RHS Counseling Department
Sophomore Year Priorities: What to Focus on in 10th Grade

Throughout the Year

- **Keep your momentum and focus on your schoolwork.**
- **Develop effective habits** that support your goals and success in your classes.
- **Continue in or join** a couple of clubs, activities, or sports to support your wellness.
- **Notice when you're feeling tense** or edgy and seek support when you need help.
- **Make an appointment to see your counselor any time at bit.ly/rhscounselingappt.**

In the Fall

- **Work on your EDP: Educational Development Plan.**
  As in your freshmen year, you'll continue to work with your counselor this fall to update your EDP using the Xello career exploration program. Using Xello helps you identify potential careers and which high school courses might be best for going into that field.
- **Attend the RCS College Fair** held in October. Check the counseling web site for details
- **Sign up to attend college representative visits** for colleges you may be considering.
- **Look into programs offered at the Oakland Schools Technical Campus.**
  - Each year, representatives from OSTC visit RHS to discuss the different programs offered for sophomores interested in attending during their junior year.
  - Field trips to OSTC are also available. Check in your Counseling Google Classroom for details.
- **Register to take the AP test** for any AP courses you're currently enrolled in. Your AP teacher can help you register with College Board, paying for the test, and informing the counseling office of the test(s) you will be taking.

In the Winter

- **Start planning for Junior year.**
  - Apply to the Oakland Schools Technical Campus in Dec/Jan if you are interested in one of their programs.
  - Consider applying for Credit by Exam: Testing out of a one-semester class to make room in your schedule for a different class. When testing out of a class, studying and preparing for the test is on your own. January test-out dates apply only to testing out of one-semester classes.
- **Schedule your Junior year classes.**
  In January/February, your counselor will discuss scheduling for the next year. Consider your career goals and taking courses that challenge you with learning new knowledge.
  Log in to Xello to look at educational goals for fields you are interested in to help guide your course selection.
  - Consider taking a RCS Summer Learning class to obtain any credits you're still needing or to open up space in your schedule for other classes. Registration opens in the spring.

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In the Spring

- **Maintain good study habits throughout 2nd semester and finish the year strong.**
  If you have struggled at all this year, don't fret! Upward trends in grades are a great sign of growth.
- **Plan ahead for next year's classes.**
  - Apply for Credit by Exam: testing out of a required year-long class, which can make room in your next year's schedule. May test-out dates apply only to testing out of year-long classes and not one-semester courses. Applications are available in mid-March, due to counseling in April, and testing is held in May.
  - Register for RCS Summer Learning to take a class during the summer if that's part of your plan. Registration opens in March/April.
- **Take the PSAT 10:** the standardized test for 10th graders.
  The PSAT 10 is a preliminary SAT meant for providing a snapshot of where you are academically and what improvements to make. It is taken during the school day in April and student scores are available in early summer. As a practice SAT, these scores are not used for college admissions.
- **Take AP tests in May** that you registered for back in the fall.

In the Summer

- **Take a tour of a local college** to familiarize yourself with the feel of college life.
- **Attend any Summer Learning classes** you've registered for.
- **Participate** in something that you enjoy!
- Consider **preparing for the SAT**. Khan Academy has subject-area tutorials as well as SAT prep courses offered.

What not to worry about this year:

- Taking the actual SAT. It is based on curriculum typically acquired by the second semester of your Junior year. In addition, taking any test more than 2-3 times tends to lead to diminishing scores.