

# Navigating Sophomore and Junior Year

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Ardsley School Counseling  
Department



# Welcome Back!

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- It is great to see you all in person again!
- It is excited to see our students return to traditional learning
- Sophomore and Junior years are valuable times for students to develop behaviors and habits that keep future opportunities open
- There is still time to create the high school experience that our students want and hope for!



# Things to cover:

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- Starting the year on a good note
- AP selection: core vs elective and what is the process
- PSAT
- Extracurricular
- Course Selection and Timeline
- Things we do and our roles as counselors
- Back to school night
- Getting involved outside of school
- What is in the GPA and how it is calculated



# PSAT

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- Practice Exam for All Students Taking the SAT
- Total Testing Time is about 2 hours and 15 minutes and done **digitally**
- All Juniors Must! This will qualify them for the National Merit Scholarship Qualifying Test
- Diagnostic Exam with Detailed Score Report
- Evidence Based Reading, Writing and Language, and Math Sections

# Meet the Staff

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# We are here to help!

Here are some of the ways:



Individual Student Meetings

Academic Consultation

Career and College Readiness  
Conversations

Classroom Presentations

Emotional Support: Individual and  
Group

Naviance

Course Selection and Planning Ahead

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# Building Your Scholastic Record

## GPA

- Course Selection
  - Appropriate Academic Courses
  - Demanding Course Load
  - Course Progression
  - Quality Trend
- Each year, students will see their yearly GPA for each specific year
  - Their GPA that is sent to colleges will be the cumulative GPA of their first six semesters
  - Their senior year grades will not be factored into their GPA, and their senior year grades will be sent directly to the colleges they are applying to
  - Physical Education Grades are not included into the GPA

# Get Involved

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- Out of classroom Experiences
- Duration/Commitment
- School Related
- Community Related
- Summer Opportunities
- Quality over quantity
- Club Fair: Thursday, September 28th





# Course Selection



During the Winter, students will be provided the Course Catalog

This will list all the possible courses that are projected to be offered

Students and families should get familiar of the pathways available to students

We will meet with students in early February to complete their Course Requests for the following year

Having prior knowledge of courses can help make the planning process easier

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# Understanding AP Criteria and Application

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Ardasley High School offers 18 different AP courses

They make up both core academic classes and elective courses

Students will be asked to apply to determine eligibility for AP courses

They must be approved for each individual course to be eligible to

Many of the courses will have prerequisites and grade requirements to determine eligibility

Some courses will require an entrance exam

Students may have the ability to appeal if they are not granted initial access

# Some Good Ideas for Self-Exploration

## Great Starts

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Enroll in a summer enrichment program/camp

Find a part time job

Participate in sports or performing arts opportunities

On-Campus College tours and programs

Travel

## Some Alternatives We Have Seen...

Get creative!

Many of our students in the community have found ways to connect to others

There are online enrichment opportunities

Colleges are offering virtual programs throughout the year

Students have started their own initiatives and entrepreneurial endeavors outside of school

# Uniquely You: Personal Factors

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Interests

Strengths

Special Talent

Character

Intellectual Curiosity

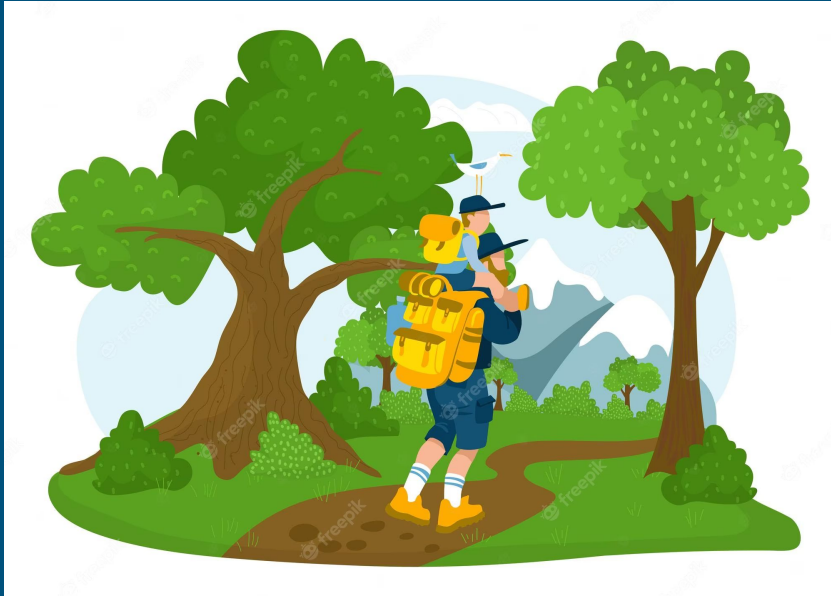
Special Circumstances

Is Growth Evident?



# Takeaways

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- Have an open and honest conversation with your children about their passions and thoughts for the future.
- Find opportunities for your children to explore who they are.
- Always feel free to reach out. This is a collaborative effort, and we are always a phone call or email away.