

Grade 10 Parent Workshop Welcome

The Counseling Department

Rich Weissberg, Team Leader

Randy Altman

Laura Ferrante

Jaime Holzer

Kelly Keane



Sophomore Year Happenings...

- Students should focus first and foremost on academic success
- Extra-curricular activities: athletics, clubs, employment, community service
- Course advisement with counselors in February
- Naviance registration and orientation in the spring

Focus on Academics

- Most important factor in college admissions is the transcript
- Students should take the most rigorous courses appropriate
- Support is available:
 - Office hours
 - Learning Center
 - Tutor Team
 - Khan Academy

Graduation Requirements



New York State
EDUCATION DEPARTMENT
Knowledge > Skill > Opportunity

Courses	Regents	Adv.Reg
English	4	4
Social Studies	4	4
Math	3	3
Science	3	3
Health	.5	.5
Arts	1	1
P.E.	2	2
Foreign Lang	1	3
Electives	5	3

Total including electives is 23.5 credits



Required exams	Regents	Adv.Regents
English	yes	yes
Math	yes	yes
World History	yes	yes
US History	yes	yes
Science	yes	yes
2 Science RE	no	yes
3 Math RE	no	yes
FL Level 3 Final	no	yes
Passing grade	65%	65%

Course Advisement

- All students will meet individually with their counselor
- Teachers will be making recommendations for next year's classes
- Students/parents can override teacher recommendation by filling out override form
- Prerequisites cannot be overridden
- Verification of student selections will be mailed home in April



- Half-day Career and Technical Education
- Students attend AM or PM sessions
 - AM students leave TZHS at 7:25am and return at 10:45am allowing them to attend periods 5-9
 - PM students leave TZHS at 11:19am and return at 2:45pm allowing them to attend periods 1-4
- <https://www.rocklandboces.org/career-technical-education/>

Introduction and Orientation to NAVIANCE



- **Students will be registered and receive an overview of the NAVIANCE program in the Spring**
- **Students will complete the Do What You Are[®] personality inventory and career interest profiler**
- **NAVIANCE is useful for college searches, career research, personality tests, college comparisons, resume building, etc.**

Introduction and Orientation to NAVIANCE



<https://connection.naviance.com/tzhs>

■ Preparation

- “The Game Plan”
- “Colleges I am thinking about”
- “Resume Builder”
- “Junior Information Questionnaire”

■ Researching Colleges and Careers

- “The Career Interest Profiler”
- “Do What You Are”
- “College Search”
- “College Lookup”
- “Scattergram”
- Road Trip Nation

■ Communication

- Counselors will send important messages via students Family Connection account
- College visits will be announced

PSAT/NMSQT



- Abridged version of SAT
- **October, 2019**
- Total testing time = 2 hours 45 minutes
 - Reading Section = 1 hour
 - Writing and Language = 35 minutes
 - Math = 70 minutes
- Qualifying exam for NMSC

College Admissions Exams

The ACT logo consists of the letters 'ACT' in a bold, white, sans-serif font, with a red horizontal line under the letter 'A'. The logo is set against a dark blue rectangular background.

- Most schools require standardized exams (SAT or ACT) for admission- but not all
- An increasing number of schools are becoming test optional
 - 900 and counting
 - A list of SAT/ACT optional schools can be found at www.fairtest.org
- Students can take these exams more than once and submit their best scores (Score Choice & Superscoring)
- A small number of highly competitive colleges require SAT Subject Tests
- Discuss an appropriate testing plan with your child's counselor

College Testing Schedule

Junior Year

- PSAT: October, 2019
- SAT : March, May or June
- ACT: February (NJ only), April or June
- SAT Subject Tests : May or June

Senior Year

- SAT: August, October, November, December
- ACT: July, September, October, December
- SAT Subject Tests: October, November, December

Mental Health Resources

- Link to Resources on the TZHS Counseling Website: <http://blogs.socsd.org/tzmentalhealth/>
- **Topics**
 - Anxiety
 - Depression
 - Eating Disorders
 - Grief
 - Mindfulness/Coping Strategies
 - School Refusal
 - Study Skills
 - Substance Abuse
- Resources: <http://blogs.socsd.org/tzmentalhealth/community-mental-health-resources/>

Q&A

Thank you for coming. Please contact your child's School Counselor at 680-1614 if you have additional questions.



Why yes, I am a bit stressed out? Why do you ask?