

# Sophomore Guidance 2019

preparing for Life After **GBN**

What concerns and stressors do you and your peers have at this point in your life?

# Life After GBN

What do you plan to do after graduation?

Go to college - 4 year, 2 year, trade

Enter the workforce

Take a gap year

Join the military

Today, we will focus on the college process but know that we help students with any path they choose. So please communicate your goals with your counselor.

# College Readiness

- **Academically**
  - Challenge yourself, but at a comfortable, manageable level
  - Strive for an upward grade trend
  - Look for opportunities to pursue your areas of interest
- **Socially**
  - Choose activities that interest you
  - Take on a leadership position
- **Emotionally**
  - Practice self-advocacy
  - Utilize the supports available at GBN
  - Become self-motivated and proactive
  - Make healthy choices

# Academic Readiness

- Course rigor
- GPA - weighted vs. unweighted
- Grade trends
- “A” in a regular course or “B” in an honors or AP course?
- Standardized Testing

# Testing, Testing, Testing?

## Where is it all going?

Two college entrance exams: ACT and SAT

BOTH accepted by colleges

FOR YOUR CLASS:

- ACT has been the “common” test for GBN
- ACT will STILL be given during national test dates (Saturdays) and WILL be accepted by colleges
- In April, you will have the opportunity to take PSAT 10 (practice test)
- As juniors (next year), you will be required to take the SAT during school
- SAT also offered on national test dates (Saturdays)
- OPTIONAL practice test (known as the PSAT) for the SAT provided in Oct. Where “National Merits” come from (more information to follow next fall).

# Testing, Testing, Testing?

Recommend to take at least one of the tests 2x (at least one with essay/writing)

Beginning April of Junior year; February if you're really excited about taking it

Test Prep?

It is up to the student and family

As of now...

- <http://www.act.org>
- <https://www.collegeboard.org> (in partnership with Kahn Academy)

# Social Readiness

- School clubs and activities
- Athletics
- Work
- Volunteer/Community Service
- Hobbies
- Summer Activities/Experiences - camps, family, travel, reading, think local

\*Depth is more important than Breadth

\*You have the freedom to choose activities that interest you



# Emotional Readiness

- Establish independence
- Ask your own questions/Commit to being your own advocate
- Talk with your teachers and counselors
- Think about your strengths, weaknesses, likes, dislikes
- Work with your parents without letting them run the show
- [LINK FOR 8 SKILLS](#)

# College SELECTION Process

Don't worry about choosing a college now...we will help you through it! BUT NOT UNTIL NEXT YEAR!

Great program called *Finding the Fit...*

## Sophomore Year:

Spring invitation to Naviance (check your school email)

## Junior Year:

November: *Finding the Fit...Who am I?*

February: (new program) *Finding the Fit...College Colloquium!!*

April: College Fair

College Representative visits to GBN

2nd Semester: Appointments with Dr. Boyle

**\*Keep an open mind-**

## Senior Year:

**There are lots of schools and options out there!**

Senior Guidance

Essay Workshops

College Representative visits to GBN

Appointments with Dr. Boyle

# Recap

College Readiness - Academic, Social, Emotional

[I Feel Pressure link](#)

Who is available to assist you in the process?

- Dr. Boyle, college counselor
- Counselors
- Teachers
- Parents

What do the next 2.5 years look like?

Questions?