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# Welcome Sophomore Parents!

— Ardsley High School Guidance  
Department —





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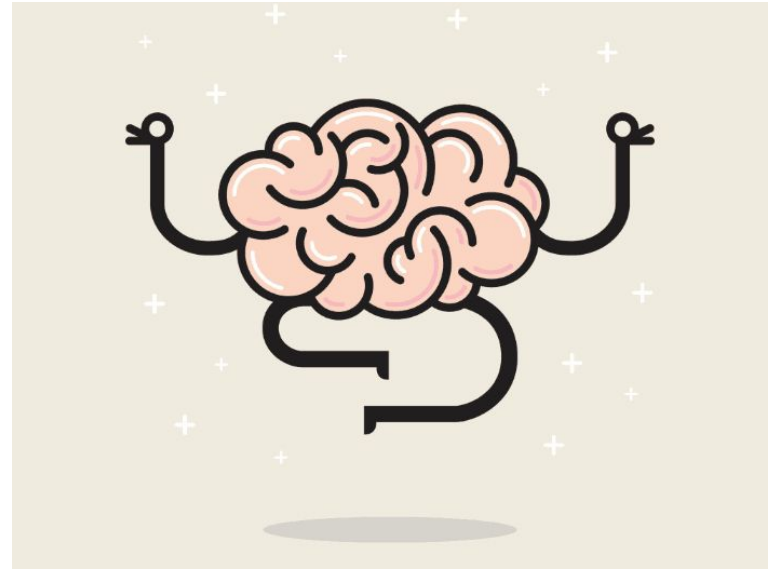
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# Mindful Activity

Let's all take a moment to get  
our minds in a space to  
remember what it was like to be  
in high school as a sophomore...



# Let's take it back

Remember sophomore year

You are are around 15 years old...

Pre-internet

Pre-cell phones

Brochures and booklets provided information to you

Teachers used chalk boards instead of smart boards

# Things have been interesting for Sophomores

Let's keep in mind:

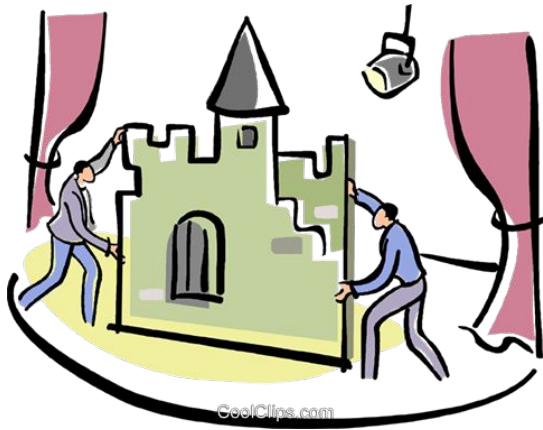
We are back to "Normal" High School

Many feel the demands and pressure as they return back to "traditional" school

Students are asked to cope with new educational expectations of teachers and colleges

# Setting the Stage

- Sophomore year is a valuable time for students to develop behaviors and habits that keep future opportunities open:



- **Scholastic Record**
- **Extracurricular Activities**
- **Personal Factors**
- **Standardized Tests**

# Mining the Data: Scholastic Record

**All Years Count!**

- Course Selection
- Appropriate Academic Courses
- Demanding Course Load
- Grades Sequencing
- Quality Trend





# Beyond the Classroom

Extracurricular Activities

- **Out of classroom Experiences**
  - **Duration/Commitment**
  - **School Related**
  - **Community Related**
  - **Summer Opportunities**
  - **Quality over quantity**
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# Uniquely You: Personal Factors

- Interests
- Strengths
- Special Talent
- Character
- Intellectual Curiosity
- Special Circumstances
- Is Growth Evident?



# Please Be Aware!

The College Board is shifting to a completely Digital Administration of exams

## What's staying the same?

- The digital SAT Suite will continue to measure the knowledge and skills that matter most for college and career readiness
- The **digital SAT** will still be scored on a **1600 scale**, and no concordance is required with the current paper and pencil exam
- The **digital SAT** will still be **administered** in a **school** or in a **test center** with a proctor present (not at home)
- Students will still have free, world-class practice resources on Khan Academy
- Students will **continue** to connect directly to scholarships and **College Board National Recognition Programs**
- The College Board will **continue to support** all students, including those who **receive accommodations** on test day

# Please Be Aware!

The College Board is shifting to a completely Digital Administration of exams

## What's changing?

- Students will take the SAT Suite assessments on a laptop or tablet. If students do not have a device, one will be provided on test day
- Each assessment in the SAT Suite will be shorter – total test time will be about **two** hours instead of **three**
- Students and educators will receive scores faster – in **days**, not **weeks**
- **Calculators** will be allowed on the **entire** math section
- Score reports from the SAT Suite will connect students to more relevant information, including topics such as two-year colleges and career and workforce training programs
- The digital SAT Suite will be more secure and flexible. **Each student** will get a **unique version** of the test.

# PSAT

- **Practice Exam for All Student Taking the SAT**
- **It will be administered Fully Online!**
- **Students will be able to use their own personal device or be provided with a school device to take the exam**
- **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**

# The ACT

**ACT** (ACT.org)

- English, Math, Reading, Science
- Each Section is Scaled from 1- 36 points
- Total ACT is an Average of the Section Scores (also scaled from 1-36)



# **(Un)Necessary Evil**

## **Testing Process**

Continued

- Students may take the SAT and ACT
  - Colleges will take the best scores from multiple test dates that the student submits
  - It is the student's responsibility to request official test scores from SAT/ACT
  - There is a growing trend of test-optional schools ([fairtest.org](http://fairtest.org))
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# Trust the process...



Post Secondary Planning is a process...

Although it is easy to jump ahead and focus on “College”, your child will be better served exploring who they are and what they are interested in

Keep in mind what things are important to your child?

It is a great opportunity for self-reflection and to be flexible through this journey



# Getting to know Naviance

Naviance is a helpful tool to allow a platform for students to begin exploring their interest for life after high school

This includes:

Career Interest Inventories

Major/Minor search engines

Road Trip Nation

Strengths Explorer



# Some Good Ideas for Self Exploration

- **Enroll in a summer enrichment program/camp**
- **Find a summer job**
- **Participate in sports or performing arts opportunities**
- **On-Campus College tours and programs**
- **Get creative!**
  - **Many students in have found ways to connect to others locally**
- **Seek online enrichment opportunities**
- **Colleges offer virtual summer programs**
- **Work a part time job**

# Takeaways

**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.**

# College Myths

**Applying Early to college assures an acceptance**

**Colleges are need blind in evaluating applicants applying for financial aid**

**Financial aid awards are free grants and are not debt instruments**

**If a student takes five AP classes in high school, they are accepted into the best colleges...**

**Electronic processing is always accurate.**

**Because the college coach says he/she wants me, I will be accepted**

**Attending a pre-college summer school at a college gives me a leg up in admission.**

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