

Sophomore Program

Grade 10 - September

Academic Focus: Careers Goals

Personal Skill Development: Building relationships

- Meet your Counselor.
- Sign on to netclassroom and include Guidance for Grade 10 Counselor.
- Please have a professional screen name for your email.
- Encourage your parents to meet your Counselor on “Back-to-School Night”.
- Attend career preparation presentation and complete the self-inventory related to personality and values.
- Review career results from your Explore test.
- Begin more intense preparation for PSAT at www.collegeboard.com/quickstart. Try 20 minutes a day everyday. Use College Board materials.
- Also check out number2.com (free web-site) for PSAT assistance.
- Do as much reading as possible, especially for leisure.
- Continue to work up to your potential in each subject area.
- If you are confused in any subject area, seek out tutoring as soon as possible.
- Seek assistance, if problems arise or stress builds.
- Strengthen friendships already begun and make new friends.

Grade 10 – October

Academic Focus: Immediate Preparation for PSAT

Personal Skill Development: Time Management and peer relationships

- Prepare for PSAT. Spend 20 minutes a day. Use www.collegeboard.com/quickstart and College Board materials.
- Also, continue to use number 2.com (free website) for PSAT prep.
- Take the PSAT.
- Meet your Counselor one to one.
- Get involved in school activities and explore leadership opportunities in those activities.
- Study to keep grades up. If you have received a deficiency get the help needed to get the grade desired.
- Begin involvement in service opportunities.
- Participate in the Counseling Cycle and list your career goals in your “Planning for Life portfolio”.
- Look ahead and make your own time management plan or schedule.
- Take time to strengthen your relationship with God by actively participating in your school retreat.
- Avoid over-involvement in order to keep focus.

Grade 10 - November

Academic Focus: Study Skills/Academic strengths and weaknesses

Personal Skill Development: Peer relationships and stress management

- Learn about healthy relationships during Counseling Cycle.
- Don't procrastinate. Study and complete any assignments before Thanksgiving.

- Meet with your Counselor about your first report card.
- Improve grades where needed.
- Explore with your Counselor personal methods for managing stress.
- Give serious consideration to applying for the PA Governor’s Schools of Excellence for the summer. Schools open to sophomores include: Agricultural Sciences, Arts, and Global Entrepreneurship. For more information see your Counselor or go online to www.pgse.org.
- Plan to complete service hour requirements.
- Strive for academic improvement especially in weaker areas.
- Maintain balance with home, social life, and school.
- Sign onto www.collegeboard.com if you have never created an account before.

Grade 10 - December

Academic Focus: Strive to improve by understanding areas of weakness
Personal Development Skill: Strengthen your relationship with God and increase thoughtfulness of others

- When you have a class meeting and receive your PSAT results, be sure to use www.collegeboard.com/quickstart to review your test answers.
- Complete the PSAT/Quickstart worksheet due back to your counselor before January 31. (Use www.collegeboard.com/quickstart).
- Also, use career exploration www.collegeboard.com/quickstart (My Road).
- If you have applied for a Governor’s Schools of Excellence, work on any application requirements in order to meet deadlines.
- Seek assistance from teachers in classes in which you need help.
- Avoid being overly stressed by doing a time management plan for the month: include activities, time for prayer, shopping and completing any school projects that are due, etc.
- Make peace with God and others, try to heal relationships.
- Practice thoughtfulness of others by participating fully in CSC activities.
- Meet with your counselor for an update on academics and relationships.

Grade 10 - January

Academic Focus: EXAM preparation and a new semester
Personal Skill Development: Set a direction for the New Year

- Prepare fully for each subject exam.
- Seek an NHS tutor or private tutor as needed.
- Be sure that you have completed all Service Hours and handed them in.
- Make an appointment to meet your counselor as needed.
- Spend 20 minutes a day everyday preparing for the PSAT. Use www.collegeboard.com/quickstart and focus on areas of weakness from your PSAT this year.
- Complete the PSAT/Quickstart worksheet due back to your counselor before January 31. (Use www.collegeboard.com/quickstart).
- Complete the Collegeboard PSAT worksheet: “My Online Score Report” due back to your Counselor in February. (Use www.collegeboard.com/quickstart.)
- Complete the College Board worksheet: “ORA Personality Profile” due back to your Counselor in February. (Use www.collegeboard.com/quickstart.)

- Use www.collegeboard.com/quickstart (My Road) for career exploration. Learn about your intended career.
- Begin the second semester with a resolution and set new goals if necessary.
- Attend the Snow Ball dance.
- Remind your parents to attend the financial aid presentation, “**Making College Financing Count**” in February.

Grade 10 - February

Academic Focus: Keeping grades up and not giving up!

Personal Skill Development: Do a career search / educationplanner.com

- Think about courses for next year as well as a possible career direction.
- Read your course selection handbook and seek help from your counselor, teachers and parents on course selection.
- Spend 20 minutes a day everyday preparing for the PSAT. Use www.collegeboard.com/quickstart and focus on areas of weakness from your PSAT this year.
- Complete the PSAT/Quickstart worksheet due back to your counselor before January 31. (Use www.collegeboard.com/quickstart).
- Complete the Collegeboard PSAT worksheet: “My Online Score Report” due back to your Counselor in February. (Use www.collegeboard.com/quickstart.)
- Complete the College Board worksheet: “ORA Personality Profile” due back to your Counselor in February. (Use www.collegeboard.com/quickstart.)
- Pick your top 10 colleges and find out what their required and recommended courses are for admission.
- Select courses for junior year with a view toward senior year.
- Mid-winter Break: Use this opportunity to catch up and relax.

Grade 10 - March

Academic Focus: Prepare for the PLAN test

Personal Skill Development: Conflict resolution skills

- Spend 20 minutes a day everyday preparing for the PSAT. Use www.collegeboard.com/quickstart and focus on areas of weakness from your PSAT this year.
- Create an account in www.educationplanner.com for career exploration.
- Take the PLAN test.
- Get help in subject areas where improvement is needed.
- Keep grades up even if you feel like quitting.
- Think about leadership possibilities as a junior: Peer Counselor, Student Counselor, Activity Leader.
- Face any personal issues in your life right now.
- Enter into the Lenten spirit.

Grade 10 - April

Academic Focus: Fulfill all course requirements

Personal Skill Development: Give thanks for personal accomplishments so far

- **Celebrate Spirit Day! Celebrate Sophs!**
- Review your results from the PLAN test.
- See your counselor to understand results.
- Spend 20 minutes a day everyday preparing for the PSAT. Use www.collegeboard.com/quickstart and focus on areas of weakness from your PSAT this year.
- Check your handbook to note the qualifications for a leadership position.
- Apply for peer counselor or student councilor, if you meet those qualifications and are interested.
- Fulfill service hour requirements.
- Keep grades up! Raise your GPA.
- Prepare for Easter by attending Holy Week services at your parish.

Grade 10 - May

Academic Focus: End the semester well by being prepared for each subject

Personal Skill Development: Maintain focus and direction

- Complete all course requirements.
- Prepare for final exams.
- Look into possibilities for summer employment. Get working papers if needed from Miss Armstrong at the Counseling Office.
- Spend 20 minutes a day everyday preparing for the PSAT. Use www.collegeboard.com/quickstart and focus on areas of weakness from your PSAT this year.
- Get ready for junior year!

Grade 10 - June

Academic Focus: You've made it to junior year

Personal Skill Development: Evaluate your accomplishments

- Celebrate your achievements!
- Spend 20 minutes a day everyday preparing for the PSAT. Use www.collegeboard.com/quickstart and focus on areas of weakness from your PSAT this year.
- Have a happy and relaxing summer.
- Enjoy your summer reading list.