



# Rochester Adams High School



## Sophomore Year Guide

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### Credit Check

**22 total credits are needed for graduation**

#### Minimum Credits

- 4 – English
- 4 – Math (through Algebra 2; must also have a senior year math)
- 3 – Social Studies (World History/Big History, US History, Gov/Econ)
- 3 – Science (Physical Science, Biology, and Chemistry, Physics or a 3<sup>rd</sup> Science)
- 2 - World Language
- 1 – VPAA
- 1 – PE/Health \*Flex option available for PE
- 4 – Elective credits

\*\*\*Individual course history is available for viewing on your Student VUE account.

## Important Dates

**December 2<sup>nd</sup>** – OSTC Open House 4:30 – 7:30pm

**December 17<sup>th</sup>** – OSTC priority registration ends (apply online at [www.ostconline.com](http://www.ostconline.com))

**February 1<sup>st</sup> and 2<sup>nd</sup>** – 10<sup>th</sup> grade pre-survey meetings

**February 15<sup>th</sup> – 18<sup>th</sup>** – 10<sup>th</sup> grade class input for 2020-2021 school year

# TIPS AND TOOLS

## Be Prepared

- Use a planner
- Establish strong study habits and time management skills early on.
- Reduce distractions (i.e. social media)
- Do more difficult assignments first
- Start long-term assignments early; do them in phases



## Skills for Success

- Be well-organized
- Set priorities
- Establish objectives
- Focus on the objectives
- Make a daily “To Do” list
- Don’t procrastinate
- Do it right the first time
- Start to work immediately upon arrival at work or school
- Do hardest projects first
- Set realistic timelines
- Don’t overextend; limit activities
- Limit technology usage

## Ask

- Don’t be afraid to ask questions.
- Teachers are there to help you.



## Keep Track

- Be aware of academic progress and graduation requirements.
- Start a file folder on college information, perhaps one for each school that interests you.
- Keep all PSAT, SAT, or ACT scores as well as usernames and passwords for test sites.
- **College application preparation:**
  - List by year your extracurricular activities, awards, and experiences.
  - Keep track of work and community service as well.



The Oakland Schools Technical Campuses (OSTC) are valuable extensions of your high school, and bring you customized, self-directed learning that guides you toward future career success. The campuses provide practical career technical education to high school students. Their goal is to help students find the best program fit for their interests, experiences and goals.

Visit [www.ostconline.com](http://www.ostconline.com) for more information about specific programs. Applications for the 2021-2022 school year are now available online. The priority deadline ends December 17, 2021.



### **Things Colleges Look For**

1. A high school curriculum that challenges the student. Academically successful students should include several Honors and Advanced Placement classes.
2. Grades that represent strong effort and an upward trend over the years. However, slightly lower grades in a rigorous program are preferred to all A's in less challenging coursework.
3. Solid scores on standardized tests (SAT, ACT). These should be consistent with high school performance.
4. Extracurricular involvement in a few activities (clubs, community service, work, etc.), demonstrating leadership and initiative. Depth, not breadth, of experience is most important.
5. Anything unique that makes you stand apart from other applicants.

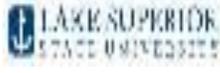
\*\*\*Overall, colleges are seeking students who will be active contributing members of the student body.\*\*\*



# Colleges in Michigan: ACT, SAT & GPA Tiers

(ACT, SAT, & GPA Averages of college freshman class based on information found on institutions' websites & [www.careercruising.com](http://www.careercruising.com))

## Michigan College ACT, SAT & GPA Requirements

Open Admissions	2.5-3.0 17-22 900-1120	3.0-3.3 21-23 1060-1150	3.3-3.4 22-25 1100-1230	3.5-3.8 23-29 1130-1380	3.8-4.0 29-36 1350-1600
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">                     Community Colleges                      No minimum GPA or ACT/SAT requirements.                 </div> <ul style="list-style-type: none"> <li>○ Alpena CC</li> <li>○ Baker College</li> <li>○ Grand Rapids CC</li> <li>○ Henry Ford CC</li> <li>○ Jackson CC</li> <li>○ Kalamazoo Valley CC</li> <li>○ Kellogg CC</li> <li>○ Lake Michigan College</li> <li>○ Lansing CC</li> <li>○ Macomb CC</li> <li>○ Mott CC</li> <li>○ North Central MI College</li> <li>○ Northwestern MI College</li> <li>○ Oakland CC</li> <li>○ Schoolcraft College</li> <li>○ Southwester MI College</li> <li>○ St. Claire County CC</li> <li>○ Washtenaw CC</li> <li>○ Wayne County CC</li> </ul>	   	         	           	        	   

### TAKE A TOUR

Tips for a successful CAMPUS VISIT

1. Take a tour
2. Meet with an admissions officer
3. Attend a class
4. Ask questions about admissions, cost, and social activities
5. Talk to students on campus
6. Check out the dorms, dining hall, and library
7. Eat in the dining hall
8. See the community
9. Write a thank-you note to the admissions office after your visit

You can't pour from an empty cup....Take care of yourself first!

## PHYSICAL

go for a walk  
dance  
hike  
swim  
get a hug  
play with a dog  
clean & reorganize your room  
take a bath

### HYDRATION

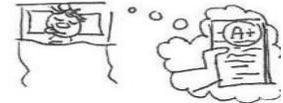
Did you drink enough today?  
There is endless benefits to staying hydrated all day long!



### REST

Why you should be catching every Z you possibly can:

- improves memory
- spurs creativity
- sharpens attention
- lowers stress



### RECHARGE

◆ introvert



- netflix and chill time

◆ extrovert



- go meet up with some friends

◆ ambivert

- how do you feel today?
- pick something to do that you always enjoy (a movie, a store, a friend, etc.)

IT'S OK TO TAKE A  
ME DAY  
TO BE A BETTER YOU

## MENTAL

read a book  
learn a new skill like photography or drawing  
do a DIY project  
color  
turn your phone off

## EMOTIONAL

meditate  
practice Yoga  
light a candle  
talk with a friend

### HYPERACTIVITY

have you moved around today?  
get up and do some exercise!



- reduces stress
- sleep better
- have fun

66 I have to believe that caring for myself is not self indulgent.  
Caring for myself is an act of survival. 99  
AUDRE LORDE

# Feeling anxious or stressed?

When you're feeling anxious or stressed, these strategies may help you cope:

- **Take a time-out** Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- **Eat well-balanced meals** Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.
- **Limit caffeine** This can aggravate anxiety and trigger panic attacks.
- **Get enough sleep** When stressed, your body needs additional sleep and rest.
- **Exercise daily** This will help you feel good and maintain your health.
- **Take deep breaths** Inhale and exhale slowly.
- **Count to 10 slowly** Repeat, and count to 20 if necessary.
- **Do your best** Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- **Accept that you cannot control everything** Put your stress in perspective: Is it really as bad as you think?
- **Welcome humor** A good laugh goes a long way.
- **Maintain a positive attitude** Try to replace negative thoughts with positive ones.
- **Get involved** Volunteer or find another way to be active in your community which creates a support network and gives you a break from everyday stress.
- **Learn what triggers your anxiety** Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.
- **Talk to someone** Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.



# Sophomore Timeline

## Fall

- Plan for the Year Ahead. As you receive information, be sure to maintain a calendar with important dates and deadlines.
- STUDY. Keep up with homework assignments and academic responsibilities. If you are having problems, ask questions and seek help. **Continue to build a solid GPA as a sophomore. It is easier now than trying to raise it as a junior and senior.**
- Get more involved with your extracurricular activities. Continue building your resume for your future plans. Remember, it is the quality of your involvement in activities, not the quantity of activities that is important. Leadership is valuable.
- Start exploring college options. Using the internet, attending college fairs, and visiting college campuses are great ways to start learning more about colleges.
- Explore career options. Job shadowing, volunteering, and interest inventories are ways you can learn more about careers you would enjoy.

## Winter

- Continue to keep up with your school work.
- Start thinking of your class schedule for junior and senior year. Make sure you're enrolled in challenging classes that will help you prepare for your future. Colleges want students to take **four or five academic courses** each semester throughout high school.
- OTECH applications due.
- Continue to explore college information. Visit colleges while they're in session and find out about college first-hand from college friends who are home for the holidays.

## Spring

- Take the PSAT 10 in April.
- Stay Focused. It is easy to let your grades slide when "spring fever" hits. Keep studying!
- Explore Summer Opportunities. Look for a great job, internship or volunteer position.
- NHS Applications due.

## Summer

- Participate in extracurricular activities, work, or volunteer experiences that you love and that might help you with your career goals.
- Begin a summer reading list to boost your skills. Ask your teachers to recommend books.
- Complete any summer assignments you may have for honors or AP courses.
- You can start preparing for college admission tests by doing online practice, reviewing your PSAT results, and working with prep books or attending workshops. Get free online PSAT/SAT practice at <https://www.khanacademy.org/>.
- Plan to visit college campuses to get a feel for your options. Start with colleges near you.
- Explore your passions and relax!

## **Personalized Practice using Khan Academy**

Official SAT Practice helps students focus on exactly what they need to work on most.

1. Visit [www.satpractice.org](http://www.satpractice.org).
2. [Create an account on Khan Academy](#) or [sign in to your existing account](#).
3. When prompted, agree to link your Khan Academy account and College Board accounts.
4. Allow and send your scores to Khan Academy.



## **Important Links**

1. Adams Counseling Website: <https://ahs.rochester.k12.mi.us/academics/counseling>
2. NCAA: [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
3. ACT: [www.actstudent.org](http://www.actstudent.org) (ACT information)
4. College Board: [www.collegeboard.com](http://www.collegeboard.com) (SAT information, test questions, planning and financial tools)
5. Xello: <https://auth.xello.world/Google/Student/55277b54-e241-4e2a-b631-c83dcfe92b9b>
6. Do What You Are: <https://xap.humanesources.com>
  - a. Access Code: C9KB2P3

