


Sophomore Planning Guide

Future Ready Core Requirements	Graduation Requirements for Students entering High School in 2009-2010 and Later
English	4 Credits English I, II, III, IV
Math	4 Credits Algebra I, Geometry, Algebra II and a 4th Math Course to be aligned with the student's post high school plans. In the rare instance a principal exempts a student from the FRC math sequence, the student would be required to pass Algebra I and Geometry or Algebra I and Algebra II , or Integrated Math I and II and two other application-based math courses.
Science	3 Credits Earth/Environmental Science, Biology, Physical Science or Chemistry or Physics
Social Studies	3 Credits World History, Civics and Economics, US History
Health & Physical Ed.	1 Credit Health/Physical Education
Required Electives	11 Additional Credits required 2 Elective credits of any combination from either: <ul style="list-style-type: none"> • Second Languages (<u>Two in the same language required for College Admission</u>) • Career and Technical Education (CTE) • Arts Education 9 Other elective credits of your choice. It is recommended, but not required, that you concentrate at least four of your choices from a particular area such as: <ul style="list-style-type: none"> • Career and Technical Education • Arts Education • Any other subject area (mathematics, science, social studies, English, second language, health and physical education or combination across subjects)
Total Credits Required to Graduate	26



<p>Promotion Requirements</p> 	<ul style="list-style-type: none"> • From Grade 9 to Grade 10---6 credits are required: • English I, two credits in the areas of mathematics, social studies, or science, and three additional credits for a total of 6. • From Grade 10 to Grade 11---12 credits are required: • English II, one credit in mathematics, one in social studies, one in science, and two additional credits for a total of 12. • From Grade 11 to Grade 12---18 credits are required: • English III and enrollment in a program which, if successfully accomplished, will result in the completion of graduation requirements.
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Understanding Your Transcript

1. Your transcript is a complete record of your four years in high school. It includes all courses you have taken, the final grade in each course, courses you are currently taking, your grade point average (GPA), class rank, and your attendance record.
2. Transcripts are used by colleges, scholarship committees, and employers to get a picture of the type of student you are. An impression is formed by looking at your grades, the types of classes you took and your attendance. Your transcript is extremely important. Work hard so your transcript will reflect the best YOU possible.
3. **Grade Point Average (GPA):** Your GPA is the total quality points earned divided by the total number of attempted credits. Both weighted (extra points for honors and AP classes) and unweighted (standard class scale) grade point averages are reported on your transcript. Grade point averages are calculated and rounded off to four decimal places.
4. **Class Rank:** Students are ranked within their class from the highest GPA to the lowest GPA using the cumulative weighted grades. Class ranks are given in terms of position in rank to the total class population. For example, Sue's class rank is 65/350. Therefore, Sue's rank is 65th from the top in a class of 350 students.

GOAL SETTING FOR LIFE AFTER HIGH SCHOOL

1. When thinking about life after high school it is extremely important to set a goal, even as a sophomore. One way to do this is to ask your self this simple question... "In two years I will be done with high school. What do I want to do next?"
2. Once you have established this goal, remember to:
 - Write your goal down on paper.
 - Share your goal with others.
 - Develop a plan.
 - Be positive about your goal.
 - Be disciplined to reach your goal.



Choosing a Path

If you're not sure where you are heading, that's okay. Here are a couple of important ideas to keep in mind as you think about your future career.

- First, you and the world in which you live will be constantly changing throughout your life. You will be a different person twenty years from now with different needs, interests, and priorities. Career options will be changing too.
- In addition to focusing on academics, now is also the time to explore and learn all you can about educational and career options. Exploring these options can help you learn about yourself and set goals.

Planning for College

Public and Private College- Research which choice is best for you and consider the following:

- Size
- Cost
- Entrance Requirements (Some Private Schools have easier entrance requirements some have much more difficult)



College or University	Percent of Accepted Students who have a GPA of 3.5 or higher	Percent of Accepted Students who have a GPA of 3.0 or higher
Appalachian State University	74%	22%
East Carolina University	45%	36%
North Carolina Central Univ.	12%	20%
Meredith College	33%	38%
NC State University	95%	4%
UNC-Chapel Hill	97%	2%
UNC-Wilmington	81%	16%
Barton College	22%	34%

- Individual assistance offered at schools
- Extra Opportunities on Campus
- Diversity of population
- Majors offered
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Community Colleges- Community colleges are a great option for many students.

- Community colleges have an open enrollment policy.
- Cost is usually much lower.
- Many **two-year degree** programs are available at community colleges that can lead to good careers and salaries. Here are just a few examples:

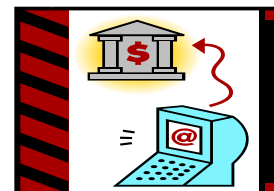
Two Year Degree	Possible Yearly Salary Range
Accounting	\$32,171-\$43,981
Automotive Technology	\$30,231-\$44,272
Computer Programming	\$47,580-\$81,280
Cosmetology	\$24,060-\$47,909
Dental Hygienist	\$45,614-\$68,400
Medical Lab Technology	\$32,834-\$45,914
Plumbing	\$25,342-\$42,393
Early Childhood Associate	\$20,301-\$32,594
Hotel and Restaurant Management	\$28,640-\$51,030



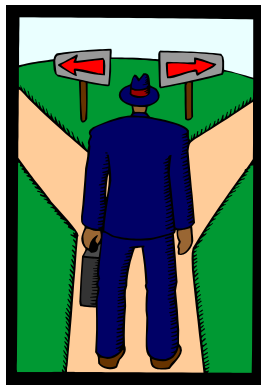
- Be aware that some programs are more selective (nursing, dental hygiene etc.).
- College transfer programs allow you to transfer into a four year institution and graduate on time.

College Planning and Standardized Testing Websites

1. The College Board (SAT) www.collegeboard.com
2. The ACT Test www.act.org
3. Mapping your Future www.mapping-your-future.com
4. Petersons www.petersons.com
5. College View www.collegeview.com
6. College Foundation of N.C. www.cfnc.org
7. NCAA <https://web1.ncaa.org/eligibilitycenter/common/>



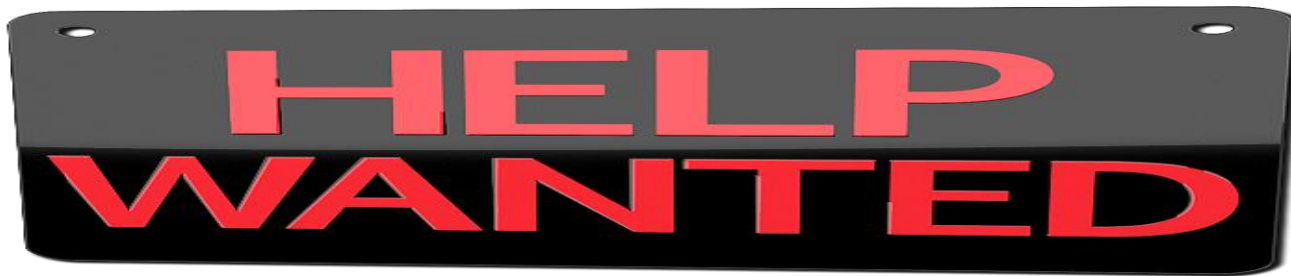
(If you think you may play sports in college you must register with this site)



College? Career? Military?

Still Undecided?

1. A lot of emphasis is put on attending college after high school. However, that may not be everyone's plan. If you plan to enter the military or the world of work you still need to PREPARE.
2. You may still be confused about what you want to do after high school. It is OKAY!
3. High school is the perfect time to investigate and experience different options and interests. If you are planning on entering the military, the work force, or are unsure of your post-high school plans, here are some tips to help:
 - **Career Inventories**-Taking a career inventory can be a good way to begin exploring careers. Inventories often ask you questions about your interests, preferences, and values. They may also ask about your abilities and talents or even attempt to measure some of your skills. The Career Center Tab at CFNC.org offers a career inventory called the Career Key that can help you begin exploration.
 - **Informational Interviews**-You may be interested in several careers. One of the challenges of exploring careers is that the descriptions you read on the Internet or the impression you have in your mind might not match what that career is like in real life. Consider scheduling some interviews with people who have jobs that you find interesting.
 - **Job Shadowing**-Another helpful way to see what certain jobs are really like is to job shadow someone. As the term implies, you simply find a person who would be willing to let you follow along while he or she works—typically for a half-day or a day.
 - **Volunteering**-Maybe an organization or business is not able to offer you a paid job. Volunteering may help you gain experience that you would otherwise not be able to get.
 - **Visit the Career Section of Leesville's Website**- This part of the Student Service section has information on Career Website, College Visit and information on Military Options.
 - **Make an appointment to see Ms. Canada the Career Development Counselor**



Basic Tips to Increase Academic Success

- **Come to school** – Attend school and all of your classes each and every day. Being in school, and in class, raises your chances of learning the material and getting better grades.
- **Get organized** – Use a three ring binder to organize all of your notes and assignments. A planner can help you to keep track of due dates and exam dates. Also, keep a record of your grades in each class – that way you won't be surprised when your interims or report cards come out.
- **Ask for help!** – You are your own ally. If you know you are struggling, ask for help. Ask your family, teachers, school counselors, etc. We all want to see you succeed and may have some tips on how you can improve.

Additional Tips to Increase Academic Success

1. Talk to your teacher – This works best when you set up an appointment to talk with your teacher about your grade in his or her class. Before or after class, or via email, ask your teacher when it would be a good time to talk with him or her (before school, during lunch, after school, etc) instead of asking them to have that conversation immediately when you ask them. This is polite and gives them time to prepare.

Some questions to ask your teacher:

- What is my grade? Why is it so low? (homework missing, test scores, etc.)?
- What do you think I can do to bring my grade up (in class and outside of class)?
- Do I need extra help? If so, what do you recommend (pride period, teacher tutoring, peer tutoring, outside tutoring)?
- Are there any tutors that you recommend?
- Do you use blackboard or school notes to list grades and assignments?

2. Get extra help – This can come from tutoring sessions with your teacher (before school, during lunch, or after school), help from a parent, or help from a recommended tutor (outside tutor or recommended peer tutor).

Extra help here at LRHS:

- **PRIDE Period** - on Tuesdays and Thursdays extra help is offered in Algebra I, English I, Biology, US History, Civics and Economics, Physical Science, and Spanish II. If you're struggling in any of these classes, ask your teacher for a pass to get extra help during PRIDE period.
- **After School Help** – on Tuesdays and Thursdays LRHS has an Activity Bus that can take you home at 4pm if you need to stay for extra help. You must set up a session with your teacher ahead of time (a day or two in advance) and get a pass from your teacher to ride the bus. It's a great time to get the help that you need and still have a way home. If you have a way home, you can always ask your teacher if they can stay on Mondays or Wednesdays too. *Not all teachers will be available after school, but it never hurts to ask.
- **Before School or During Lunch** – ask your teacher if they are available during these times as well. Do what you can to maximize your time here at school – take every opportunity to get help until you can pull your grade up.

