

Sophomore Newsletter

August 31, 2020

Katie Smith, School Counselor

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Class of 2023

Off Campus Lunch

Remember, you must stay on campus for lunch unless you are on the Good Grade Incentive list that comes out on Monday. If you do not have any grade lower than a "B" when grades are checked that Monday, you will be able to leave Friday that week for lunch. CHECK THE LIST, posted across from Mr. Rushing's room! (Must have permission slip on file)

KEEP THOSE GRADES UP!!!

This year is unlike any other year we have experienced! It can be challenging navigating the many "google classrooms" and other sites your teachers are using. If you are feeling overwhelmed at this point, you are not alone! Ask for help! Your teachers, counselors and friends will help!

Continue with volunteer work and extracurricular activities. Remember, many admissions counselors look for well-rounded students who participate in the world around them. Especially now, when many colleges are moving towards "test optional" admissions. Schools are reviewing students holistically, meaning they are looking at all aspects of the student; including not only GPA but involvement in extracurricular activities.

It's not too early to start studying for the SAT. Kahn Academy has FREE SAT test prep available! The official test prep for SAT.

Continue your conversations with your school counselors, teachers, parents and other family members about your plans for college or other paths towards a career.

New School Social Worker joining our team! Mrs. Przygoda is here to assist students with social/emotional related issues. Her office (room 218) is located on the 2nd floor right behind the Special Education Office. Stop in anytime! Or email her at przygoda@pchspanthers.com.

NCAA Clearinghouse Information for Athletes

(National Collegiate Athletic Association)

- If you plan to participate athletically in any division 1 or division 2 college or university, you must register with the NCAA Clearinghouse at the end of your **Junior** year.
- The NCAA Clearinghouse is designed to ensure all college entering freshmen have completed a core course of study.
- Division 1 & 2 schools require 16 core courses.
- If you or your parents have any questions, please visit www.ncaa.org or see Mrs. Smith in the counseling office here at PCHS.

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So I'm a Sophomore...NOW WHAT?!?!

For many of you, the fact you are no longer a freshman is a long time coming. For others it came too fast. Whichever is the case, you must now start planning for the next phase of your life after high school.

For some, this may take you across the country, while for others it may mean a short drive to work or to one of our local colleges or universities. Regardless of your plans post high school, we have a few things that you should consider doing.

First and foremost, as a sophomore you need to understand you are already 25% of the way through high school. Everything you did last year is set in stone academically. You cannot change this (good or bad). This year could be your toughest year of high school. You need to be diligent about staying on top of your grades and completing your homework. For too many students, a bad sophomore year could equate to not graduating. This is vital you stay on top of this.

Second, many of you have hopes and dreams of receiving scholarships to attend college. This is good, however you need to prepare now to put yourself in position to be worthy of these awards. One of the most important aspects in being selected for scholarships is community services. Getting involved in community organization strengthens your resume.

Third, BE INVOLVED in as many phases of school as you can. This does not just mean athletics. There are a number of clubs and groups around the school that you can participate in. If you are unsure of what clubs and groups PCHS offers, please see the counseling office for a list. Listening to the morning announcements is your first line of communication when wanting to join clubs or groups. These clubs are a great way to meet others you may not necessarily have met and gain experiences you might not have gotten anywhere else.

Lastly, if you have any questions or concerns, please stop by the counseling offices and we can steer you in the right direction.

Graduation Requirements

28 Credits Required for Graduation

1. Four (4) credits in Language Arts (English/Reading)
2. Three (3) credits in Math
3. Three (3) credits in Science
4. Three (3) credits in Social Studies
5. Four (4) credits in PE, .5 Credits in Health
6. .5 Credit of Resource Management (Junior Year)
7. One (1) Credit of Vocational Education
8. One (1) Credit of Fine Arts

Staying Informed

- Remind Text @kabk38 to 81010
- Visit PCHSpanthers.com
- Like us on FaceBook
- Make sure you are frequently checking email for important announcements.
- Contact your school counselor if you have questions or concerns.