

Sophomore Parent Program

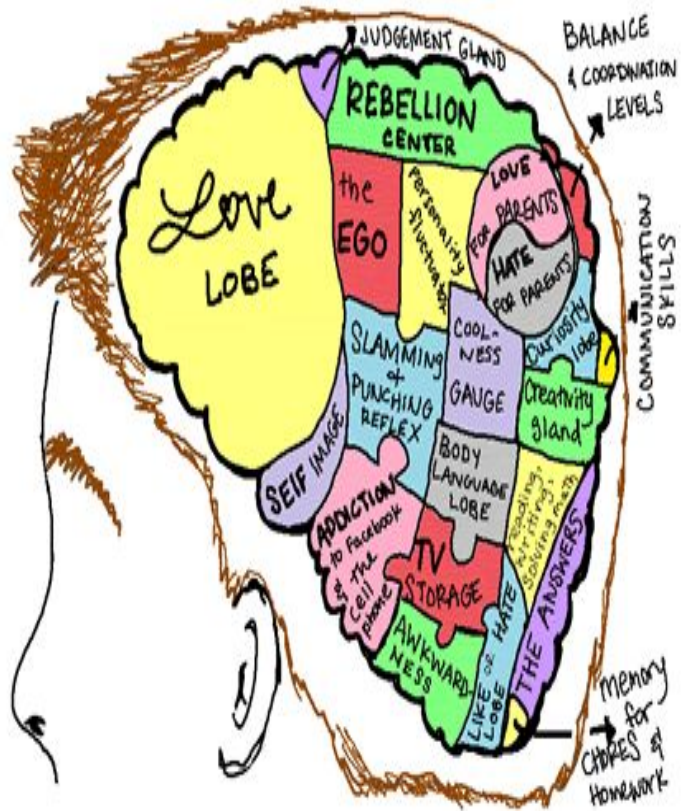
4 year Counseling Curriculum using Naviance

John Klasen, Director of College Counseling

Ann LePage, Interim College Counselor

Glenbrook South High School

THE AVERAGE TEENAGE BRAIN



Tommy Titan's Brain?

Anatomy of a Teenager's Brain



Worst Nightmare?

Goal



=



Ultimate Goal



Glenbrook South College Programs

Sophomore Compass Test Prep

April 25, 2023

College Fair at GBN

April

Fall College Info Sessions

September, October, November

Junior Parent College Night

December

Junior Individual Meetings

December-Fall of Senior Year

Junior College Groups

December

College Colloquium

February

Senior Assembly

August

Senior Individual Appointments

September

Senior Parent College Night

September

Senior Parent Finance Night

October

FAFSA Completion Workshop and Individual Appointments

October

Senior Seminar

April



Freshman Year

- Join Counselor's Google Classroom
- Establish Naviance Account
- Complete Freshman Getting to Know You Survey
- Complete "Career Interest Profiler"
- Complete Four-year Plan
- Follow-up with Four-Year Plan conferences with families

Career Interest Profiler

CAREER INTEREST PROFILER

[:: view matching careers](#) [:: reset interest profiler](#)

Results

Realistic: 3

Investigative: 22

Artistic: 3

Social: 23

Enterprising: 5

Conventional: 10

The strongest interests are in **green**.

Definitions

Realistic: Realistic occupations frequently involve work activities that include practical, hands-on problems and solutions. They often deal with plants, animals, and real-world materials like wood, tools, and machinery. Many of the occupations require working outside, and do not involve a lot of paperwork or working closely with others.

Investigative: Investigative occupations frequently involve working with ideas, and require an extensive amount of thinking. These occupations can involve searching for facts and figuring out problems mentally.

Artistic: Artistic occupations frequently involve working with forms, designs and patterns. They often require self-expression and the work can be done without following a clear set of rules.

Social: Social occupations frequently involve working with, communicating with, and teaching people. These occupations often involve helping or providing service to others.

Enterprising: Enterprising occupations frequently involve starting up and carrying out projects. These occupations can involve leading people and making many decisions. Sometimes they require risk taking and often deal with business.

Conventional: Conventional occupations frequently involve following set procedures and routines. These occupations can include working with data and details more than with ideas. Usually there is a clear line of authority to follow.

Career Interest Profiler Sample Results

Some Preparation ?

Dietetic Technicians

Medium Preparation ?

Acute Care Nurses

Critical Care Nurses

Hearing Aid Specialists

Registered Nurses

Respiratory Therapists

Respiratory Therapy Technicians

Cardiovascular Technologists and Technicians

Diagnostic Medical Sonographers

Emergency Medical Technicians and Paramedics

Considerable Preparation ?

Community Health Workers

Informatics Nurse Specialists

Special Education Teachers, Secondary School

Tutors

Atmospheric and Space Scientists

Career/Technical Education Teachers, Middle School

Career/Technical Education Teachers, Secondary School

Elementary School Teachers, Except Special Education

Health Educators

Occupational Health and Safety Specialists

Patient Representatives

Extensive Preparation ?

Advanced Practice Psychiatric Nurses

Agricultural Sciences Teachers, Postsecondary

Anthropology and Archeology Teachers, Postsecondary

Area, Ethnic, and Cultural Studies Teachers, Postsecondary

Atmospheric, Earth, Marine, and Space Sciences Teachers, Postsecondary

Audiologists

Biological Science Teachers, Postsecondary

Chemistry Teachers, Postsecondary

Computer Science Teachers, Postsecondary

Counseling Psychologists

Criminal Justice and Law Enforcement Teachers, Postsecondary

Dermatologists

Dietitians and Nutritionists

Economics Teachers, Postsecondary

Engineering Teachers, Postsecondary

Environmental Science Teachers, Postsecondary

Epidemiologists

Exercise Physiologists

Family and General Practitioners

Forestry and Conservation Science Teachers, Postsecondary

Genetic Counselors

Geography Teachers, Postsecondary

Health Specialties Teachers, Postsecondary

Healthcare Social Workers

| | | | | | | | | | | | |
|----------|-------------|--------|---------------------------|----------------|--------------------------------------|----------------|-----------------------------------|----------------|------------------------|----------------|--|
| | | | Name: | | Naviance Username (school email): | | Naviance Password (school ID): | | | | |
| | | | Post High School Plans: | | | | | | | | |
| | | | Interests and Activities: | | | | | | | | |
| | | | Courses to Consider: | | | | | | | | |
| | | | Grade 9 | | Grade 10 | | Grade 11 | | Grade 12 | | |
| grad req | college rec | Blocks | Semester 1 | Semester 2 | Semester 1 | Semester 2 | Semester 1 | Semester 2 | Semester 1 | Semester 2 | |
| | | EB | | | | | | | | | |
| 4 | 4 | 1 | English | English | English | English | English | English | English | English | |
| 3 | 3 - 4 | 2 | Math | Math | Math | Math | Math | Math | Math | Math | |
| 2 | 3 - 4 | 3 | Science | Science | Science | Science | Science | Science | Science | Science | |
| 2 | 3 - 4 | 4 | Social Studies | Social Studies | (Civics) | Social Studies | US History | US History | (Civics) | Social Studies | |
| 0 | 2 - 4 | 5 | World Language | World Language | World Language | World Language | World Language | World Language | World Language | World Language | |
| 3.5/.5 | | 6 | PE | PE | PE/Health | PE/Health | PE | PE | PE | PE | |
| 2 | | 7 | Fine Art | Applied Art | | Driver's Ed | | | Consumer Ed | | |
| | | 8 | SRT | SRT | SRT | SRT | SRT | SRT | SRT | SRT | |
| | | | Summer School | Summer School | Summer School | Summer School | Summer School | Summer School | Summer School | Summer School | |
| | | | Minimum Total Credits: | 6 | Minimum Total Credits: | 12 | Minimum Total Credits: | 18 | Minimum Total Credits: | 24 | |

Sophomore Year

- Complete AchieveWorks Personality Profiler
- Explore Road Trip Nation in Naviance
- Explore Career Resources in Counselor's Google Classroom
- Transcript Review/Goal Setting
- Preview Naviance College Search Function





AchieveWorks Personality®

[START ASSESSMENT](#)

AchieveWorks Personality® helps you identify your personality type by asking you to choose scenarios that best represent how you behave in real life.

This tool will reveal your true personality and provide tips to achieve success, in a way that works for you.

How it Works



Plan to spend at least 15 minutes on this assessment.



Relax, there are no right or wrong answers.



You are unique. Just choose the options that are most like you.



Don't be influenced by what others may expect of you.

What's in it for you



Clarify your career options.



Make assignments and tests easier.



You understand others and others understand you.

Road Trip Nation



What's in the Archive?

We've gone on **52 roadtrips** and interviewed **1236 leaders** creating **10203 videos** on struggle, triumph, and self discovery that have been broken into **48 themes** and **29 interests**.

First time here? Click on the Roadmap to watch more interviews with people whose interests are similar to your own.

[Find your road](#)

Recommended Leaders



Cecil Scheib

Director of Sustainability & Energy
NYU

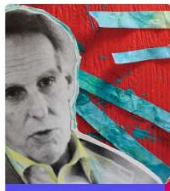
Engineering Environment & Nature



Nick DePalma

Graduate Student
MIT Personal Robots Group

Science Technology



Ben Zander

Music Conductor
Boston Philharmonic

Music Writing



Kelly Keelo

Co-Owner / Creative Director
Juice Hugger, A Healthy Crush

Entrepreneurship Food

Career Resources



All topics

Summer Opportuniti...

Sophomore Groups

Career Resources

Freshman Group

Student Resources

Registration Material



Molly McBride posted a new material: Occupational Outlook Handbook



Posted Dec 14, 2021



Home : Occupational Ou...
<https://www.bls.gov/ooh/>



Add class comment...



Molly McBride posted a new material: Career Pathways



Posted Dec 14, 2021



Home | Chicagoland Car...
<https://www.careerpathways....>



Add class comment...



Molly McBride posted a new material: Career Cluster Interest Survey



Posted Dec 14, 2021



Career Cluster Interest S...
<https://careerwise.minnstate...>

| Semester 1 | | | Semester 2 | | | Summer School | | |
|--------------|---------------------|--------------|--------------|---------------------------|--------------|-----------------------|--------------------------|--------------|
| Course Title | | Grade Credit | Course Title | | Grade Credit | Course Title | | Grade Credit |
| 14-15 | Spanish 1 Jr Hs | P 0.000 | | | | | | |
| 15-16 | English 163 | A 0.500 | 15-16 | Photography 161 | B 0.500 | | | |
| 9 | Food/Nutrition 161 | A 0.500 | 9 | English 163 | A 0.500 | | | |
| 9 | Spanish 263 | A 0.500 | 9 | Spanish 263 | A 0.500 | | | |
| 9 | Algebra 163 | A 0.500 | 9 | Algebra 163 | B 0.500 | | | |
| 9 | Phys Ed Girls 161 | A 0.500 | 9 | Phys Ed Girls 162 | A 0.500 | | | |
| 9 | Biology 163 | A 0.500 | 9 | Biology 163 | A 0.500 | | | |
| 9 | World History 163 | A 0.500 | 9 | World History 163 | A 0.500 | | | |
| 16-17 | English 263 | A 0.500 | 16-17 | Technology Essentials 161 | A 0.500 | | | |
| 10 | Spanish Hnr 373 | B 0.500 | 10 | English 263 | B 0.500 | | | |
| 10 | Geometry 263 | A 0.500 | 10 | Spanish Hnr 373 | C 0.500 | | | |
| 10 | Health Ed 161 | A 0.500 | 10 | Geometry 263 | C 0.500 | | | |
| 10 | Broadcast Intro 161 | A 0.500 | 10 | Phys Ed Girls 262 | B 0.500 | | | |
| 10 | Chemistry 163 | B 0.500 | 10 | Chemistry 163 | B 0.500 | | | |
| 10 | Latn Amr Hst Hn171 | B 0.500 | 10 | Pacific Rim Hnr 171 | B 0.500 | | | |
| 17-18 | Consmr Econ Hnr171 | A 0.500 | 17-18 | English 363 | A 0.500 | | | |
| 11 | English 363 | A 0.500 | 11 | Spanish 463 | B 0.500 | | | |
| 11 | Spanish 463 | A 0.500 | 11 | Algebra 2 363 | A 0.500 | | | |
| 11 | Algebra 2 363 | A 0.500 | 11 | Phys Ed Leader 163 | A 0.500 | | | |
| 11 | Phys Ed Leader 163 | A 0.500 | 11 | Physics 163 | B 0.500 | | | |
| 11 | Physics 163 | B 0.500 | 11 | US History 163 | A 0.500 | | | |
| 11 | US History 163 | A 0.500 | 11 | Peer Mentoring | A 0.500 | | | |
| 11 | Constitution Test | P 0.000 | 17-18 | Driver Ed Private | P 0.000 | | | |
| 18-19 | Peer Group Workshop | P 0.250 | | | | | | |
| 12 | | | | | | | | |
| | | | | | | Courses In Progress | | |
| | | | | | | Sem | Credit | |
| | | | | | | 18-19 | Advanced Precalculus 463 | |
| | | | | | | S2 | 0.50 | |
| | | | | | | Eng 463:Rhetoric | S2 0.50 | |
| | | | | | | Envrnmnt Sci AP 283 | S2 0.50 | |
| | | | | | | Internatl Relatns 161 | S2 0.50 | |
| | | | | | | Peer Group Leader | S2 0.50 | |
| | | | | | | Peer Mentoring | S2 0.50 | |
| | | | | | | Phys Ed Leader 263 | S2 0.50 | |
| | | | | | | Spanish Hnr 573 | S2 0.50 | |
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Numerical Equivalents

A = 90 - 100
B = 80 - 89
C = 70 - 79
D = 60 - 69
F = 0 - 59
P = 70 - 100
RE = Repeat

Class Levels

9 - Glenbrook Academy of International Studies
8 - Advanced Placement
7 - Honors Level
6 - Regular Level

Two separate grade point averages based on a 4.0 scale are computed for each student: The **Academic GPA** includes courses in the areas of English, foreign language, mathematics, science, social studies or other elective courses at the Advanced Placement or honors level. The **All-Subject GPA** includes all courses. No weighting system is used and all courses are considered of equal value.
Grade point averages will no longer be used to determine a class rank. Please see profile for more information.

Assistant Principal for Pupil Personnel Services

Date: January 22, 2019

* Denotes courses taken out of district that are not included in GPA

Scattergram: Reality Check and Goal Setting



How do things look for Tommy?

Illinois State University :: Normal, IL :: U.S.

<http://illinoisstate.edu/>

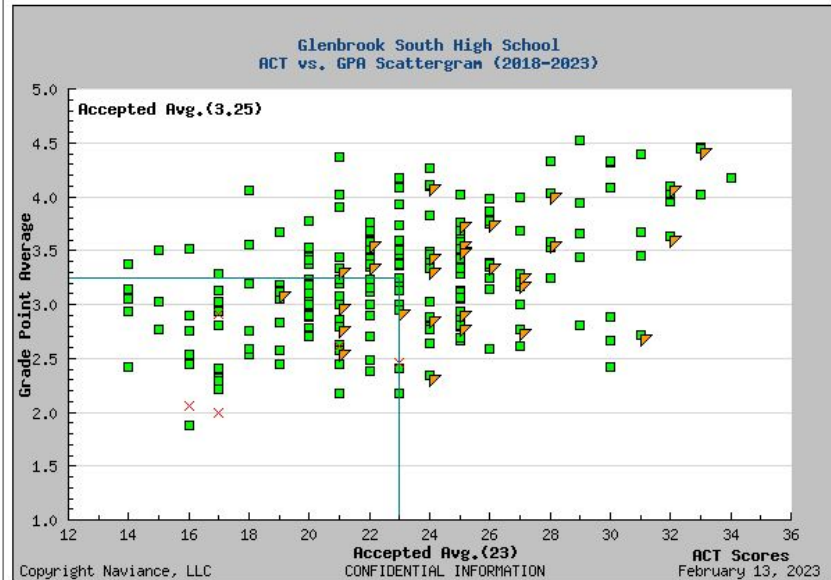
General Applications Analysis Admissions Academics Cost & aid Extracurriculars
graphs statistics overlaps

Graphs

(mouseover or click on scattergram dots for more information)

[Printer-friendly page](#)

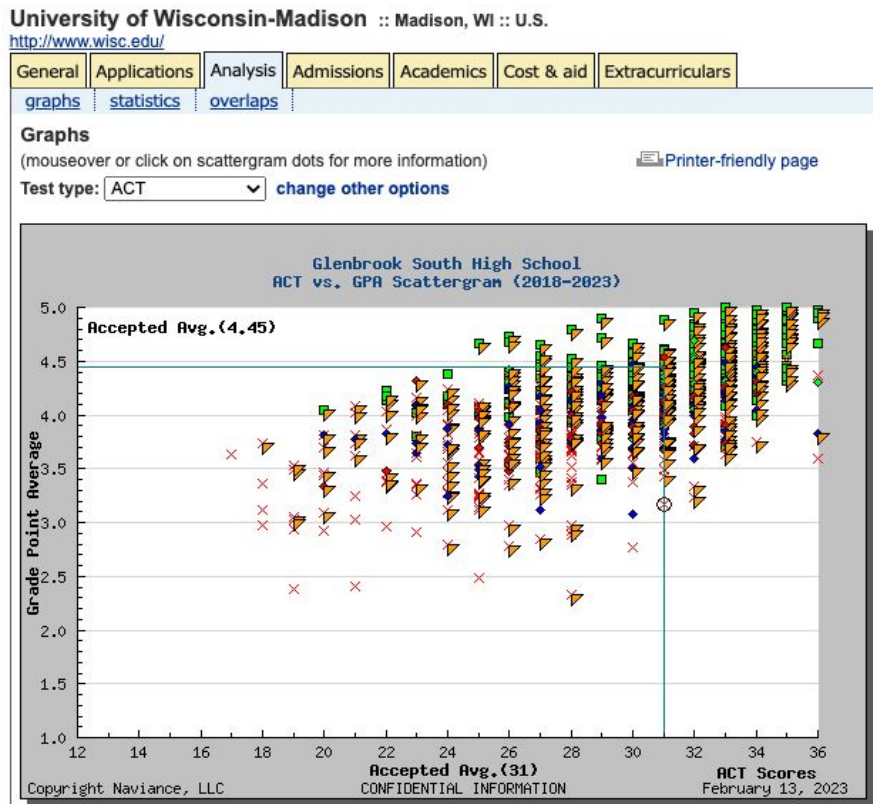
Test type: [change other options](#)



Scattergram: Reality Check and Goal Setting



What does Tommy need to do?



Junior Year

- Refining the college search
- Career interest impact on college decisions
- Complete “My Resume”
- Attend college representative fall visits at GBS
- Individual Appointments with College Counselors begin



Work Experience

Jun 2018 - Aug 2018

Camp Counselor

Glenview, IL
Hi-Five Sports
Grade 11
35 Hrs/Week
Total Hours: 280

Worked with kids ages 7-10 at sports camp.

Education

Aug 2016 - Present

Glenbrook South High School

Glenview, IL
Grade 11

3.2 GPA, 24 ACT Composite

Extracurricular Activities

Aug 2017 - Present

Interact Club

Grade 10, 11

Volunteer with Onward House and other community service organizations.

Aug 2016 - Present

Soccer Team

Grade 9, 10, 11

“My Resume”

Testing Information

- Students may take the ACT and SAT more than once
- Pick either ACT or SAT to focus on, take a practice test to decide
- Colleges will take the best scores the student submits
- Some colleges will Superscore
- All juniors will take the SAT at school in April



Paper SAT vs Digital SAT



Current SAT



Digital SAT

| Interface | |
|---|--|
| Paper and pencil | Laptop, PC, and Tablets |
| Availability | |
| Through Fall 2023 | 2023 for International students 2024 for U.S. students |
| Format | |
| Linear | Modular |
| Test | |
| 3 hrs Reading: 65 mins Writing & Language: 35 mins Math: 80 mins | 2 hrs 14 mins Reading & Writing: 64 mins Math: 70 mins |
| Usage of Calculators | |
| Section I: Not allowed Section II: Allowed | Math section: Allowed |
| Scoring System | |
| No change | No change |
| Score Report | |
| SAT score Subscores Cross-test scores | SAT score |

The New Digital SAT : *What you need to know*

Testing Schedule



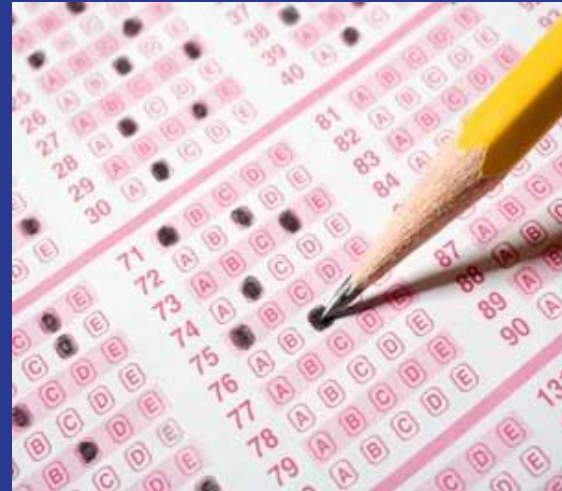
February
April
June
July
September
October
December



March
April (State Test)*
May
June
August
October
November
December

Test Prep

- Glenbrook Courses: SAT and ACT, taught by GBS Faculty
- Khan Academy: Free Online SAT Prep
- ACT Academy: Free Online ACT Prep



College Admission Testing in 2023: Presentation by Compass Test Prep on navigating test prep, timelines, and best practices.

Virtual presentation

Navigating College Admission Tests

A PRESENTATION FOR GLENBROOK SOUTH HIGH SCHOOL

DATE & TIME

April 25, 2023 - 7pm

LOCATION

VIRTUAL

DESCRIPTION

This presentation is offered by the college counseling office and attendance is highly recommended. The information that will be shared is educational and the event is not a solicitation for the presenter's services. Please join other Glenbrook South families for a thoughtful and pragmatic discussion of college admission testing that will be useful to students and parents alike.

Hear the latest key insights on the following and more:

- *SAT or ACT: Making your best choice*
- *Understanding PSAT scores and what they project*
- *Test scores' role and weight in college admissions*
- *Why colleges' testing policies vary so widely*
- *Debunking the most pervasive myths about testing*
- *The relevance of Subject Tests at competitive colleges*
- *Sane and successful calendaring of testing and test prep*

ABOUT THE SPEAKER



Professionally, Matt has a decade of experience in the field of test preparation, having worked as an instructor, consultant, and keynote speaker on the topic of admission testing. Matt and their colleagues at Compass are invited to speak at over 150 high schools and professional organizations each year, where they demystify college admission tests and allay anxiety about the testing process. Matt has taught graduate-level courses on admission testing for the counselor certificate programs at UC San Diego, UC Irvine, and UCLA.

Senior Year

- Individual Appointments with both College Counselors/Generalist
- Using Naviance to assist in the college application process
- Letter of Recommendation Survey
- Parent Brag Sheet
- Tracking Applications
- Scholarship Information



Naviance College List

Quick Links

MORE SEARCH OPTIONS

[SuperMatch®](#)

MY COLLEGES

COLLEGE RESEARCH


[College resources](#)



















[Acceptance history](#)

[Enrichment Programs](#)

Colleges I'm thinking about

 Search for colleges

 = extended profile available

| College | Delivery type  | Added By | Application Deadlines | Interest | |
|----------------------------------|---|-----------|--|----------|--|
| Colgate University |  | Student | Multiple Deadlines  | N/A | MORE  |
| University of Dayton |  | Counselor | Multiple Deadlines  | N/A | MORE  |
| Denison University |  | Counselor | Multiple Deadlines  | N/A | MORE  |
| Marquette University |  | Counselor | Priority December 1 | N/A | MORE  |
| The University of Texas, Austin |  | Counselor | Multiple Deadlines  | N/A | MORE  |
| University of Wisconsin, Madison |  | Counselor | Multiple Deadlines  | N/A | MORE  |

Scholarships

Scholarships and Financial Aid

The list below contains scholarships or financial aid awards that may be relevant for you. Click the name of a scholarship to view more information. You may also check the scholarships for which you are submitting applications and then click "Add to Applications"

106 Scholarships

Filters

All



☐ Only show new since m

| Name ↕ | Deadline ↕ | Maximum Award | Merit based | Need based | Essay req | Service req |
|--|------------|----------------------|-------------|------------|-----------|-------------|
| ACT Student Championship Award | 12/31 | \$500 | ✓ | | | |
| Arthur Grant Smith Drama Scholarship | 2/15 | \$1000 | ✓ | | | |
| AXA Achievement Community Scholarship | 2/1 | \$2,000 | ✓ | | | |
| AXA Achievement Scholarship | 12/14 | \$10,000 to \$25,000 | ✓ | | | |
| B'nai B'rith Sports Lodge Scholarships | 2/2 | \$1,000 to \$5,000 | ✓ | ✓ | ✓ | |
| Barbara Lotze Scholarships for Future Teachers | 12/1 | \$2,000 | | | | |

A Successful Graduation....



...when students consider **why** they are going to college as important as **where** they are going.

What should a sophomore be doing now?

- Take a personal inventory of your
 - Academic Strengths
 - Academic Weaknesses
- Talk to a number of adults:
 - What would they do differently if they were starting college over?

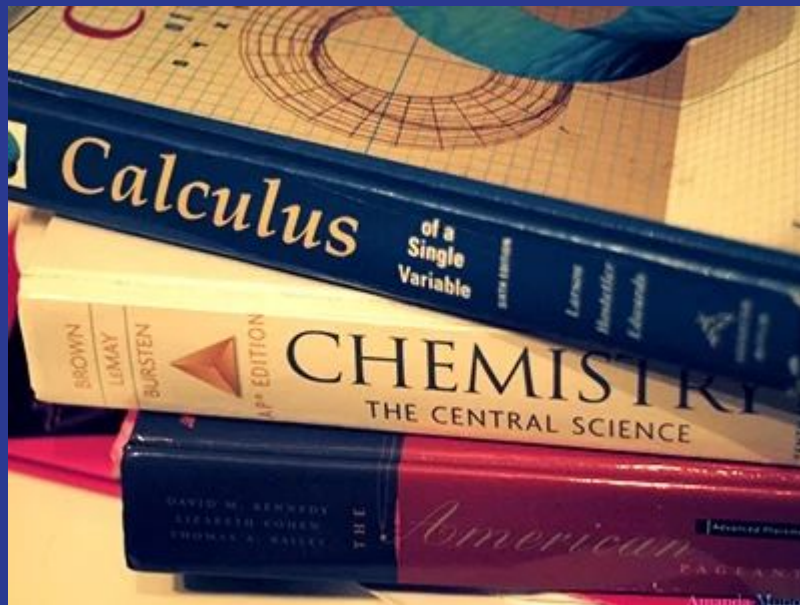


Academics

Take a solid course load.

Why? Not just to get into a good college, but to get the BEST preparation for college.

Establish an upward trend on transcript.



The Stress Performance Curve

The graph illustrates the relationship between stress level and performance. The curve is divided into four distinct regions, each with a specific color and associated state:

- inactive (green):** Laid back. Too little stress (underload). Represented by a happy face.
- fatigue (yellow):** Optimum stress.
- exhaustion (orange):** Too much stress (overload).
- breakdown (red):** Anxiety/panic, anger. Burnout. Represented by an angry face.

The x-axis is labeled **STRESS LEVEL**.

Extracurricular Activities

- Focus on one or more that interest you
- Avoid a laundry list of activities
- Depth of involvement is most important



The College Search



- Conduct your search with an open mind.
- Visit small, medium, and large schools.
- Use Naviance to research colleges/scattergrams.
- Search for colleges on Naviance and College Board website, *Big Future*.
- Utilize virtual tours and information sessions
- Your goal: a list of colleges, any of which you would be happy to attend.

Finding the right fit



Hot Topics

- **Demonstrated Interest**
- **Test Optional**
- **Common App and Coalition Application**

And finally....

Nowhere is it written
that life begins or ends
with the college
admissions process!





Ann LePage

alepage@glenbrook225.org

John Klasen

jklasen@glenbrook225.org