

Sophomore Spring Counselor Visit

Mrs. Klaybor
Spring 2022

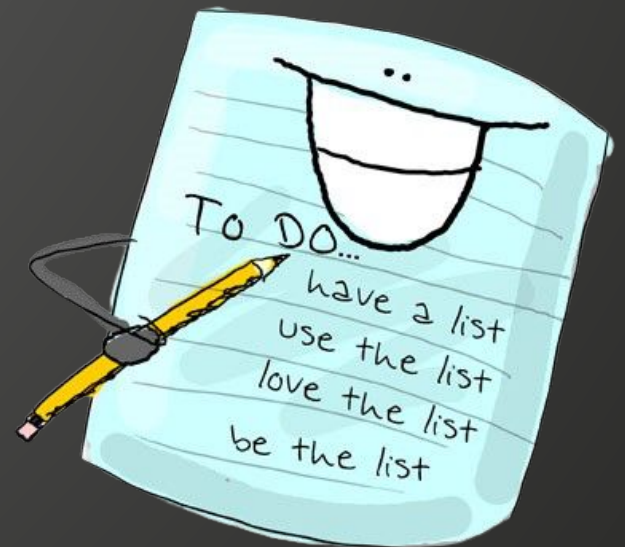


Reminders

- Semester Exams
 - June 1 & 2
 - Q3=40%, Q4=40%, SE=20%
 - Q3+Q4+SE=Semester 2 grade, which is what is reported on your transcript and calculated into your GPA
 - Semester exam calculator: [CLICK HERE](#)
 - Study Tool: [Quizlet](#)
- Summer School
 - Make sure your grades are up and passing, finish strong!
 - If you fail a class required for graduation, you will have summer school
 - 2 Options: CCHS Summer Credit Recovery or Rebound Summer Credit Recovery
 - More info to come on both options

Summer To Do List:

- Go on College Visits
- Begin your research on colleges you may be interested in
 - Think about location, size, admission requirements, cost, majors, etc.
- Start a list of all extracurricular activities, volunteer activities, leadership positions held, awards received, important dates, etc. for applications
- Learn about requirements for careers of interest
- Research scholarship requirements
- Study for the SAT/ACT
- Take JALC Summer Classes
- Volunteer
- Get involved in fun activities
- Find a summer job
- Register for the NCAA (Athletes)
- Relax & Have Fun!!



Counseling Department Student Survey

- Please take a few minutes to complete this survey
- Survey results are anonymous, so please be honest
- We will use your responses to help us guide our Counseling programming next year
 - We want to provide you with the information and support that will be the most helpful to you
- If you feel you need to meet with me after completing the survey, please send me an email and I will schedule a time for us to meet
- Link to complete the survey: bit.ly/3EZmqe5

Meaningful May 2022

SUNDAY



1 Do something kind for someone you really care about

MONDAY

2 Focus on what you can do rather than what you can't do

TUESDAY

3 Take a step towards an important goal, however small

WEDNESDAY

4 Send your friend a photo from a time you enjoyed together

THURSDAY

5 Let someone know how much they mean to you and why

FRIDAY

6 Look for people doing good and reasons to be cheerful

SATURDAY



7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

PSAT Results & College Board

- All sophomores took the PSAT 10 on April 20
- How was it?
- Results will be available online within 4-6 weeks
- Create a College Board account to view your scores (instructions on next slide)
- Understanding your PSAT 10 scores:
 - Scores are reported on a scale from 320-1520
 - Percentile shows the percentage of students who took the test and scored higher or lower than you (how did your scores compare to others)
 - Your scores demonstrate your readiness for college
 - [Sample PSAT 10 Score Report](#)
- More on understanding your PSAT 10 scores:
 - [Your Score Report Explained](#)
 - [What is a Good PSAT 10 Score?](#)
 - [How Scores are Calculated](#)
 - [Who Will See My Score?](#)
- How to practice for the PSAT-NMSQT and the SAT
 - Khan Academy, instructions on next slide
- Register for the PSAT-NMSQT in August
 - Optional: not required for all juniors
 - Strongly encouraged

Setting Up Your College Board Account

- You may already have an account created from 8th grade PSAT or AP classes. If you have already set up an account, then you are all set! You will use that account to access your PSAT scores, too.
- Go to studentscores.collegeboard.org and click “Create Account”
- You MUST complete all fields
 - Type of account: Student
 - Name: make sure your first and last name matches what is on your score report
 - Gender: Male, Female, or Another
 - DOB: your date of birth
 - Email: use your school email address or one that you check often
 - HS Graduation: May 2024
 - Zip Code: your zip code
 - Where do you go to school: start typing “Carbondale Community” and it will pop up
 - Address: your mailing address
 - Stay connected by email: this is your choice to check or uncheck
 - Parent information: optional
 - Agree with the terms
 - Click “Next”
 - You will be asked to clean up any missing fields or you’ll advance to the confirmation page
 - Double check your name, email, gender, and DOB (BE SURE THESE ARE CORRECT!)
 - Verify your email by finding the VERIFICATION CODE send to your email
 - Type in Verification Code in the College Board website
 - Create your password—I cannot help you recover this later so use this format:
 - Your student Portal/email password with ! at the end (Example: KA234625c!)
 - Create your security phrase (consider using your middle name)
- You can access Khan Academy to prepare for future PSAT/SAT exams for free
- Click here to [Link College Board & Khan Academy Accounts](#)

Junior Course Requests

- Double check your requests are accurate & what you want to take
 - If you are college bound, please make sure you are fulfilling these recommended college admission requirements: 4 years English, 4 years math, 3-4 years science, 3-4 years social studies, 2 years minimum of the same foreign language, fine arts depending on the college/university you are considering
- Please share your requests with parents so they are in the loop!
- If you would like to change a course request, please email me your request to change no later than May 13
 - In your email include:
 - The course you would like to change
 - Why you would like to change it
 - The course you want to replace it with
- Schedules released over the summer—adjustments only for errors
- If you failed a required class, it has been put into your requests
- If you fail one semester of math, you must retake the ENTIRE year unless you complete Summer Credit Recovery
- If you fail both semesters of math or English, you must retake the full year class, you cannot make it up in credit recovery
- You can make up any required course in Summer Credit Recovery
 - If you pass credit recovery, I will put your alternates in your schedule
- Terrier Time
 - Like SSR, 30 minute study period 5 days a week
 - If you signed up for a Study Hall and Terrier Time each day will be enough, email me what elective you would like to replace study hall with

YouScience Assessments

- If you have completed them, THANK YOU!
 - You may start looking at your results and begin exploring careers
 - I will be around to help you
- If you have not completed your YouScience Assessments, please log into Scoir and complete those today
- To log into Scoir:
 - Go to www.scoir.com
 - Click “Login” in the upper right corner, log in using your school email and password that you created or login using Google
 - If you have not created an account, please raise your hand and I will assist you
 - To access YouScience, click the person in the circle in the upper right to your profile
 - On the left hand side under “My Profile” click “Career Profile”
- Pick up where you left off. Remember these assessments are timed, pay attention if you have enough time to complete the assessment before you begin.
- Once you have completed all 11 YouScience Assessments, you will receive a special treat!
 - I brought plenty of treats with me today for those who finish!