

Navigating Sophomore and Junior Year

Ardsley High School
Counseling Department



Welcome Back!

It is great to see you all in person again!

It is exciting 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!

Meet the staff!

○ Joseph D'Eletto

○ Jdeletto@ardsleyschools.org

○ 914-295-5850

○ Bill Lessa

○ Wlessa@ardsleyschools.org

○ 914-295-5852

○ Eric Helmrich

○ Ehelmrich@ardsleyschools.org

○ 914-295-5851

○ Jenna Ryan

○ Jryan@ardsleyschools.org

○ 914-295-5892

Counseling Activities

Individual
Student
Meetings

Academic
Consultation

Career and
College
Readiness
Conversations

Sophomore
Classroom
Presentations

Junior Classroom
Presentations

Emotional
Support:
Individual and
Group

Naviance

Course Selection
and Planning
Ahead

Building Your Scholastic Record

- **Course Selection**
- **Appropriate Academic Courses**
- **Demanding Course Load**
- **Grade Sequencing**
- **Quality Trend**
- **GPA**
 - 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

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

Understanding AP Criteria and the Application for the AP Courses

Ardasley High School offers over 20 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 request the course

Many of the courses require prerequisite courses 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

Get Involved

- Out of classroom Experiences
- Duration/Commitment
- School Related
- Community Related
- Summer Opportunities
- Quality over quantity
- Clubs



Some Good Ideas for Self-Exploration

Great Starts

- YES Office:
 - Toni Ann Resendiz
 - tresendiz@ardsleyschools.org
- 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

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



PSAT

- **Practice Exam for All Student Taking the SAT**
- **Total Testing Time is 2 hours and 45 minutes**
- **All Juniors should sit for the PSAT! This will qualify them for the National Merit Scholarship Qualifying Test**
- **Sophomores can sit for the PSAT this year, and they will see a different test format next year**
- **Diagnostic Exam with Detailed Score Report**
- **Evidence- Based Reading, Writing and Language, and Math Sections**

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.

Back to School Night

- Thursday, September 29th at 7pm
- Parents are welcome to meet their child's teacher
- We are finally back in person, and you will be able to sit in the classrooms again