

Sophomore Checklist

- **Academics**

- Focus on your goals for academic and personal success.
- Maintain and monitor your grades regularly using your myUSD portal. Use study groups and tutors as needed.
- Use Office Hours to get help from teachers.
- Register for appropriate AP tests.
- Review your four year high school academic plan.
- Discuss recommendations for junior year classes w/ your teachers.
- Attend your Sophomore Counseling Meeting with your counselor.
- Review your transcript. Understand the difference between your weighted and unweighted GPA.

- **Extra-curricular Activities**

- Explore extracurricular interests and activities, such as clubs and community service.
- Keep a log of all extracurricular activities.

- **College and Career Exploration**

- Explore college websites and their requirements for admission.
- Begin exploring scholarship opportunities on the College and Career Center website.
- Athletes should read the NCAA Guide for the College Bound Student Athlete.
- Plan summer activities. Consider summer school courses, enrichment courses, volunteering, working, studying for the SAT or ACT, visiting colleges, or travelling.
- Ask the ROP Coordinator about career related courses you can take junior year.
- Attend the Career Speaker Series to learn about various industries.
- Visit college campuses and college fairs.
- Visit the College and Career Center to see how we can help you get where you want to go.

- **Preparing for college admissions testing**

- Take the Practice ACT. Review your results for strengths and weakness in preparation for the ACT.
- Consider taking an SAT subject exam(s).

- **Maintain BALANCE!**

- Make sure what you are doing is MEANINGFUL!
- Do not spread yourself too thin
- Take time for self-care/personal growth

Additional Information

Sophomore Planning Conference

- Meetings scheduled **December – May**
- You will receive an email approx. 2 weeks prior with date and time
- **Sophomore Planning Conference Video**
 - Uni counseling website → Academics → 10th grade
 - <http://www.universityhigh.org/counseling/academics/10th>
 - 2016-2017 link- updated link coming soon
 - Includes general info regarding graduation & college requirements, SAT/ACT testing, college planning and career exploration
 - It is required that you and your student watch BEFORE meeting
 - Note: counselors will not cover material in this video during the meeting
- **Graduation/College Requirements & Course list**
 - Start discussing desired courses with your student for 11th and 12th grade

Helpful Links

- **Counseling Dept.**
<http://www.universityhigh.org/counseling>
 - **College and Career Center**
<http://www.universityhigh.org/cc>
 - **Course Catalog**
<http://www.universityhigh.org/files/static/1718CourseCatalog06.01.17.pdf>
 - **CollegeBoard (SAT tests)**
<https://www.collegeboard.org/>
 - **ACT**
<http://www.act.org/>
 - **Naviance**
<https://connection.naviance.com/family-connection/auth/login?hsid=univhigh>
 - **Aeries**
<https://my.iusd.org/LoginParent.aspx?page=default.aspx>
 - **Canvas**
<https://iusd.instructure.com/login/ldap>
- To receive text alerts (or be notified through the “remind” app) please send the message: “@uhsouns” to **81010**

Personal and Social Resources

- **School Counselors**
 - Nate Schoch: A-Chr
nateschoch@iusd.org
 - Hanna Addressi: Chu-Gui
hannaaddressi@iusd.org
 - Esther Rogers: Gun-La
estherrogers@iusd.org
 - Ann Jacobson: Le-Ngo
annjacobson@iusd.org
 - Angelique Strausheim: Ngu-Shi
angeliquestrausheim@iusd.org
 - Jamie Grace: Shk-Z
jamiegrace@iusd.org
- **Project Success-**
 - Alyssa Guerrero: alyssaguerrero@iusd.org
- **Wellness Counselor**
 - Dr. Nilou Tohidian: [Niloutohidian@iusd.org](mailto:niloutohidian@iusd.org)
- **Family Resource Center-Nicole Gyurik**
 - Contact counselor if interested
- **IUSD Parent Workshops**
 - <https://iusd.org/departments/mental-health-wellness>
- **Private Referrals**

What can you do if you have a concern about your student or another student?

Call us. We cannot help if we are not aware.

Crisis Hotlines

1-800-273-TALK

1-877-7-CRISIS