

Scripps Ranch High School



Sophomore Review 2023 – 2024

Dear Sophomores,

Welcome to your sophomore year! This packet may be used as a reference throughout the year.

Make this year count! Remember, many colleges use your GPA from sophomore and junior year to determine your college GPA for admission. *Note: Grades from 1st semester (fall) will impact your class choices during articulation! Do your best, always!*

Have a great year!

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Your SRHS Counselors

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FALCON PRIDE



Positivity

Falcons hope for the best, don't judge others, and believe in the power of encouragement. Falcons are open-minded, reasonable, and empathetic.

Respect

Falcons show respect to one another by taking responsibility for their own actions and treating others the way they want to be treated. Falcons show respect for our school, our staff, and our students at all times.

Integrity

Falcons are truthful to themselves and others. Falcons uphold the principles of academic honesty and do the right thing no matter the time or place.

Diversity

Falcons take pride in being different and celebrate the diversity of all students, cultures, and groups on campus. Falcons stand out and aspire to be leaders who promote tolerance and compassion.

Excellence

Falcons are knowledgeable, seek out quality over quantity, and continually strive to exceed standards. Falcons pursue excellence in the classroom, on the field, and within the community.

Poster Designed by: Lia Strazzabosco

Katherine Franks

Scripps Ranch High School

Student and Parent Supports for Success

Parent Action Plan

1. Ask your student about school.
2. Check student planner to ensure your child is writing all assignments daily.
3. Have a specific study time and space scheduled for homework completion and studying.
4. Review your student's homework daily (until you see that HW completion is a habit).
5. Contact your student's teachers if you have concerns.
6. Inquire about tutoring with the teacher. Schedule a meeting with them if needed.
7. Have your student attend Peer Tutoring after school Monday – Friday <https://bit.ly/srhstutoring>
8. Log on to PowerSchool weekly so you can check attendance, classwork/homework completion, test scores, etc.
9. Look at the [SRHS website](#) for parent/student information.
10. Look at the [SRHS Counseling website](#) for counseling news.
11. Read the Principal's weekly message (sent via email every Sunday) Contact Grace Parra in attendance gparra@sandi.net if you are not receiving.
12. Encourage your student's involvement in school activities.

Counselor

Mrs. Morrill (A-DEK)
Mrs. Estrada (DEL-JOF)
Ms. McDonald (JOG-MOP) M, W, Th
Ms. Dekker (JOG-MOP) T, F
Mrs. Hatfield (MOQ-SEN)
Mr. Johnson (SEO-Z)

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shatfield@sandi.net
mjohnson6@sandi.net

Student Success Plan

1. Write down daily assignments in planner. *If no homework, write what you are working on in class so you can review/study at home!
2. Spend a minimum of 20 minutes studying/reviewing/practicing for each academic class per night!
3. Complete all class and home assignments on time and to the best of your ability, EVEN if it does not count for a grade!
4. Ask for help when you do not understand something! Seek your teacher's assistance and see when there are tutoring opportunities.
5. Attend Peer Tutoring Monday – Friday after school. Sign-Up at <https://bit.ly/srhstutoring>
6. Get the name and number from one student in each class who you can contact when needed.
7. When absent from school, contact a classmate to find out what was missed during your absence. You may also look at the teacher's website for information or you may email your teacher.
8. Upon return from absence, see your teachers for missing assignments. Get clear due dates from each teacher!
9. Check grades in PowerSchool at least once a week. See the teacher immediately if there are any discrepancies in grades.
10. Practice good Study Habits and Organizational Skills! These are two key factors in student success!
11. See your counselor for support.

If you are falling behind in class, use the [Class Recovery Plan](#).

SRHS STUDENT PLANNER LESSON

Use your Planner **DAILY**.

Write down daily assignments in planner.

*If no homework, write what you are working on in class so you can review/study at home!

BEST PRACTICE:

- Spend a minimum of 20 minutes studying/reviewing/practicing/annotating for each academic class per night!
 - (Example: If you have 3 academic classes, and no assigned homework, you **STILL** have 60 minutes of studying/practicing/reviewing for that day).
- **While studying, if any questions arise or you get stumped on a concept or problem, WRITE your questions and share with your teacher the next day!**
- After completing each assignment, put a checkmark in your planner, next to the assignment so you can visually see that you have finished.
- Complete all class and home assignments on time and to the best of your ability. Do not accept zeros even if it does not count toward your grade. **Class assignments prepare you for exams and make your learning much more meaningful!**
- Ask for help when you do not understand something! Seek your teacher's assistance and check if there are tutoring opportunities at lunch or after school.

Peer Tutoring is available (FREE!) M-F after school.

Scripps Ranch High School

4-Year Plan (Sample)

9th Grade

- (A) No History
- (B) Identity/Rel 1-2, Iden/Rel Cluster, Iden/Rel Seminar
- (C) Math
- (D) Physics, or Adv. Physics
- (E) LOTE or (F or G) Elective

PE, PE Dance, AFJROTC or Marching Band

**9th grade students must try out and be selected to have Athletics added to their schedule*

Elective

11th Grade

- (A) US History, Honors US History, APUSH

(C) Math

(D) Chemistry, Honors Chemistry

Elective

Elective

- 3+ years of LOTE recommended for UC
- 4th year of Science may be taken in the senior year

10th Grade

- (A) World Hist., Adv. W.H., or AP Euro
- (B) Eng. 3-4, Adv. Eng. 3-4, Seminar Eng. 3-4
- (C) Math
- (D) Biology, Adv.Bio., or AP Bio.
- (E) LOTE or (F or G) Elective

PE, PE Dance, AFJROTC, Athletics, or Marching Band

12th Grade

- (A) Gov./Econ., AP Gov./Econ. or Poli. Sci.

(B) Am. Lit., Hon Am. Lit., AP Eng. Lang. (B)
Contemp Voices, Eng. Lit., AP Eng. Lit., Eng. 101

(C) Math (recommended)

Elective

Elective

Elective

For course offerings, descriptions and prerequisites, please see the [Course Descriptions on the Counseling Page](#).

Graduation Requirements/ UC A-G Requirements

- ✓ Area A – 3 years of Social Science (10th, 11th, 12th)
- ✓ Area B – 4 years of English
- ✓ Area C – 3 years of Math (Minimum requirement: IM I, IM II, IM III)
- ✓ Area D – 3 years of Science (Physics, Biology, Chemistry)
- ✓ Area E – 2 years of Language Other than English (LOTE)
- ✓ Area F – 1 year of Visual or Performing Arts (VAPA)
- ✓ Area G – 1 year of College Preparatory Elective
- ✓ 2 years of Physical Education
- ✓ Earn a minimum of a cumulative 2.0 GPA(grades 9-12)
- ✓ 44 Total credits

College GPA

Your College GPA begins this semester! It is made up of 4 semesters.

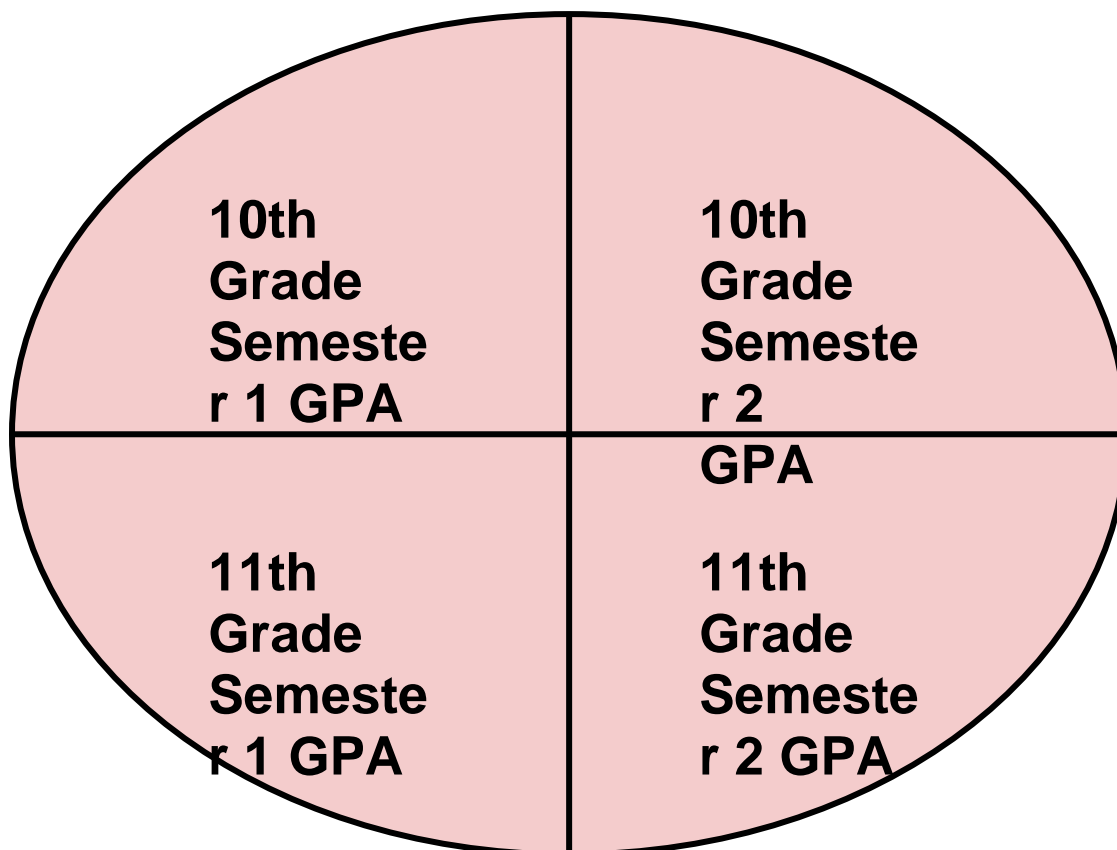
You have:

- 10th Grade Semester 1
- 10th Grade Semester 2
- 11th Grade Semester 1
- 11th Grade Semester 2

10th and 11th grade GPAs create your initial college GPA. Most universities will use your Total Weighted 10-12 GPA (Seen as "Total WGPA 10-12" on your Transcript). **Some colleges use Freshman grades when calculating the GPA*

Your Senior Year classes will still count and acceptances can be rescinded if you do not perform well in your senior year.

Additionally, the courses you take your senior year are also looked at and taken into consideration at most colleges, including Private, and Out-of-State universities. Most Private and Out-of-State schools require a Mid-Year Report, meaning that your Senior Semester 1 grades will be used in the admissions process.



News You Can Use!

Graduation from SRHS

Use the unofficial transcript on PowerSchool to confirm you are on-track for graduation. (If you have less than 11 credits as of 10/2023 or a GPA less than 2.0 in grades 9-12, you need to schedule a meeting with your counselor!)

Importance of Sophomore Year

- Remember that grades, attendance, and other factors determine your preparedness for junior year!
- GPA will be calculated from 10th and 11th to determine GPA for most college applications, however your freshman year grades still count!
- **NO "D" grades allowed in any core subject area for 4-year college entry! D grades MUST be remediated!**
- Explore Xello! Directions for how to log on can be found on the [Counseling website](#).
- **Logging On:** Log-in to Xello via the Clever Portal: <https://clever.com/in/sdusd>
 - Go to the About Me tab, then to My Assessments.
 - Additionally, explore Careers and Colleges
- Explore California Colleges at californiacolleges.edu.

Get Involved!

On some college applications (Common App, UC, Out-of-State, or Private colleges), you will describe your involvement in your extracurricular activities.

- Extracurricular Activities (Music, Sports, AFJROTC, Clubs, Scouting, Church/Synagogue, etc.)
- Leadership
- Community Service
- Job Shadows / Internships

School Visits

Take advantage of breaks to visit colleges! *Check school websites to see when they are doing in-person and virtual tours*

- Call to schedule tours
- Register for collegeweeklive.com (virtual tours)
- Use Xello for college searches
- Talk to college representatives at the Wednesday College and Career Series in the library
- Explore college websites

Community Service

- Community Service is not a requirement for graduation, but is highly recommended!
- Not sure what to do? Find something you are passionate about where you want to make a difference.
 - Consider these questions: **What lights you up? What breaks your heart? Where would you like to make a difference by offering your time and/or your talent?** Answering these questions may guide you in the direction for your community service.
- Community Service:
 - Is voluntary, unpaid service performed to benefit the public.
 - Is potentially important for college admissions and scholarships.
 - Should be completed in high school, prior to applying to college.
- *Log hours and important information about each community service activity in the resume section on Xello. Students keep their own documentation for Community Service.*

Some starting points for your exploration at Scripps Ranch High School: [Counseling Website](#), [Athletics Page](#), [Sophomore Page](#), [Club Page](#), [Course Descriptions](#), [Community Service](#), [Internships](#).

College Entry: College Entrance Exams and Test Prep

SAT/ACT

Many universities have adjusted their college entrance exam requirements. Since you may not know exactly where you are applying, we suggest you prepare for the exam in case your school requires it.

Requirements by College

UC Exam Requirement Status UC will not consider SAT or ACT test scores when making admissions decisions or awarding scholarships. If you choose to submit test scores as part of your application, they may be used as an alternative method of fulfilling minimum requirements for eligibility or for course placement after you enroll.	CSU Exam Requirements Status The California State University (CSU) has suspended the use of ACT/SAT examinations in determining admission eligibility for all CSU campuses
Private and Out-of-State Schools Check each college website to ensure you understand the admission requirements.	Community College Exams are not required for entrance to community colleges.

SAT vs. ACT (which is best for you?)

Taking “Mock Exams” is one way to determine which test you prefer. Mock SAT/ACT offered by Revolution Prep is a great place to start!

- For Mock exams, you may register [here](#) . If you have questions you may email joe.twohig@revolutionprep.com or call Joe Twohig at 619.550.4193. Consider taking a MOCK exam on Saturday, February 3 (register above).

Why take a Mock Exam?

- ❖ Gives you real-time snapshots of your testing performance. Testing performance can change over time, so it’s important to make test preparation decisions on the basis of fresh information.
- ❖ Help you build testing endurance. The SAT and ACT are approximately 3 hours long, so it’s important to practice staying alert and focused for extended periods of time.
- ❖ Provide the best way to choose between the SAT and ACT. Even if you have taken the PSAT and ACT Aspire, you’ll want to take full-length SAT and ACT practice tests before selecting your testing path.

For **SAT**, register at [College Board](#).

For **ACT**, register at [ACT.org](#).

Subject Tests are NOT required for UC schools. STILL check the school/major and see if recommended! Some private schools require SAT Subject Tests.

When do I take the SAT/ACT? It is recommended to take the test in the Spring of the Junior year. Look at your schedule to determine the best time for you.

Additional SAT / ACT Resources on Helpful Websites Page.

Sophomore Year College Planning Checklist

At Scripps Ranch High School...

- Take (appropriate) challenging courses. See [Course Descriptions](#).
- Study hard and do well in school – Remember, your grades will count/show up on your permanent record (transcript).
- Read, read, read. Work on your writing skills.

SAT/ACT Preparation

- Plan to take the PSAT/NMSQT test in your junior year. It is the key to some scholarships.
- In the spring, summer or next fall, take Mock SAT and ACT exams to see which test you prefer.

Extracurriculars

- Volunteer for something you care about, explore your passions
- Clubs, sports, internships, jobs
- Take part in summer enrichment programs and special workshops that focus on a particular subject, such as science or math.
- Make sure you update your record of activities and/or community service projects, including recent accomplishments and awards on your resume in Xello.

Post-Secondary Planning

- Explore on Xello, CollegeBoard, Cappex, etc.
- Consider attending events on college campuses (plays, concerts, sporting events, activities related to your major, etc.)
- Ask those you know about where they went and how their experiences was
- Discuss your future dreams with your counselor

Xello

LOGGING ON

- Log in through [Clever](#) using your Student ID and password. Click the **Xello** icon under “Instant Login Applications” (if you do not see the icon - search Xello in the Clever search bar). For future access, make Xello a favorite by hovering over Xello and clicking the heart icon.

LESSONS AND RESOURCES

Xello has provided dozens of resources for us to explore our strengths and interests. They have lessons dating back to elementary school (which are still relevant). They take our personality and interests to match us with potential career options. With more insight, we can move forward with other opportunities such as clubs on campus or community service. Take some time to:

- Complete the *Matchmaker* assessment (career matching)
- Other beneficial lessons provided by Xello
 - *Personality Style*
 - *Exploring Career Factors*
 - *Exploring Career Matches* (8th grade)

RESUME

- **Community service:** log your community service hours on Xello’s [resume](#)
- Keep track of everything you're involved in throughout the years so it is comprehensive and complete by the time you start applying to colleges or other next step options.

COLLEGE: In later years, you will utilize Xello to complete your college applications. You will request transcripts, letters of recommendation, counselor recommendations, etc. through this service.

Additional Exploration Resources

Career Exploration

Collegeboard	Career Finder, exploring interests, matching
CareerOneStop	Career quiz, 30 questions, matches careers
CaliforniaColleges	Career interest profiler

College Searching

Chegg	Exploring schools (filter for best results)
Cappex	“Find My Match” quiz, selects colleges that match your interests/majors
Niche	Extensive college information (filter for best results)

Helpful Websites

ACT	Sign up for ACT and see how to send scores . Resource for college.
Cal State App	Learn about and apply to the California State University.
Cappex	Search and compare colleges, get admission information and apply for scholarships.
CollegeWeek Live	Virtual tours and live chats with current students and admissions officers. Offers webinars about the application process and financial aid.
Collegeboard / SAT	Sign up for SAT and send scores . College research and planning.
California Colleges	Source for college and career planning in California.
California Community College	"I can go to college"
San Diego Community Colleges	The San Diego Community College District (Miramar, Mesa, City). Search "Promise" to learn about how to go to college for free!
NCAA	Must sign-up if planning on playing Division I, II, III sports in college.

Important Dates

Semester 1: Grading Period Ends	9/29/23 11/10/23 1/19/24
Semester 2: Grading Period Ends	3/1/24 4/19/24 6/6/24
Wednesday College and Career Series	At Lunch in the Library
10th to 11th Grade Articulation	11/13/23: View articulation video and receive articulation card and support document in Science class 11/29/23: Follow up Student/Parent Zoom meeting for questions at 4:30pm 12/1/23: Articulation course request card collected and Electronic requests must be submitted in PowerSchool Student Portal 2/5/24 - 2/8/24: Articulation 1-on-1 meetings with counselors