



Respectful, Accountable, Motivated
Successful

DID YOU KNOW...

A high school dropout will earn \$200,000 less than a high school graduate over his lifetime. And almost a million dollars less than a college graduate.

Reasons Students Give for Leaving School:

- Classes not interesting.
- Missed too many days of school.
- Spent time with people who were not interested in school.
- Had too much freedom and not enough rules in my life.

UPCOMING EVENTS

PSAT— October 2017

PSAT Interpretation—January 2018

Counselors' Corner

SEPTEMBER 2017

Welcome Class of 2020!!

Welcome back to Newton High School! I would like to take this time to introduce myself to you. My name is Dr. Kelly Parker. I will be your counselor for the 2017-18 school year and I am super excited to work with each of you! I am available to talk with students about a wide range of topics. 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....The list could go on and on! With that said, you do not need to have a problem to come to the counseling office. I want to get to know YOU. You are welcome to stop by the counseling office during lunch, breaks, and before or after school.

10th Grade To Do List:



As you progress through the year here are some tips to help guide you toward a successful 10th grade year:

- Get involved! Join an extra-curricular activity, volunteer, or if involved already take a leadership position.
- Take the PSAT/NMSQT.
- Begin to develop a portfolio that includes academic achievements, a résumé and certificates of participation or achievement.
- Schedule an appointment with your counselor to review your four year academic plan.
- Complete a career / interest and skills assessment.
- Visit the Guidance Office! Research colleges and other post secondary opportunities, take interest surveys, and talk with your school counselor about unique opportunities for you.
- Visit a spring college fair!
- Prepare for all EOC's (all sophomores will take the Geometry and Physical Science End of Course Test.)

*****ALL 10th Grade Students will take the PSAT on Wednesday, October 25, 2017.*****



Study Strategies for Sophomores

- Take control. Make a list of all the things you need to do. Divide your workload into manageable chunks. Prioritize. Schedule your time realistically. Stick to your deadlines.
- Get into the habit of actively studying each day.
- Choose a quiet, nondistracting place to study.
- Organize a quiet, nondistracting place to study.
- Study for short, focused blocks of time.
- Organize new information. Create outlines, charts, flashcards, timelines, and concept maps to help you visualize relationships.
- Occasionally, study with a friend. Quiz each other, compare notes, discuss discrepancies.
- When you feel yourself losing focus, switch the type of task you are working on, the subject that you are studying, or the environment that you are in. Take a break and walk around a bit. Stop studying when you are no longer being productive.

Remember, you must have **11 credits** to become a junior next year. **WORK HARD & KEEP STUDYING!!!!!!!!!!!!**



Top 10 Questions to Ask a Guidance Counselor

1. Which elective courses and extracurricular activities do you recommend?
2. Are there any college planning sessions scheduled either here at school or offsite?
3. Do you have any informational materials from colleges that I may borrow?
4. What types of activities can I do at home to start preparing myself for college?
5. Are there any college fairs or informational events scheduled in this area?
6. Where are students from the most recent graduating class attending college next year?
7. I have no idea what I want to pursue for a career. Do you have any suggestions for how I might start looking into this?
8. Is it too soon to start researching scholarship opportunities?
9. Is it too soon to make sure my transcript is moving in the right direction?
10. What forms will I need to apply for financial aid, and where can I find those forms online?



NHS GRADUATION REQUIREMENTS

The following required courses must be completed by students to be eligible for graduation during the spring semester of 2020. **A total of 23 credits is required for graduation:**

English 4 Credits

(9th Grade Lit, World Literature,
American Literature, Multicultural Literature)

*Advanced/AP classes Available

Social Studies 4 Credits

(American Government, World History,
US History, Economics)

*Advanced/AP classes Available

Mathematics 4 Credits

(Algebra I, Analytic Geometry,
Advanced Algebra, Pre-Calculus or 4th level Math)

*Advanced/AP/Accelerated
classes Available

Science 4 Credits

(Biology, Physical Science, Environmental
Science, or Chemistry, 4th level Science)

*Advanced/AP classes Available

PE/Health 1 Credit

Electives 3 Credits

CTAE Pathway/Foreign Language/Fine Arts 3 Credits

*****If you have any questions regarding credits, graduation, credit recovery etc. Please do not hesitate to contact me.*****

What you need to know about the PSAT/NMSQT:

The preliminary SAT or PSAT is a test offered to high school sophomores and juniors. It functions as a practice test for future college admissions exams and provides students with the opportunity to qualify for scholarships provided by the National Merit Scholarship Corporation (NMSC).

The PSAT is divided into three sections (Critical Reading, Mathematics, and Writing Skills).

Each section is scored out of 80 points.

The score report is intended to help you improve your skills and prepare for college (a parent meeting will be held 2nd semester to help you interpret your scores).



Planning Ahead.....

Each student should receive a total of **7.0 credits** at the end of the 2nd Semester. If you are finding it difficult to earn your credits, consider doing the following:

- Speak to your teachers about before school and/or after school study sessions.
- Increase your study time.
- Have your parent or guardian set up a parent/teacher/student conference.
- Meet with your counselor to discuss study skills and/or test taking strategies.
- Develop an improvement plan with your teachers

Planning for Graduation

- Start keeping a detailed list of honors, awards, extracurricular activities, clubs and sports involvement, volunteer work and community service, and paid employment to create a high school portfolio and resume.
- Start college searches—it's not too early!
- Explore college entrance admission requirements.
- Develop interpersonal and intrapersonal communication skills that lead to success in school and life.
- Develop good study skills and test taking strategies.

- Talk to your parents, teachers and counselors often to assist you in sticking to your goals and plans.

College Admission Testing

- Remember that it is not too early to begin to research college entrance tests such as:
 - SAT
 - ACT
 - COMPASS
 - ASSET
- Depending upon your college interests (2 /4 year or technical), you may take more than one! It is **important** to speak with your counselor as you begin to register for these exams!



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