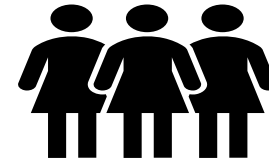




# PREPARING FOR SOPHOMORE YEAR

Your Guide to Making it Through Sophomore Year

- Miss Manzano – Guidance Counselor
  - [rmanzano@ichslodi.org](mailto:rmanzano@ichslodi.org)
- Miss Koval – Dean of Academics
  - [kkoval@ichslodi.org](mailto:kkoval@ichslodi.org)
- Mrs. Beatrice – Guidance Secretary
  - [jbeatrice@ichslodi.org](mailto:jbeatrice@ichslodi.org)



Who is your  
Guidance Team?



**KEEP  
CALM  
AND  
SURVIVE  
SOPHOMORE YEAR**

# Typical Sophomore Year Schedule

Full Year Religion 2

Full Year Geometry

Half Year English 2

Half Year P.E./Driver's Ed.

Half Year US History 1

Half Year Science

Half Year Foreign Language

Financial Literacy\*

Practical Art\*

Visual Art\*

Other Electives\*

# Schedules



**Make sure you are CHALLENGING yourself this year!**

If you are having difficulties in your classes, please reach out to your teachers immediately!

If you feel like you are in need of a tutor, please reach out to Mrs. Vallecillo.



**Keep your grades up!**



**You are allowed to change your classes before 5 school days.**

After 5 school days of being in your class, you are not allowed to change classes.

Changing classes must be valid and up to guidance discretion. For example: You cannot switch classes because you do not like the teacher.

# Standardized Testing

\*Be sure to keep up-to-date  
with testing dates on the IC  
Calendar\*



ACT Aspire Fall Testing



ACT Aspire Spring Testing



Test Prep:

Khan Academy

IXL – 20 minutes a day during  
the summer\*

Prep for Success – Spring  
Time/Prepare you for SATs  
next year\*

# Lunch Time College Visits & Time for Us Tuesday's



**ICHS invites various colleges and universities to do Lunch Time visits – TAKE ADVANTAGE OF THIS!**

This is a great opportunity for you to learn about different schools, what they have to offer, and ask questions to a college representative.



**Time for Us Tuesday's: ICHS will be implementing college prep into weekly discussions.**

It is our hope to invite schools over to IC and spend this period discussing their school and answering any questions you may have



**It is never too early to start thinking about college and your future plans!**

# Gather College Information

- Guidance Counselor – Miss Manzano has a designated college folder filled with various college information/contact information
- Your teachers –Feel free to ask them questions about their college experience!
- Internet – Explore Naviance and College Board, as well as simply googling college/university, will help you gather more information on colleges.
- College Fairs – Fairleigh Dickinson University host a wonderful college fair in September. Be on the look out for more information to follow! This is a great opportunity to expose yourself to many colleges you may have never even heard of.
- College Visits – Make sure you take advantage of college visits during the Fall and Spring.





# College & Career Assessments



YUNG TYPOLOGY TEST -  
PERSONALITY/CAREER  
TEST



PRINCETON REVIEW  
CAREER QUIZ

## Sample Resume for High School Students

Jane Doe  
12 Snelling Avenue  
St. Paul, Minnesota 55116  
(651) 555-1111  
jane.doe@spps.org

**Education** Highland Park Senior High, class of 2008 (3.8 GPA)

### Experience

St. Paul Public Library—University Branch (June 2005-present)

- Maintained library database on checked-out materials.
- Coordinated volunteer program for Story Time.
- Organized card catalog to incorporate new materials.

National Honor Society (2003-present)

Participated in several volunteer activities, including: building a house for Habitat for Humanity (50 hours), collecting food for the St. Paul Food Shelf (80 hours), and organizing the Honor Society Induction Ceremony.

### Activities

- National Honor Society (2003-present)
- French Club (2002-present)
- Cross Country (2002-present)
- Piano lessons (10 years)

### Awards

- A Honor Roll, 8 quarters
- Outstanding French Student, 2004
- Volunteer of the Year, 2005

### References

Available upon request.

**Contact Information:** should be at the top of your resume—include name, address, phone number, and e-mail (if you have it). Separate it out by centering it and making it bold. If you have a college address separate from a home address, use both.

**Education:** include graduation date and GPA if it is 3.0 or higher.

#### Formatting Experiences: (2 options)

1. Heading line (include title and dates) followed by bulleted list—see Work Experience as example.
2. Heading line (include title and date) followed by narrative list—see Volunteer Experience as example.

#### Writing About Experiences

Regardless of style, begin each phrase/sentence/ bullet with an *active verb*. See the examples to the left: maintained, coordinated, organized, participated...see back of page for more examples.

**Headings** The expected headings would be: education, experience (work or volunteer), but the others are up to you. Use the ones that work best. Other possibilities: skills, additional experience, related experience, leadership experience, research experience, writing experience, computer experience, objectives, leadership, related coursework, work experience, volunteer experience, anything that fits your particular qualities.

**General Formatting** You should have 1 inch margins, major headings (like 'Education') on the left, then indent with additional information below—for example, notice how National Honor Society is lined up below St. Paul Public Library. Use a traditional font (New York, Arial, just not cursive...) at 12 point size. It should all fit on one page. Remember, it needs to be easy to read—keep it simple and organized!

#### Other things to remember:

- proofread, proofread, proofread!
- Check for punctuation and spelling.
- Check for format and style consistency.
- Show your resume to a friend.

# Begin to Build Your Resume



## 10TH GRADE

- Meet with your high school counselor — again.**  
Be sure to meet with your school counselor to ensure that your course schedule is challenging enough to prepare you for college.
  - Check into any prerequisites for advanced-level junior- and senior-year courses.
- Take the PSAT/NMSQT® or PSAT™ 10.** Depending on your school, you might have the opportunity to take the PSAT/NMSQT in October or the PSAT 10 in February or March. It provides valuable feedback on your college readiness and a free, personalized plan to help you start getting ready for the SAT — and for college.
- Ask if the PSAT/NMSQT is offered to 10th-graders.** Although this test is usually given in the 11th grade, it is also often offered in the 10th grade. That's because it provides valuable feedback through the Student Score Report. You can then work on any of your academic weaknesses while there is still plenty of time to make improvements.
- Are you interested in attending a U.S. military academy?**  
If so, you should request a precandidate questionnaire.
- Along with your family, do some research about how to obtain financial aid.** Many students use financial aid to cover college costs. Find out what financial aid is, where it comes from, and how you can apply for it. Read the U.S. Department of Education's *Funding Your Education* (about federal aid programs).
- Attend college and career fairs.** The fairs often take place in the fall at your school or in your area.
- Participate in school activities or volunteer efforts.** Extracurricular activities can help you develop time-management skills and enrich your high school experience.
- Talk to your counselor** about your plans for life after high school. He or she can help you plan your schedule, search for colleges, and navigate the financial aid process. The more your counselor knows about you, the more he or she can help you along the way.
- Tour college campuses.** If possible, take advantage of vacation or other family travel time to visit colleges and see what they're like. Even if you have no interest in attending the college you are visiting, it will help you learn what to look for in a college.

# COLLEGEBOARD PLANNING TIMELINE

# Sophomore Year... We Got This!



Sophomore year can be a year that students just “get by”. However, I challenge that! Let’s work together and start planning for your future goals and dreams, overcoming obstacles together, and working on being the best version of ourselves everyday.



We will work hard, we will laugh hard, and we will learn together. It is so important that you know that you are not alone, and I will be there to help guide you.



Sophomore year is the year to find yourself – Figure out what you are truly passionate in.



Some advice: Enjoy this year, challenge yourself, try new things, say yes to new opportunities, make a new friend, and make memories that will last a lifetime!



Enjoy your summer and be sure to come back refreshed and ready to hit the ground running!