



NORTHSHORE SCHOOLS

Discovering Your Dreams

Sophomore Students and Parents

Class of 2021

Time goes by so quickly and before you know it senior year will be here. It is hard to believe that one year of high school is already behind you. Please remember that your school counselor is here to assist you with academic concerns, personal concerns and the college admissions process. Counselors will meet with you individually and in small groups. We strongly encourage you to attend these sessions since they are designed to keep you on track for graduation and college admissions.

Get to know your counselor since they will be your advocate throughout high school. Your counselor will also be writing a letter of recommendation for you and the better they know you the stronger that letter will be.

The Counseling Office has a wealth of information to share with you and we communicate it to you in a variety of ways including:

- Twitter: @nshorecounselor
- Web Page: <http://www.northshore.k12.ny.us/Guidance/index.html>
- Monthly newsletters are posted on our web page, app and are emailed home. We also use Naviance and/or School Messenger to email notifications and reminders so please look for messages from the counseling office.
- We have a counseling app. Please turn on the notification feature so that we can keep you up to date on upcoming events. The app also includes a virtual backpack so that you can see information from colleges as we receive it.

To obtain our app go to:

iPhone users: <https://www.pwastore.com/pwa/0ad9291c2c9a>

Android Users: https://snappy.appypie.com/index/app-download/app_id/0ad9291c2c9a

As sophomores, you may be wondering what you need to do to prepare for the college application process. We have included a timeline of events to assist you with the college admissions process. However, this checklist does not replace meetings with your counselor.

Tips for College Admissions:

- Attend meetings with your counselor.
- Each year, we are making recommendations on an interactive “to do” list like the one below. The interactive version can be found on the high school web page, click counseling and then sophomores.
- You will also notice information pertaining to other grade levels for those who like to look ahead. This is a work in progress and future years will be posted as they are available.
- Students who complete the recommended steps and forms will experience a smoother and less stressful college application process.

10th Grade To Do List

September-June

Get involved in community based and leadership activities. When you complete your college application you will be asked to list activities that you were involved in during grades 9-12. Explore your interests by joining a sport, club, music or drama group or community volunteer activity. Remember that colleges would rather see real involvement in one activity instead of a loose connection to several. Begin to keep track of your extracurricular activities by using our fillable extracurricular profile <http://www.northshore.k12.ny.us/Guidance/pdf-docs/Extracurriculur-Profile-Fillable.pdf>. If the form fillable version does not meet your needs, please download the word version which will allow you to edit it.

October

- Attend the **October 3rd** super commons where counselors will discuss the PSAT exam.
- Take the PSAT/NMSQT on **October 10th**. All 10th graders are automatically scheduled to take this test. The PSAT provides valuable feedback on your college readiness and a free, personalized plan to help you start getting ready for the SAT. This is a practice exam that is not reported to any college.
- Attend the college fair super commons on **October 11th** to learn about the fair and questions to ask college recruiters.
- Attend the college fair on **October 16th**. All students will have an opportunity to attend the fair.

November

- Research financial aid options. Consider attending financial aid night on **November 5th at 6:30** in the theater.
- Use Naviance to explore careers and colleges. If you have lost your account information, please see your counselor. Remember that parents and students can both utilize Naviance. A Naviance presentation and flyer from last school year can be found here: <http://www.northshore.k12.ny.us/Guidance/naviance-presentation.pdf>.

December

- Attend a meeting with your counselor to discuss your PSAT results.
- Since you took the PSAT, you will likely receive mail from colleges and universities. While the schools do not receive your actual scores, they are provided with the name of students who indicated certain interests on the questionnaire you completed before taking the exam.
- Consider reading the materials received and follow up with schools of interest. At this point, you are in the early stages of college exploration so learn as much as you can.

January

- Attend the “Finding Your Best Fit” workshop. Rob Franek, is a national expert and tv commenter on the college admissions process. This presentation is scheduled for 7:00 pm on January 15th.**

Read all about Mr. Franek here:

<https://www.princetonreview.com/corporate/rob-franek>

January/February

- Review your 11th grade course selection with your counselor and come to your scheduling meeting prepared to discuss future career/college plans to ensure better course selection. The course catalog can be viewed here: <http://www.northshore.k12.ny.us/Guidance/Course-Offerings-2018-19.pdf>
- If you're interested in playing sports in college, research the National Collegiate Athletic Association (NCAA) eligibility requirements and discuss them with your counselor. The NCAA requires completion of certain core courses; you can find the specifics at <https://web3.ncaa.org/ecwr3/>. You do not have to register as a sophomore, but it is never too early to look around their website and become familiar with required courses.

March-June

- Sign up for the SAT App so that you start working on daily SAT practice.
<https://collegereadiness.collegeboard.org/sat/practice/daily-practice-app>
- While you're at it consider signing up for a Khan Academy account and start practicing for the SAT. Khan Academy has partnered with the College Board (SAT people) to provide this free differentiated test practice. Learn more here:
https://www.khanacademy.org/sat?utm_source=cbcta-osp&utm_medium=cb418-cb&utm_campaign=practice
- Login to your Naviance account and you can access Method Test Prep for free.
- Take SAT Subject Tests right after you finish the related classes. Some selective colleges require you to take one-hour subject tests. To get the best results, take them immediately after you finish the related class in school, while the material is fresh in your mind. If you are not sure which test to take (or if you should take one at all) talk it over with your counselor. Learn more about SAT subject tests here:
<https://collegereadiness.collegeboard.org/sat-subject-tests>
- In May, take the AP/IB exams for the classes that you have taken. Strong test scores on AP/IB exams are indicators for admissions officers of your potential. More than 1,400 colleges and universities accept high scores on AP/IB exams for course credit, helping you save time and money.

Summer

- Explore summer opportunities. Look for a job, internship, or volunteer position that will help you learn about a field of interest.
- Tour colleges while on vacation. Here's what to look for while you are touring
<https://bigfuture.collegeboard.org/find-colleges/campus-visit-guide>