

# 10<sup>th</sup>-Grade Counseling Calendar

You face a challenging year as a sophomore. Your courses are more difficult and require increased study time. You are also involved in sports and activities and are beginning to make your plans for after you finish high school. Please use this Sophomore Counseling Calendar to help you manage your time and to be aware of activities that will help you plan for the future.

## September

- Become familiar with graduation requirements. You should always know the courses you need for graduation.
- Encourage your parents to attend Back to School Night on Sept. 3, 7 p.m.-9 p.m. They will have an opportunity to go through your class schedule, meet your teachers, and find out the requirements for each of your classes.
- Attend Bishop O'Dowd College Fair on Sept. 9 with a parent.

## October

- Test Day is Oct. 15. Sophomores will take the PLAN.
- Quarter exams are Oct. 14-16. Ask teachers for extra help in preparation for the exams.
- Report Card Night is Oct. 29. Encourage your parents to attend and pick up your report card. They will also have an opportunity to meet briefly with each of your teachers.

## November

- College of Alameda Citywide College Night (cosponsored by SJND) Oct. 16
- Begin preparation for your first semester final exams. Your teachers will be working with you on review and study skills.

## December

- Semester exams are Dec. 15-18.
- Talk to friends who are home from college for the holidays and ask them how they like their college experience. Also ask them what skills they learned in high school have helped them become successful in college.
- Do some of your service hours over Winter Break. Remember to relax.

## January

- Counselors will conduct classroom presentations, interpreting the PLAN results.

## February

- Begin making plans for junior year. If you are currently taking an Honors Science or Honors/AP Foreign Language, talk to your counselor about taking an SAT subject test in June.
- Counselors will provide course material, discuss educational goals with your parents, and will check graduation requirements. Counselors will begin scheduling your junior-year courses.

## **10<sup>th</sup>-Grade Counseling Calendar (cont.)**

### **March**

- Quarter exams are March 2-4.
- Report Card Night is March 19

### **April**

- Talk to your counselor about summer enrichment options.

### **May**

- Complete summer school applications, and check job board for summer jobs, internships, college summer programs, etc.
- Semester exams are May 26-28.
- Attend Bay Area college fairs (Counseling Department will post as dates are secured)

### **June**

- Consider visiting colleges during summer break

### **Important factors for college admissions:**

- The Big Three
  1. Grades (especially sophomore/junior year grades)
  2. SAT and/or ACT scores
  3. Level of challenge in chosen curriculum
- Other factors
  - community service
  - extracurricular activities (both in and outside of school)
  - personal essay and recommendations

The most important factor in preparing for college is becoming a disciplined and motivated student.

- Develop good work and study habits. Make a strong and steady effort
- Read as often as possible
- Learn how to express yourself verbally and in written forms
- Become curious about the world around you. Keep up on current events and world news
- Avoid the temptation to take the EASY ROAD
- Avoid unhealthy stress caused by overextending yourself