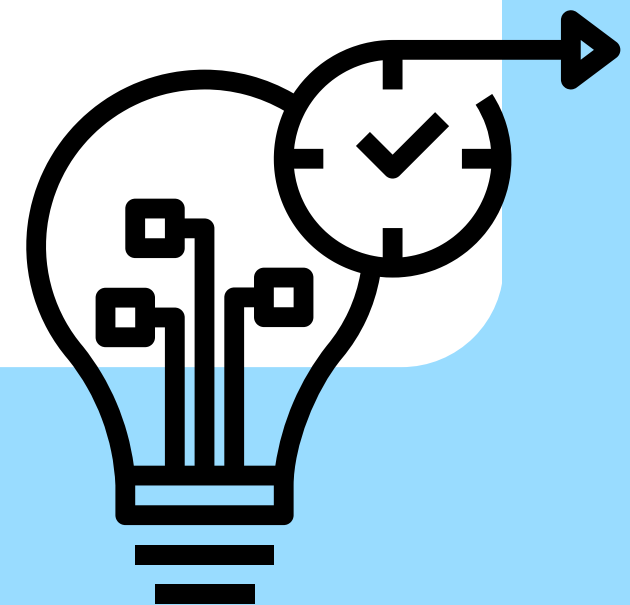


Sophomore Family Night

Welcome!

October 16, 2025

Christie Williams-Kahn
School Counselor
School-To-Career Coordinator





Your School Counselors

A-F

Ms. Tracy Lenz

Director of School Counseling

G-Pa

Ms. Jo Williams

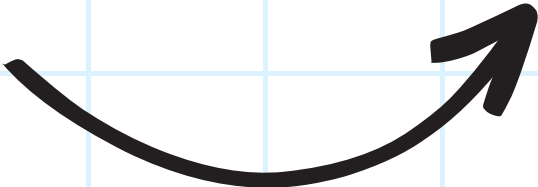
School Counselor

Pe-Z

Mrs. Christie Williams-Kahn

School Counselor

This evening's agenda:

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- **Graduation Requirements**
 - **PSAT/SAT/NGSS**
 - **Standardized Test Preparation**
 - **Goals for Sophomore Year**
 - **Academic Topics to Keep in Mind**
 - **Curriculum Enrichment**
 - **What Families Can Do to Support their Student**
 - **Naviance Demonstration**
 - **Sophomore Leadership Opportunities**



Graduation Requirements



GRADUATION REQUIREMENTS NEED 25 CREDITS TO GRADUATE

Humanities: 10 Credits	
English	4 Credits
Social Studies	3 Credits: including .5 Civics and 1.0 US History
Fine Arts	1 Credit
Humanities Elective	1 Credit
World Language	1 Credit
Physical Education and Wellness	1 Credit
Health & Safety Education	1 Credit
Diploma Mastery Assessment: reach proficiency	1 Credit
Electives	3 Credits

Science, Technology, Engineering and Mathematics: 9 Credits	
Mathematics	3 Credits
Science	3 Credits
Science, Technology, Engineering, Mathematics and Business Electives	2.5 Credits
Personal Finance	.5 Credits

- Proficiency on NGSS
Science
- SAT with scores:
EBRW: 480 & Math 530

**All can be satisfied with grades of
70+ in English, Math, Science.*

Standardized Testing Graduation Requirement

- **Next Generation Science Test (NGSS): 11th grade**
 - Students must reach proficiency or better
- **SAT (SAT School Day): 11th Grade**
 - Administration at LOLHS in Junior year
 - Minimum scores required: EBRW: 480 & Math: 530
 - If student doesn't have the required scores, we look to their grades in their classes. 70+ in English(4 years), Math (3 years) Science (3 years).



DMA's - Diploma Mastery Assessment

- **Preparation and Organization**
 - prepared with materials, organized and purposeful in written and verbal communication, complete work timely, honoring deadlines.
- **Participation and Collaboration**
 - clearly express ideas, pose meaningful questions, focus responsibilities to assist success, respect cultural differences in interactions with others.
- **Reflection and Adaptability**
 - adjust thinking when presented with constructive feedback, continue practicing, even after challenges, consider other solutions to improve and reach goals.
- **Communication and Advocacy**
 - advocate for needs as a learner and seek help when appropriate, acknowledge new information and perspectives to arrive at outcomes, produce honest and authentic work, representing own learning and understanding.



PSAT: Preliminary Scholastic Aptitude Test

Wednesday, October 22nd

- All 10th graders will take this exam to **practice**.
- Measures Reading, Writing & Language, and Math.
- Focus is on knowledge and skills that research has shown are important for college and career readiness/success.
- Prepares students for the SAT.
- On average, students who take the PSAT/NMSQT® score higher on the SAT than those who do not.
- Scores released in December 2025.
- Students will take the PSAT/NMSQT during their junior year.

What you need to know about the PSAT

The PSAT/NMSQT is digital. The test is easier to take, shorter, has more time per question, and comes with a built-in calculator. It can also qualify you for the National Merit Scholarship Program (NMSQT) and other scholarships during Junior Year.

Reading and Writing: 1 score

64 minutes - 54 questions/tasks

Craft and Structure; Information and ideas; Standard English Conventions; Expression of Ideas

Math: 1 score

70 minutes - 44 questions/tasks

Algebra; Advanced Math; Problem Solving and Data Analysis; Geometry and Trigonometry

PSAT Overview from College Board

SAT Practice

- **Bluebook on Chromebook**

- Full length test practice.
- On CollegeBoard, sign into "My Practice" to see scores.
- Review answers and access answer explanations.
- Utilize the Question Bank to practice content needing strengthening.

- **Khan Academy**

- Practice tests.
- Interactive video lessons.
- Diagnostic quizzes to pinpoint which skills need to be enhanced.

Long Term Test Preparation

Develops critical thinking, higher order reasoning & problem solving skills.

- Take the most challenging courses in light of abilities & balance.
- Read as much as possible.
- Classroom performance.
- Consider SAT/ACT preparation options:
 - Review practice materials.
 - Get a SAT/ACT prep book.
 - Use Khan Academy & Bluebook for SAT prep.
 - Take an SAT/ACT prep course.



Goals By Year

9th Grade

Get to know LOLHS:
develop routines

Develop Self Advocacy
skills

Develop Time
Management skills

10th Grade

Get to know YOURSELF
Identify interests,
abilities, skills

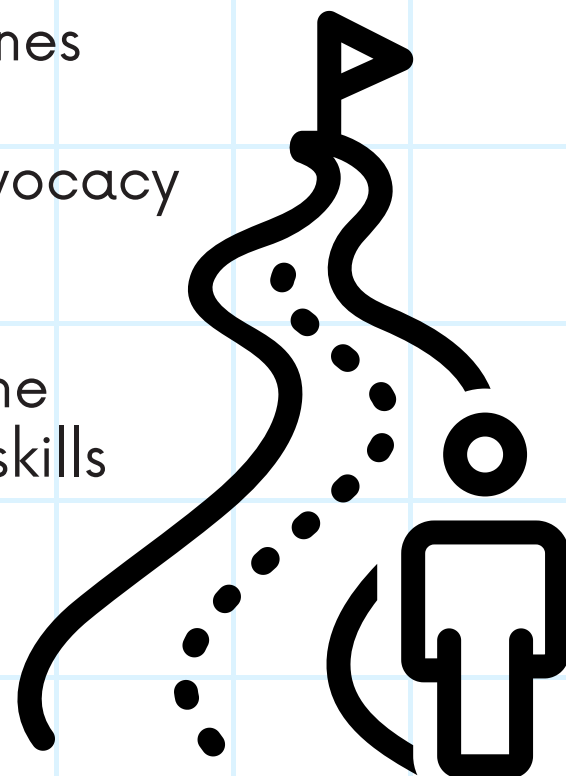
Get involved:
extracurricular
activities, community
service opportunities,
summer programs

Begin thinking about
the future.

11th & 12th Grade

Post Secondary
Planning: career
interests, college,
employment, military,
PG year, Gap Year,
Internship etc.

Explore which option is
right for the student.



Exploring Strengths, Interests, & Abilities

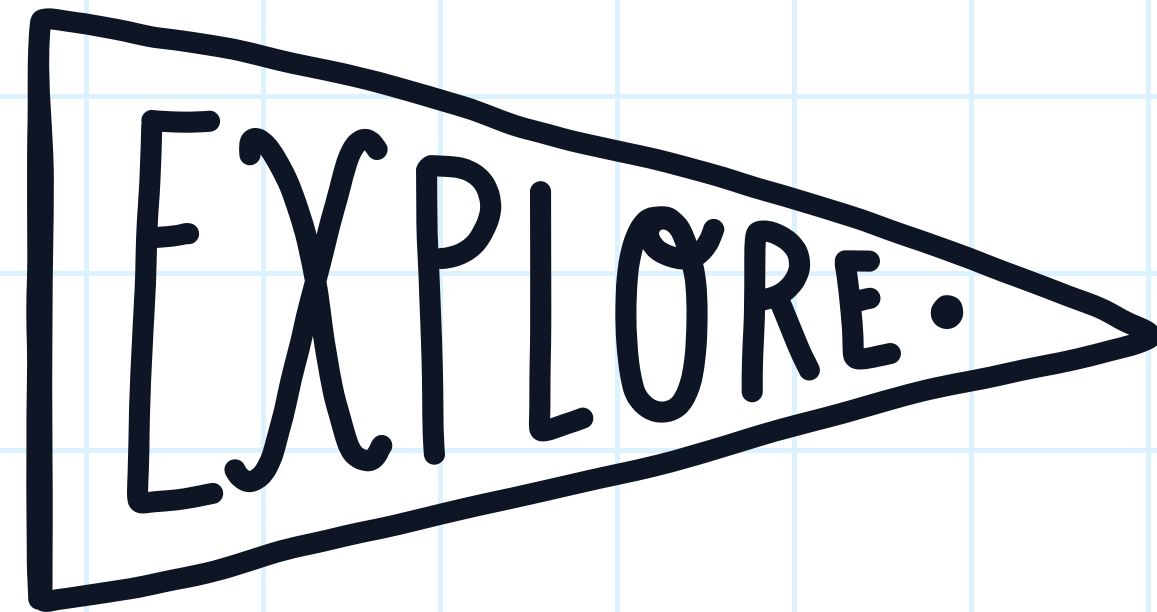
- **Become involved in LOLHS & Lyme-Old Lyme communities through:**

- Extracurricular Clubs
- Employment
- Athletics in and out of school
- Hobbies
- Community Service Opportunities

Keep track of involvement for future resume

<http://lolhsnews.region18.org/get-involved.html>

- **Course Selection:**
 - Electives: explore areas of interest
 - Identify subject areas: strengths and weaknesses
- **Conversations with Family, Friends, Neighbors, School staff (teachers, counselors, coaches)**



Academic Topics to Keep in Mind

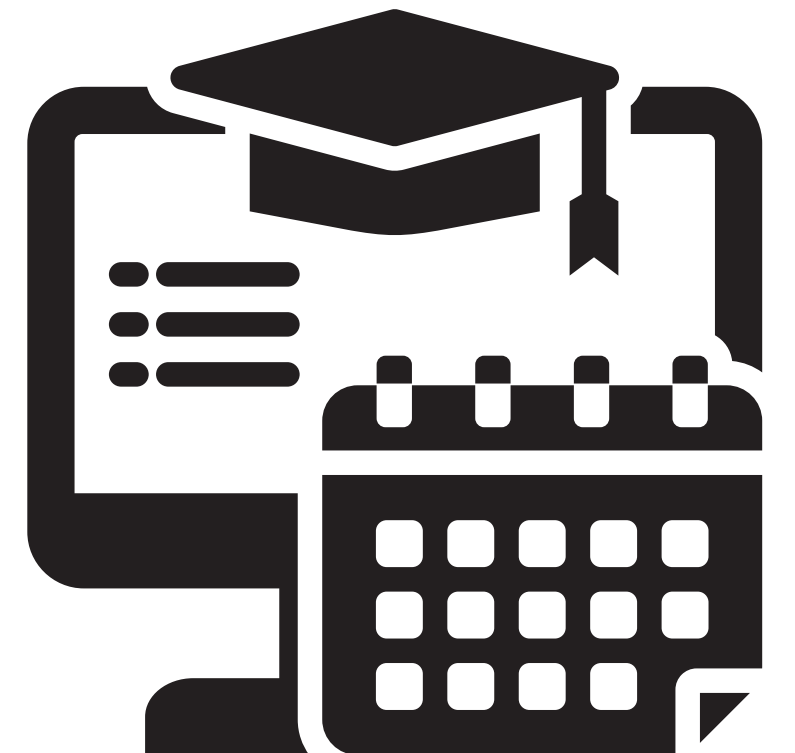
- **Be knowledgeable of prerequisites of future classes.**
 - **Access the Program of Studies for this information**
- **Transcript reflects courses taken and final grades received.**
- **Colleges are looking for students to take:**
 - **2+ years of World Language**
 - **4 yrs. of the 'core' disciplines**
- **Highest level at which student can succeed**
 - **L2 is college-preparatory**
 - **L1 is honors, 1.05 weighting in cumulative GPA**
 - **AP and ECE are college-level, 1.1 weighting in GPA**
- **Grade Point Average: incorporates grades from 9th – 11th**
 - **We have a weighted GPA.**
 - **We DO NOT rank students.**



Curriculum Enrichment

Opportunities for junior and senior year:

- **Job Shadowing**
- **Career Field Experience**
- **Advanced Placement (AP) Classes**
- **UConn Early College Experience Classes (ECE)**
- **Virtual High School (VHS)**
- **Summer Opportunities List**
- **Volunteer Opportunities List**



A few things that families can do

Encourage your child to become self-reliant, organized, engage in their academics, make connections between academics and life after high school, and **self advocate when help is needed.**



Encourage your child to:

- Get involved beyond the minimum.
- Take four years of core academic courses, if appropriate.
- Get involved in LOLHS community and be willing to help.
- Connect with their counselor and the faculty.
- Find a passion and stay with it.
- Volunteer – give back.
- Nurture a special talent or skill.
- **Maintain BALANCE in their life.**



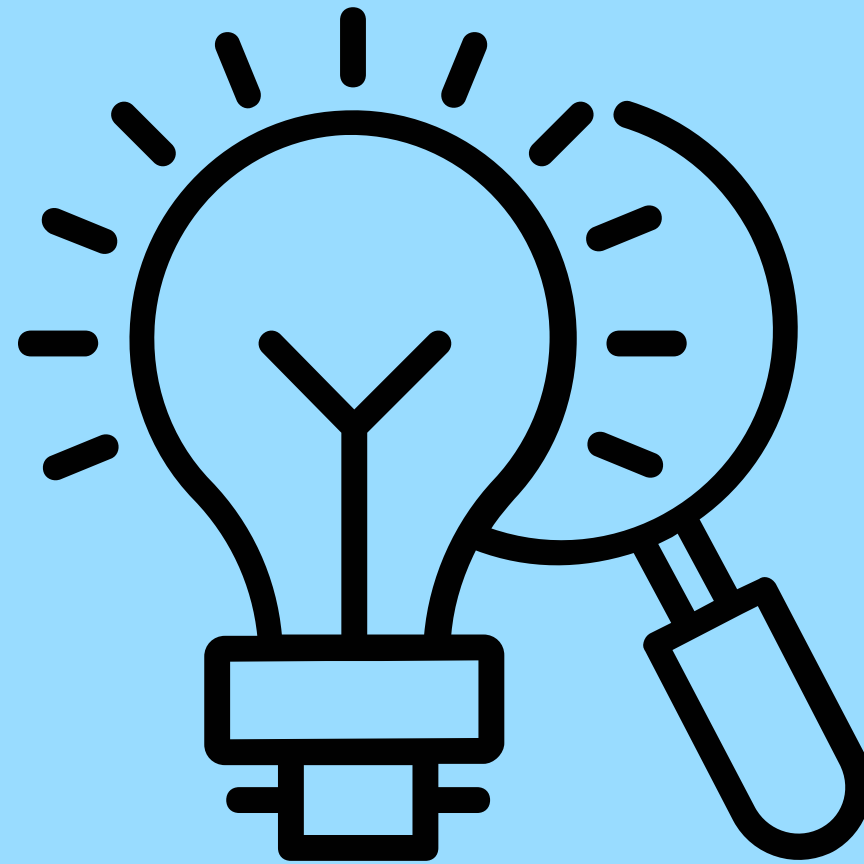


Naviance

- All students were registered in 9th grade. Parents have access, too!
- Web-based; can be accessed from home computer.
- Parents, students, and counselors can access the same information.
- College/Career research program.
- Communication tool.
- Personality, interest, career surveys, resume building, college search, college comparison, career information.
- Based on LOLHS admissions statistics, as well as national statistics and trends.

Demonstration

Naviance & Lyme-Old Lyme School Counseling Website



“HOBY”

Hugh O’Brian Youth Leadership Program

In 300 words or less, please describe the most rewarding and challenging aspect of being a leader in your school and community.

Essays are due Friday, 10/24/25

Attendance at Leadership Conference in Spring

HOBY Information

Thank you for attending!

Please scan & complete the evaluation
(QR code on your table)

**Lyme-Old Lyme High School
School Counseling Department**