

**ERHS –
Sophomore Year
Class of 2028**



ERHS

Sophomore

% 2028

In this presentation, you can learn more about the

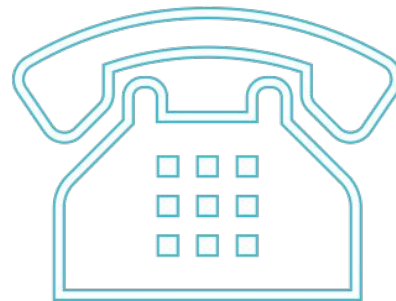
- Counseling department and their role
- Transcript breakdown
- Graduation Requirements
- Scholarships and financial aid
- Reminders about upcoming events.

We commend all of you for your perseverance and dedication to working toward graduation and beyond. Let us know how we can support your efforts.

ERHS Counseling Department

-Curriculum & Counseling Team-

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What do school counselors do?

- ▶ Our role as school counselors falls into three main categories: **academic, social/emotional, and postsecondary planning.**



To support academic excellence, counselors assist students in selecting classes that meet ASD graduation requirements and prepare them for life after high school. We also assist students in developing strategies to improve their academic performance. In collaboration with teachers and parents, we are happy to host conferences to bring everyone to the same table. We acknowledge that all students are different, and we are happy to support those who need alternative programming.



In an effort to create a healthy community, we are available to help students navigate the tricky and sometimes challenging parts of life. As school counselors, it is within our scope of practice to offer short term counseling often related to personal struggles, mental health concerns, and peer issues. If further therapeutic services are needed, we can provide referrals to community resources. Furthermore, we can connect families experiencing other types of hardship with additional support. At ERHS, we play an integral role in crisis intervention and response.



Lastly, we are committed to helping students identify options for life after high school. The four years of high school can certainly zoom by, and our goal is to help students create a plan for pursuing their aspirations. It can be overwhelming to navigate applications, financial considerations, and the many pathways available. Counselors can assist students in this process by providing guidance and referrals.

Credit Tracker Example

Eagle River High School Credit Tracker

Write the grade earned for each class in its corresponding box. Each box is worth .5 (semester) credit.

English – 4 credits required

Eng I	Eng II	Eng III (or AP)	Eng IV (or AP/Eng elective)
A			
A			

Math – 3 credits required

Algebra	Math Elective	Math Elective
A		
A		

Science – 3 credits required

Physical Sci	Life Sci	Sci Elective
A		
A		

Social Studies – 4 credits required

AK/Soc Elective	World Hist	US Hist.	US Gov/Econ
A			
A			

PE – 1.5 credits required

*Each season of a school sport gives a .25 PE Waiver. Two PE waivers are needed to check off one .5 credit box. If PE waivers are used, the same number of boxes will need to be added in the elective rows. PE waivers do not grant credit, but rather waive the PE requirement.

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Elective – 7 credits required

If you take more than the required credits for Eng, math, sci, soc, or PE, add those credits to the elective boxes.

A	A						
A	A						

22.5 total credits are required for graduation



[Click here for ERHS Credit Tracker Form \(look under Tools & Forms\)](#)

ASD Grad Requirements

GRADUATION REQUIREMENTS

Students must complete 22.5 credits to receive a high school diploma.

- English Language Arts (ELA)** **4 credits**
Four years of ELA are required: English I and II, and English III and IV or their equivalents
- Social Studies** **4 credits**
World History, U.S. History, one semester of Alaska Studies, one semester of Economics, one semester of United States Government, one semester of a Social Studies elective. Students may waive the .5 credit social studies requirement by completion of Level III of a world language (ASL, Chinese, French, German, Japanese, Latin, Russian, or Spanish); immersion students may waive the .5 social studies requirement by completion of any one high school immersion course in the required immersion continuum.
- Mathematics** **3 credits**
Six semesters of Mathematics electives. In order to satisfy the algebra requirements, students must complete one of the following options: Algebra I, semester 1 and 2; **or** Survey of Algebra I and 2; **or** Credit-by-Choice Challenge by Examination.
- Sciences** **3 credits**
Three years (six semesters) of science credit are required. Two semesters must be life science. Two semesters must be physical science.
- Physical Education/Health Education** **1.5 credits**
Three semesters of physical/health education are required. A wide variety of courses are offered at each school. Elective credit must be earned to replace a Physical Education/Health Education requirement that is waived.
 - Students may obtain a waiver of .25 of the physical education graduation requirement for each full season of ASAA-sanctioned sports participation within the Anchorage School District.
 - Students may also waive comparable physical education requirements through Credit By Choice, correspondence, or college coursework in Physical Education/Health.
 - A maximum of 1.0 waiver of the physical education requirement is available upon successful completion of 2 years (four semesters) of JROTC.
- Electives** **7 credits**
Fourteen semester courses have not been specified so as to provide students an opportunity to pursue individual educational goals. Electives may include additional courses in Language Arts, Social Studies, Mathematics, Science, Technology, Fine Arts, World Languages, Physical Education and Career Technology.

Total 22.5 credits

- A student may be considered for graduation when he or she has acquired a minimum of 22.5 credits after grade 8 in required and elective subjects.
- Seniors entering the ASD for the first time may graduate by meeting requirements of their previous school when the ASD requirements create hardship.

What is my GPA?

WHAT IS MY GPA?



Your GPA is your **grade-point-average**. A GPA is determined by letter grades. Although different schools may use slightly different formulas for calculating a student's GPA, all formulas are based on the sort of scale to the left. Imagine that these are your grades for the quarter:

Math C
Social Studies B
English D
Science A
P.E. F
Art C

What is the GPA for these grades? Is this student eligible for sports?

All you need to do is find the grade point value for each course and average these numbers.

Grade	Percentage	Grade Point Value
A	90% - 100%	4
B	80% - 89%	3
C	70% - 79%	2
D	60% - 69%	1
F	0% - 59%	0

Math C = 2 points
Social Studies B = 3 points
English D = 1 point
Science A = 4 points
P.E. F = 0 points
Art C = 2 points

Total = 12 points

Calculate total points and divide the total number by the number of classes. In this case, there are 6 classes.

$$12 \div 6 = 2$$

THIS IS
YOUR GPA!

The GPA in the above example is a 2.0

-Transcript-

- You can view your unofficial transcript through Q/Parent/Student Connect.
- To request an official transcript you will need to input your request at the link below.

This link is for official transcripts for:
personal use or to be sent to colleges, scholarships, or other institutions.

<https://anchorageak.scriborder.com/>

Transcripts must be requested online!



Thinking ahead ...

- AKCIS - Great place to check out options for college, careers, and scholarships
 - ERHS Username - **eagleriver**
 - Password - **4Student**
 - Students can set up their own profile after the initial login
- Start creating a list of schools/programs you may want to apply to
 - Consider location, size, cost, intended field of study
 - If you are not able to visit prospective schools in person, check out the many virtual tours available online!
- There are many ways to pay for college/post- secondary training
 - Scholarships, work study, grants, loans, employment, military

ASVAB & Practice SAT/ACT



- ASVAB at ERHS will be Friday, 10/24 and Friday, 2/27
 - Starts at 9:00am with interpretation immediately after.
 - Students should plan to be here for about 3 hours.
 - To sign up for the ASVAB, please see Mrs. Witte in the Curriculum Office.
- Frontier Tutoring will offer practice SAT and ACT tests virtually
 - Practice ACT - 10/4, 11/15, 12/20, 1/10, 2/7
 - Practice SAT - 10/25, 11/1, 11/29, 1/31, 3/7, 3/21
 - To sign up for a practice SAT and/or ACT, go to the Frontier Tutoring Website.
- PSAT - Saturday Oct. 11th @ 8am.
\$30 payment through ParentConnect
Then complete the [PSAT Google Form](#).

Class of 2024 & Beyond

ALASKA PERFORMANCE SCHOLARSHIP CHECKLIST



To receive the APS and other forms of financial aid, students must complete the FAFSA (Free Application for Federal Student Aid) by **June 30th** of each year. **Visit studentaid.gov**

REQUIRED CURRICULUM

Contact your counselor for information about APS courses. Approved courses may also be available through resources such as the University of Alaska or others. Eligibility is determined based upon courses with a letter grade reflected on your official high school transcript.

Choose from option A, B, or C (curriculum options apply for all APS award levels)

Curriculum Option A	Curriculum Option B	Curriculum Option C
Science 4 credits 1 _____ 2 _____ 3 <input type="checkbox"/> substitution 4 <input type="checkbox"/> substitution	Science 3 credits 1 _____ 2 _____ 3 <input type="checkbox"/> substitution	Science 3 credits 1 _____ 2 _____ 3 <input type="checkbox"/> substitution
Math 4 credits 1 _____ 2 _____ 3 _____ 4 <input type="checkbox"/> substitution	Math 3 credits 1 _____ 2 _____ 3 <input type="checkbox"/> substitution	Math 3 credits 1 _____ 2 _____ 3 <input type="checkbox"/> substitution
Language Arts 4 credits 1 _____ 2 _____ 3 _____ 4 <input type="checkbox"/> substitution	Language Arts 4 credits 1 _____ 2 _____ 3 _____ 4 <input type="checkbox"/> substitution	Language Arts 4 credits 1 _____ 2 _____ 3 _____ 4 <input type="checkbox"/> substitution
Social Studies 4 credits 1 _____ 2 _____ 3 <input type="checkbox"/> substitution 4 <input type="checkbox"/> substitution <small>OR</small> <small>World Language, Alaska Native Language, Fine Arts, Cultural Heritage or CTE</small>	Social Studies 4 credits 1 _____ 2 _____ 3 _____ 4 <input type="checkbox"/> substitution <small>OR</small> <small>CTE</small> <small>FROM THE SAME SUBJECT: World Language, Alaska Native Language, Fine Arts, Cultural Heritage, or CTE (1 year of which includes 2 semesters of sequentially more rigorous content within a career cluster)</small>	Social Studies 4 credits 1 _____ 2 _____ 3 _____ 4 <input type="checkbox"/> substitution <small>OR</small> <small>CTE</small> <small>FROM ANY SUBJECTS: World Language, Alaska Native Language, Fine Arts, or Cultural Heritage</small>
Other 2 credits <small>FROM THE SAME SUBJECT: World Language, Alaska Native Language, Fine Arts, Cultural Heritage, or CTE (1 year of which includes 2 semesters of sequentially more rigorous content within a career cluster)</small>	Other 2 credits <small>FROM ANY SUBJECTS: World Language, Alaska Native Language, Fine Arts, or Cultural Heritage</small>	Other 2 credits <small>FROM ANY SUBJECTS: World Language, Alaska Native Language, Fine Arts, or Cultural Heritage</small>

NOTE: Highlighted sections above reflect additional course substitutions within each Curriculum Option. For example, in Curriculum Option A, two (2) Science credits may be substituted with 2 credits/years of rigorous additional non-standard Science course(s).

REQUIRED GPA -OR- TEST SCORE

	LEVEL 1	LEVEL 2	LEVEL 3
Maximum Award	UP TO \$7,000 PER YR	UP TO \$5,250 PER YR	UP TO \$3,500 PER YR
GPA	<input type="checkbox"/> 3.5 OR GREATER	<input type="checkbox"/> 3.0 OR GREATER	<input type="checkbox"/> 2.5 OR GREATER
-OR-			
Test Score	<input type="checkbox"/> ACT..... 25 <input type="checkbox"/> SAT..... 1210 <input type="checkbox"/> WorkKeys.. 18 <small>PLATINUM (no score below 6)</small>	<input type="checkbox"/> ACT..... 23 <input type="checkbox"/> SAT..... 1130 <input type="checkbox"/> WorkKeys.. 15 <small>GOLD (no score below 5)</small>	<input type="checkbox"/> ACT..... 21 <input type="checkbox"/> SAT..... 1060 <input type="checkbox"/> WorkKeys.. 12 <small>SILVER (no score below 4)</small>

NOTE: Receive a qualifying score from **one** of the following tests: ACT, SAT, or WorkKeys

ALASKA PERFORMANCE SCHOLARSHIP

- Up to \$28,000!
- Great Plan A or B
- Available for 8 years after graduation
- No competition - you only need to complete eligibility requirements and the FAFSA to earn the scholarship
- Qualify by completing required classes and earning a high enough GPA or test score
- Can be used at universities and many technical and training programs in Alaska ([see list here!](#))
- More information can be found [here](#)



Questions? Visit aps.alaska.gov

ACPE APS Checklist | 800-441-2962 | rev. 8/2024



- If you are planning to play a division I or II college sport, please make sure you have completed the requirements of the [NCAA Clearinghouse](#).
- Contact your counselor, if you have any questions and/or concerns.

Division I
Academic
Requirements

Division II
Academic
Requirements

Initial
Eligibility
Brochure

Registration
Checklist

Guide for the
College-Bound
Athlete

DI & DII
Course
Planning
Worksheets

10th Grade Checklist

- ❑ Take challenging classes and check grades often on Q/StudentConnect/Canvas
- ❑ Review Transcript (check and review with parents)
- ❑ Alaska Performance Scholarship (APS) review/checklist
- ❑ AKCIS www.akcis.org - Career Interest Inventory, school sort, financial aid sort
- ❑ Consider doing practice SAT and/or ACT with Frontier Tutoring - FREE!
- ❑ Listen to announcements and/or check them on the school website daily
- ❑ NCAA Clearinghouse (if planning to participate in Div. 1 or Div. 2 college sports)
- ❑ Get involved! (sports, clubs, volunteer, leadership opportunities)
- ❑ Attend college visits at ERHS (see Curriculum Office for dates and schools)
- ❑ Research potential postsecondary training options (college, military, apprenticeships, etc.)
- ❑ If you are interested in a military academy, now is the time to start researching and planning
- ❑ Apply to Summer Programs and/or Summer School if needed
- ❑ If you have any Ds or Fs on your transcript, consider credit recovery
- ❑ Get a job and begin saving money for college/tech school



-Reminders-



Check the ERHS daily announcements

<https://eagleriverhigh.asdk12.org/school/daily-announcements>



To be eligible for sports/activities, you must be enrolled in and pass at least 5 classes a semester and have a 2.0 GPA.

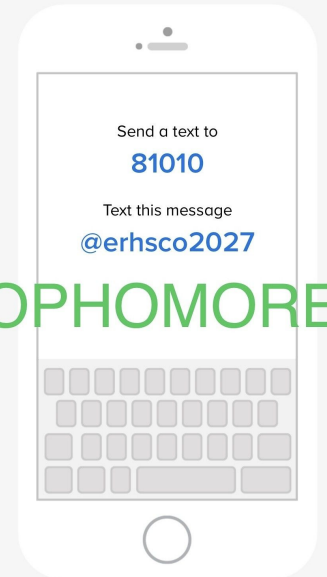


Counselors will visit your classes again in February to gather course requests for next school year.



End of 1st Quarter is Oct. 17th.
Parent/Teacher Conferences are being held Oct. 23rd -
Make sure your grades are where you want them!

Tell people to take out their phones.



Find Your People... Join a Club!

JOIN SOMETHING! Updated 9.16.25
Get involved with Student Clubs & Organizations!

NAME	MEETING PLACE	TIME	SPONSOR
ART CLUB	Ms. Linhart D202	Fridays 3:30-4:30	Ms. Linhart
BATTLE OF THE BOOKS	Mr. Van Arsdale A210	Fridays at lunch thru January	Mr. Van Arsdale
CAMPUS LIFE	Mr. Wall C208	Wednesdays at lunch	Mr. Wall
CHESS CLUB	Ms. Grasse A133	Thursdays at lunch	Ms. Grasse
CULTURE CONNECTIONS	Ms. Duft A231	Tuesdays at lunch	Ms. Chouinard
DEAR LITTLE HEARTS SCRAPBOOKING CLUB	Mr. Bera C217	Mondays, Wednesdays, & Fridays at lunch	Mr. Bera
DRAMA, DEBATE, FORENSICS (DDE)	Ms. Mitchell A129	sign up through activities, see Ms. Mitchell	Ms. Mitchell
DUNGEONS & DRAGONS	library	Thursdays 3:30-4:30	Mr. Kevin
ECHOS & EVIDENCE	Mr. Holloway A103	Mondays at lunch	Mr. Holloway
ED RISING	Mr. Salazar A228	Thursdays at lunch	Mr. Salazar
GARDENING CLUB	Mr. E. Johnson A104	Thursdays at lunch	Mr. E. Johnson
GREEN CLUB	Mr. Holloway A103	Fridays at lunch	Mr. Holloway
HOSA: FUTURE HEALTH CARE PROFESSIONALS	Mr. Dickson A208	Tuesdays at lunch starting 9/26	Mr. Dickson & Ms. Peters
MODEL UN	Ms. Yadao A204	Wednesdays at lunch	Ms. Yadao & Mr. Turner
NATIONAL HONOR SOCIETY	Ms. Casey D107	Mondays at lunch by application only in	Ms. Casey
NATIONAL OCEAN SCIENCE BOWL	Mr. Dickson A208	Fridays at lunch	Mr. Dickson
OUTDOOR CLUB	Mr. E. Johnson A104	Tuesdays at lunch	Mr. E. Johnson
PARTNERS CLUB	Ms. Grasse A133	Wednesdays at lunch	Ms. Grasse
SPANISH CLUB	Ms. Cordero A102	Wednesdays at lunch	Ms. Cordero
YOU ARE NOT ALONE (YANA)	First Floor Counselor Classroom A117	Thursdays at lunch	Ms. Laret

DON'T SEE ANYTHING YOU LIKE?

**MISSING SOMETHING FROM YOUR OLD SCHOOL?
STARTING A NEW CLUB IS EASY!**

SEE MS. HUFFER IN THE ACTIVITIES OFFICE TO LEARN HOW



Local Contacts

University of Alaska
Anchorage

University of Alaska
Southeast

University of Alaska
Fairbanks

Northern Industrial
Training

Alaska Pacific
University

Alaska Vocational
Technical Center
(AVTEC)

Alaska Commission on
Post-Secondary Ed

Alaska Career College

Charter College

Alaska Laborers
Training School

Recruiters:

Army National Guard - SSG Michael Rodriguez,
michael.g.rodriguez1.mil@army.mil

Navy - GSM1 Emily Newman, emily.l.newman.mil@us.navy.mil

Army - SSgt Paul Coronado, paul.r.coronado.mil@army.mil

Other Useful Resources

[Admissions
Timeline for
11th/12th grade](#)

[Quick Guide to
Financial Aid](#)

[Evaluating
Financial Aid
Award Letters](#)

[Financial Aid
Tips](#)

[Scholarship
Application Tips](#)

[More
Scholarship
Application Tips](#)

[Choosing a
College Tips](#)

[College Essay
Tips](#)

[More Web
Resources](#)