

Sun Valley High School

10th Grade Classroom Guidance

Making Your High School Experience a Success

School Counseling Staff:

Ms. McDuffie	9th Grade Students
Ms. Jaquish	10th Grade Students
Mrs. Grexa	11th Grade Students
Mrs. Johnson	12th Grade Students, Last Names A-K
Mrs. Hill	12th Grade Students, Last Names L-Z
Ms. Clark	Registrar
Ms. Schehl	College Advisor, Room 117



Objectives

- ❖ To increase understanding of the role of school counselors
- ❖ To increase knowledge of graduation requirements and Grade Point Average (GPA)
- ❖ To explain the importance of your high school transcript
- ❖ To understand the importance of making a plan for your high school career in order to be prepared for your future
- ❖ To begin exploring and researching options for post high school graduation

School Counselor



- ❖ **Academic**
Scheduling, course selection, study skills, graduation requirements
- ❖ **Career**
Career exploration, college & scholarship information, job search and interview skills, resume writing
- ❖ **Personal/Social**
Peer pressure, stress, time management, conflict resolution

Confidentiality

- ❖ Confidentiality is an ethical principle upheld by your school counselor, but as required by law, it cannot be maintained in the event that a student reports:
 - The desire to harm oneself
 - The desire to harm others



Naviance



<https://succeed.naviance.com/auth/signin>

A Brief Overview

- Request Transcripts
- Request Letters of Recommendation
- Scholarship Search

Tasks

- There are many tasks that need to be completed in a timely manner.
 - **Make sure you are checking due dates frequently!**



How to PLAN for your future: Research Careers

- ❖ Not sure what you want to be when you grow up?
 - Take career inventory surveys on NAVIANCE
- ❖ What are the fastest growing careers are in NC?
 - Look online on NAVIANCE, CFNC
 - The top 5 fastest growing careers right now are:
 - Dental hygienists
 - Medical sonographers
 - Dental assistants
 - Physician assistants
 - Medical equipment repairers



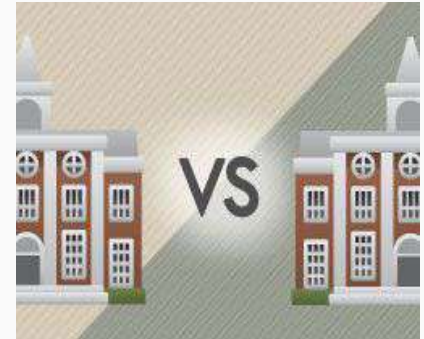
How Can I Begin Preparing for College Now?

- ❖ Get your GPA as high as possible
 - Take challenging classes, work hard in your classes, and earn high grades
 - Colleges will only see your final grades through junior year
 - Improve your class rank
- ❖ Get involved with Extracurricular Activities
 - Sports
 - Clubs
 - Volunteering
 - Part-time job or job shadowing
- ❖ Participate in a summer experience
- ❖ You *can begin* studying for the ACT and SAT



How to PLAN for your future: Research Colleges

- ❖ Use **Naviance** to explore Colleges
- ❖ Will need CFNC account for Residency account
- ❖ Visit college campuses- schedule a tour and information session
 - This is the best way to find out what type of college you are interested in attending
 - If you are unable to schedule a tour, still try to stop by on your own time to visit
- ❖ Use BigFuture
 - Go to www.bigfuture.collegeboard.org to research schools
 - Filter through 4,000 colleges and universities to see which ones match what you are looking for
- ❖ Look for schools in your current academic profile
 - Check the average freshman profile of colleges you are interested in to make sure you are on track



How to PLAN for your future: Research Community College Programs

- ❖ Local community colleges include South Piedmont Community College (**SPCC**) and Central Piedmont Community College (**CPCC**)
- ❖ Open admission
- ❖ 2 year college option that can lead to:
 - **Associates of Art or Science** → degree that is designed for transfer to a 4 year university
 - **Diploma or certificate in a specific program** → lead to entrance into the workforce
 - Early Childhood Education, Automotive Systems Technology, Welding Technology, and many more!



CENTRAL PIEDMONT
COMMUNITY COLLEGE



Graduation Requirements



- ❖ Earn 28 credits
- ❖ Earn passing scores on 4 EOC exams
 - Math I, Biology, English II, and Math III
- ❖ You must meet the course requirements for the Future Ready Core course of study.
- ❖ Successfully complete Cardiopulmonary Resuscitation (CPR) Training

Graduation Requirements Cont. - Future Ready Track

- ❖ Check your transcript to make sure you are on track to graduate
 - English I, II, III, IV
 - Math I, II, III, and 4th Math course aligned with students post high school plans
 - Earth Science, Biology, and a Physical Science (Physical, Chemistry, Physics)
 - World History, Civics, American History I & II
 - Health & PE
 - If you plan to attend a 4 year college, you will need **at least 2 credits** of the same foreign language
 - This is a minimum requirement so at least 3 years of the same foreign language is recommended - Check your desired 4 year institution as 3 credits may be required
- ❖ In addition to core classes, earn enough electives for **28 total credits**

Calculating GPA (Grade Point Average)

- ❖ You receive quality points for each final grade you get in a class
- ❖ Honors and AP classes give you more quality points based on the grade you receive

Regular

A=4

B=3

C=2

D=1

Honors

A=4.5

B=3.5

C=2.5

D=1.5

AP

A=5

B=4

C=3

D=2

For Example:

<u>Class</u>	<u>Grade</u>	<u>Quality Points</u>
Honors English III	A	4.5
Math III	B	3
Honors American History I	A	4.5
AP Biology	A	5

- ❖ Add up your quality points $\rightarrow 4.5 + 3 + 4.5 + 5 = 17$
- ❖ Divide the total by 4 (number of classes) $\rightarrow 17/4 = \mathbf{4.25 \text{ GPA}}$
- ❖ Your GPA is calculated at the end of each semester

Transcripts

- ❖ Check historical grades in Powerschool
- ❖ Check your transcript for accuracy
 - Personal information
 - Address
 - Phone Number
 - Birthday
 - Courses completed
 - GPA(Grade Point Average)
 - Class Rank



October 12, 2016 Student Name: Sun Valley High		Student No: School No:				
		Sun Valley High School 5211 Old Charlotte Hwy Monroe, NC 28110-7343 (704) 296-3020 Official NC Transcript				
10/12/2016						
STUDENT INFORMATION						
Name:		Student No:				
Address:		Birth Date:				
		Gender:				
Contacts:		Expected Graduation Date: 06/09/2017				
		Course Of Study: Future Ready Core				
		Endorsement(s): Yes				
		CTE Concentrator: No				
		Math Rigor: Yes				
SCHOOL INFORMATION						
Principal: Dr. Shaun Poole		School No: 900360				
(704) 296-3020		Grades: 9-12				
L.E.A.: Union County Public Schools		Accreditation: SA				
(704) 296-9898		College Board Code: 342685				
CREDIT HISTORY						
Grade	Course	Mark	Weighted	Unweighted	Earned Credits	Flags
Grade: 8	2012/13					
2023Z	Algebra I	98			1.00	EU
Grade: 9	2013/14					
52552X0	Band (Beginning) / Band I	97	4.000	4.000	1.00	
10215X0	English I Honors	96	5.000	4.000	1.00	U
22005X0	Common Core Geometry Honors / Math II Honors	98	5.000	4.000	1.00	U
95012X0	ROTC I / Rotc I-Cadet Field Manual	99	4.000	4.000	1.00	
52552X0	Band (Beginning) / Band I sem 2	96	4.000	4.000	1.00	
33205X0	Biology Honors / Biology I Honors	95	5.000	4.000	1.00	U
95022X0	ROTC II / ROTC II -Intro to NJROTC	96	4.000	4.000	1.00	
43035X0	World History Honors	96	5.000	4.000	1.00	U
Grade: 10	2014/15					
34205X0	Chemistry Honors / Chemistry I Honors	96	5.000	4.000	1.00	U
60492X0	Health and PE Grades 9-12 / Health and Physical Education	97	4.000	4.000	1.00	
23015X0	MATH III HONORS	100	5.000	4.000	1.00	U
95032X0	ROTC III / ROTC III Maritime History	100	4.000	4.000	1.00	
42095X0	Amer His: Found Prin, Civ & Econ Honors / Civics & Economics Honors	95	5.000	4.000	1.00	U
10225X0	English II Honors	94	5.000	4.000	1.00	U
95022X0	ROTC II / ROTC II -Intro to NJROTC	99	4.000	4.000	1.00	
11422X0	Spanish II	100	4.000	4.000	1.00	U
Grade: 11	2015/16					
43045X0	American History I Honors	95	5.000	4.000	1.00	
10235X0	English III Honors / English III-H AP Companion	96	5.000	4.000	1.00	U

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Course	Mark	Weighted	Unweighted	Earned Credits	Flags	
95032X0	ROTC III / ROTC III Maritime History	98	4.000	4.000	1.00	
11435X0	Spanish III Honors	97	5.000	4.000	1.00	U
1A007X0	AP English Language and Composition	95	6.000	4.000	1.00	
4A077X0	AP United States History / AP US History/American History II	91	6.000	4.000	1.00	
95045X0	ROTC IV Honors / Naval Skills - Honors	97	5.000	4.000	1.00	
2A035X0	Pre-Calculus Honors	90	5.000	4.000	1.00	U
Grade: 12	2014/15					
23015X0	MATH III HONORS / MATH III HONORS					U
Grade: 12	2016/17					
2A007X0	AP Calculus AB / AP Calculus AB					S
1A017X0	AP English Literature and Composition / AP English Literature and Composition					S
3A027X0C	AP Environmental Science / AP Environmental Science					P
10245X0CC	English IV Honors / English IV Honors - AP Companion					PU
28005X0CAB	Math Local Elective / Adv Calculus Topics AB Honors					P
95042X0C8	ROTC IV / ROTC IV Leadership Theory-Responsibility					S
95045X0LT	ROTC IV Honors / Leadership Theory - Ethics Honors					P
11445X0C	Spanish IV Honors / Spanish IV Honors					SU
UNIVERSITY OF NORTH CAROLINA BOARD OF GOVERNORS						
MINIMUM COURSE REQUIREMENTS REMAINING						
No Requirements Remaining						
PERFORMANCE INFORMATION						
Cumulative GPA Total Points are Calculated as of the end of 10/12/2016						
Cumulative GPA Weighted:		4.7083		Total Points Weighted:	113.0000	
Cumulative GPA Unweighted:		4.0000		Total Points Unweighted:	96.0000	
Class Rank as of 10/12/2016:		7 out of 267		Total High School Credits: 24.000	Potential: 24.000	
				Total Credits Toward Graduation:	25.000	
TESTING INFORMATION						
Test Name / Score Name	Score	Test Date				
CPR		11/27/2				
CPR_Pass_Fail	P					
Math I End of Course		06/01/2				
MathI_EOC_Percentile	99					
MathI_EOC_Achievement_Level	IV					
MathI_EOC_Scale	273					
Biology End of Course		06/01/2				
Biology_EOC_Achievement_Level	V					
Biology_EOC_Scale	267					
Biology_EOC_Percentile	96					
English II End of Course		06/01/2				
EnglishII_EOC_Achievement_Level	V					
EnglishII_EOC_Percentile	99					
EnglishII_EOC_Scale	169					

GRADING AND GPA DETAILS					
Note: Effective July 1, 2015 North Carolina changed to a standardized 10-point grading scale.					
Prior to July 2015, North Carolina school districts used a variety of 7-point grading scales.					
Note: All courses taken at the middle school for high school requirement(s) will not calculate in the GPA.					
Note: High School Earned Credits only are calculated.					
Grading Scale					
80-100 = 4.0	80-89 = 3.0	70-79 = 2.0	60-69 = 1.0	≤59 = 0.0	WF = 0.0
FF = 0.0	WP = 0.0	INC = 0.0	AUD = 0.0	P = 0.0	
CDM = Credit by Demonstrated Mastery (SBE-GCS-M-001)					
Course Flags					
E	Course is excluded from GPA				
N	Course is non-credit course				
P	Course is in progress				
S	Course is scheduled to be taken				
U	Course contributes toward UNC minimum course requirements				
** CTE CONCENTRATOR DETAILS					
AGNR-Agriculture, Food & Natural Resources	EDUC-Education & Training				
ARCH-Architecture & Construction	HUMA-Human Services				
ARVC-Arts, AV Technology & Communication	INFO-Information Technology				
BMA-Business Management & Administration	LAW-Law, Public Safety, Corrections & Security				
FINA-Finance	MANU-Manufacturing				
HLTH-Health Science	MRKT-Marketing				
HOSP-Hospitality	STEM-Science, Technology, Engineering & Mathematics				
GOVT-Government & Public Administration	TRAN-Transportation, Distribution & Logistics				

College Profiles & Why your GPA matters:

<u>College Name</u>	<u>Avg. HS GPA</u>	<u>Avg. New SAT</u>	<u>Avg. ACT</u>
UNC Charlotte	3.8-4.5	1130-1280	22-27
App. State	3.94-4.48	1130-1300	23-28
ECU	3.5	1030-1180	20-24
NC A&T	3.3	910-1070	16-21
UNC Chapel Hill	4.5	1280-1460	27-32
Community College	N/A	N/A	N/A

ACT/SAT Prep

❖ Studying for the SAT

- Link your collegeboard account to Khan Academy and get a **FREE**, personalized study plan based on your PSAT scores
- Use Khan Academy to take free practice SAT tests

❖ Studying for the ACT

- ACT Test Prep booklet
- Official ACT Prep Guide - costs money online but is covered by a fee waiver



MAKE A PLAN: What can you do academically beyond the minimum requirements?

- ❖ Take Honors Courses
- ❖ Take Advanced Placement (AP) Courses
 - You can earn college credit
 - You will demonstrate that you can do college level work
 - You can increase your GPA
 - You may qualify for APALS
- ❖ Take Challenging Electives
- ❖ Take Three Levels of the same language
- ❖ Be a Global Scholar
- ❖ Be a North Carolina Academic Scholar
- ❖ [Explore Electives](#)
- ❖ Practice for college entrance exams: ACT & SAT



MAKE A PLAN: Why It Is Important To Get Involved through Extracurricular Activities?

- ❖ Joining clubs at school (listed on the SVHS website)
 - Get to know students outside of your classes, make new friends, and be a part of a group with goals and a purpose
- ❖ Playing sports at school or in your community
 - Gain experience working with a team to reach goals and build self-confidence
- ❖ Having a part-time job (if it does not interfere with school work and grades) and job shadowing
 - Explore careers, gain experience, and build skills that will be useful in your future career
- ❖ Volunteering in your community
 - Teach you how to help other people and open your eyes to the needs of others



MAKE A PLAN: IMPORTANT POINTS TO REMEMBER

- ❖ To be promoted to 11th grade → need 13 credits including Eng. II
- ❖ You must score a level III, IV or V to meet the Exit Standard on the English II, Math I, Math III, and Biology EOC's .
- ❖ Students will not receive credit for a class if they miss 7 or more days
 - Will be required to do attendance recovery.
- ❖ Students must pass three out of four classes to be eligible to take Drivers Education
- ❖ Students must pass 3 out of 4 classes and be in attendance at least 85% from the previous semester to be eligible to play sports
- ❖ Students can earn college credits in high school through College and Career Promise Program at SPCC (typically as a junior and /or senior).

Sexual Harassment

- ❖ The Union County Board of Education defines sexual harassment as:
 - Unwelcome sexual advances
 - Requests for sexual favors
 - Other verbal or physical conduct of a sexual nature
- ❖ Sexual Harassment is a “power play” and may include:
 - Suggestive comments, propositions, or gestures
 - Touching someone inappropriately
 - Spreading Sexual Rumors
 - Repeatedly propositioning someone when he/she has said no
 - Sexually provocative comments about another person’s body



Bullying

- ❖ IS A FORM OF HARASSMENT
- ❖ IS AN IMBALANCE OF POWER
- ❖ HAPPENS REPEATEDLY OVER TIME TO INTIMIDATE OTHERS
- ❖ APPEARS IN VERBAL, PHYSICAL, WRITTEN, OR ELECTRONICALLY TRANSMITTED FORMS
- ❖ Bullying Offenses:
 - FIRST OFFENSE: Discretionary action by the principal, Referral to school counselor, and Conversation with parent
 - SECOND OFFENSE: Automatic 2-3 days of out of school suspension for Block Schedule, Referral to school counselor, and Parent contact
 - THIRD OFFENSE: Automatic 3-6 days out of school suspension for Block Schedule and Recommendation for Long Term Suspension

