

**ERHS –
Sophomore Year
Class of 2029**



ERHS

Sophomores

% 2029

In this presentation, you will learn more about the

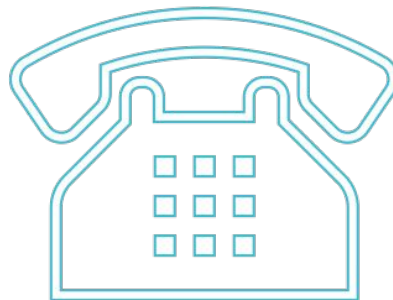
- Counseling department and their role
- Transcript breakdown
- Graduation Requirements
- Scholarships and financial aid
- Reminders about upcoming events.

Sophomores, you are actively building the foundation for your future. Every step you take today shapes your path to graduation and beyond. Keep pushing forward with confidence! We are proud of your hard work, and we're always here to guide and support you.

- ERHS Counseling Department

-Curriculum & Counseling Team-

- **Natalie Foley, Curriculum AP** foley_natalie@asdk12.org (907)742-2711
- **Tina Spano, Registrar** spano_christina@asdk12.org (907)742-2708
- **Cari Witte, Counselor**
9th & Foreign Exchange witte_cari@asdk12.org (907)742-2704
- **Stephanie Rawlings, Counselor**
10th - 12th, last names A-C & P-Z rawlings_stephanie@asdk12.org (907)742-2712
- **Gina Wall, Counselor**
10th - 12th, last names D-O wall_gina@asdk12.org (907)742-2709



YOUR ERHS COUNSELORS ARE HERE FOR YOU!



ACADEMICS

Need help improving your grades?

- ✓ Stay on track to graduate
- ✓ Set goals for your future
- ✓ Get study tips and support



PERSONAL SUPPORT

Feeling stressed or having challenges?

- ✓ Talk about what's on your mind
- ✓ Find healthy ways to cope
- ✓ Get connected to extra support if you need it



PLANNING FOR THE FUTURE

Not sure what's next after high school?

- ✓ Explore colleges, careers, and more
- ✓ Get help with applications and financial aid
- ✓ Create a plan that fits you

Credit Tracker Example

Eagle River High School Credit Tracker

Write the grade earned for each class in its corresponding box. Each box is worth .5 (semester) credit.

English – 4 credits required

Eng I Eng II Eng III (or AP) Eng IV (or AP/Eng elective)

A			
A			

Math – 3 credits required

Algebra Math Elective Math Elective

A		
A		

Science – 3 credits required

Physical Sci Life Sci Sci Elective

A		
A		

Social Studies – 4 credits required

AK/Soc Elective World Hist US Hist. US Gov/Econ

A			
A			

PE – 1.5 credits required

*Each season of a school sport gives a .25 PE Waiver. Two PE waivers are needed to check off one .5 credit box. If PE waivers are used, the same number of boxes will need to be added in the elective rows. PE waivers do not grant credit, but rather waive the PE requirement.

--	--	--

Elective – 7 credits required

If you take more than the required credits for Eng, math, sci, soc, or PE, add those credits to the elective boxes.

A	A						
A	A						

22.5 total credits are required for graduation



[Click here for
ERHS Credit Tracker Form
\(look under Tools & Forms\)](#)

ASD Grad Requirements

GRADUATION REQUIREMENTS

Students must complete 22.5 credits to receive a high school diploma.

- English Language Arts (ELA)** **4 credits**
Four years of ELA are required: English I and II, and English III and IV or their equivalents
- Social Studies** **4 credits**
World History, U.S. History, one semester of Alaska Studies, one semester of Economics, one semester of United States Government, one semester of a Social Studies elective. Students may waive the .5 credit social studies requirement by completion of Level III of a world language (ASL, Chinese, French, German, Japanese, Latin, Russian, or Spanish); immersion students may waive the .5 social studies requirement by completion of any one high school immersion course in the required immersion continuum.
- Mathematics** **3 credits**
Six semesters of Mathematics electives. In order to satisfy the algebra requirements, students must complete one of the following options: Algebra I, semester 1 and 2; **or** Survey of Algebra I and 2; **or** Credit-by-Choice Challenge by Examination.
- Sciences** **3 credits**
Three years (six semesters) of science credit are required. Two semesters must be life science. Two semesters must be physical science.
- Physical Education/Health Education** **1.5 credits**
Three semesters of physical/health education are required. A wide variety of courses are offered at each school. Elective credit must be earned to replace a Physical Education/Health Education requirement that is waived.
 - Students may obtain a waiver of .25 of the physical education graduation requirement for each full season of ASAA-sanctioned sports participation within the Anchorage School District.
 - Students may also waive comparable physical education requirements through Credit By Choice, correspondence, or college coursework in Physical Education/Health.
 - A maximum of 1.0 waiver of the physical education requirement is available upon successful completion of 2 years (four semesters) of JROTC.
- Electives** **7 credits**
Fourteen semester courses have not been specified so as to provide students an opportunity to pursue individual educational goals. Electives may include additional courses in Language Arts, Social Studies, Mathematics, Science, Technology, Fine Arts, World Languages, Physical Education and Career Technology.

Total 22.5 credits

- A student may be considered for graduation when he or she has acquired a minimum of 22.5 credits after grade 8 in required and elective subjects.
- Seniors entering the ASD for the first time may graduate by meeting requirements of their previous school when the ASD requirements create hardship.

What is my GPA?



Grade	Percentage	Grade Point Value
A	90% - 100%	4
B	80% - 89%	3
C	70% - 79%	2
D	60% - 69%	1
F	0% - 59%	0

Your GPA is your **grade-point-average**. A GPA is determined by letter grades. Although different schools may use slightly different formulas for calculating a student's GPA, all formulas are based on the sort of scale to the left. Imagine that these are your grades for the quarter:

Math	C	What is the GPA for these grades?
Social Studies	B	Is this student eligible for sports?
English	D	
Science	A	All you need to do is find the grade point value for each course and average these numbers.
PE	F	
Art	C	

Math	C = 2 points
Social Studies	B = 3 points
English	D = 1 point
Science	A = 4 points
PE	F = 0 points
Art	C = 2 points

Total = 12 points

Calculate total points and divide the total number by the number of classes. In this case, there are 6 classes.

$$12 \div 6 =$$

2

THIS IS
YOUR GPA!

The GPA in the above example is a 2.0

-Transcript-

- You can view your unofficial transcript through Q/Parent/StudentConnect.
- An official transcript may be needed for personal use, scholarship applications, or to be sent to colleges or other institutions.

This link is for requesting an official transcript:

<https://anchorageak.scriborder.com/>

Transcripts must be requested online!



Thinking ahead ...

- AKCIS - A great place to check out options for college, careers, and scholarships.
 - ERHS Username - **eagleriver**
 - Password - **4Student**
 - You can set up your own profile after the initial login
- Start creating a list of schools/programs you may want to apply to.
 - Consider location, size, cost, & intended field of study
 - If you are not able to visit prospective schools in person, check out the many virtual tours available online!
- There are many ways to pay for college or post-secondary training programs.
 - Scholarships, work study, grants, loans, employment, military

ASVAB & Practice SAT/ACT



- ASVAB at ERHS will be Friday, 10/30 and Friday, 2/26
 - Starts at 9:00am with interpretation immediately after.
 - Students should plan to be here for about 3 hours.
 - Sign up form for the ASVAB is in the Curriculum Office, or see Mrs. Witte in A225.
- Frontier Tutoring will offer FREE VIRTUAL practice SAT and ACT tests:
 - Practice ACT - 10/10, 11/21, 12/5, 1/16
 - Practice SAT - 10/10, 10/24, 10/31, 11/14, 11/28, 12/12, 1/23
 - Sign up at the [Frontier Tutoring Website](#).
- PSAT @ ERHS - Saturday Oct. 17th @ 8am.
 - \$35 payment required through ParentConnect
 - Complete the [PSAT Google Sign-Up Form](#).

Class of 2024 & Beyond

ALASKA PERFORMANCE SCHOLARSHIP CHECKLIST



To receive the APS and other forms of financial aid, students must complete the FAFSA (Free Application for Federal Student Aid) by **June 30th** of each year. Visit studentaid.gov

REQUIRED CURRICULUM

Contact your counselor for information about APS courses. Approved courses may also be available through resources such as the University of Alaska or others. Eligibility is determined based upon courses with a letter grade reflected on your official high school transcript.

Choose from option A, B, or C (curriculum options apply for all APS award levels)

Curriculum Option A

Science	1
2	
3	substitution
4	substitution
4 credits	
Math	1
2	
3	
4	substitution
4 credits	
Language Arts	1
2	
3	
4	substitution
4 credits	
Social Studies	1
2	
3	substitution
4	substitution
4 credits	

Curriculum Option B

Science	1
2	
3	substitution
3 credits	
Math	1
2	
3	substitution
3 credits	
Language Arts	1
2	
3	
4	substitution
4 credits	
Social Studies	1
2	
3	
4	substitution
4 credits	
Other	2 credits

FROM THE SAME SUBJECT: World Language, Alaska Native Language, Fine Arts, Cultural Heritage, or CTE (1 year of which includes 2 semesters of sequentially more rigorous content within a career cluster)

Curriculum Option C

Science	1
2	
3	substitution
3 credits	
Math	1
2	
3	substitution
3 credits	
Language Arts	1
2	
3	
4	substitution
4 credits	
Social Studies	1
2	
3	
4	substitution
4 credits	
Other	2 credits

FROM ANY SUBJECTS: World Language, Alaska Native Language, Fine Arts, or Cultural Heritage

NOTE:

Highlighted sections above reflect additional course substitutions within each Curriculum Option. For example, in Curriculum Option A, two (2) Science credits may be substituted with 2 credits/years of rigorous additional non-standard Science course(s).

REQUIRED GPA -OR- TEST SCORE

Maximum Award

GPA

-OR-

Test Score

LEVEL 1

UP TO \$7,000 PER YR

☐ 3.5 OR GREATER

-OR-

☐ ACT..... 25

☐ SAT..... 1210

☐ WorkKeys.. 18

PLATINUM (no score below 6)

LEVEL 2

UP TO \$5,250 PER YR

☐ 3.0 OR GREATER

-OR-

☐ ACT..... 23

☐ SAT..... 1130

☐ WorkKeys.. 15

GOLD (no score below 5)

LEVEL 3

UP TO \$3,500 PER YR

☐ 2.5 OR GREATER

-OR-

☐ ACT..... 21

☐ SAT..... 1060

☐ WorkKeys.. 12

SILVER (no score below 4)

NOTE:

Receive a qualifying score from one of the following tests: ACT, SAT, or WorkKeys

ALASKA PERFORMANCE SCHOLARSHIP

- Up to \$28,000!
- Great Plan A or B
- Available for 8 years after graduation
- No competition - you only need to complete the eligibility requirements and the FAFSA to earn the scholarship
- Qualify by completing required classes and earning a high enough GPA or test score
- Can be used at universities and many technical and training programs in Alaska ([see list here!](#))
- More information can be found [here](#)



Questions? Visit aps.alaska.gov

ACPE APS Checklist | 800-441-2962 | rev. 8/2024



- If you are planning to play a Division I or II college sport, please make sure you have completed the requirements of the [NCAA Clearinghouse](#).
- Contact your counselor if you have any questions and/or concerns.

Division I
Academic
Requirements

Division II
Academic
Requirements

Initial
Eligibility
Brochure

Registration
Checklist

Guide for the
College-Bound
Athlete

DI & DII
Course
Planning
Worksheets

Find Your People... Join a Club!

ERHS Clubs & Activities Updated 8/18/26			
NAME	MEETING PLACE	TIME	SPONSOR
Art Club	Ms. Linhart D202	Friday after school	Ms. Linhart
BATTLE OF THE BOOKS	Mr. Van Arsdale A210	Friday at lunch	Mr. Van Arsdale
CAMPUS LIFE	Mr. Wall C208	Wednesdays at lunch	Mr. Wall
ED RISING	Mr. Salazar A228	Thursdays at lunch	Mr. Salazar
FRISBEE CLUB	Flag Pole out front	After school T/TH (Must have transportation home)	Mr. Kevin
GARDENING CLUB	Mr. E. Johnson A104	Thursdays at lunch	Mr. E. Johnson
GREEN CLUB	Ms. Cordero A102	Fridays at lunch	Ms. Cordero
HOSA: FUTURE HEALTH CARE PROFESSIONALS	Mr. Dickson A208	Tuesdays at lunch starting 9/26	Mr. Dickson
MODEL UN	Ms. Yadao A204	Wednesdays at lunch	Ms. Yadao
NATIONAL HONOR SOCIETY	Ms. Casey D107	Mondays at lunch by application only	Ms. Casey
NATIONAL OCEAN SCIENCE BOWL	Mr. Dickson A210	Thursdays at lunch	Mr. Dickson
PARTNERS CLUB	Ms. Grasse A133	Wednesdays at lunch	Ms. Grasse
SPANISH CLUB	Ms. Cordero A102	Wednesdays at lunch	Ms. Cordero
DON'T SEE ANYTHING YOU LIKE?			
STARTING A NEW CLUB IS EASY!			
SEE MS. HUFFER IN THE ACTIVITIES OFFICE TO LEARN HOW			



10th Grade Checklist



- ☐ Take challenging classes and check grades often on Q/StudentConnect/Canvas
- ☐ Review Transcript (check and review with parents)
- ☐ Alaska Performance Scholarship (APS) review/checklist
- ☐ AKCIS www.akcis.org - Career Interest Inventory, school sort, financial aid sort
- ☐ Consider doing practice SAT and/or ACT with Frontier Tutoring - FREE!
- ☐ Listen to announcements and/or check them on the school website daily
- ☐ NCAA Clearinghouse (if planning to participate in Div. 1 or Div. 2 college sports)
- ☐ Get involved! (sports, clubs, volunteer, leadership opportunities)
- ☐ Attend college visits at ERHS (see Curriculum Office for dates and schools)
- ☐ Research potential postsecondary training options (college, military, apprenticeships, etc.)
- ☐ If you are interested in a military academy, now is the time to start researching and planning
- ☐ Apply to Summer Programs and/or Summer School if needed
- ☐ If you have any Ds or Fs on your transcript, consider credit recovery
- ☐ Get a job and begin saving money for college/tech school

-Reminders-



Check the ERHS [Daily Announcements](#) often!



Join % 2029 on the SportsYou app for school reminders about events, activities, and sports: **Class Code** **W6KMX9J**



To be eligible for sports/activities, you must be enrolled in and pass at least 5 classes per semester, with a 2.0 GPA.



1st Quarter ends Oct. 16th.
Parent/Teacher conference day is Oct. 29th.
Make sure your grades are where you want them to be!



Counselors will visit your classes in the spring semester to take your course requests for next school year.



Local Contacts

University of Alaska
Anchorage

University of Alaska
Southeast

University of Alaska
Fairbanks

Northern Industrial
Training

Alaska Pacific
University

Alaska Vocational
Technical Center
(AVTEC)

Alaska Commission
on Post-Secondary
Education
(ACPE)

Alaska Career College

Charter College

Alaska Laborers
Training School

Military Recruiters:

Army National Guard - SSG Michael Rodriguez,
michael.g.rodriguez1.mil@army.mil

Navy - Grabow, Grant PO2, grant.t.grabow.mil@us.navy.mil

Army - SSgt Paul Coronado, paul.r.coronado.mil@army.mil

Other Useful Resources

[Admissions
Timeline for
11th&12th grade](#)

[Quick Guide to
Financial Aid](#)

[Evaluating
Financial Aid
Award Letters](#)

[Financial Aid Tips](#)

[Scholarship
Application Tips](#)

[More Scholarship
Application Tips](#)

[Choosing a
College Tips](#)

[College Essay
Tips](#)

[More Web
Resources](#)