

# Sophomore Night

Kelli Moore, Counselor  
Diana Welmerink, College Counselor

## Topics of Discussion

- ▶ Counselor Roles and Responsibilities
- ▶ GPA
- ▶ PSAT/SAT/ACT
- ▶ Class registration for next year
- ▶ Planning for college

## Roles & Responsibilities

- ▶ Individual student academic planning & goal setting
- ▶ Classroom lessons based on student success standards
- ▶ Short-term counseling
- ▶ Referrals for long-term support
- ▶ Collaboration with families/administrators/teachers/community for student success
- ▶ Advocacy for students at student-focused meetings
- ▶ Support navigating standardized tests
- ▶ Assist with college application process
- ▶ Naviance Student

## Counselor Schedules

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| <ul style="list-style-type: none"> <li>▶ Mrs. Moore               <ul style="list-style-type: none"> <li>▶ Available by email, phone and in person, by appointment</li> <li>▶ Pursuing higher education</li> <li>▶ On campus Tuesday, Wednesday, Thursday &amp; Friday</li> <li>▶ Emergencies/Crisis:                   <ul style="list-style-type: none"> <li>▶ Ms. McClintock (11<sup>th</sup> grade)</li> <li>▶ Ms. Gamble (9<sup>th</sup> &amp; 12<sup>th</sup> grades)                       <ul style="list-style-type: none"> <li>▶ Mr. Galli (internship hours)</li> </ul> </li> </ul> </li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>▶ Mrs. Welmerink               <ul style="list-style-type: none"> <li>▶ Available by email, phone and in person, by appointment</li> <li>▶ Appointments typically scheduled after school with student present</li> <li>▶ On campus Monday, Wednesday &amp; Thursday</li> </ul> </li> </ul> |
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## GPA

- ▶ Cumulative GPA
  - ▶ Calculates all Core and Elective classes
- ▶ Core GPA
  - ▶ Calculates only English, Math, Science and Social Studies classes
- ▶ Weighted GPA
  - ▶ Calculates all classes with a .25 bump for honors and .50 bump for AP
- ▶ Importance of GPA
  - ▶ College Admissions
  - ▶ Scholarship Opportunities

## College/Scholarship GPA Requirements

- ▶ Millennium Scholarship requirement:
  - ▶ Diploma from a Nevada high school
  - ▶ Nevada Resident for at least 2 years
  - ▶ 4 English credits, 4 Math credits (Alg II or higher), 3 Science credits, 3 Social Studies credits
  - ▶ 3.25 or higher of any GPA OR 21 ACT (composite) / 1070 SAT
- ▶ UNR admissions requirement:
  - ▶ 3.0 in Weighted Core GPA
  - ▶ SAT or ACT score submission

## PSAT/SAT/ACT

- ▶ PSAT 10 (Preliminary Scholastic Aptitude Test)
  - ▶ Measures reading, writing and language, and math skills
  - ▶ It is a test that measures reasoning and critical thinking skills
  - ▶ It is NOT a test to recall facts from literature, history or math formulas
  - ▶ Wednesday, October 10
  - ▶ Sophomores will take PSAT/NMSQT (National Merit) in October of Junior year
  
- ▶ ACT/SAT
  - ▶ Be prepared to take in spring of junior year. Junior Night will provide more information in November 2019.

## Class Registration

- ▶ One-on-one registration for Junior year starts the beginning of February 2019
- ▶ Sign up for the classes you intend to take for the 2019-2020 school year
- ▶ Size of classes and period conflicts prevent flexibility in movement at the start of the year
- ▶ Decide whether AP, Honors or regular classes are appropriate for your child in February or by the end of the school year at the latest
- ▶ Try to avoid "playing it safe"
- ▶ If regular classes are not challenging (represented by a solid A) then it is time for your child to challenge themselves in a more rigorous course

## Helpful tips

- ▶ Plan for a minimum of 1-2 hours for homework and to review academics (M-F)
- ▶ College Board recommends students expect an average of 1-2 hours extra for homework in AP classes
- ▶ Review every subject, every night, starting with subjects that have work due the next day
- ▶ Communicate with teachers and schedule time for help
- ▶ Grades at the end of both semesters (December and June) are the grades that are recorded on your child's transcript and impact GPA
- ▶ Be proactive, not reactive
- ▶ Find a club/sport/activity that interests your child and get involved

## Planning for College: Initial Stages

- ▶ Start learning about colleges
  - ▶ College reps visit BMCHS in the fall
  - ▶ WACAC College Fair (11/18 @UNR from 12-4pm), [www.wacacollegefair.com](http://www.wacacollegefair.com)
  - ▶ Visits on vacation
- ▶ Think about/discuss financial considerations
- ▶ Build a resume or keep a journal of things you are doing
- ▶ Encourage students to READ
- ▶ Encourage students to REFLECT
- ▶ Small steps towards independence

## Encouraging Personal Responsibility

Personal Care	Academics	Administrative
Sleep needs	Schedule planning & management	Maintaining a calendar
Procrastination	When/how to seek help	Meeting deadlines
How to do laundry (wash, dry, fold, dry cleaner)	How to pay attention in class & take notes	Scheduling/canceling appointments
Basic cleaning (kitchen, bathroom, bugs, unclog toilets)	How to manage homework and turn it in on time	Online password/account security
	How to study for tests	Create a budget
		Using a credit card responsibly, paying bills

## Naviance Student

<http://student.naviance.com/bmchs>

- ▶ Explore careers: surveys, profiles, videos
- ▶ Explore colleges: profiles, search
- ▶ Manage college applications
- ▶ Scholarship opportunities
- ▶ Students AND parents have access to this system (registration code required)

The screenshot shows the Naviance Student login interface. At the top, it says "Naviance | Student". Below that is the school's logo, a stylized green 'M' with a yellow ring. The text "Welcome to Naviance Student" is centered. There are two input fields for "Email" and "Password". Below the password field is a "Remember me" checkbox and a "Forgot your password?" link. A green "Login" button is positioned below the fields. To the right, under "Are you new here?", there is a "I need to register" link. At the bottom right, the school's name "Bishop Manogue Catholic High School" and address "110 Bishop Manogue Drive, Rome, WV 25111" are listed, along with the phone number "217(712) 236-9000", the website "www.bishopmanogue.org", and a "Privacy Policy" link. A "Need additional help?" link is at the bottom center.

## Questions?

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