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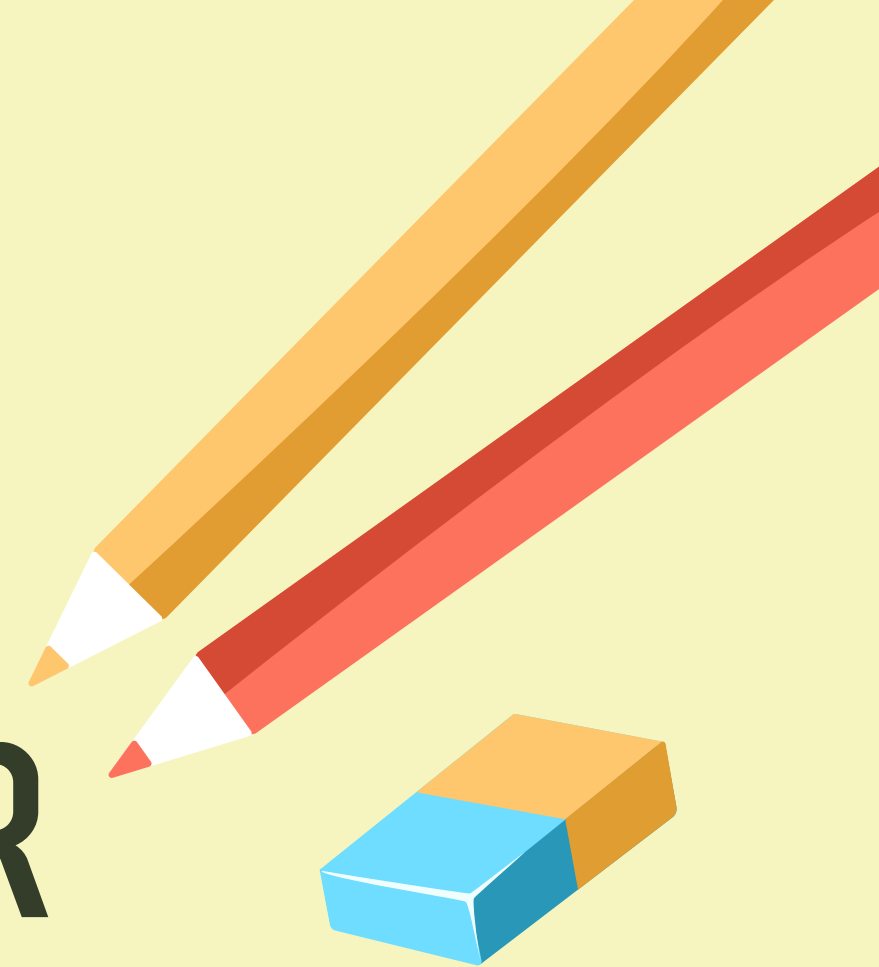
Education is the key to opportunity.

- Gordon B. Hinckley

BROUGHT TO YOU BY YOUR SCHOOL COUNSELOR, MRS. ANTRIM



WELCOME TO: SOPHOMORE YEAR



1

Most important! Get or keep your grades & GPA up!

2

Plan for your future! In May you will declare your pathway: career, college, or military?

3

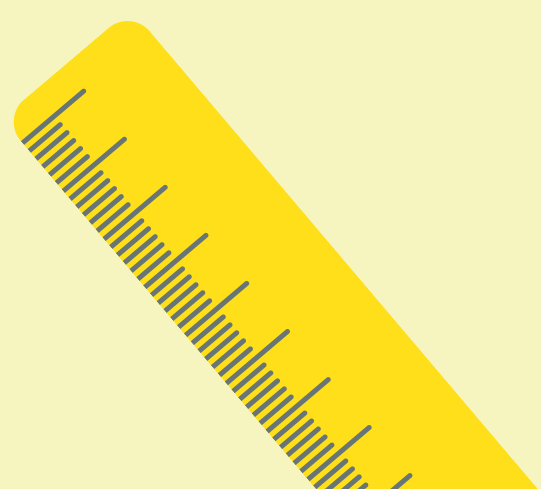
Do your homework during Terrier Time or free time so you have less to do at home.

4

Consider taking on a leadership role or joining a new club, activity, or sport.

5

Get in good with your teachers. You will need their positive praise for letters of recommendation.



This Year

You will complete the YouScience assessment
in SCOIR (our college & career platform)

What is SCOIR? - Video

YouScience FAQ.

SCOIR & YouScience Student Demo

SCOIR

Key Q1 DATES

8/12 - Student's 1st Day (1/2 day)

8/15 - Student's 1st Full Day (Early Bird begins)

8/18 - Fall Sports Pics (3-5 pm in gym)

8/25 - CCHS Activities Fair (ARP & Lunch)

8/26 - CCHS Open House "Meet & Greet"

9/5 - No School (Labor Day)

9/6 to 9/9 - Mrs. Antrim & Mrs. Prudencio visit English classes

9/8 - School Picture Day

9/13 - Q1 Midterm

9/14 - SIUC Day (Sophomores & Juniors)

9/16 - No School (County Institute)

9/26 to 9/30 - Homecoming Spirit Week

10/1 - Homecoming Dance

10/7 - 1/2 Day (School Improvement)

10/10 - No School (Columbus Day)

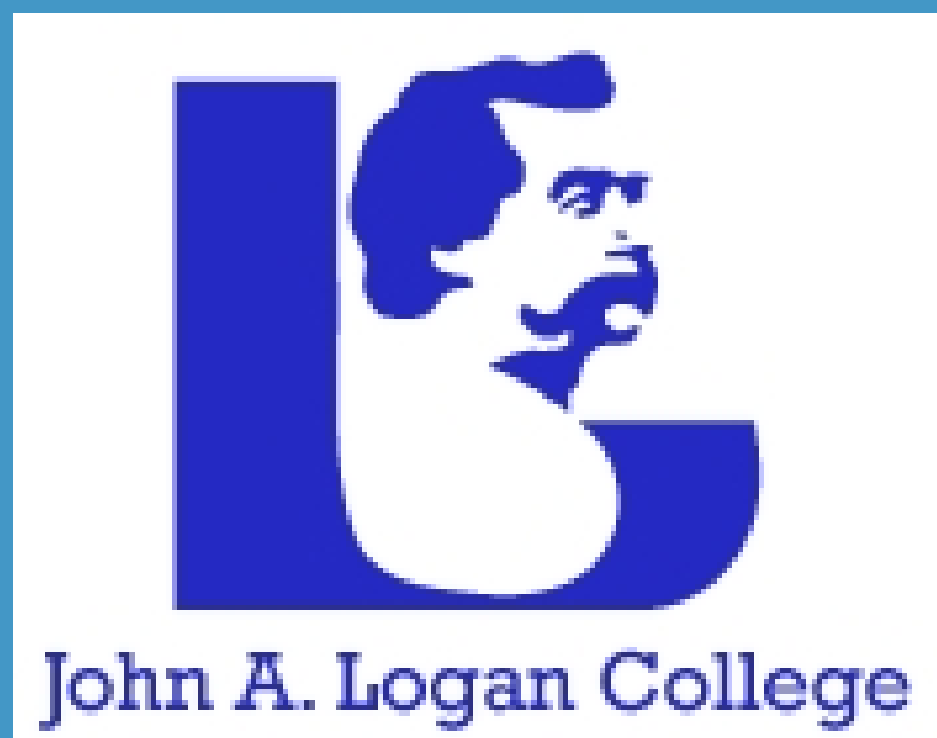
10/12 - End of Q1

It is always good to check your
Email, Student Portal, & Google
Classroom daily.

Students can schedule appointments
with Mrs. Antrim, your School
Counselor, HERE

Students can schedule appointments
with Mrs. Prudencio, your School
Social Worker, HERE

Throughout the year, be sure to
check updates & information from
our CLASS WEBPAGE



September

STEM Day - freshman & sophomore students explore STEM careers

November

Applied Tech Day - sophomores through seniors tour depts & learn more about programs/careers in HVAC, Ag., Construction, Auto, Welding, etc.

November

Dual Enrollment Meetings - juniors & seniors, but is an opportunity for sophomores to learn more about JALC course options *Students can begin taking courses summer after sophomore year*

February

Allied Health & Public Service Day - sophomores through seniors tour depts & learn about program/careers in nursing, criminal justice, early childhood education, dental assisting, etc.

February

Freshman/Sophomore Day - an opportunity for underclassmen to learn more about postsecondary options, paying for college, financial literacy, & set goals for their future

March

ACCUPLACER testing: students planning to take JALC coursework (whether dual credit or dual enrollment will have to register/apply & take the ACCUPLACER placement test prior.

March

Applied Tech Day 2

March

Technology Day - sophomores through seniors tour depts & learn about programs/majors in the computer & science industry

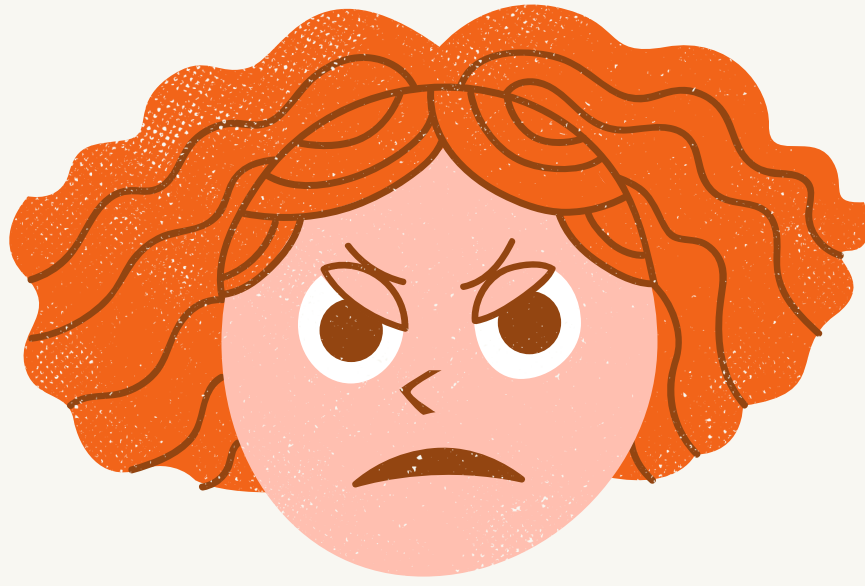
April

Dual Enrollment Registration - assistance for sophomores through seniors interested in taking classes with JALC in the summer & fall

Pay attention to your emotions - it is
key in your growth & development.



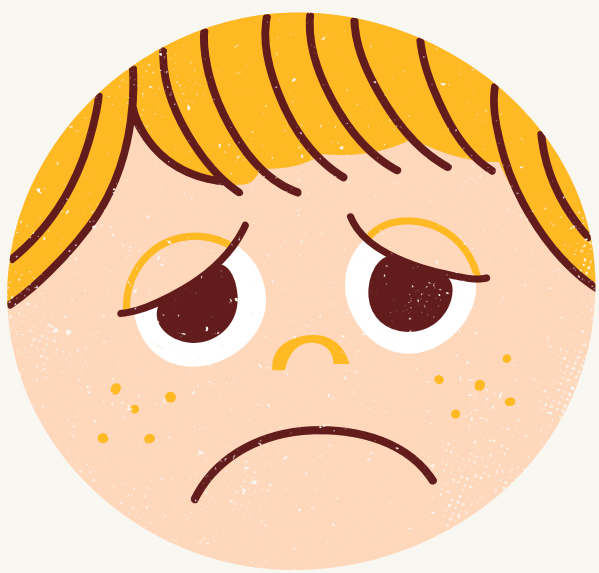
calm



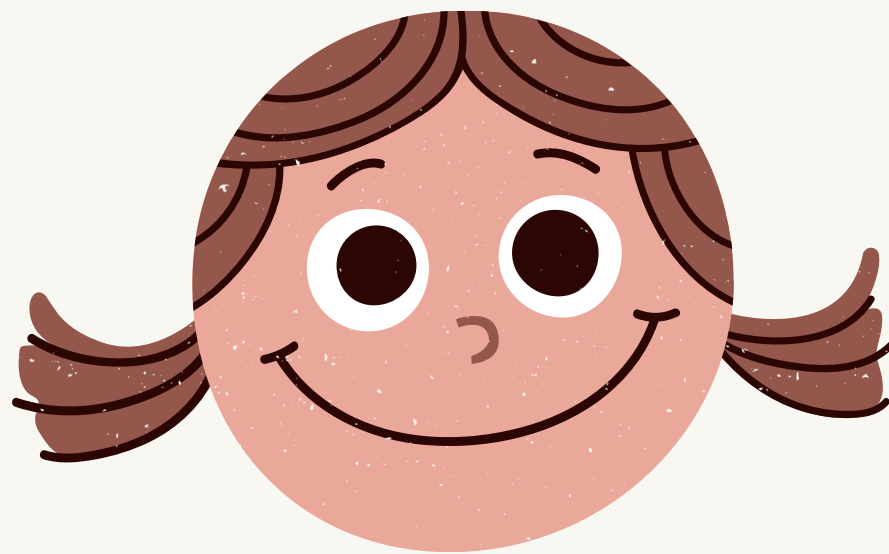
angry



sleepy



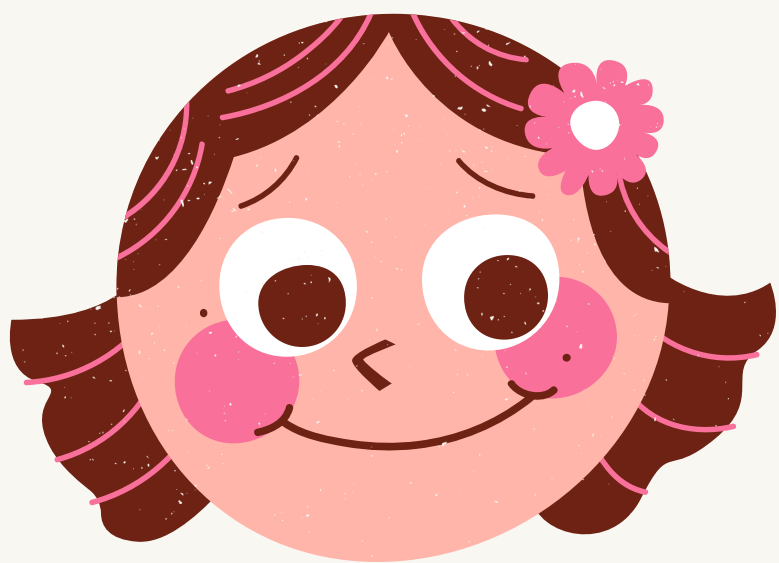
sad



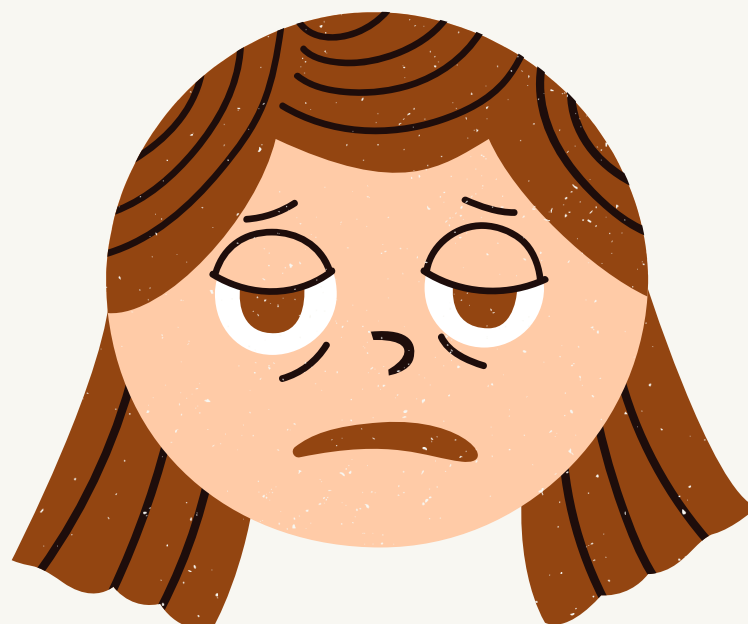
happy



worried



shy



tired



shocked



proud

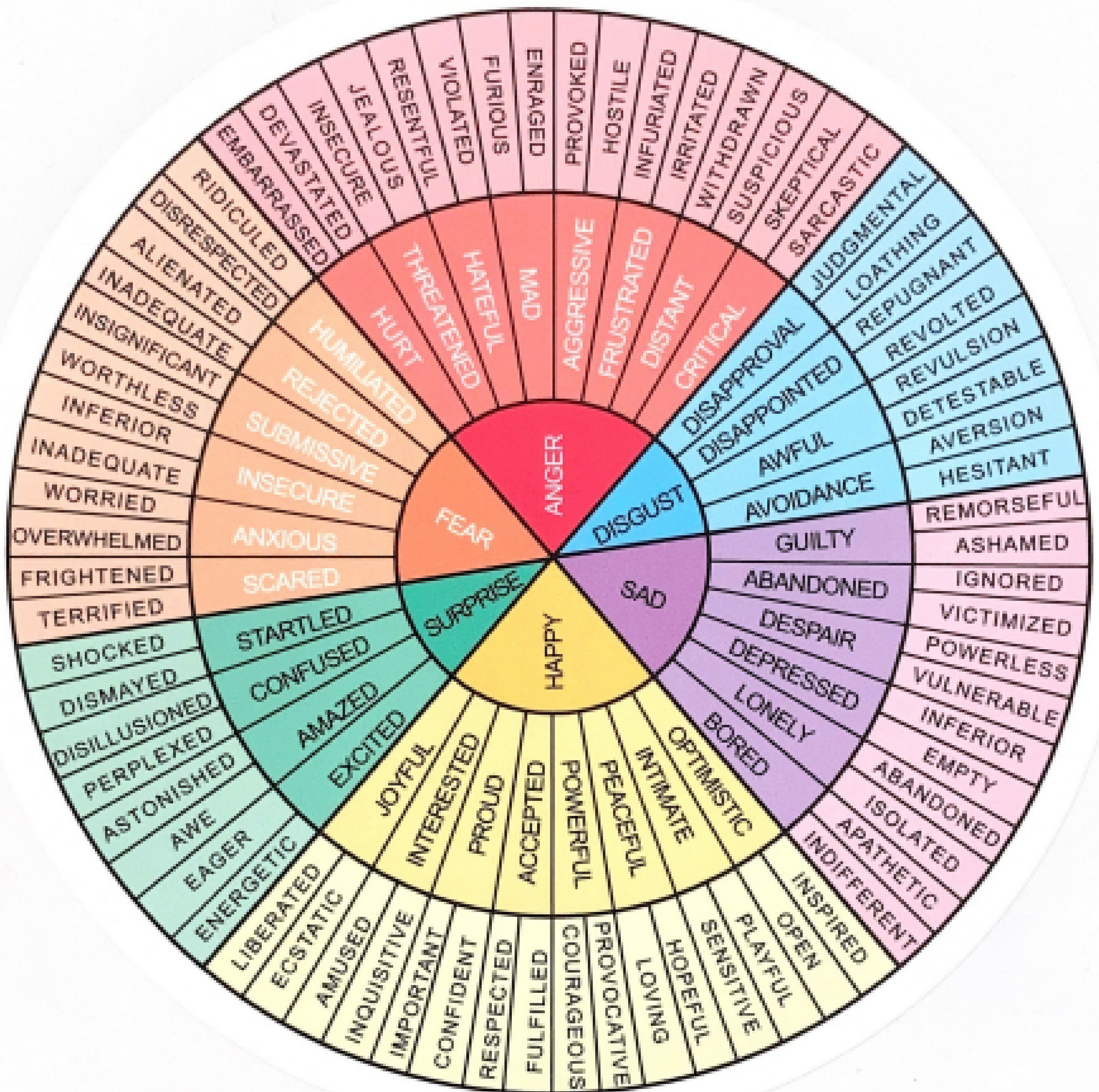


hurt



afraid

In identifying how you really feel, it helps you communicate & resolve conflict.



EMOTIONS WHEEL

(Look at how many emotions exist!)

*Wishing you
the best school
year ahead!*

