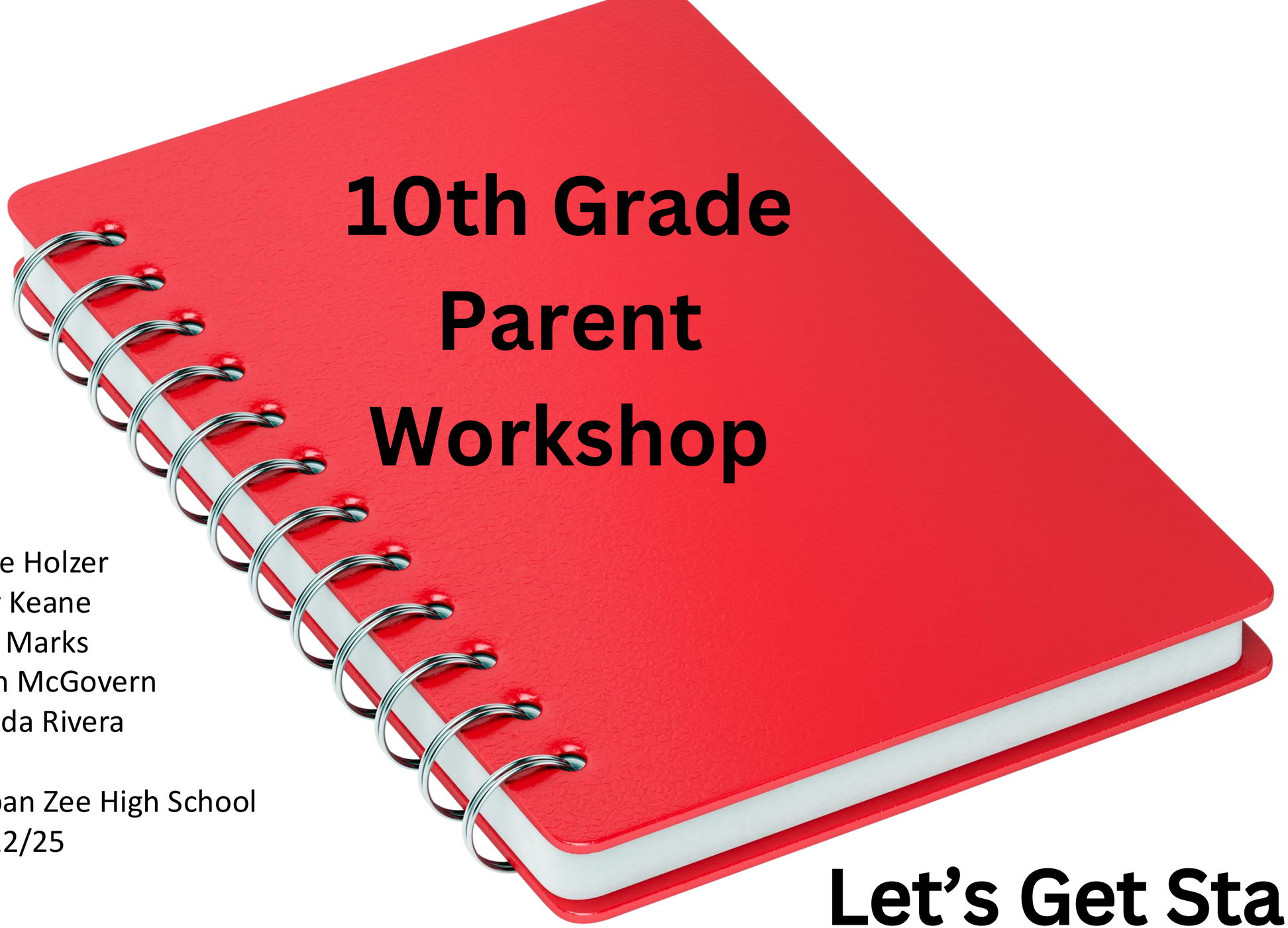

10th Grade Parent Workshop

Jaime Holzer
Kelly Keane
Kate Marks
Brian McGovern
Glenda Rivera

Tappan Zee High School
11/12/25

Let’s Get Started

Sophomore Year Happenings:

- Students should focus first and foremost on academic success.
- Join activities! Some examples: athletics, clubs, music, employment and community service.
- Progress reviews and course advisement with counselors in early 2026.
- Counselors facilitate Naviance classroom workshops in the Spring.

Academics:

- Most important factor in college admissions is and always will be the transcript
- Students should challenge themselves with courses that match their strengths
- Build strong study habits
- Read!

Support is available:

Office hours

Academic Center

Khan Academy

Learning Institutes

Tutor.com - free w/library card!



Course Advisement

- Teachers will make recommendations for next year’s classes.
- All students will meet with their counselor individually.
- Curriculum Guide
- A copy of student selections and our open enrollment policy will be shared in the Spring.

ROCKLAND BOCES
ROOTED IN THE COMMUNITY

- **Two-year half-day Career and Technical Education**

- **Students attend AM or PM sessions**

- **AM students leave TZHS at 7:25am and return at 10:45am allowing them to attend periods 5-9**

- **PM students leave TZHS at 11:19am and return at 2:45pm allowing them to attend periods 1-4**



College Knowledge: It's not too early to start

- *Start visiting colleges - it's fun! Big, small, local, public, private, etc.*
- *Meet admissions reps at TZHS during your lunch period!*
- *Attend college fairs – there are multiple in our area every year.*
- *Summer programs and internships.*
- *Start an activities list/resume - use Naviance to get started.*
- *Follow passions, not trends. Colleges notice authenticity!*





- **Students will continue to explore careers using Naviance.**
- **Students will complete the *Career Interest Profiler in the Spring, which* makes connections to related career fields.**
- **Naviance is a great tool for college searches, career research, personality tests, college comparisons, resume building and much more!**

College Admissions Exams

Which one is right for you?

- Pre-ACT was given here in October (abridged version of the ACT).
- The PSAT is given in October of 11th grade.
- Students typically take the ACT and/or SAT in 11th grade.
- The best prep for students is their current coursework.
- Appropriate testing plans will be discussed with your child's counselor.

PreACT®

PSAT/ NMSQT®

ACT®

SAT®

Mental Health Resources

School Psychologists
Dr. Katelin Burns | (845) 680-1613
Dr. Bradley Hercman | (845) 680-1610

School Prevention Counselor
Annemarie Scott | (845) 680-1671

School Social Worker
Jessenia Cursio | (845) 680-1775




Q&A
LIVE