



Portage Northern Counseling

Welcome Back, Sophomores!!

Introductions to staff and services: 2011-2012

* By student last name:

- | | | |
|--|-----|----------|
| * Mrs. Shari Smith: | A-D | |
| * ssmith@portageps.org | | 323-5527 |
| * Mrs. Krista Hovestadt: | E-K | |
| * khovestadt@portageps.org | | 323-5420 |
| * Ms. Amy DiMaggio: | L-Q | |
| * adimaggio@portageps.org | | 323-5472 |
| * Mrs. Cindy Figueroa: | R-Z | |
| * cfigueroa@portageps.org | | 323-5424 |

* **The Counseling staff**

*Ms. Ruthie Connaughty: enrollment,
appointments, registrar

*rconnaughty@portageps.org 323-5475

*Mrs. Deb Beverly: transcripts, college
applications, scholarships

*dbeverly@portageps.org 323-5482

*The Counseling Staff

* ACADEMIC:

- * Creating a 4 year plan (EDP), selecting your classes, helping you stay on track for graduation and fulfilling graduation requirements

* COLLEGE PREPARATION:

- * Completing basic requirements for future college/university applications, helping determine which classes best prepare you for the type of college to which you will apply, helping you apply to college your senior year

* INDIVIDUAL/PERSONAL COUNSELING:

- * Counselors are always there for you to help with any question or concern you might have. We're here to listen and provide support and to help you seek outside resources, if needed.

* LIFE AFTER HIGH SCHOOL:

- * If a four-year college or university might not be in your future, counselors are here to discuss many other options for after high school: the armed forces, Peace Corps, the workforce or travel.

* Counseling services

* PNHS GRADUATION REQUIREMENTS:

- * English 4 credits
- * Math 4 credits
 - * Algebra 1, Geometry, Algebra 2, Senior Year Math Related
- * Social Studies 3 credits
 - * Modern American History, Gov/Econ, World History
- * Science 3 credits
 - * Chemistry/Physics, Biology (full year), Earth Science (semester), Chem 2 or Physics 2
- * Health / Freshmen Focus 1 credit
 - * Health is REQUIRED. Freshmen Focus is strongly recommended.
- * PE 1.5 credits
 - * Can be “waived” with PNHS sport or marching band.
- * Fine Arts 1 credit
 - * Recommended to be completed in grades 9 or 10.

* Michigan Merit
Curriculum

* PNHS GRADUATION REQUIREMENTS:

* World Language

- * At this point, World Language is not required by PPS; however, it is strongly advised that students take at least two years of the SAME world language to be considered “competitive” for colleges.

- All students must earn 26 credits while in high school to graduate from Portage Public Schools.
- Middle School credits do not count towards the 26.

* Michigan Merit Curriculum

- * PPS requires 26 credits and certain core classes to graduate.
- * PPS does not allow a student to be “held back” or “repeat a year”. You still move on to the next year and have to take all the required courses.
- * PPS does not offer “free” summer school. Our summer school is an online program that is very costly.

* PPS Graduation

* Counselors will:

- * Review your Educational Development Plan (EDP)- your 4 year plan.
- * Meet with each student individually in February to select classes for the next academic year.
- * Complete course audits to make sure that students are on track to graduate. If a student fails a required course, the counselor will immediately place the student back in that course the next semester.
- * Meet with students who have two+ Es in one week.
- * Be a liaison between home and school for the student. We will help facilitate discussions and we will advocate for students.

* What to Expect Your Sophomore Year

- * Students should:
 - * Ask questions and participate in class!
 - * Take responsibility for your learning- for your homework, grades and communication with teachers.
 - * AVOID THE “SOPHOMORE SLUMP”... pass all classes and keep your grades up!
 - * During the sophomore year, it is easier to LOWER your GPA than it is to RAISE IT... work hard to achieve the highest grades you can!
 - * Contact your teacher first if there are concerns about grading or questions about the class content.
 - * Monitor your grades weekly through the PIV (Parent Internet Viewer). You will receive passwords in the mail. If you lose yours, see Ruthie in our office.
 - * Attend the ASSIST room (Mon-Thurs from 3-5) for extra help in classes. A teacher and many tutors will be available for free help.
 - * Get Involved! Begin participating in extra-curricular activities. Search our PN website for more info.
 - * Listen to daily announcements (and they are posted in all offices).
 - * Be respectful to all teachers, staff and students.

* Tips for Your Sophomore Year

- * Parents should:
 - * Contact the classroom teacher first if there is a concern about grading or content.
 - * Stay in touch. Monitor daily announcements and read the monthly Huskie Tracks newsletter. Monitor PN website.
 - * Monitor students' grades via the PIV.
 - * Encourage students to seek academic support in the ASSIST room or from the classroom teacher.
 - * Know the classroom teachers' policies and be familiar with the student handbook.
 - * Communicate with counselors regarding changes in home environment or other personal concerns regarding students.
 - * Begin discussions about life after high school. College? Begin researching colleges online and discuss realistic plans with students.

* Tips for Parents for Sophomore Year

- * The only required standardized test for sophomores is the ACT PLAN: a practice test for the ACT (junior year).
- * November 8 and 9, 2011.
- * FREE here at PNHS.
- * Registration will occur in English classes.
- * Future tests:
 - * 11th grade: PSAT, ACT/SAT and MME
 - * 12th grade: possibly re-take ACT

* Standardized tests for 10th grade

- * Listen to announcements for further info.
- * Counselors will come in to English classes to pre-register you.
- * You will take test in a large classroom setting.
- * Benefits of taking the ACT Plan:
 - * Gain comfort and confidence in standardized testing environment.
 - * Understand testing format.
 - * Familiarize yourself with test questions and content.
 - * You may use a calculator- but, it is not required. PNHS will not loan out calculators that day.

* ACT Plan

- * ACT: www.actstudent.org
 - * More common in mid-west.
 - * Total possible points: 36
- * SAT: www.collegeboard.com
 - * More common on East and West Coast and for Ivy League schools.
 - * Total possible points: 2400 (3 tests x 800 pts)
- * Most students begin taking these tests early in their junior year.
- * All TEST PREP is recommended ONLINE via the test's website.
- * Colleges ONLY look at THE HIGHEST score.
- * May take tests multiple times.

* ACT/ SAT

- * Mr. Huber is your Assistant Principal: 323-5457.
- * Mrs. Kelber is your 10th grade secretary: 323-5562.
- * You must report to the grade office (1st floor) anytime you come late or leave early. You must have a pass from that office to get into your class.
- * A parent/guardian must call Mrs. Kelber for anything related to your attendance (absence, tardy, etc).

* Sophomore reminders

- * If you are thinking of attending a 2 year or 4 year college/university after high school, you should begin to:
 - * Research colleges online.
 - * Visit websites to learn about programs, size, location, admissions requirements.
 - * Start to take campus tours.
 - * Maintain a high GPA .
 - * Take Honors / AP / IB classes for competitive colleges.
 - * Volunteer outside of school.
 - * Get involved with extra curricular activities.

*Thinking About College?

- * Overall GPA
- * Test scores
- * Class rank
- * Rigor of high school curriculum
- * School activities
- * Community activities
- * Personal statements (essay)
- * Letters of recommendation
- * Awards/recognitions

* Top Factors in College Admissions

* Respect

* Excellence

* Achievement

* Leadership

* Have a great, positive year!

* Be a “REAL” Huskie: