

2015-16 SOPHOMORE NOTES

Goal for the Year...

- By the end of the year, students should have some ideas about...
 1. ...areas of career interest.
 2. ...training/education needed for that career.
 3. ...preferred type of training/education.
 4. ...how to find information about careers and schools.

What can we do to help in your exploration?

- Testing opportunities
 1. PSAT – Wednesday, October 14th 8—noonish
 - 2 hour version of the SAT
 - Advantages of taking this test—for practice this year
 - \$15 payable in Advisement Center until end of day Fri, Oct. 9th
 - Open to any junior or sophomore; sophomores with 3.4+ will be invited to take
 2. ACT/SAT/Compass tests
 - College entrance tests
 - All juniors in MT take ACT for free in April
 - Timing of tests—is it better to take now or wait?!?
 - Five areas of ACT – English, math, science, reading, writing
 - Price \$39.50 or with \$56.50 with writing (fee waivers available)Registration deadlines are about 6 weeks before test at www.actstudent.org
 - Three areas of SAT – verbal, written, math (also have subject area tests)
 - Price \$54.50 (fee waivers available)Register at www.collegeboard.org – check deadlines
Offered at GFHS
 - Compass test – placement test used for 2-year colleges
 3. Practice tests
 - www.actstudent.org/sampletest/
 - www.march2success.com
 - www.princetonreview.com/college/free-act-practice-test.aspx
- Other opportunities
 1. Conference with Counselor

Anytime you want to visit with your counselor please make an appointment with Ms. Kempf in the Advisement Center. We welcome your interest and visits!

A-C	Ms. Perkins
D-H	Mrs. Graham
I-Mc	Mrs. Schoenen
Me—Sc	Mrs. Lowry
Sd—Z	Mrs. Light
 2. MCIS – Montana Career Information System
 - Username: cmrussellhs password: plan7ing
 - Can create portfolio, take interest inventories, personality tests, research and compare occupations and colleges
 - Direct link from PowerSchool

3. Credits
 - 10 credits – junior
 - 15 credits – senior
 - YOU DON'T WALK WITH YOUR CLASS WITHOUT 23 CREDITS
 - Don't forget CTE/Fine Arts credits
4. Differentiated diplomas
 - Regardless of diploma options, consider rigor of courses, be prepared for after high school
 - Three types of diplomas—Comprehensive, Concentration, Honors
checkout our website for more details
 - Check PowerSchool for graduation minimums/requirements
 - CTE/Fine Arts credits
5. Dual Credit/AP classes
 - Some courses available for credit at CMR and GFC-MSU, UGF, and MT Tech
 - Know the pros and cons of taking dual credit courses – college level material and expectations
 - Mrs. Tramelli is Career Counselor –can help with dual credit questions
 - AP tests begin in May
 - Talk to instructor about pros and cons to dual credit vs. AP credit
6. Hugh O'Brian Youth Leadership (HOBY)
 - June 2016
 - Weekend seminar focuses on strengthening the leadership skills of Montana's outstanding sophomores
 - Applications available from Mrs. Lowry in Advisement Center TBA
 - Listen to announcements for more information.
7. Leadership High School
 - Community-wide leadership program for juniors
 - Will apply at end of sophomore year to serve during junior year
 - See Mrs. Schoenen for more details
8. National Honor Society
 - Must have 3.3 GPA at end of junior year AND meet high standards of leadership, character, and service
 - Students who meet the minimum GPA will be encouraged to apply for NMS
 - Induction is in May of junior year
9. Academic Letter
 - Must have a minimum of 3.25 GPA for the semester and accumulate 200 points on the application
10. Volunteerism
 - Start giving back to your community...now! Most scholarships ask what type of volunteerism you have done. Long term service vs short term
 - Examples: Key Club, church, Boys/Girls Club, Salvation Army, Rescue Mission, etc.
11. ROTC/Academy placement/Military enlistment
 - ROTC—go to college while committing to a branch of the military and receive scholarship money during college
 - Should start exploration junior year
 - Visit with recruiters, either at school or contact them outside of school
 - Take ASVAB junior year
 - Research benefits of each branch of service
 - Grades and leadership are important considerations
 - See Ms. Perkins for more information
 - Importance of being informed!

12. In-state admissions requirements for Montana University System schools

- Importance of college prep—take as rigorous a course load as you can.
- College prep diploma **and**
- 2.5 GPA **or**
 - Rank in top half of class **or**
- Score 22 on ACT composite score or 1540 on SAT (lower for MSU Northern and UM-Western)
- At least 22 on the math portion of ACT or 4 years of rigorous high school math
Students who score between 18-21 on ACT must pass a math course within the first 3 semesters
- At least 18 combined English/writing or a 7 on the writing subscore or pass a writing course within the first 3 semesters
- Alternatives if you do not meet those requirements
 - Most applications available online
 - If you provide your counselor's contact information, let your counselor know
They will not work on recommendations without talking to you first

13. Out of state schools

- Start researching early!
- Apply early
- Deadlines are crucial

14. NCAA/NAIA

- Must apply through NCAA Clearinghouse for Division I and II schools
www.ncaaclearinghouse.org \$65 fee
- They don't recognize all of our courses...there is a core minimum
- Must register with NAIA at www.playnaia.org/eligibility-center \$75 fee
- See your counselor this year if this is a possibility

Remind 101 – stay connected to important counseling information

- Number: 81010
- Class code: @cmr18