



Navigating Sophomore and Junior Year

Ardsley School Counseling
Department



Welcome Back!

- It is great to see you all!
- 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:

- Starting the year on a good note
- AP selection
- Extracurriculars
- Course Selection and Timeline
- Things we do and our roles as counselors
- Getting involved outside of school
- What is in the GPA and how it is calculated



PSAT

- Practice Exam for All Students Taking the SAT
- Total Testing Time is about 2 hours and 15 minutes and done **digitally**
- All Juniors Should Consider! 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

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

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

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 with 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 APs, Honors, and Pathways

Ardsley High School offers 22 different AP courses

They make up both core academic classes and elective courses

Core Honors and AP courses have initial eligibility requirements

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

Pathway to Access: students have the ability to “waive” themselves into certain courses on a probationary basis

Get Involved

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



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

Interests

Strengths

Special Talent

Character

Intellectual Curiosity

Special Circumstances

Is Growth Evident?



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.

Meet the Staff

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