

# A Guide to Preparing Gifted and Talented and High Achieving Students for College and Career Readiness at Henry Sibley High School

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WEST ST. PAUL – MENDOTA HEIGHTS – EAGAN AREA SCHOOLS

## PORTRAIT OF A GRADUATE

WHO IS CAREER AND COLLEGE READY

### Attitudes

- Collaborative
- Reflective and Evaluative
- Self-directed and Self-advocating
- Persistent
- Flexible and Adaptable
- Culturally Competent
- Curious

### Skills

- Communication
- Multiple Modes of Literacy
- Research and Study Skills
- Critical Thinking and Problem Solving
- Leadership
- Creativity and Innovation
- Multilingual

### Experiences

- A broad, comprehensive curriculum that includes authentic projects and real-world problems.
- Career and college exploration that includes internships and mentorships.



## **Guidance Department**

The Counseling and Guidance services at Henry Sibley are designed to help students with academic, personal/social, and career development. We are here to help students transition into high school and prepare them for a successful life after high school. We look forward to working with you in the areas:

- Academic Counseling and Planning
- Personal and Social Growth
- Career Planning
- Individual or Small Group Counseling
- Parent and Teacher Consultations
- Referral Assistance to Other Programs
- Test Interpretation

There are five counselors at Henry Sibley that serve students in grades 9 - 12. They divide students by last name and serve them for their 4 year career at the high school.

## **Naviance**

Naviance is provided to students in grades 7 - 12 in School District 197. Henry Sibley is pleased to offer Family Connection from Naviance, a web-based service designed especially for students and families.

What is Family Connection?

District 197 has partnered with Naviance to provide a variety of tools for student achievement through academic planning. These tools are located in Family Connection, a website for students and families to access online resources, communicate with school staff and collaborate on college and career readiness activities.

What can your student do in Family Connection?

Students can research colleges, scholarships, careers, enrichment programs and courses in one location. They can also create individual plans that can be linked to college and career readiness. Students can communicate easily with teachers and counselors. For college and career readiness, students can request transcripts and recommendations for college applications, as well as, complete career assessments and perform college and career searches. Students can also create goals and track associated tasks and activities. Students will complete specific activities throughout their high school career as part of Henry Sibley's curriculum. Counselors deliver lessons in specific classrooms throughout the year or in one-one meetings with students. Students also have access to practice ACT and practice AP exams in Naviance.

Students may login to Henry Sibley's Naviance at <http://connection.naviance.com/hssh>

Email: Your Henry Sibley email address

Password: Your Student ID#



## College Admission Guidelines

Requirement	Community & Technical College	Moderately Selective College	Selective College	Very Selective College	Extremely Selective College
	i.e. Inver Hills, Century, Dakota Technical	i.e. Bethel, MN State Universities, NDSU, UMD, UND	i.e. Gustavus, Beloit, UW-LaCrosse, Hamline, UW-Eau Claire, St. Thomas	i.e. UW-Madison, U of M - Twin Cities, St. Olaf, Lawrence	i.e. Harvard, Stanford, Amherst, Pomona, Carleton
Rigorous Courses	No specific coursework required	Some Honors/AP coursework helpful	Honors/AP coursework helpful	Honors/AP coursework highly recommended	Honors/AP coursework required
English	No specific coursework required. Students should be on track for high school graduation and student should take the most difficult classes they can succeed in to prepare for college-level courses.	4 years			
Math		3 years including Intermediate Algebra, Geometry and Algebra II	4 years including Intermediate Algebra, Geometry and Algebra II	4 years including Intermediate Algebra, Geometry and Algebra II	4 years including Intermediate Algebra, Geometry and Algebra II
Science		3 years including Biology and Physical Science with lab experience		4 years including Biology and Physical Science with lab experience	
Social Studies		3 years	3-4 years	4 years	4 years
Second Language		2 years	2-4 years	4-5 years	4-5 years
Fine Arts	No requirement		No requirement	Some require 1 year	Some require 1 year
Activities			Involvement in extracurricular activities	Active involvement in extracurricular activities	Leadership in extracurricular activities, community service
College Assessment	Testing provided by the college	ACT composite 21 or higher	ACT composite 23 or higher	ACT composite 26 or higher	ACT composite 30 or higher Possibly required SAT Subject Tests



Grades or class rank	No specific rank or GPA	Preferred class rank in top 50%	Class rank in top 50%	Class rank in top 20%	Class rank in top 10%
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### College Readiness and Entrance Assessments

#### ACT

The ACT is a nationally administered standardized test that helps colleges evaluate candidates. The ACT consists of curriculum-based tests of educational development in English, Math, Reading and Science which are designed to measure the skills needed for success in first-year college coursework. Minnesota Statute 120B.30 requires all districts to provide a nationally normed college entrance exam for students.

School District 197 provides a sequence of assessments to measure college readiness beginning in 8th grade and culminating with the ACT in a student's junior year. Generally, students take the ACT their junior year of high school. Many college-bound students will take the ACT two or more times since the student's highest score is considered for admission.

In the fall of 2016, School District 197 began to administer the ACT Aspire assessment to all grade 8 students. The ACT Aspire assessment replaces the EXPLORE and PLAN suite of assessments that has been retired by ACT. Similarly to these assessment, the ACT Aspire provides information on a student's college readiness in English, Reading, Math, and Science. Information from this assessment can help students in making course selections for 9th grade by showing academic areas of strength. In grade 9, students take the early high school ACT Aspire. The results from this assessment are used to predict ACT results in English, Reading, Math and Science. In grade 10, students take the pre-ACT. This assessment provides information to students on areas of strength and areas for growth prior to them taking the ACT in grade 11. In the spring of grade 11, all School District 197 students are required to take the ACT with writing per MN statute 120B.30. Students have access to practice ACT tests through Naviance. Students are encouraged to complete practice tests prior to taking the ACT. Community education also offers ACT prep classes which many students find helpful.

	8th grade	9th grade	10th grade	11th grade
Fall	ACT Aspire Middle Grades	ACT Aspire Early High school	Pre- ACT	Practice ACT
Spring	Review results with counselor	Review results with counselor	Review results with counselor	ACT

The ACT can be taken at additional times, if a student chooses. Additional attempts of the ACT are at the student/family's expense. The ACT is administered on Saturday at various locations throughout the state of Minnesota. Henry Sibley is not a site for Saturday administration. For a complete listing of test dates and sites, see [ACT's website](#).



## **PSAT**

The Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) is a program co-sponsored by the College Board and National Merit Scholarship Corporation (NMSC). It's a standardized test that measures critical reading skills, math problem-solving skills and writing skills, as well as providing first hand practice for the SAT. It also gives students a chance to enter NMSC scholarship programs and gain access to college and career planning tools. The PSAT can be taken by grade 10 and 11 students at Henry Sibley. The assessment is administered during the school day in October. Students register for this assessment individually and should see their counselor or the guidance office with specific questions. Students who are interested in a National Merit distinction have to take the PSAT in grade 11 and should consider taking the PSAT for practice in grade 10. To learn more about this see a counselor or visit [www.nationalmerit.org](http://www.nationalmerit.org).

## **SAT**

The SAT is a college entrance exam created by the College Board, also creator of Advanced Placement exams. The College Board has made changes to the SAT in 2016. The redesigned SAT focuses on knowledge, skills, and understanding that research has identified as most important for college and career readiness. The first administration of the redesigned SAT was in the spring of 2016. The SAT is used by most college and universities, however, colleges and universities on the east and west coasts of the United States are more likely to take the SAT over the ACT. Carefully check the colleges you are interested in applying to when deciding what college entrance exam to take.

## **SAT Subject Tests**

SAT Subject Tests are hour long exams in: Math, US History, World Language, Literature and the Sciences. Different schools have different requirements. Students should review college requirements carefully.

Students who are considering competitive colleges and universities, for example, the Ivy League or the University of California system, will need to submit two separate SAT Subject Test scores. However, some schools will now accept ACT in place of SAT Subject Tests. It is strongly recommended that students take the SAT Subject Tests in the spring, especially if they are currently taking an AP course, because the test aligns well with the AP test.

For more information visit [www.collegeboard.com](http://www.collegeboard.com).

## **NUMATS (Northwestern University's Midwest Academic Talent Search)**

[NUMATS](http://www.ctd.northwestern.edu/sites/default/files/NUMATS_Family_Fact_Sheet_2017.pdf) is a research-validated program that utilizes above grade-level testing to help you understand the educational needs of the top 10 percent of students in grades 3 through 9. Through NUMATS students are able to take the PSAT, SAT or ACT if they meet eligibility requirements. Tests are offered throughout the year at a variety of locations. For more information please go to the NUMATS website at [https://www.ctd.northwestern.edu/sites/default/files/NUMATS\\_Family\\_Fact\\_Sheet\\_2017.pdf](https://www.ctd.northwestern.edu/sites/default/files/NUMATS_Family_Fact_Sheet_2017.pdf).



## Rigorous Courses

Henry Sibley offers rigorous courses which the district defines as those that are similar to what a freshmen would experience in college. These courses include Advanced Placement (AP), College in the Schools (CIS) and concurrent enrollment (CE) courses. All of these courses have weighted grades to reflect the increased levels of rigor, workload and expectations. This means that, in determining GPA, the value of letter grades is increased by 1.2 on the transcript. GPA is determined only at the end of each semester.

A number of factors should be considered as to which and/or how many rigorous courses to take. The following items are a good start to that process:

- What has been the student's past performance in the subject area? What subject/s does the student particular like? Not like? If the student has always excelled, it is likely a good idea. However, if the student has struggled it might be too much. It is always good to talk with a counselor and/or teacher of that subject area who knows of the student's work.
- What are the student's study skills like? Many AP courses in English and history require heavy amounts of college level reading and writing. Is the student prepared for long, difficult reading assignments?
- What is the student's schedule in and out of school? Rigorous courses can have 1 - 2 hours of homework each night, does that fit in with the balance of the other classes that the students is taking? How many of hours of homework a night fit into the schedule?

## Advanced Placement Courses

Advanced Placement (AP) courses are sponsored by the College Board and are the equivalent to what one would experience at the Freshman level of college. AP courses are more demanding than other high school classes. In May, students enrolled in an AP class take a test that may earn them college credit depending on the score. While the amount and type of credit one receives may differ among colleges, most will allow a student to skip basic courses and, depending on the amount of AP courses taken, enable one to begin as a sophomore. Colleges and Universities look favorably upon students who have challenged themselves and done well in AP coursework.

## AP Honors

The College Board governs all Advanced Placement courses and three levels of distinction are available based on various criteria. AP Scholar awards are awarded each fall to students.

- AP Scholar: Granted to students who receive scores of 3 or higher on three or more AP Exams.

Type of Course	Courses Offered at Henry Sibley
Advanced Placement	Biology, Chemistry, Physics – Mechanics Calculus AB, Calculus BC, Statistics, Computer Programming US History, World History, Economics, Psychology Language Composition Music Theory Studio Art 2D
College in the Schools (CIS)	French IV, French V German 3, German 4 Physics Inquiry, Physics Mechanics College Algebra through Modeling
Concurrent Enrollment (CE)	Spanish IV, Spanish V

- AP Scholar with Honor: Granted to students who receive an average score of at least 3.25 on all AP Exams taken and score of 3 or higher on four or more of these exams.
- AP Scholar with Distinction: Granted to students who receive an average score of at least 3.5 on all AP Exams taken and score of 3 or higher on five or more of these exams.

### **College in the Schools and Concurrent Enrollment**

College in the Schools (CIS) and Concurrent Enrollment (CE) courses are taken at Henry Sibley with a teacher, but results in high school and college credit upon completion. College in the Schools (CIS) is a concurrent enrollment partnership between the University of Minnesota-Twin Cities and School District 197.

### **Post-Secondary Enrollment Options (PSEO)**

Post-Secondary Enrollment Options (PSEO) is a program that allows students in grades 10-12 to earn college credit while still in high school, through enrollment and successful completion of college-level courses. With traditional PSEO, these courses are generally offered on the campus of the postsecondary institution; some courses are offered online. The purpose of this program is to promote rigorous educational pursuits and to provide students with a wider variety of academic options. A student who takes college or technical courses for high school credit will have the cost of tuition, books, and materials paid for by the State of Minnesota.

Most PSEO courses are only open to High School students during their Junior and Senior year, with each participating college and university setting their own requirements for enrollment into the PSEO courses and programs. Students may take PSEO courses on a full- or part-time basis, beginning in their Junior year of High School. For full-time PSEO students who begin in their Junior year, it is possible to graduate from High School with enough college credits for an Associate's Degree. Not all Minnesota colleges offer PSEO, for a complete list of colleges that do, view this list provided by the Minnesota Department of Education, [CLICK HERE](#). A student must apply and be accepted at the college where they want to take PSEO classes at.

To learn more about PSEO, see a counselor, [check out the Sibley website](#) or the Minnesota Department of Education website.

### **Advanced/Enriched/Pre-AP Classes**

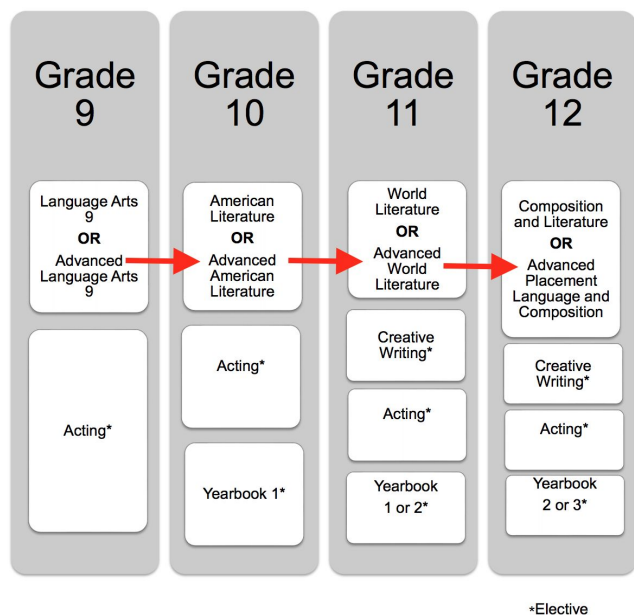
Advanced or enriched courses are offered in English, Math, Social Studies and Science. In English and Social Studies there are a series of “advanced” courses, i.e. Advanced English 9, Advanced American Literature, Advanced World Literature, the fourth course in this sequence is AP Language and Composition. In Math, Enriched Math courses began in middle school and continue through Algebra II. The course registration guide explains each course offering in more detail, including a homework guide and information about who should take the course. The course registration guide can be found on the [Sibley website](#).

### **Course Pathways**



Course pathways can be found in the Course Registration guide. There can be more than one way to move through a track in the various course offerings at the Henry Sibley. Here are some helpful hints and questions to consider as you think about making course decisions.

## Language Arts



The Language Arts (English) program provides a variety of course offerings in Literature, Writing, Speaking, Media and Drama. Each student is required to pass 8 semester credits (or 4 full years) of Language Arts in grades 9-12. Students must take a full-year required course each year regardless of the number of Language Arts courses they have previously completed. Electives may be taken in addition to, but not in place of, the full year required courses. While students will have some homework almost every night, significant reading assignments, large papers, and major projects are assigned ahead of time so students can manage their time. On average, students can expect at least 1 ½ to 2 hours of additional homework per week.

The path outlined with red arrows is the most rigorous available; however it is important to consider the number of Advanced and AP courses a student is taking at one time. Most students do not take the highest level courses in every subject at one time.

## Math

Three full years of Math, through at least Algebra 2, are required for graduation. Students in School District 197 middle schools have the opportunity to be in Enriched Math classes beginning in grade 5, as well as the opportunity to accelerate in the math track starting in grade 6. Students may enter high school already in various places in the leveled diagram shown to the right. The diagram is taken from the Henry Sibley course registration guide. There are many different paths and combinations that can be taken through the various levels. The path outlined with red arrows is the most rigorous available; however it is

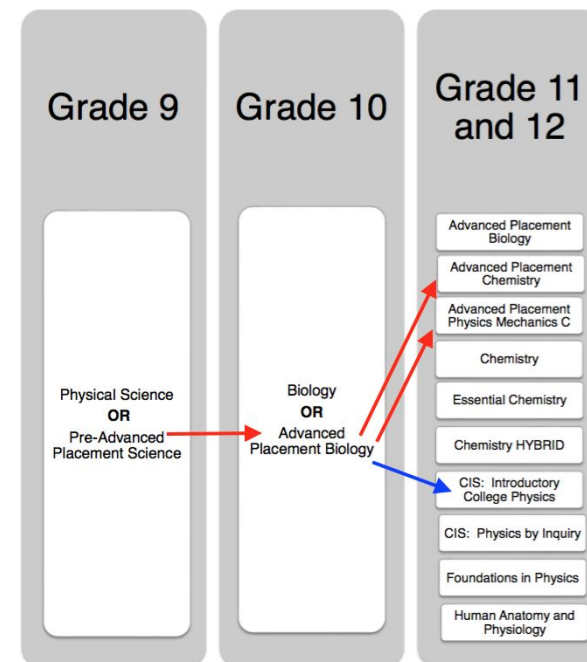


important to consider the number of Advanced and AP courses a student is taking at one time. Most students do not take the highest level courses in every subject at one time. Some students choose to take AP Statistics in addition to AP Calculus as shown with the blue arrow. Students who take Intermediate Algebra and/or Geometry in middle school earn high school credit.

### Science

Three full years of Science are required for graduation which consists of: one full year of Physical Science 9 or Pre-Advanced Placement Science 9, one full year of Biology or AP Biology and one full year of either Chemistry or Physics. Students who intend to enroll in college after high school should take 4 years of Science, for example, Pre AP Science 9, Biology, Chemistry, and Physics. Students entering grade 9 take Physical Science 9 or Pre-AP Science 9. Students take Biology or AP Biology in grade 10. Students entering grades 11 and 12 must choose at least one course from Chemistry or Physics to fulfill their third Science credit.

There are four levels of Physics offered: Foundations of Physics, CIS Physics Inquiry, CIS Introductory College Physics and AP Physics Mechanics. AP Physics C Mechanics course is best choice for students who intend to study Physics, Chemistry, Math, Engineering, Pre-Med, or Computer Science and who are in Calculus. CIS Physics by Inquiry is the best choice for students who would like to earn college credit, but do not plan to major in a science-related field and/or who are not in Calculus. The path outlined with red arrows is the most rigorous available; however it is important to consider the number of Advanced and AP courses a student is taking at one time.



### Social Studies

Social Studies courses are required in order to fulfill a student’s need for education about cultures, community and governmental institutions and social science processes. This knowledge is vital for citizenship in a democratic society. The four-year program includes surveys of a variety of Social Science disciplines and American and World History. Each student is required to pass 8 semesters (or 4 full years) of Social Studies.

The path outlined with red arrows is the most rigorous available; however it is important to consider the number of Advanced and AP courses a student is taking at one time. Most students do not take the highest level courses in every subject at one time.

## TriDistrict Career and College Readiness and Unique Learning Opportunities - Opportunities Junior and Senior Year

***The TriDistrict Career and College Readiness Initiative*** is a unique partnership that has developed between the school districts of South St. Paul, Inver Grove Heights and West. St. Paul-Mendota Heights- Eagan. This partnership is a collaborative effort to guarantee that all students of South St. Paul Secondary School, Simley High School, and Henry Sibley High School graduate with a plan for their “next step” and has the skills, knowledge, attributes and attitudes to be successful, wherever that next step takes them.

Of critical importance for students is for them to have a wide array of Career and College Readiness experiences, exposures, and explorations. To support the goals of our Initiative, TriDistrict Schools, in collaboration with community and business partners, have developed unique and immersive learning experiences for TriDistrict juniors and seniors. Students completing TriDistrict courses earn both elective credit and required English credit.

***The TriDistrict Career and College Readiness Initiative and its courses are modeled after CAPS programs*** (The Center for Advanced Professional Studies) found locally, regionally, and nationally. CAPS is a nationally recognized network of schools and programs that place student learning in context. Students learn about broad career opportunities within the given career field, and the specific professional skills needed to succeed in the particular industry encompassed by the course. Students also learn to transfer these skills to other career areas and their personal and professional lives in general.

### HEALTHCARE CAREERS & MEDICINE

*Host Partner:*



In this year-long course, students from Henry Sibley, Simley and South St. Paul high schools are fully immersed with our partner, Twin Cities Orthopedics, at their new site in Eagan. This opportunity provides students with a broad view of career opportunities in all aspects of healthcare, medicine, and related fields. Students have access to real-world experiences and environments, and engage with healthcare partners and mentors in authentic projects and scenarios to broaden their exposure and deepen interest and understanding.

### Potential Projects and Activities

- Collaborate with local schools on ways to reduce student anxiety
- Work with public health officials on issues of community wellness initiatives
- Team with district nutrition & food service staff to encourage healthy eating
- Develop infection management and mitigation strategies with healthcare providers
- Partner with businesses to improve employee recruitment and retention
- Practice patient care and client engagement strategies
- Learn about the unique partnership between TCO and the Minnesota Vikings



## **CAREERS IN TRANSPORTATION BUSINESS & TECHNOLOGIES**

*Host Partner:*



In this year-long course, students from Henry Sibley, Simley, and South St. Paul high schools interested in the business and/or technical aspects of transportation and related industries will find an excellent fit. Students explore the operations, technical, logistics, and human resources sides of multiple sectors within the industry. Hosted onsite at North American Trailer's brand new, state-of-the-art facility, this course takes advantage of the SE Metro's role as a business and transportation hub for the Twin Cities and beyond.

### **Potential Projects and Activities**

- Shadow a sales representative or estimator
- Observe on-site service appointments and off-site customer visits
- Develop marketing strategies and materials
- Attend seminars on emerging technologies and industry advancements
- Experience a first-hand view of the repair process from start to finish
- Develop customer service and public relations skills and events
- Learn the logistics of managing a fleet of vehicles located across the midwest.
- Learn networking skills to connect with mentors and other industry professionals

### **FIRST HALF OF COURSE - CLASSROOM EXPERIENCE**

TriDistrict students report each afternoon (periods 5, 6, & 7 for Henry Sibley High School and Simley High School; periods 5 & 6 for South St. Paul Secondary) to the host business partner site. Transportation is provided for students, if needed. Students work with TriDistrict staff and business partners from the host business and across the industry. Students will have extensive experiences and exposure to career opportunities within the career field of the course while learning the professional skills required in the unique current, dynamic business environments of each partner/industry. Students will earn both required English credits as well as elective credits. Credits earned will be equal to the credits that otherwise would be earned at the student's home high school (trimester credits at Simley and South St. Paul; semester credits at Henry Sibley).

### **SECOND HALF OF COURSE - INDIVIDUAL INTERNSHIP**

Each student will serve as an intern, working directly with a local business and mentor to continue to develop and apply professional skills while collaborating on authentic projects and tasks. Students will continue to meet weekly, on Wednesdays, with TriDistrict staff to refine professional skills and continue to meet elective and core requirements. Internship placement can be competitive, and it is the goal of the TriDistrict to find a good internship fit for all students. Students continue to earn both required English and elective credits. Credits earned will be equal to the

credits that otherwise would be earned at the student's home high school (trimester credits at Simley High School and South St. Paul Secondary; semester credits at Henry Sibley High School).

Visit [www.careercollegeready.org](http://www.careercollegeready.org)

### **Genesys Works**

Genesys Works is a Twin Cities non-profit organization with whom TriDistrict High Schools partners. This collaboration seeks to bring diversity to the IT (Information Technology) workforce. It accomplishes this through a unique program model aimed at helping close the educational achievement and opportunity gaps currently challenging our communities. By connecting youth to the right opportunities and support at the right time, they enable more young adults to join the economic mainstream.

This program goes beyond the classroom to prepare students for college, career, and life. It actively addresses this through an innovative program model, which has prepared thousands of high school students for college and career success.

The Genesys Works model consists of four interlocking program elements, conducted in an environment of high expectations and support:

- Skills Training. 8 weeks of vigorous training during the summer before students' senior year of high school
- Meaningful Internships. A paid year-long professional internship at one of our partner companies
- College & Career Coaching. Focused classroom instruction and one-on-one counseling on appropriate college and career pathway
- Alumni Support. Genesys Works staff proactively supports students as they deal with the academic, social and financial obstacles that might otherwise prohibit students from college and career success.

Students apply for this program in January of their junior year, and must complete the application and the following interview to be eligible for the summer Skills Training, typically located in downtown St. Paul for TriDistrict Students. Completion of the Skills Training makes students eligible for the year-long internship during their senior year. Genesys Works works closely with school and business partners to place students in internships that are located as closely geographically as possible to each student's home high school. Current TriDistrict internship students are serving as IT interns in companies such as Patterson, Blue Cross/Blue Shield, and CHS. Students earn elective credit for their internship that is commensurate with the number of credits their internship replaces. Juniors must speak with their counselor in January if they are interested in this unique, collaborative, and immersive opportunity.

## **Pivot Interactives**

Pivot Interactives is a startup edtech company that makes science education videos, software and curriculum. Our videos and curriculum have been used over 2 million times around the world at elite universities like MIT and Princeton, to rural schools in South Africa. Our cutting-edge science learning research is funded by the National Science Foundation. Our start-up has partnerships with Pearson, Cengage, and Vernier Software and Technology, who act as our commercial distributors.

Students working as interns for Pivot Interactives can work in the following areas of emphasis:

**Fabrication:** Students will design and construct apparatus that will be featured in the videos and used to demonstrate science concepts. Students will build on existing knowledge of fabrication using CNC and other fabrication methods.

**Videography:** Students will make videos in our well-equipped video studio using professional-level video cameras, lenses, and lights. Students will also perform video editing using professional level video workstations.

**Marketing:** Students will contribute to Pivot Interactives marketing efforts, including the social media campaign, customer journey mapping, and customer discovery.

**Programming:** students will work on our web-app database program, learning to configure the platform to accommodate new videos. Students will work on a variety of platforms including the Pivot Interactives web-app, Wordpress, readme.io, and other web tools.

**Physics, Chemistry, Biology Instruction:** Students will contribute to the development of new curriculum by collecting data and testing new approaches to science learning. Students will also help analyze feedback from other Pivot Interactive users to inform curriculum development.

Through the application and interview process, students can apply for internships in one or more of the areas above. Students will be accepted for this program based on evidence of having a strong work ethic, being willing to work and problem-solve independently, and having a high standard for producing quality work.

Intended outcomes include, but are not limited to: making a measurable contribution to Pivot Interactive videos and curriculum, publishing the results of research, making a measurable effect on the company's marketing efforts.

**Students must meet the following prerequisites:** any of the following Chemistry, Physics, PLTW Principles of Engineering, Web Development, Intro to Computer Science Meets: Students attend one period per day except period 1 and 6.

### **National Honor Society**

The Henry Sibley chapter of National Honor Society is an opportunity available to juniors and seniors. Students must have a 3.670 GPA or higher to be eligible. Eligible students are invited to submit information to the Faculty Council to assist them in the selection process. The Faculty Council (made up of 5 teachers) reviews the information provided by eligible and interested students to select members based on their leadership, service, and character. NHS students volunteer regularly and organize events in the school and community.

### **Extra Opportunities at Henry Sibley**

College admissions not only look at a student's academic and assessment performance but also at their extracurriculars and leadership opportunities. Henry Sibley offers a wide array of opportunities for students, to learn more check out the [activities](#) or [Athletics](#) Web Pages on Sibley web-site or check with the Activities Office at Henry Sibley.

**Leadership-** Anglos Latinos Motivados a Superarse(ALMAS), Key Club, Link Crew, National Honor Society(NHS), Student Council

**Academic-**Business Professionals of America(BPA), Debate, Math Team, Model United Nations, Page Warriors, Robotics, Sibley Scribe, Speech, Chemistry and Physics Demo Team

**Music-**Fiddles and Friends, Jazz Band, Jazz Choir, Pep Band, Spring Musical, Summer Band, Winter Drumline, Winter Guard

**Theatre-**Drama Club, Fall Play, One Acts, Spring Musical

**Specific Focus Groups-**Bible Study, Gender Equity, Girls Learn International, LIVEGREEN Club, Prom, Students Against Destructive Decisions(SADD),

**Athletics-**Cross Country, Football, Soccer, Swimming, Tennis, Volleyball, Basketball, Ballroom Dancing, Bowling, Dance, Gymnastics, Hockey, Nordic Skiing, Table Tennis, Wrestling, Baseball, Golf, Lacrosse, Softball, Track, Trapshooting, Ultimate Frisbee, Pom Squad (fall), Ping Pong

### **Additional Resources found on Henry Sibley website:**

[Counseling and Guidance](#)

[College and Career Readiness](#)

[Planning for College - Minnesota Colleges and Private Universities](#)



**For more information or questions:**

Contact Henry Sibley Counseling Office at 652-403-7208 or contact the District's Gifted and Talented Coordinator, Megan Mogelson at [megan.mogelson@isd197.org](mailto:megan.mogelson@isd197.org)

