

# Sophomore Parent Night 23-24



FLHS Guidance Department: November 2, 2023

# Opening Remarks

- Graduation Requirements
- Scheduling
- BOCES Tech Center
- Standardized Testing
- Naviance
- Beyond the Classroom
- Group Guidance
- Stay Informed
- Q&A





# Minimum Graduation Requirements

<i>Required Courses</i>	<i>Credits</i>
English	4
Social Studies	4
Math	3
Science	3
World Language	1
Art and/or Music	1
Health	0.5
Physical Education	2
Electives	3.5
Total	22



# Minimum Graduation Requirements

<b><i>Required Exams</i></b>
English Language Arts
Math
Science
Social Studies
Fifth Exam*: Second Math or Second Science or Second Social Studies  *Alternative Pathways exist.

*General education students must pass all five required Regents exams at a score of 65 or above (or have a COVID waiver).*



# Scheduling and Courses

## Tentative Scheduling Dates:

- Winter 2023-2024
  - Release of 2024-25 Course Offerings
  - Initial Department Recommendations
  - Course Selection Day
  - Individual Meetings with Counselors
- Spring 2024
  - Course Requests posted on student/parent portals
  - Deadline for students/parents to submit a request to override a department recommendation
  - Courses/levels are finalized
- August 2024 - Schedules are posted on portals



# BOCES Tech Center Program Offerings

Animation and Motion Graphics

Architecture/Engineering

Auto Body

Auto Mechanics

Barbering

Carpentry

Certified First Responder

Certified Nursing Assistant

Child Development & Education

Construction Electricity

Cosmetology

Culinary Arts

Digital Film & Sound

Electric Vehicle Technician

Emergency Medical Technician (EMT)

Fashion Design & Merchandising

Food Prep Assistant

Graphic Design & Digital Photography

Heating/ Ventilation/AC (HVAC)

Intro to Health Occupations

Intro to Physical Therapy/Rehab

Law Enforcement

Masonry/Preservation

Medical Assistant

Microcomputer Technology

Small Engine Repair

Spanish Business & Computer Tech

Spanish Cosmetology

Sports Medicine

Underground Utility Field Technician

Urban Forestry

Horizontal Directional Drilling

Veterinary Science

Welding



## Career and Technical Education

<https://www.pnwboces.org/Tech/Courses>

- There will be a **visit** to the Tech Center to learn more about the programs they offer in February 2024.
- BOCES will also host a **Parent Open House** in Spring 2024.

# Typical Tech Student Schedule



Junior Year	Senior Year
1 – English	1 – TECH Program
2 – Social Studies	2 – TECH Program
3 – PE	3 – TECH Program
4 – Math or Science	4 – TECH Program
5 – TECH Program	5 – English
6 – TECH Program	6 – Social Studies
7 – TECH Program	7 – PE
8 – TECH Program	8 – Math or Science

# Standardized Testing



- PSAT
  - ALL Juniors - October 2024 - will be a computer-based exam
  - Some sophomores took the PSATs this October
- SAT - [www.collegeboard.org](http://www.collegeboard.org) (computer-based)
- ACT - [www.act.org](http://www.act.org) (paper and pencil)
- ~~SAT Subject Test~~ - NO LONGER OFFERED



# Testing Options and Dates



- Students do not take all tests
- Check out [differences](#) between the two - SAT is a new format!
- Develop an individual plan with counselor
- Many schools are still test optional due to COVID - no predictions on what the future holds
  - ([www.fairtest.org](http://www.fairtest.org) provides a nice up to date list of test optional schools)
- Consider a practice ACT/SAT in Spring/Summer 2024 through an online resource or a local test prep company (Optional)
- **Fee waivers** are available through Guidance for students who qualify for Free/Reduced Lunch
- Students who receive test **accommodations** should reach out to their counselor about applying for accommodations for either exam (3-4 months prior to first exam)

# Test Options and Dates

continued



## 11th & 12th grade:

- PSAT (October 2024) – students can use Khan Academy when ready/if desired
- Select the SAT or ACT as the primary exam (most students take exam 1-3x's)
- Potential SAT Dates
  - Junior: December 2024, March 2025, May 2025, June 2025
  - Senior: August 2025, October 2025
- Potential ACT Dates
  - Junior: December 2024, February 2025, April 2025, June 2025
  - Senior: July 2025 (no NY), September 2025

# Test Prep



- [Khan Academy](#)
  - **Free** SAT prep website with a direct partnership with The College Board (SAT).
- [Kaplan](#)
  - The ACT has a direct partnership with Kaplan for test prep (includes some free components).
- Local [Test Prep](#) Companies (not endorsed by FLHS)
- No one method guarantees results
- Academics should take priority

# Naviance



- Naviance is a college and career readiness program which will be used heavily during college admissions.
  - <https://student.naviance.com/flhsny>
- All parents should have received an email generated login and password on 10/26/2023
  - If you do not have access, please email Sheila Palmesi at: [spalmesi0847@bcsdny.org](mailto:spalmesi0847@bcsdny.org)
- 10th grade Naviance Focus – Career interest inventories which match interest and personality types with career clusters
  - Students will have several different Career and Interest Inventories they can take this spring which will all recommend various careers/areas of interest to pursue

# Naviance (continued)



- 11th grade Naviance Focus – College search, comparative tool for researching different colleges
  - Naviance houses FLHS statistics for college decisions
- 12th grade Naviance Focus – Continue to research various colleges, conduit to send application materials to colleges
  - Seniors request transcripts and teacher letters of recommendation through Naviance
- Parents can access all of the college statistics on Naviance as well as conduct college searches, review student career assessments, etc.



# Beyond the Classroom

## *Developing Interests...*

- Activities / [Clubs](#)
- [Athletics](#)
- [Community Service](#) (20 hours required for graduation)
- Work Experience / Internships ([working papers](#) through Ms. Barghout in Guidance)
- Summer Experiences
- Portfolios / Activity Sheets
- Commitment and Continuity
- Career Conversations / Career Inventory (this spring in GG)
- [College Visits](#) and Exploration



# Group Guidance

- Counselors will start to meet in small groups with sophomores in the spring (Q4)
- Focus on: Careers, Standardized Testing, Extracurricular Activities, Creation of Resume, Naviance, etc.
- Counselors will continue to meet with students in Group Guidance throughout high school
- Students should make individual appointments if/as needed



# Stay Informed

- Communications from Guidance
  - [Parent Square](#) (emails)
  - [Newsletter](#) 3-4x's a year
- Annual [Timelines](#) on FLHS website
- Synergy [Portal](#) (ParentVUE) for class progress and attendance
- Email with counselor as needed for questions and concerns
- Family meetings with counselor and student as needed
- Guidance [Website](#) for all handouts and copies of presentations
- Group Guidance Google Classroom (for students only)
- Next year: Junior Parent Night, College Fair, etc.



# Closing Remarks



- Courses are top priority
- Testing is important – but shouldn't conflict with classroom success
- College advisement will begin in 11th grade
- College visits in Summer of 2024 should be fun and relaxing – not necessarily school specific
- Each student needs their own plan – different tests, different classes, different activities

**Q & A**

**THANK YOU!!!!!!! HAVE A GREAT EVENING!**