

Sophomore Year Guidance Newsletter – August 2017

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Welcome

We hope you are having a great summer and are looking forward to the next school year. You are no longer freshmen and clearly know the expectations of the high school. If you had a successful first year, you should be building on that. You may have struggled in your freshman year; hopefully, you have learned from that and will come into your sophomore year with a positive attitude. Don't underestimate yourself. Work hard. The same elements for success apply to your academic performance as they did as a freshman. By now, you should have a quiet place at home for studying. If not, make that a priority for the start of this school year. Complete all your assignments, be on task during classroom time, engage in classroom discussions, ask questions when you do not understand a concept or idea, make up any missed assignments by asking the teacher for missed work, do any rewrites that are offered and follow directions carefully. This takes organization and time. You need to be willing to put in the necessary time and effort to produce quality work which will enhance your learning. Learning how to write well, to read and think with insight, to program a computer, draw a human face or many other worthy things, all require hard work. These opportunities are available at MVRHS. Take advantage of them while you have a chance.

Counselor Assignments

The majority of you have been assigned a new counselor for the remainder of your high school career. Your new counselor will be meeting with you starting in October to help you to get to know them and them you. If before that time you need to meet with your counselor, please make an appointment with them. This will help you in the transition from your freshman counselor to your upperclassmen counselor. Your new counselor's name will appear on your schedule.

Summer Scramble for Schedules will be August 23, 24, 25 (Wed., Thurs., Fri.) from 9 a.m. - 1 p.m.

Students may come to Guidance and sign in to see a counselor during this time to add and drop courses and make schedule changes and adjustments before school starts. These are not appointments but a first-come, first-serve method that works well.

PSAT Testing Wednesday, October 11 High School Cafeteria 7:40 a.m.

The majority of sophomores do not take the PSAT which is a practice SAT until their junior year. Some sophomores do attempt the testing because they have completed the necessary math and English to be successful. If you think you may want to try the PSAT, you need to discuss this with your counselor before signing up. It is important you have a good testing experience when taking the PSAT. Not having all the preparation in place before attempting these tests could result in a negative attitude toward this type of test. It is not necessary to take this test as a sophomore to have success in your SAT testing as a junior. The majority of our students do not attempt the PSAT until the junior year. Take a look at this preliminary SAT at the www.collegeboard.com website. Students can sign up in guidance beginning Thursday, Sept. 14. The cost of the test is \$17.00 paid by cash or check made payable to MVRHS. It is a practice SAT and your scores will not be reported to colleges. They are for your own use. If you have any questions, contact your guidance counselor.

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MCAS Testing Dates

March–April 2017 Grade 10 MCAS ELA Test	
ELA Composition Sessions A and B	March 27
ELA Composition Make-up Sessions A and B	April 5
ELA Reading Comprehension Sessions 1 and 2	March 28
ELA Reading Comprehension Session 3	March 29

May 2017 Grade 10 MCAS Mathematics Test	
Mathematics Session 1	May 23
Mathematics Session 2	May 24

June 2017 High School MCAS STE Tests (Biology, Chemistry, Introductory Physics, Technology/Engineering)	
STE Session 1	June 6
STE Session 2	June 7

Naviance

Naviance is an internet product for personality profiles, career exploration, college major information, college search and post secondary planning. The sophomores signed up during their freshmen year and the parent codes were sent out. The counselors will be working with the students on the Naviance program to further enhance the post-secondary planning process.

School Website

The website www.mvrhs.org has valuable information on all areas having to do with your schooling. Our program of studies, calendar, student handbook, school profile, and links to Family ID and the Portal are on the website. For the guidance related subjects, just click on guidance on our homepage. We recommend you visit this site to see the many available resources.

Required Student Registration with Family ID

MVRHS will now be using *FamilyID* to gather MEDICAL and DEMOGRAPHIC information. Registration process should be completed by AUGUST 30. In future years, your child's information will carry over and parents will only need to review, update and confirm.

What to do to register your child using *FamilyID*:

1. Go to www.familyid.com
2. If your child is an athlete, you may already have an account. Sign into that account.
3. If not, you will need to create a new account.
 - a. Your email address will be your log in
 - b. Create your own password
 - c. Identify your school (Martha's Vineyard Regional High School)
4. There will be three clickable links
 - a. MVRHS Demographics (REQUIRED FOR ALL STUDENTS): All parents must complete this important information. This includes emergency contact info, field trip permissions and general contact information
 - b. MVRHS Medical Form (REQUIRED FOR ALL STUDENTS): All parents must complete this to provide information to the school nurse
 - c. MVRHS Sports Registration: The parent of any student participating in a sport must complete Sports Registration to play.

Portal Plus

Parents/guardians and students will use their already created access codes for Portal Plus. Portal Plus is an internet based service providing access to student schedules and assignments, attendance, and discipline reports. This will enhance our communication and cooperation to better meet the needs of the students.

Clubs and Activities

One of the best ways to learn about what you might want to do for a livelihood in the future is by doing things now. School clubs and activities offer the chance for some of this, as do volunteer, mentoring and job experiences. Look in the MVRHS Student Handbook for a list of clubs. Remember to keep a record of your activities, jobs and awards in the resume section of Naviance.

Closing Remarks

The counselors will be working with you throughout the year to help you with any issues, questions, problems or situations which may arise. Please come to guidance when you feel you need our help. We truly want to get to know each and everyone of you personally. We will be working with you to develop your educational program with an eye on your future. Don't resist having a serious discussion with your parents about your future goals. Talking about options is a big step on the path to finding out what's best for you. List your strengths, talents and questions. Have a great year of fun and hard work.