

SOPHOMORE PARENT NIGHT

Welcome!

October 5, 2021

SCHOOL COUNSELING DEPARTMENT

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WHAT'S ON THE HORIZON THIS YEAR...

- ☐ Graduation Requirements
- ☐ PSAT/NGSS/SAT
- ☐ Test Preparation
- ☐ Goals for Sophomore Year
- ☐ Academic Topics to Keep in Mind
- ☐ Curriculum Bonus Materials
- ☐ Sophomore Opportunities
- ☐ A Few Things Parents Can Do
- ☐ Naviance Demonstration
- ☐ Questions and Answers



CLASS of 2024

Students still need
to achieve on the:

SAT

EBRW: 480 &

Math 530

&

**Next Generation
Science Standards
(NGSS) assessments**

Humanities: 9 Credits

HM

English

4 Credits

Social Studies

3 Credits:
including .5 Civics and 1.0
US History

Fine Arts

1.0 Credit

Humanities Electives

1.0 Credit

World Language

1 Credit

Physical Education and Wellness

1 Credit

Health & Safety Education

1 Credit

Mastery-based Assessment:

1 Credit (.25 for Proficiency on each
PGR: Collaboration, Communication,
Critical Thinking and Creativity and
Innovation)

Science, Technology, Engineering and Mathematics: 9 Credits

Mathematics

3 Credits

Science

3 Credits

**Science, Technology,
Engineering, Business and
Mathematics Electives**

3 Credits

STANDARDIZED TESTING GRADUATION REQUIREMENT

- ❖ **Next Generation Science Test: 11th grade**
 - ❖ Students must reach proficiency or better
- ❖ **School Day SAT's: 11th Grade**
 - ❖ Administration at LOLHS in Junior year
 - ❖ Minimum scores required: EBRW: 480 & Math 530
- ❖ If student doesn't have the required scores, **we look to their grades** in their classes. **70+ in English, Math and Science.**

PSAT: WEDNESDAY, OCTOBER 13

PRELIMINARY SCHOLASTIC APTITUDE TEST

- All 10th graders will take: **strictly for practice.**
- Measures Reading, Writing & Language and Math.
- Focus is on knowledge and skills that research has shown are important for college and career readiness and success.
- Prepares students for the SAT: On average, students who take the PSAT/NMSQT® score higher on the SAT than those who do not.
- Scores released in December.
- Students will take the PSATs again in Junior

WHAT YOU NEED TO KNOW ABOUT THE **PSAT**

❖ **Evidence Based Reading and Writing: 1 score**

Relevant words in context, Command of evidence: interpret, synthesize and use, Draw an inference to reach the right conclusion, Punctuation, Sentence structure

❖ **Math: with and without calculator: 1 score**

Problem Solving and Data Analysis, Heart of Algebra: linear equations, Advanced Math: trigonometric relationships, geometric equations, Problems requiring one or more steps to solve, Problems grounded in real-world contexts, Using math to solve questions in science/history/social studies context

- ❖ Only right answers count towards their score
- ❖ PSAT Score Report is more informative than in the past
- ❖ Ability to link to Khan Academy for free, personalized SAT preparation:
<https://www.khanacademy.org/sat>
- ❖ Practice tests
- ❖ Interactive video lessons
- ❖ Diagnostic quizzes to pinpoint which skills need to be enhanced

LONG TERM TEST PREPARATION

- Develop and exercise critical thinking, high order reasoning and problem solving skills.
- Take the most challenging courses which are reasonable in light of abilities.
- **READ!**
- **Classroom performance**
- Consider SAT/ACT preparation options
 - Review practice materials
 - Get a SAT/ACT prep book
 - Use Khan Academy for SAT prep
 - Take a SAT/ACT prep course.

GOALS BY YEAR

Freshman Year:

Get to know LOLHS: develop routines

Develop Self Advocacy skills

Develop Time Management skills

Sophomore Year:

Get to know YOURSELF

Identify interests, abilities, skills

Get involved: extracurricular activities, community service opportunities, summer programs

Begin thinking about the future

Junior/Senior Year:

Post Secondary Planning: career interests, college, employment, military, PG year, Gap Year, Internship etc.

Explore which option is right for the student



GOAL: EXPLORING STRENGTHS, INTERESTS, ABILITIES

Become involved in LOLHS & Lyme-Old Lyme communities through:

Extracurricular Clubs

Employment

Athletics in and out of school

Hobbies

Community Service Opportunities

Keep track of involvements for future resume

<http://lolhsnews.region18.org/get-involved.html>



Course Selection:

Electives: explore areas of interest

Identify subject areas: strengths and weaknesses

Conversations with Family, Friends, Neighbors

ACADEMIC TOPICS TO KEEP IN MIND

1. Be knowledgeable of prerequisites of future classes.

Access the Program of Studies for this information

2. **Transcript** reflects: Courses taken and FINAL grades received

3. Colleges are looking for students to take:

2+ years of World Language

4 yrs. of the 'core' disciplines

'Highest' level at which student can succeed

- L2 is college-preparatory
- L1 is honors, 1.05 weighting in cumulative GPA
- AP and ECE are college-level, 1.1 weighting in GPA

4. **Grade Point Average:** incorporates grades from 9th – 11th
We have a weighted GPA
We DO NOT Rank students

CURRICULUM BONUS MATERIAL

Opportunities for next year:

- Job Shadowing
- Field Experience
- Advanced Placement (AP) Classes
- UConn Early College Experience Classes (ECE)
- Virtual High School (VHS)
- Summer Opportunities List
- Volunteer Opportunities List

SOPHOMORE OPPORTUNITIES

❖ ***HOBY Leadership Seminar: Essay competition:***

In 300 words or less, please describe the most rewarding and challenging aspect of being a leader in your school and community.

Essays are due Friday, October 29 2021.

Attendance at Leadership Conference in Spring



A FEW THINGS PARENTS CAN DO...

Encourage your child to become self-reliant, organized, engage in their academics, make connections between academics and life after high school, & self advocate if help is needed.

Encourage your child to:

- Get involved beyond the minimum
- Take four years of core academic courses
- Get involved in LOLHS community and be willing to help
- Connect with his/her counselor and the faculty
- Find a passion – and stay with it
- Volunteer – give back
- Nurture a special talent or skill

Maintain a Balance in their Life

NAVIANCE

- College/Career research program
- Communication tool
- Parents, students and counselors can access the same information
- Web-based; can be accessed from home computer
- All students were registered in 9th grade
- Personality, interest, career surveys, resume building, college search, college comparison, career information
- Based on LOLHS admissions statistics, as well as national statistics and trends

NAVIANCE & SCHOOL COUNSELING WEBSITE

DEMONSTRATION

???QUESTIONS**???**