

Welcome Parents/Guardians

Class of 2028

October 7, 2025, 7:00pm



Columbia HSA

- The HSA is a great resource for school-related activities. Check the HSA website (<https://www.columbiahsa.com/home>) and the weekly eblasts to keep up to date on school activities.
- Don't forget to become a member of the Columbia HSA! (<https://columbiahsa.com/join-hsa/>). Membership dues go towards student and school activities such as Cougar Cares, the food truck events, and teacher appreciation activities.
- Be sure to sign up for the eblasts if you are not receiving them

HOME & SCHOOL ASSOCIATION



- *No Membership Dues!*
- Weekly Newsletter
- Volunteer Opportunities
- Cougar Cares
- Midnight Madness
- Teacher Appreciation Events

EVERYONE is a member of the CHS HSA!

HOME & SCHOOL ASSOCIATION



columbiahsa.com



presidents@columbiahsa.com



@chshsasomds



@columbiahsassociation

SUBSCRIBE

columbiahsa.com/register

EVERYONE is a member of the CHS HSA!

sophomore

Learn MORE.
Achieve MORE.

CHS Counseling Website



CHS Counseling

Home

Meet the Team! ▾

Counseling Annex Supports ▾

Post-Secondary Planning ▾

Course Selection ▾

PowerSchool

Workshop Archives



CHS COUNSELING

FORMS

IMPORTANT ANNOUNCEMENTS & UPCOMING EVENTS

ATTENTION SENIORS: You must regularly check the [Class of 2022 website](#)
for important info & reminders re: college apps, postsecondary, & graduation!!!

Hope everyone had a fantastic first week back!! We loved seeing you!! Check out some important *virtual* parent/guardian events scheduled for next week on our calendar below -- Freshman Parent/Guardian Night on Monday, Sep 20th and Financial Aid Night on Weds, Sep 22nd!

Also, an IMPORTANT REMINDER that the LAST day to request a schedule change (click Forms for the form!!!) is Friday, September 24th!

[RE: Events Calendar -- PLEASE NOTE:](#) College admission reps are for JUNIORS & SENIORS ONLY!!!!

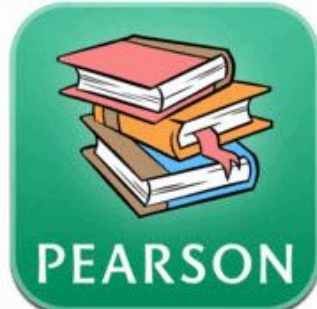
CHS Counseling Events Calendar	
Total: 0 Monday, September 20	
Week Month Agenda	
Monday, September 20	
6:00am	Visit with Rensselaer Polytechnic Institute
6:50am	Visit with Oberlin College
9:30am	Visit with Drew University
11:05am	Visit with University of New Hampshire (Main Campus)
11:55am	Visit with SUNY at Binghamton
12:45pm	Visit with George Washington University
1:35pm	Visit with Skidmore College
2:20pm	Visit with Drexel University
7:30pm	Freshman Parent/Guardian Night(Virtual)
Tuesday, September 21	
8:00am	Visit with Colby College
8:50am	Visit with University at Buffalo
9:30am	Visit with Kenyon College
11:05am	Visit with New York University

PowerSchool Questions?

STUDENTS (grades 6-12) have THEIR OWN PowerSchool credentials and should be using those accounts.

eanderso@somsd.k12.nj.us

PARENTS - need to contact parentportalhelp@somsd.k12.nj.us for assistance. Librarians only have access to student accounts.





CHS Cougar Cares Student Support

Connecting Families & our Community

- Food assistance includes local pantry deliveries, grocery gift cards and toiletries to students and their families.
- Provides funds so that all Seniors can attend prom, graduate in a cap & gown, receive a yearbook, and fully participate in all senior year activities.
- Please visit our page [here](#).
- If you would like to donate to support the work of Cougar Cares, please click [here](#) (the link takes you to HSA donation, please write "Cougar Cares" in the notes).

For more information or to request assistance, please visit columbiahsa.com/cougar-cares/ or email us at **chscougarcares@gmail.com**

What CHS Counselors do

- Deliver core curriculum
 - Guidance support
 - Events
- Individual student planning
 - Academic advising/scheduling
 - College & Career counseling
 - Graduation progress monitoring
- Responsive services
 - Crisis response
 - Small group counseling
 - Individual counseling
- Indirect services
 - Referrals
 - Consultation (Child Study, I&RS, 504, Crisis, Home instruction)
 - Collaboration (Parents/guardians, administrators, teachers, coaches)
- **ADVOCATE FOR YOUR STUDENT!!!**



Academic & Social Emotional Resources

#1 - Your School Counselor!!

- Counseling Annex
 - Achieve/SLAM Tutoring
 - Groups
 - Interns
 - Wellness Wednesday
- The LOFT



Clubs/Activities

- Get Involved!
- Full updated list on CHS “Activities” page
- Colleges like to see *Depth, Breadth, and Corroborated Passion*



Post-HS Options

- 4-year College
- 2-year College
- Work
- Military
- Trade School
- Gap Year/Other

*College and Career Fair
In the Spring at CHS



Planning ahead..

CHS Graduation Requirements

- *4 years* (20 credits) of **English Language Arts**
 - *4 years* (20 credits) of **Physical Education/Health/DE**
 - *3 years* (15 credits) of **Mathematics**
 - Algebra -> Geometry -> Algebra 2 -> Pre-Calculus -> Calculus
 - *3 years* (15 credits) of **Science**
 - Biology -> Physics -> Chemistry
 - *3 years* (15 credits) of **Social Studies**
 - World History -> US 1 -> US 2
 - *1 year* (5 credits) of **World Language**
 - *1 year* (5 credits) of **Visual & Performing Arts**
 - *1 year* (5 credits) of **21st Century Life & Careers**
 - *1/2 year* (2.5 credits) of **Financial Literacy**
- TOTAL OF 120 CREDITS REQUIRED TO GRADUATE**

Planning ahead... Grade progression

Grade	Credits
10	30
11	60
12	90

Most students are enrolled in 35 credits/year
(periods 1-8)

Planning ahead... 11th grade

Typical schedule

English 3/HN elective

Algebra 2/HN, Pre-Calculus/HN, Calc HN/AP

Chemistry/HN

US History 2/HN/AP

World Language/HN

Physical Education & Health 11

Elective (consider unfulfilled req)

Planning ahead... Transcript

Course Title	Mark	Credit	Course Title	Mark	Credit	GPA Summary	
12-13 Columbia High School			09-10 Columbia High School			<u>9th Grade</u>	
Badminton	A+	1.25	Concert Chorale	A+	5	Earned Crd: 36.00	Unweighted GPA: 3.9734
Calculus AB - AP	A	5	English 1	B	5		Weighted GPA: 4.3469
Envirmtl Sci-AP	A	7	Fitness 9	A+	1.25	<u>10th Grade</u>	
Health - Gr 12	A	1.25	Health - Gr 9	A+	1.25	Earned Crd: 41.00	Unweighted GPA: 4.0571
Lit Soc Crit HN	A	5	Spanish 1	A+	5		Weighted GPA: 4.7323
Econ/Prsnl Fin/Entrep	A-	2.5	Swimming-Gr9	A	1.25	<u>11th Grade</u>	
Psychology	A+	2.5	Team Games 9	A-	1.25	Earned Crd: 36.00	Unweighted GPA: 4.0000
Softball	A+	1.25	World Hist 2 - HN	A-	5		Weighted GPA: 4.8387
Spanish 4 - HN	A	5				<u>12th Grade</u>	
Volleyball	A+	1.25				Earned Crd: 32.00	Unweighted GPA: 4.0387
11-12 Columbia High School							Weighted GPA: 4.8653
Advanced Fitness	A-	1.25				<u>Cumulative</u>	
Advanced Fitness Gr11-12A-		1.25				Unweighted GPA:	4.0181
Chemistry-Adv	A	6				Weighted GPA:	4.7015
Cr Writ/Sdy Lit HN	A+	5				Earned Credits:	145.00
Health - Gr 11	A-	1.25					
Aerobics	A-	1.25					
Pre-Calculus - HN	A+	5					
Spanish 3-HN	A-	5					
Statistics-AP	A-	5					
US History 2 - HN	A+	5					
10-11 CHS Summer School							
Geometry - HN	A+	5					
10-11 Columbia High School							
Advanced Fitness	A-	1.25					
Advanced Fitness	A-	1.25					
Algebra 2-HN	A+	5					
Driver Ed	A	1.25					
English 2 - HN	A	5					
Physics-HN	A+	6					
Project Advent	A+	1.25					

Planning ahead...GPA

Grade	Unweighted Courses	Weighted Courses		
		Academic	Honors	AP/Advanced**
A+	4.33	4.67	5.00	5.33
A	4.00	4.33	4.67	5.00
A-	3.67	4.00	4.33	4.67
B+	3.33	3.67	4.00	4.33
B	3.00	3.33	3.67	4.00
B-	2.67	3.00	3.33	3.67
C+	2.33	2.67	3.00	3.33
C	2.00	2.33	2.67	3.00
C-	1.67	2.00	2.33	2.67
D+	1.33	1.67	2.00	2.33
D	1.00	1.33	1.67	2.00
D-	0.67	1.00	1.33	1.67
F	0	0	0	0

Planning ahead... GPA

GPA is updated at the end of each school year and is based on final grades only

So which counts more for colleges?
Weighted or unweighted?

WEIGHTED

- Core subjects
- Level considered

you are more
than your
GPA



Planning ahead... Decisions!

- Course selection timeline and process
- Math advancement in summer
- Pre-requisites
- Vo Tech
- Online personal fin.
- PSATs



Sophomore Testing

PSAT 10 - March of 2026

Merit Scholar

NJSLA - only students who have not taken it
as a ninth grader; (Very few)

But all that really matters...

SOCIAL CONNECTIONS

SELF-CARE

MENTAL HEALTH



Thank you for tuning in!

LIVE Q&A
Starts Now!