

# Sophomore

## Newsletter



**Your Guide to Success This Year & Beyond**

**September 2026 - 1<sup>st</sup> Edition**

**Hello Sophomore! Congrats, you've made it through your first year of high school!!**

As your settling into your 2nd week of school, we wanted to touch base to talk about what comes next. Sophomore year is your chance to grow, gain confidence, and start looking ahead. You know the building, the routines, and the expectations. Now it's time to build on what you started and make this year even stronger.

## 5 Tips for the Sophomore Year

**1**

### **TRY SOMETHING NEW**

Join a new club, sport, or elective you didn't try last year—you might discover a new passion.

**2**

### **MAKE CONNECTIONS**

Build relationships with your teachers now. They can become mentors, supporters, and future recommendation writers.

**3**

### **GIVE BACK**

Look for volunteer or service opportunities. It feels good, builds character, and strengthens your future applications.

**4**

### **START EXPLORING YOUR OPTIONS**

Take an interest survey, attend a career fair, or job shadow—sophomore year is the perfect time to start dreaming big.

**5**

### **BALANCE MAKES PERFECT**

Practice managing time between schoolwork, friends, family, and self-care. Learning balance now will make junior and senior year less stressful.

## **NEED TO VISIT WITH YOUR SCHOOL COUNSELOR OR SOCIAL WORKER?**

### **COUNSELORS**

**Mrs. Dorr** – A-Co\*

**Mr. Sims** – Cp-He\*

**Mrs. Baker** – Hf-Mc\*

**Mrs. Ward** – Md-Sa\*

**Mrs. Jensen** – Sb-Z\*

**Mrs. Duncan** – Special Programs  
(ELD & 504)



### **SOCIAL WORKERS**

Shannon Richardson - A-L\*

Kris Boyle - M-Z\*

\*based on student last names

Click [HERE](#) for our contact information.

Feel free to send us an email or click on the link under your counselor's name to schedule an appointment.

## MYTH VS. REALITY

**MYTH:** Sophomore year doesn't really matter.

**REALITY:** Colleges and future opportunities look at all four years. Sophomore year is a great time to build strong habits and explore new interests.

**MYTH:** You have to know your exact career or college plans right now.

**REALITY:** Sophomore year is for exploring—trying new classes, activities, and ideas to see what sparks your interest.

**MYTH:** Asking for help means you're falling behind.

**REALITY:** Reaching out shows strength and helps you grow—teachers, counselors, and friends are here to support you.

**MYTH:** Balance isn't important—you just need to keep up with school.

**REALITY:** Balance is everything. Making time for friends, hobbies, and rest keeps you healthier and more successful.

### CONNECT WITH US ON SPORTS YOU!

You will get a notification anytime we post something.

Scan the QR code to get started.

*Already have SportsYou?* Use this access code to connect: D3S6-4VZZ



## SAVE THE DATE

**September 21:** LPS College & Career Fair @ LHS from 5:30-7PM

**October 1&2:** Sophomore Counselor Classroom Lessons

**October 10:** Sophomore Individual Counselor Meetings Start

**October 21:** College Planning Workshop

**December 10:** Off Campus Opportunities Night

**January 13:** Annual Academic Fair

**January 19 - 22:** Course Selection