



Jericho High  
School

# 10th GRADE EVENING PRESENTATION

January 27th, 2026

# Curriculum Associate for School Counseling: Gregory Sloan



## School Counselors

Kyle Cotter

Jenna Dell'Amore

Sari Geringer

Eve Mangibin

Alana Mercante

Jason Rubinstein

Di Wu

# Agenda



## **Resources Available to Students**

Graduation Requirements  
**Course Selection for Junior  
Year**

Standardized Testing

Extracurricular Activities

## **Naviance**

Career & College Major Exploration

**Making the Most of Your  
Summer**

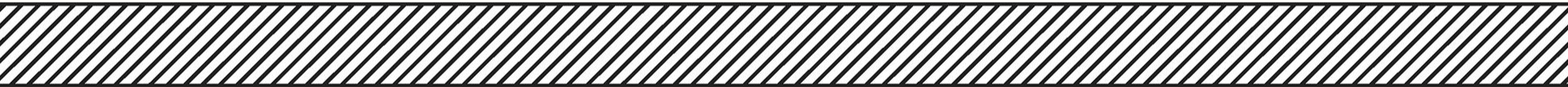
# RESOURCES FOR STUDENTS

Your School Counselor is available to support you with:

- ▶ Social, Emotional, Academic, & Family Concerns
- ▶ Academic Planning & Course Selection
- ▶ College & Career Planning/Preparation



- ▶ **Continue building a strong rapport with your counselor**
- ▶ **Counselors meet with students throughout the year to discuss pertinent topics for their grade level**
  - ▶ **Open Door Policy**
  - ▶ **Tuesday Evenings & Extra Help Sessions**



# ***Additional Resource s***

[Extra help](#) with classroom teachers

[Peer Tutoring](#) | Students assist other students before, during, or after the school day

**School Social Worker : Mr.  
Ray Velez | Cafe 126**

**School Psychologists :**  
**Dr. Danielle Smith**  
**Dr. Wendi Goldstein**

# NYS GRADUATION REQUIREMENT S

## Exam Requirements for Advanced Regents

ENGLISH

ALGEBRA 1

GEOMETRY

ALGEBRA 2

GLOBAL HISTORY

US HISTORY

2 SCIENCE (including Living Environment)

WORLD LANGUAGE (through Level 3 with FLACS  
Checkpoint B Assessment)

### Credit Requirements

(Apply to all diploma types: local, Regents,  
Regents with advanced designation)

	Minimum number of credits
English	4
Social Studies <i>Distributed as follows:</i> U.S. History (1) Global History and Geography (2) Participation in Government (½) Economics (½)	4
Science <i>Distributed as follows:</i> Life Science (1) Physical Science (1) Life Science or Physical Science (1)	3
Mathematics	3
World Languages	1 <sup>(**)</sup>
Visual Art, Music, Dance, and/or Theater	1
Physical Education <i>(participation each semester)</i>	2
Health	½
Electives	3 ½
<b>Total</b>	<b>22</b>

<sup>(\*\*)</sup>Students with a disability may be excused from the requirement for 1 unit of credit in World Languages if so indicated on their IEP, but they must still earn 22 units of credit to graduate.

# TYPICAL 11TH GRADE SCHEDULE

## **English**

AP Composition or English III

## **Math**

Algebra 2 or Pre-Calc or Pre-Calc Research

## **Science + Lab**

Chemistry or Physics or AP Science

## **World Language**

Level IV (Literature)  
Spanish Language & Culture

## **Social Studies**

U.S. History or AP U.S. History

## **Physical Education**

## **Lunch**

## **Elective**

## **Elective**

# SCHEDULING PROCEDURES



**Review Course Information Guide**



**Review Academic Planning Worksheet**



**Meet With Your Counselor**

During designated English class, starting January 28



## Course Selection is Important :

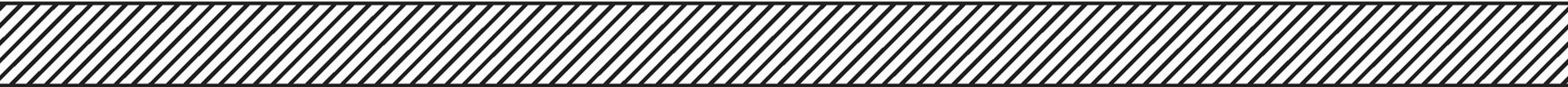
Choose the correct level of rigor  
that is right for you

Gradually elevate your course  
difficulty each year

Focus on subjects that interest  
you

Take courses that are related to  
your possible career or college  
interests

**Deadline for course request changes is FRIDAY, FEBRUARY 13 . After that date, changes to requests will not be permitted.**

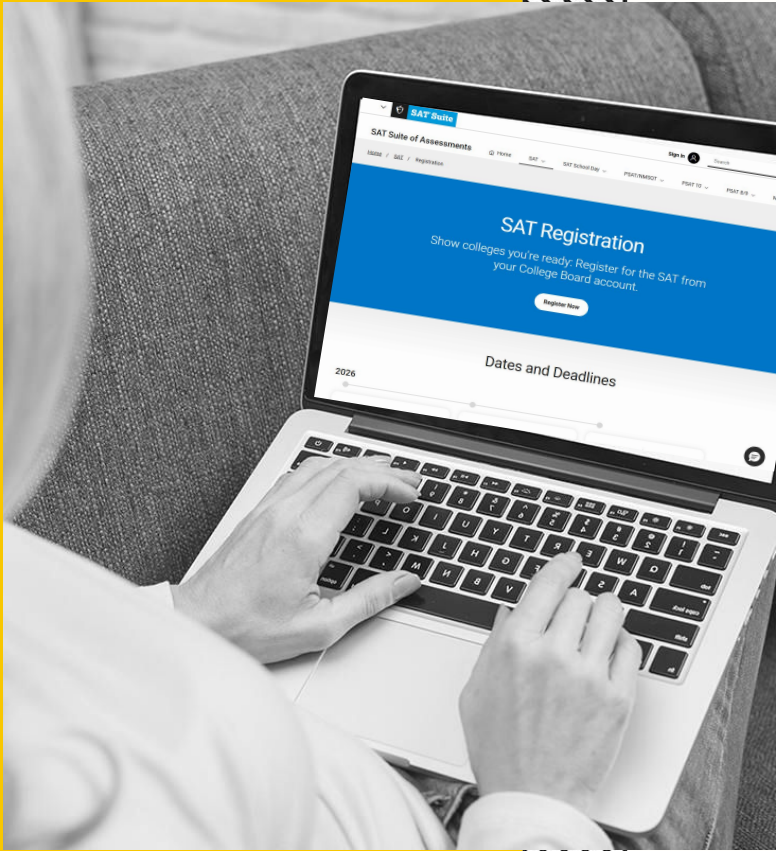


# STANDARDIZED TESTING

PSAT - Students should register to take the exam at Jericho. PSAT is in October of Junior Year.

The PSAT is a Qualifying Exam for the National Merit Scholarship, National Achievement Scholarship, & National Hispanic Recognition Program. These scholarships are awarded to students based upon PSAT scores by state. Some colleges give merit-based scholarships to students who earn these awards.

Check your PSAT score by logging on to College Board to identify your strengths & weaknesses & prepare for future exams.





Students typically take their first [SAT](#) and/or [ACT](#) during their Junior Year.







Many colleges remain Test Optional, but some are beginning to transition back to requiring test scores or being Test Flexible. It's best practice to take a standardized test & you can ultimately decide to go test optional for schools that allow.





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**STANDARDIZED TESTING CONT'D.**

# THE SAT **VS** THE ACT

## KEY Differences

-  **Digital, adaptive**
-  **More time per question**
-  **Short, single-question reading passages**
-  **Scores back within days**

-  **Paper, fixed format\***
-  **Faster Paced**
-  **Longer reading passages**
-  **Scores back in 2 to 3 weeks**

## TIMING & SCORING



Overall Time

Reading & Writing  
(baseline module)

32m

Reading & Writing  
(adaptive module - easier or harder)

32m

Math  
(baseline module)

35m

Math  
(adaptive module - easier or harder)

35m

200 - 800 points

200 - 800 points

**TOTAL POINTS | 400 - 1600**



Reading & Writing



Math

Time per Question



Overall Time

1-36

35m

Reading

1-36

45m

English

1-36

60m

Math

1-36

35m

Science

**TOTAL POINTS | 1 - 36**



Reading



English



Math



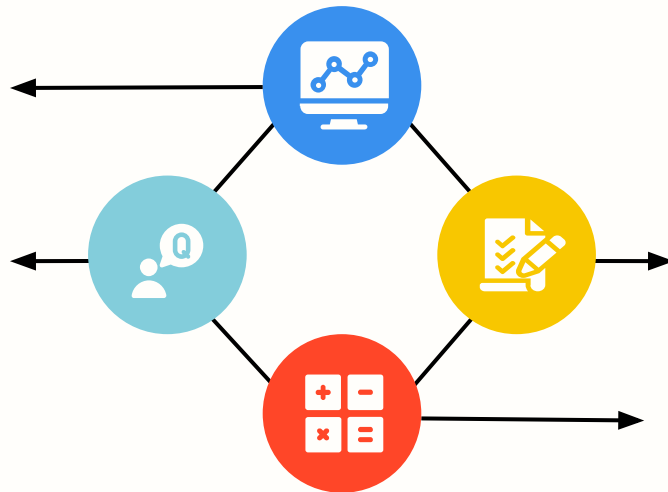
Science

## Free access to online SAT/ACT test prep

Can be used independently or as a supplement to other test prep

## Canvas

Students in grades 9-12 can access Method Learning through Canvas



## Adaptive/Interactive

Keeps track of strengths & weaknesses. Listen to/watch tutorials, instructional videos, & take quizzes

## Build math, reading, & writing skills

Large pool of practice questions with instant feedback

**METHOD LEARNING - TEST PREP**

# EXTRACURRICULAR ACTIVITIES



## Benefits of Getting Involved in High School:

- 1. Discover new possibilities:** Involvement in an activity could spur a lifelong passion, introduce career options, & help define identity (ex.: debate, business)
- 2. Relieve academic pressure:** As the school workload increases, it may seem counterproductive to spend more time in other activities, but the outlet is often a needed break from homework & studying
- 3. Increase academic performance:** Education Next reports being involved in activities outside the classroom may play a role in improving grades & standardized test scores

# EXTRACURRICULAR ACTIVITIES CONT'D



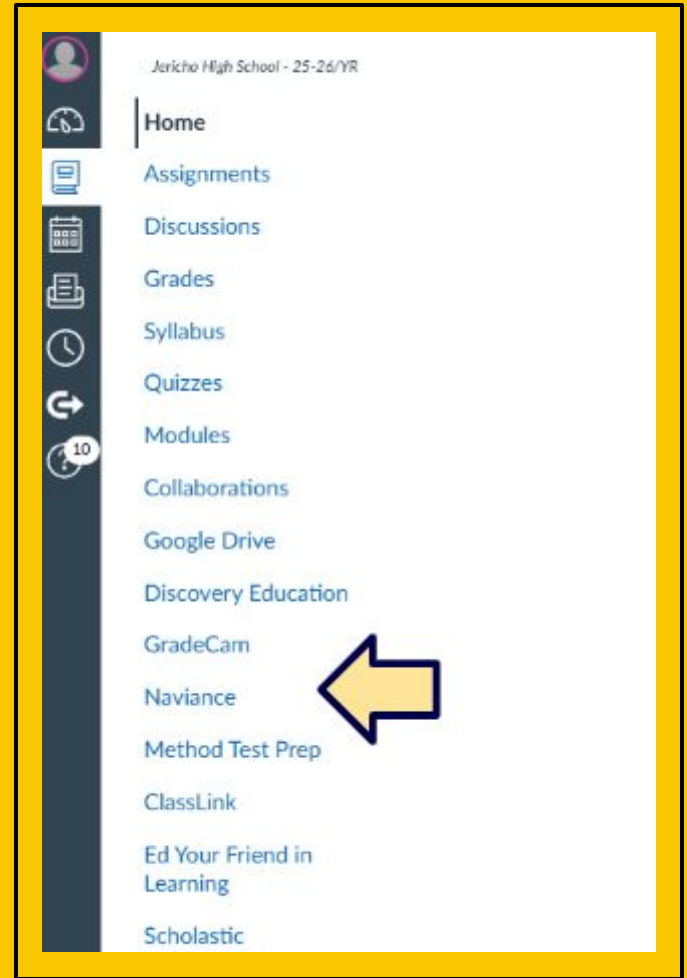
**4. Build important skills:** No matter what the future brings, skills like teamwork, cooperation, creative problem-solving, decision-making, & leadership will always be important. Extracurricular activities allow the development of these skills that are transferable to school, family, & future life

**5. Make connections:** Involvement in many extracurriculars brings students into contact with others like coaches, teammates, parents, & event judges, who may become valuable connections later

**6. Improve college applications:** If college is the next step after high school, a record of involvement over several years can demonstrate a continued interest in a particular cause, activity, or event. Colleges appreciate seeing applicants who demonstrate that they are successful outside the classroom & will become active members of their communities

[Jericho High School Clubs](#)

# NAVIANCE ACCESS VIA CANVAS

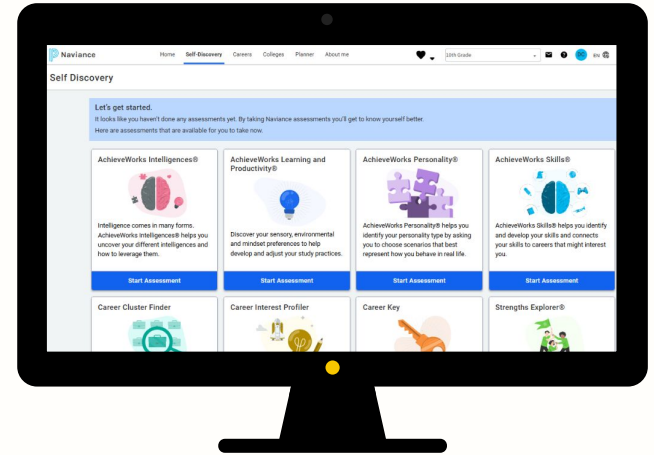


# EXPLORE INTERESTS & CAREERS IN NAVIANCE

Self-discovery assessments (can  
retake multiple times & review results)

Career research (review educational  
requirements, hiring trends, salaries)

Make connections between  
strengths/interests & potential career  
pathways





## Career Zone

The place to explore careers related to your strengths, skills, and talents



## Big Future

College Board's college and career planning website



## Occupational Outlook Handbook

Premier source of career guidance featuring hundreds of occupations, education requirements, and salary scale

# MAKE YOUR SUMMER COUNT



The summer after 10th grade is a great opportunity for students to explore interests & gain new skills — & build their college resume. Summer jobs, internships, volunteering, & learning activities give students the chance to demonstrate qualities that colleges like to see, such as leadership, responsibility, conscientiousness, & taking initiative.

Students should get involved in the activities in which they are most interested. A summer job is just as rewarding or important as is volunteering or taking a college course/pre-college course.

[Summer Program Listing](#)

[Volunteer Opportunities](#)

# QUESTIONS?



**Thank You!**