

The Montgomery High
School Guidance
Department presents...



What's Coming
Down the Road



MHS Guidance Department



- Ms. Apel
- Ms. Conway
- Mr. Glock
- Ms. Hampton
- Mr. Pogue
- Mrs. Ritson
- Mr. Saleem

kapel@mtsd.us
mconway@mtsd.us
kglock@mtsd.us
champton@mtsd.us
mpogue@mtsd.us
jritson@mtsd.us
rsaleem@mtsd.us

** Make an appointment through email, or speaking with a secretary.





What You've Already Done



*In Grade 9:

*Took challenging classes in **ENGLISH, MATH, SCIENCE, HISTORY, & a FOREIGN LANGUAGE**

*Get to know your school counselor

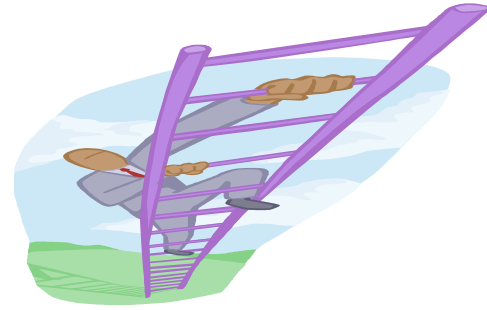
*Visit teachers on after school help days

*Participate in co-curricular activities

*Support MHS school activities



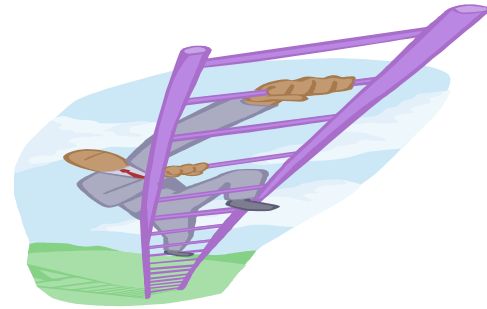
SOPHOMORE YEAR



- * Take challenging classes in core subjects
- * Do the “Career Inventory” on NAVIANCE
- * Become involved in school, after school, & community
- * Meet with your school counselor
- * Plan for your next two years – meeting school requirements
 - * Full Year Career Exploration
 - * Full Year Fine Art
 - * Semester Financial Literacy



SOPHOMORE YEAR



*When You're Planning Your Courses

- * What classes can I take and get an 88-93?
- * Taking an honors or an AP class and getting an 83 is **LESS** beneficial than a 92 in a CP class

* Make a plan where you can challenge yourself AND maintain a social life and happiness outside of academics



Do What You Are



Do What You Are® is a Self Discovery Personality Type assessment for students. Successful completion of the assessment will generate a report that will provide you with important information about your personal characteristics, such as whether you may be Outgoing, Intuitive, Judgmental or Analytical.

*Found under the 'About Me' tab,
click on 'Personality Type'



Do What You Are (cont.)

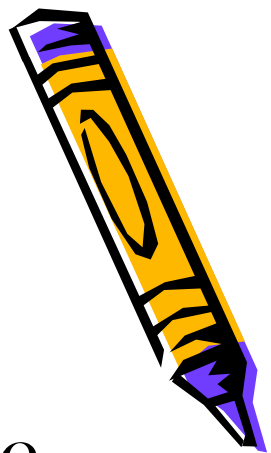


- In addition, the Do What You Are® Program will help you learn about careers that are matched to you, your personal strengths and blindspots, how you negotiate in your daily life, and a host of other useful information.
- This includes using the knowledge to your benefit by marketing yourself better on college applications and job interviews.



Personality Type

It is important to remember that the science of personality type is not an exact science. However, an understanding of your type can guide you in making better decisions for your future.



MONTGOMERY HIGH SCHOOL TRANSCRIPT

STARTS IN NINTH GRADE—RECORD OF ALL COURSES & GRADES

Student name & address

Parent or Guardian name

Date of birth

Student ID & NJ State Student ID

Graduation date

List courses—by year—such as English I, Algebra I, Chemistry, Spanish II

Grades—final grade

Designations—semester(s); honors(H);advanced placement(AP)

GPA (grade point average) each year; weighted/unweighted

Credits earned—end of each course

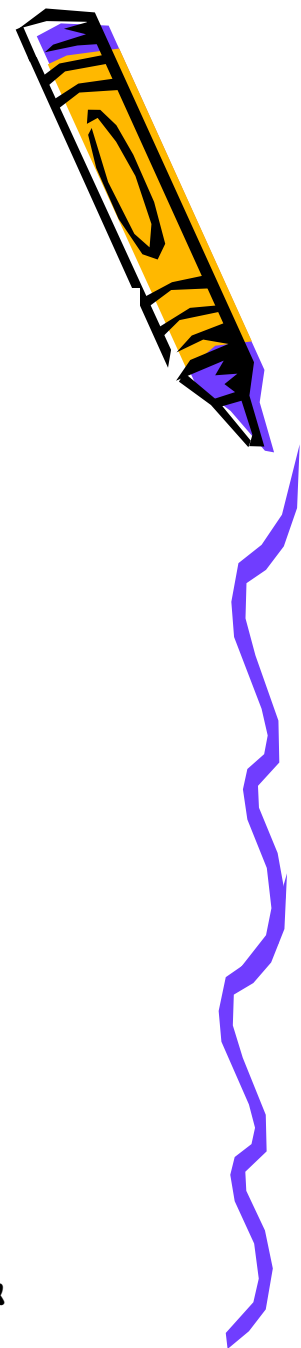
Supervisor of Guidance Signature, Date, School Seal

MHS does not calculate class rank

PCR= Pass, Credit Recovery

**"A NATIONAL BLUE RIBBON SCHOOL OF
EXCELLENCE"**

**School Accredited by State System &
Regional Accreditation Association**



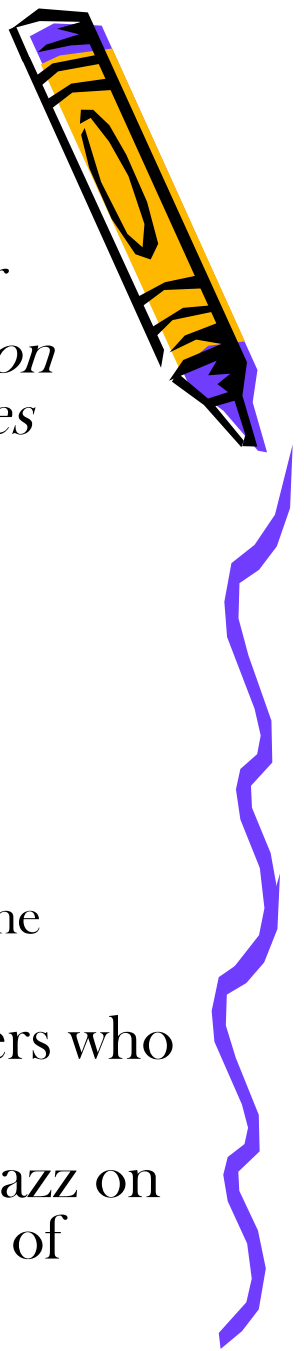
Montgomery High School Transcript

Student Name & Address		High School Name & Address Montgomery High School 1016 Route 601 Skillman, NJ 08558 609-466-7602			
Parent or Guardian	Student ID	Sex	Date of Birth		
Guidance Counselor Watson, Cheryl	CEEB Code 311359	State Student ID	Withdrawal	Grad. Date	
Student Academic History <input type="checkbox"/> Official Transcript <input type="checkbox"/> Student Copy					
(H) Honors		(AP) Advanced Placement			
Grade 09 Year 2007-08	Final Grade	Credits	Grade 10 Year 2008-09	Final Grade	Credits
Intro to Literature and Comp	87	5.000	Elements of Literature and Comp	96	5.000
Publ Speaking(S	95	2.500	US Hist I	90	5.000
World Studies	84	5.000	Algebra II	83	5.000
Geometry	93	5.000	Chemistry	83	6.000
Physics	92	6.000	Spanish II	87	5.000
Spanish I	93	5.000	Architectural Design I S	98	2.500
Engineering Design and Materials Fab. I	99	2.500	Photography I S	95	2.500
Physical Education 9 (2 day	100	3.000	Physical Education 10 2 day	97	3.000
Health 9	95	1.000	Driver Education	96	1.000
Weighted GPA 91.9143	Credits Earned	35.000	Weighted GPA 89.0714	Credits Earned	35.000
Grade 11 Year 2009-10	Final Grade	Credits	Grade 12 Year 2010-11	Final Grade	Credits
Elements of Comp II and American Lit	89	5.000	Senior Seminar Contemp Lit	86	5.000
U.S. History II	84	5.000	Art History - AP (AP)	90	5.000
Adv Algebra and Trig	88	5.000	CrimeandPunish S	100	2.500
Biology	91	6.000	Am Film and Cultr S	86	2.500
Spanish III	93	5.000	Statistics	93	5.000
Communication Tech - TV Production I	97	5.000	Environ. Sci.	94	6.000
Phys Ed 11 2D	98	3.000	Phys Ed 12 2D	95	3.000
Health 11	98	1.000	Health 12 2 day	94	1.000
Weighted GPA 89.8000	Credits Earned	35.000	Weighted GPA 92.6000	Credits Earned	30.000
Cumulative Data:	Credits Earned	GPA:	Weighted:	90.7815	
	135.000		Unweighted:	90.5963	
<p align="center">"A NATIONAL BLUE RIBBON SCHOOL OF EXCELLENCE"</p> <p align="center">School Accredited by State System & Regional Accreditation Association</p> <p align="center">MHS does not calculate class rank. PCR = Pass, Credit Recovery</p>					
Supervisor of Guidance, Corie Gaylord		Date 12/07/2012	School Seal		

Study Skills

Everyone is different. Different methods work for different people; the following are only suggestions on improving upon your current studying techniques

- Space out your studying
- Have all of your study material in front of you
- Find a comfortable and quiet place to study with good lighting and few distractions
- Start out by studying the most important information
 - Learn the general concepts first, don't worry about learning the details until you have learned the main ideas
- If you choose to study in a group, only study with others who are **serious** about the test
- Listening to relaxing music such as classical or jazz on a low volume can relieve some of the boredom of studying



Study Skills



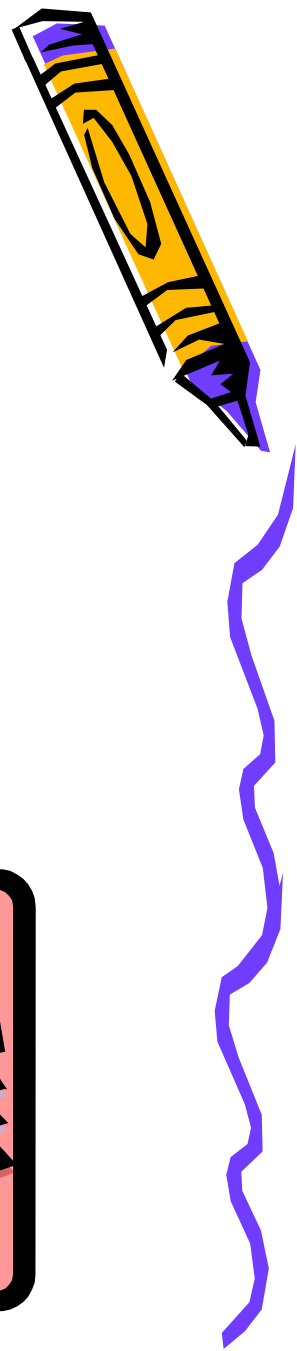
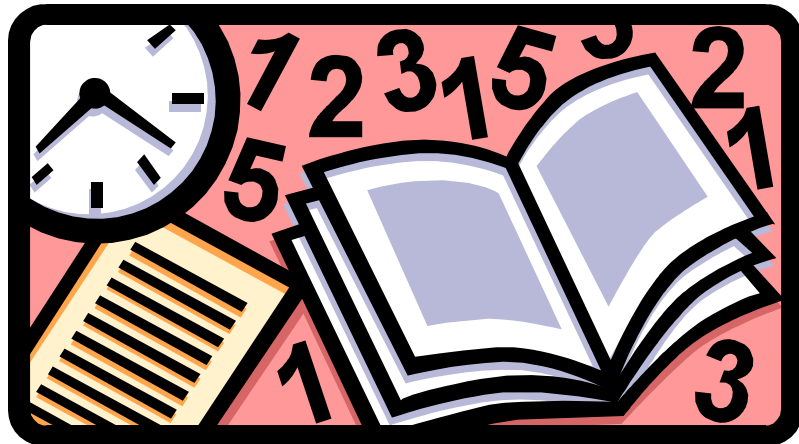
- Be effective in class
 - If a teacher posts a PPT online, do not spend the class writing down exactly what is on the PPT, instead write down the name of the slide and take notes that *make sense to you*
 - You can supplement your notes with the actual PPT information later
- Review material while it's still fresh



TESTING

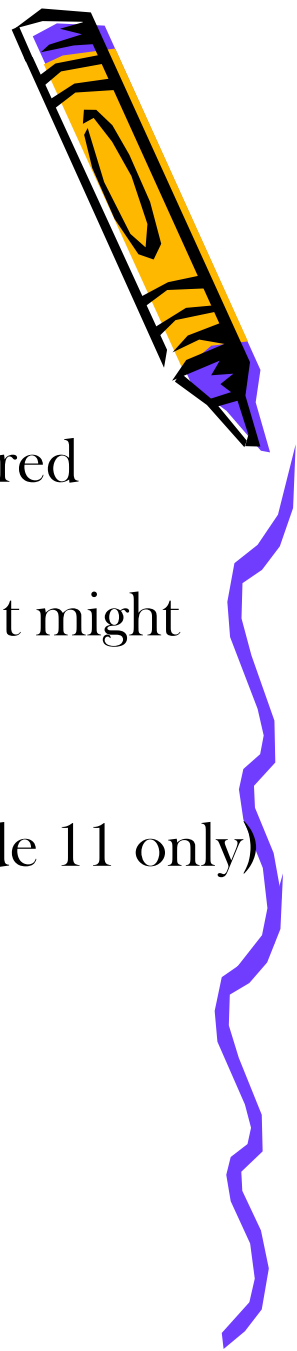
Standardized Test Scores

- PSAT
- SAT and SAT II
- ACT



PSAT

(The Preliminary SAT)

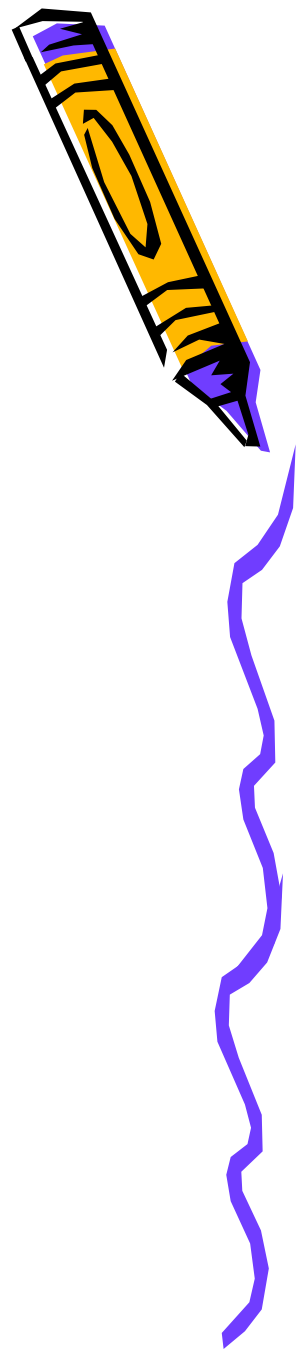


- Offered to 10th and 11th grade students every October
- The PSAT is a practice test for the SAT, it is not required
- Reasons for taking the PSAT:
 - * See how your performance on an admissions test might compare with others
 - * Help prepare for the SAT
 - * Enter for scholarships from NMSC (grade 11 only)
- The PSAT measures:
 - * Critical Reading Skills
 - * Math Problem-Solving Skills
 - * Writing Skills

Registration forms are available in the guidance office beginning in September.



Register for the SAT Test



- Recommended beginning in January of Junior Year (Athletes)
- Recommended in spring Junior Year (What's Your Rush to take it???)
- For SAT/ACT Register online - www.collegeboard.com and www.act.org



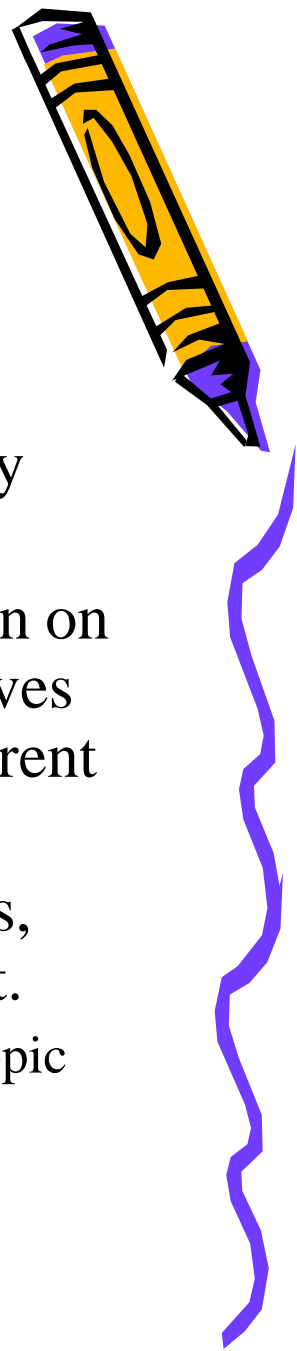
SAT II - Subject Tests



- The Most Selective Colleges require Subject Tests for admission
- 1 hour in length (Can take up to three tests on one test date)
- Score Range 200 – 800 per section
- All tests are not offered on all dates – be sure to plan ahead
- Recommend taking in May of the year the course was taken



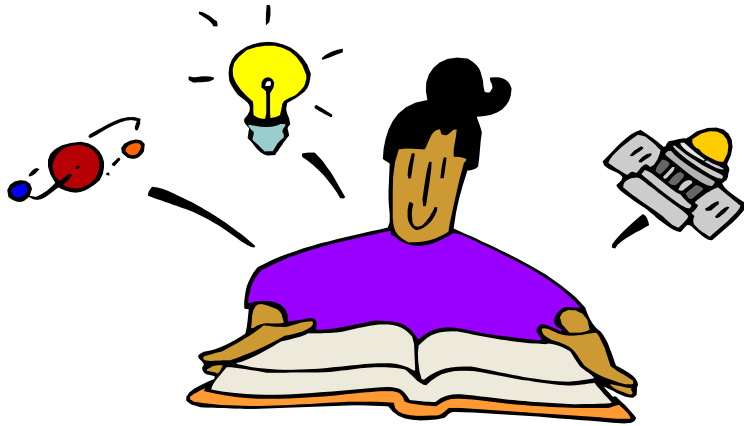
Test Prep/Coaching Programs



- PSAT Score Reports Plus (check your collegeboard.com account). Great way to identify specific strengths and areas of need.
- College Board and ACT offer free test preparation on their websites. Students can familiarize themselves with the tests and with the directions for the different sections.
- Many different individual, small and large classes, handbooks and computer programs on the market.
 - Effectiveness of books and classes is a hotly debated topic
 - Can be costly and time-consuming
 - Khan Academy—free
 - Free test prep offered after school at MHS



Testing - Helpful Hints



- Become familiar with the test!
- How do you learn best?
Invest time into that strategy!
- People who read well –
score well!
- Take timed practice tests!
- **READ READ
READ**

