 

Sophomore News

Fall 2013

Welcome Back Class of 2016

**More Info Inside About:**

* Graduation Requirements
* Driver’s Ed Information
* College & Career Planning

*The Counseling Department*

Mrs. Cunningham

*A-F* *Counselor*

Mrs. King

*G-O* *Counselor*

Mrs. Martin

*P-Z* *Counselor*

Mrs. Glick,

*Challenge Coordinator*

Mrs. Whiston-Dean

*Career Coach*

Mrs. McCoy & Mrs. Smith

*Receptionists*

Ms. Stevens

*Registrar*

Ms. Cranford

*Counseling Intern*

Get to Know the Counseling Department

The school counselors at TA are available to talk with students about a wide range of things including: academic, personal, or family problems and career and college planning. School counselors can help you brainstorm options of possible solutions to your problems.

Common topics discussed with school counselors include: depression; anxiety; grief; relationship concerns about peers, teachers, or family; drug or alcohol abuse; anger management; academic concerns…. This list could go on for days. With that said, you do not need to have a problem to come to the counseling office. The counselors at TA want to get to know YOU. You are welcome to stop by the counseling office during lunch, breaks, before, or after school.

An important aspect to remember about the counseling office is that everything that is said during counseling is confidential. Confidential means that your counselor will not tell anyone what you have shared, including parents, teachers, and friends. **The only time the confidentiality rule does not apply is when you or someone else is in danger.** If that occurs, your counselor will help make a plan to make sure that everyone is safe.

Parents have the right to opt-out of counseling services if they do not wish their child to participate. If your parents would like to opt-out they should notify the Counseling Department in writing.

**Advanced Diploma**

English 4 units

Mathematics 4 units

Science 4 units

Social Science 4 units

Foreign Language 3 units

Physical Education 2 units

Fine or Practical Arts 1 unit

Economics & Personal Finance 1 Unit

Electives 2 units

In addition to the 24 credits listed above, students **must earn 9 verified credits** by passing the SOL tests: 2 in English, 2 in Mathematics, 2 in Science, 2 in Social Studies, and 1 of student’s choice.

**Standard Diploma**

English 4 units

Mathematics 3 units

Science 3 units

Social Science 3 units

Physical Education 2 units

Fine or Practical Arts 1 unit

Economics & Personal Finance 1 Unit

Electives 6 units

In addition to the 22 credits listed above, students **must earn 6 verified credits** by passing the SOL tests: 2 in English and 4 of student’s choice.

**How Important are Relationships?**

There are LOTS of adults you interact with each day at Turner Ashby. The relationships you build here can affect your future. You will need references (possibly several) when you apply for a job. When applying to colleges and for scholarships you will need letters of recommendations. The people who give you a reference must know you well to give GREAT recommendations. Counselors, teachers, coaches, club advisors and administrators can give you support throughout high school, as well as in the future when you need references. The better the adult knows you, the better the reference will be. If you **start building relationships now** then you will have plenty of staff members to choose from when you need recommendations.

*What’s the deal with the SOL?*

All students must pass a certain number of SOL tests to graduate from high school. Think of the SOLs as an opportunity to show off what you know. **The best way to make sure you do well on the SOLs is to do your best in your classes!** If you get anxious about taking tests, see your counselor to talk about some strategies that can help you relax and control test anxiety.

Graduation Requirements

\*\*Remember Algebra I, Part I counts as an elective

and Algebra I, Part II counts for a Math credit.\*\*

**Another reason to keep your grades up:**

**Some car insurance companies give “Good Grades” discounts, resulting in 7-20% off the policy. This will make driving more affordable.**

Example: If a policy costs $1200/year your good grades can drop the cost to $960/year, a savings of $240!

10th Grade is YOUR opportunity for

FREE Driver’s Education

Classroom Training = $250-300

@ TA = FREE

Behind the Wheel = $225-$300

Driver’s Ed

Making the Grade

Once you entered high school your *permanent transcript* began. Your transcript contains a list of all the classes you have taken and the final grade you received in each class. Your yearly and cumulative GPAs are found on your transcript, as well as your class rank.

Why does this matter? Your transcript will be used when apply to colleges and scholarships your senior year. Some employers may ask to see your transcript, as well.

Good grades can be the key to your future. Make sure your transcript says good things about you!

**How Strong is Your Schedule?**

*Applying to a 4-year university? Hoping to attend a 2-year school?*

Applying to college has become a very competitive process. To ensure that you are the best applicant possible, it is important to ask yourself: “How strong is my schedule?” **Colleges and universities want to see students who challenge themselves throughout all of high school.** A good place to start is by challenging yourself in an area of interest.

For example: Considering a future career in journalism? Make sure you take Honors English, AP English, or Dual Enrollment at Blue Ridge. If science fields are more appealing to you then challenge yourself in Honors Biology II, AP Biology, AP Chemistry, or AP Physics.

Once you are enrolled in these challenging courses, the next step is DOING WELL in them.

**College Planning**

Many TA students plan to attend college after they graduate high school. Your school counselor can help make sure you have all the information you need to make the best decision for your future. The school counselors are here to help all students and parents

 plan for this experience!

**Things to consider**: What type of school would be the best fit for YOU?

Is your major of interest offered? In-State or Out-of-State? Diversity?

What is the area around the school like? How much does it cost? How big is the school?

Two of the best resources available for researching colleges are the College Board websites that provide information about the planning process, selecting, and paying for college.

https://bigfuture.collegeboard.org/

&

<http://www.collegeboard.org/>

**October 3 is the college fair at JMU convocation center.**

Attending college fairs and university open houses will also give you a wealth of information.

October

**Preparing for a Successful Career**

High school is a time for exploration and becoming more aware of interests. Ms. Whiston-Dean is a great resource for students. She can help you find a direction for a future career by helping you discover what careers might suit your personality, abilities, and interests.

The Turner Ashby counseling department provides students access to career assessments and career planning tools, as well. Stop by and check them out!