

Sophomore Class College Advisement Meeting



OPHS Counselors

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Ms. Ross (A-Fq)

Mrs. Stasiefski (Fr-Mh)

Ms. Charrett (Mi-Tn)

Mr. McLelland (To-Z)

Mrs. Svoboda (9th)



Counselor's Role

- Listen to students' concerns about academic, emotional, or social problems.
- Help students process their problems, plan goals and action.
- Give guidance on mediating conflicts, whether of an academic or personal nature.
- Assist students in selecting classes and preparing for post-graduation goals.
- Recognize blocks to learning and work with an educational team to maximize their academic success and personal wellbeing.

College and Career Center

- Room C-6
- Naviance Support
- College visits
- Leadership programs
- Test prep
- Career information
- Summer enrichment
- Scholarship and financial aid information
- Student tutors

OPHS Graduation Requirements

- English (4 years)
- Social Studies (3 and ½ years)
- Math (3 years)
- PE (2 years)
- Foundations of Science (1 year)
- Biology (1 year)
- Fundamentals of Science or Chemistry (1 year)
- Visual and Performing Art (1 year)
- Health (1 semester – 9th)
- General Electives (60 credits)
- 10 credits = 1 year

230 Credits needed to graduate



UC/CSU “A–G” Requirements

- A. History (2 years)
- B. English (4 years)
- C. Math (3 years required/at least Algebra II)
- D. Lab Science (2 required /3 recommended)
- E. World Languages (2 required /3 recommended)
- F. Visual Performing Arts (1 year)
- G. College Prep Elective (1 year)

**Some colleges require a 4th year of
Science/Math*

11th Grade Schedule

1. English III – CP/ H/ AP
2. US History – CP/H/AP
3. Science
 - Chemistry CP/H/AP or Biology CP/H/AP
4. Math
 - Geom, Alg II CP/H, Finite Math, Statistics CP/AP
Math Analysis CP/H, AP Calc
5. Electives – VPA, Tech, Practical Skills
6. Language – Spanish/Chinese/French/ASL

*PE credits should already be met unless student is in still earning credits by an OPHS sport

Characteristics of a Successful AP/Honors Student

- Independent and self-motivated learners dedicated to school work.
- Committed to homework and a lot of extra reading and research
- Responsible: able to multitask, to prioritize activities, to make deadlines without much direction
- Prepared and organized – has already demonstrated strong study skills and time management skills
- Beyond proficient in reading and writing
- Have the ability to grasp new concepts quickly at a rigorous pace without intervention.

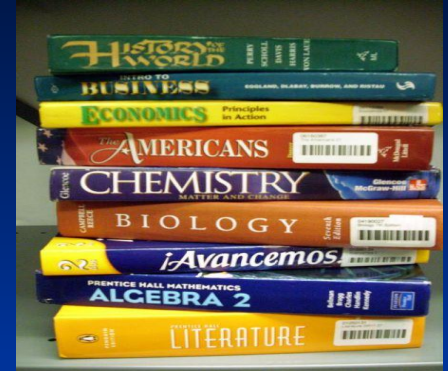
Why (Not) To Take an AP Class

The Advanced Placement experience is not for every student. Before choosing to enroll in an AP course, consider these factors:

- Your Schedule
- Your Skills and Intellectual Capabilities
- Your Motivation/Rationale
- Your GPA

Grades and GPA

- C– or higher required for advancement to the next level in math/language
- D's are not considering passing for UC/CSU “A–G” admission requirements
- OPHS uses a non-weighted GPA & does not rank students



Click the link below for more information:

[OPHS GPA and Class Rank Website](#)

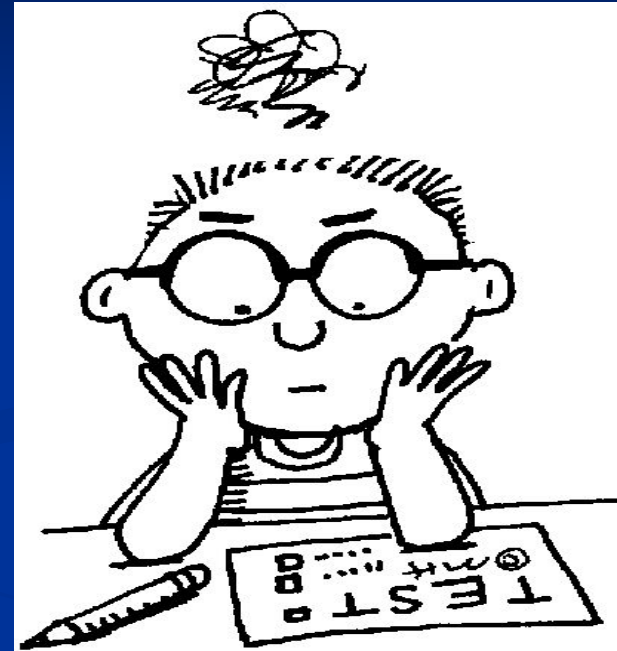
Admission Factors

- Grades and Rigor
- SAT/ACT scores
- Leadership
- Extracurricular activities and service activities
- Teacher/counselor recommendations
- Focus on a particular interest/passion
- Personal statement/College essay
- Creativity, talent



College Entrance Exams – 11th

- PSAT– October
- SAT – Math, reading, writing
- ACT – Science too!
- SAT Subject Area Tests
(10th grade – Biology)
Engineering majors –
Math 2, Science Subject tests



Mock Tests and Boot Camps at OPHS PFA

What are your goals during high school?

- Attend a top tier university?
- Participate in sports, clubs, music?
- Gain strong social skills, good peer group?
- Build your character and find out who you are?
- Happiness and emotional stability?
- Community College, trade school, mission trip?
- Family priorities? Spirituality? Community?

10th Grade Developmental Milestones

- Regulate stress/emotions with coping strategies
- Anticipate challenges and work through
- Learn to self advocate, parents step back so student can step forward
- Find a direction/passion – what am I good at?
- Focus on a balance of school work, meaningful activities, and down time
- Positive peer relations
- Develop solid study skills

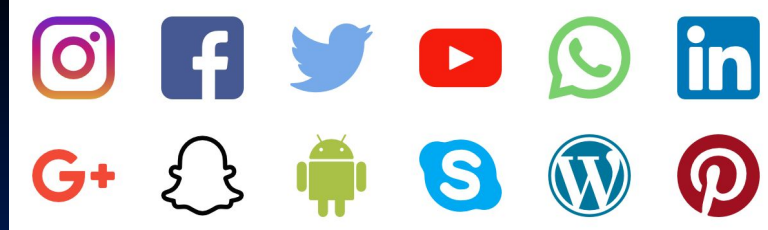


10th Grade Success

- Manage your time wisely – use a calendar, do homework the day it is assigned
- Get enough sleep, 8–9 hours (Zero period!!)
- Eat healthy and regularly
- Plan for down time/ enjoyment/ socialize (face to face) with friends
- Attend 7th period support regularly
- Don't make grades the most important part of high school.

A handwritten quote in teal ink on a white background. The text is surrounded by several stylized leaves and small dots. The quote is: Comparison IS THE THIEF OF joy.

Comparison
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Restrict Access to Media!

- Turn off cell phone alerts. Phones and multitasking disrupts concentration/learning.
- Consider using applications like “AppDetox” for Android, or “Freedom” for iPhones, to limit access to social media sites during study time.
- Use alarm clock and do not charge your phone in your bedroom.
- Parents may want to have a restricting device like Circle to limit usage.

How Kids Spend Their Time

Is your child attempting to do more than a 24 hour day?

Who needs sleep??



CHALLENGE
SUCCESS

Student Name: _____

Parent Signature _____

SCHOOL DAY

Periods	Subject	Homework Commitment per class
0 (7:20am – 8:20am)		
1 (8:30am – 10:05am)		
2 (8:30am – 10:05am)		
3 (10:25am – 12:05pm)		
4 (10:25am – 12:05pm)		
Lunch (12:05pm – 12:50pm)		
5 (12:50pm – 2:25pm)		
6 (12:50pm – 2:25pm)		
7th period support (2:25pm-3:10pm)		

AFTER SCHOOL

Time	Activities/Homework
3:10 pm	
4:00 pm	
5:00 pm	
6:00 pm	
7:00 pm	
8:00 pm	
9:00 pm	
10:00 pm	SLEEP
11:00 pm	SLEEP
12:00 pm	SLEEP
1:00 am	SLEEP
2:00 am	SLEEP
3:00 am	SLEEP
4:00 am	SLEEP
5:00 am	SLEEP
6:00 am	SLEEP
7:20 am	School starts for 0 period @ OPHS
8:30 am	School starts for periods 1/2 @ OPHS

Well-intentioned course load



Too many Honors/AP's can cause many
problems

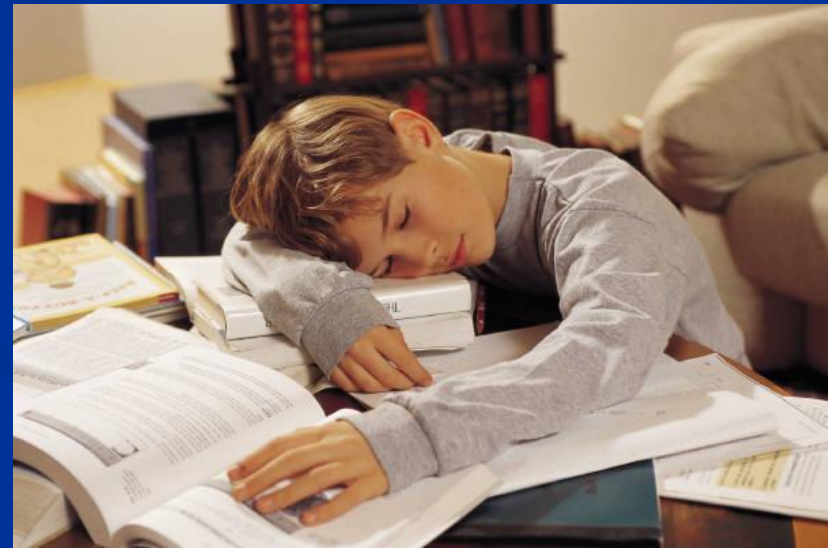
Health problems that arise from taking on too much...

- Sleep deprivation
- Health issues – headaches, stomach aches, truancy
- Short temper
- Anxiety and depression
- Family conflict
- Drug use

“Ugh”

Other debilitating disorders

- Eating disorders
- Self-harm/cutting
- Suicidal thoughts



TEEN DEPRESSION - statistics

- By the end of a student's teen years, 20+% will experience depression
- **OPUSD Healthy Kids Survey Data 15/16:**

Seriously considered suicide in the last 12 months

- 11th – 17% yes
- 9th – 11% yes
- Chronic sadness or hopelessness the last 12 months
 - 11th – 33%
 - 9th – 26%

P.D.F. for Wellbeing

Playtime, downtime & family time

Time in a child's day when he/she is not engaged in a formally structured activity



Helpful Coping Strategies

At School:

- Short break from class
- Deep breathing
- Utilize school counselor
- Tactile object for comfort
- Visualization
- Positive mantra
- POSITIVE Self-Talk

Helpful Coping Strategies

At Home:

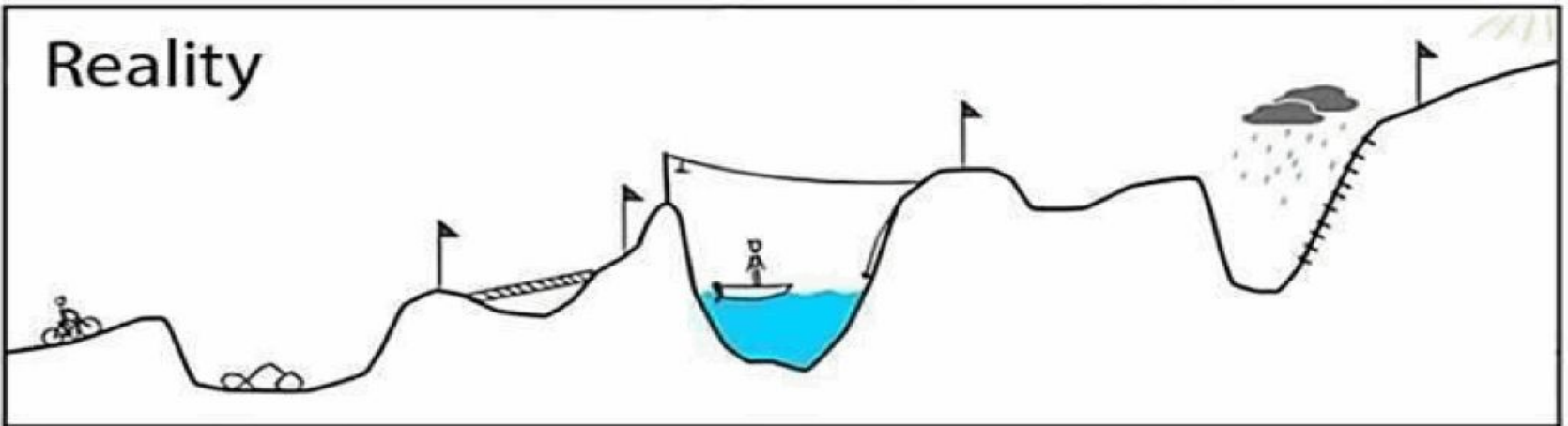
- Talk to someone who will be present and listen
- 20 – 30 min walk
- Deep breathing (Tactical Breather App)
- Progressive muscle relaxation (Virtual Hope Box App)
- Painting, drawing, journaling
- 30 minutes in the sun, get outside in nature
- Play with family pet
- Listen to music/play instrument
- Gratitude journal
- Mindful meditation

<https://www.youtube.com/watch?v=AvZB5sHZLFE>

Your plan



Reality



Expect challenges to occur and develop a “this too shall pass” perspective.

SUCCESS



WHAT PEOPLE THINK
IT LOOKS LIKE

SUCCESS



WHAT IT REALLY
LOOKS LIKE

Information Presentations

- Senior College Application Process (Fall Semester)
- Individual College Meetings for Seniors (Fall Semester)
- Career & College Knowledge Night (October)
- Financial Aid Night (Fall Semester)
- College and Course Advisement (February)
- Individual Course Advisement meetings for students (March)
- Junior Class College Advisement (Spring Semester)
- Thrive – Mental Health & Wellness Day (TBD)

Resources

- College and Career Center (room C-6)
- Naviance– assessments to match students to careers and colleges
- The College Preparatory Pathway
- www.collegeboard.com: Register for SAT
- www.act.org: Register for ACT
- www.universityofcalifornia.edu: Explore UC campuses
- www2.calstate.edu/apply : Explore CSU campuses
- www.studygs.net: Study Skills
- Oak Park Connects



Naviance

To login username: Student ID# password: Student
“Q” password

For an overview of Naviance go to [The OPHS
Naviance Website](#) on the College Information Main
Tab



Naviance

- Use the Naviance course planner to plan all 4 years of high school
- Complete the Naviance Assessments:
 - *Do What You Are*
 - *Career Cluster Finder and Career Interest Profiler*
 - *Strengths Explorer*
 - *Learning Styles Inventory*

These tools will help match you to career options, potential college majors, as well as a better understanding of your unique learning style.