English
- 3 Credits of Mathematics
- 3 Credits of Science
- 3 Credits of Social Studies (Class of 2019 will need 3.5)
- 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, in small groups, 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 Road  
Deep River, CT 06417

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

# VRHS School Counseling



Lorraine Duffy  
Department  
Coordinator



## About Our Counselors

Counselors are assigned to students beginning freshman year. They remain with the same counselor for all four years. This allows the counselor to understand and know each student well. It also allows the student the same benefits.

Students may fill out an appointments request forms which are located in the counseling department to schedule a meeting. The counseling staff welcomes ongoing contact with parents and recommends scheduled appointments to address questions or concerns.

Students are assigned a specific counselor by their last name. If you do not know who your student's counselor is, please call.

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

Valley Regional High School Counselors are members of the following professional organizations:

- Connecticut School Counselors Association
- The New England Association for College Admission Counseling

## Useful Websites

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

[ACTStudent.org](http://ACTStudent.org)  
ACT Registration, interest  
and inventories

[Connection.Naviance.com/  
ValleyRHS](http://Connection.Naviance.com/ValleyRHS)  
College Research

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

## 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.

A basic unweighted GPA on a 4.0 scale is provided on the transcript.