

# OHS Sophomore Planning Packet

Dear Class of 2021,

We are excited to share this Sophomore Planning Packet with you all. This packet will provide you and your family the necessary steps to prepare for your future. Remember to take advantage of the resources and support at OHS and never hesitate to ask us for any help on the way.

Your counselors,

**Mrs. Clark** (last names A-K) [cclark44@cherrycreekschools.org](mailto:cclark44@cherrycreekschools.org)

**Ms. Espinosa** (last names L-Z) [mespinosa@cherrycreekschools.org](mailto:mespinosa@cherrycreekschools.org)

## What's In the Sophomore Planning Packet?

**Your Job as a Sophomore**

**Spring 2019 Timeline**

**Sophomore Checklist**

**Goal Setting with your GPA**

**Sample Resume**

**Career Clusters and Related Jobs**

**Tasks**

# Your Job as a Sophomore

## 1. Improve your GPA (Grade Point Average).

Use the goal GPA worksheet to determine what grades you need to get to reach the goal you are working towards.

## 2. Start with graduation in mind (May 2021).

What might you be interested in doing after high school?  
What do you need to get there?

## 3. Set goals!

What does your transcript and credit standing look like?  
Create good academic habits, practice them, and be realistic.

## 4. Use your tools:

- a. Check Powerschool at *least* once a week- NEVER take a 0!
- b. Familiarize yourself with Naviance- you will be using it a lot from here on out
- c. Start preparing now for the ACT and SAT with Method Test Prep and Khan Academy (found on the OHS homepage)

# Spring 2019 Timeline

- Register for your Junior year classes
- Update your 4 year plan in Naviance based off of what you have picked for registration
- Reflect on the career exploration activity you completed in November and apply what you learned to postgrad planning
- If you are an athlete and wish to play Division I or Division II sports, you must register with NCAA. Check out their website to make sure you meet their requirements at [www.ncaa.org/student-athletes](http://www.ncaa.org/student-athletes)
- Review the sample resume in the packet and begin to create your own to prepare for summer jobs, internships, and/or volunteer opportunities

# Sophomore Checklist

- **Know your Credits!**

This is what you should have at the END of each academic year:

Freshmen – 7.5	Sophomore – 13.5	Junior – 19.5	Senior – 22(+)
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- **Complete your credit summary**

Use your unofficial transcript (included) to complete your credit summary. Make an appointment to meet with Mrs. Clark or Ms. Espinosa if you have questions.

- **Additional 2021 Graduation Requirement**

Keep in mind your class will be the first to have additional graduation requirements that show proficiency in English and Math.

	English	Math
Accuplacer	62 Reading/70 Sentence Skills	61
ACT	18	19
Advanced Placement	2	2
ASVAB	31 <sup>st</sup> Percentile	31 <sup>st</sup> Percentile
Concurrent Enrollment	Passing Grade	Passing Grade
Intl. Baccalaureate	4	4
SAT	470	500
District Capstone	Writing Assessment	Portfolio of Skills Exam
Industry Certificate	Individualized	Individualized

- **Set your goal GPA.**

Use the goal sheet in this packet.

- **Know your ASPIRE/PSAT scores so you can set a goal for the ACT and SAT**

- **Complete your resume.**

Use the sample in this packet to get started or complete it in Naviance.

- **Do well on your finals!**

You need a SOLID Sophomore year.

# Credit Summary

Subject	Required	Credits Accrued	On Schedule?	Credits Needed
English	4.0			
Social Studies	1.5			
Govt.	0.5			
U.S. Hist.	1.0			
Math	3.0			
Science	3.0			
World Language	0.0			
Practical/Fine Art	1.5			
P.E.	1.5			
Health	0.5			
Other	5.5			
<b>Total</b>	<b>22</b>			

# 4 Year Plan

Subject	9th		10th		11th		12th			
	S1	S2	S1	S2	S1	S2	S1	S2		
English	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5		
Social Studies										
Govt.										
U.S. Hist.										
Math										
Science										
World Language										
Practical/Fine Art										
P.E.										
Health										
Other										
<b>Total</b>	<b>At least 7.5</b>		<b>At least 7.0</b>		<b>At least 6.0</b>		<b>At least 5.0</b>			

# Goal Setting with Your GPA

GPA = Grade Point Average

Your GPA is typically how your academic performance and progress is measured. It is used in decisions about college admissions, scholarships, class ranking, and various academic honors you might qualify for.

Your cumulative GPA is the average of all of your grades over a certain period of time, usually from 9<sup>th</sup> through 12<sup>th</sup>.

Weighted GPA		Semester		Quality Points
_____	X	<u>2</u>	=	_____
(Your current GPA)		(# of semesters you have had)		
_____	X	<u>6</u>	=	_____
(Your goal for next 6 semesters)		(#of semesters you have left)		

_____	X	<u>2</u>	=	_____
		(Total # of semesters you have here)		YOUR FUTURE GPA

# Sample Resume

Keep your resume updated with your activities. This will help you with jobs, college applications, scholarships, and internship opportunities. Use this example as a guideline to help you write your resume. There is also a resume writing tool available on Naviance.

## First Name and Last Name

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12400 E. Jewell Ave. Aurora, CO 80012, 720-747-3700, studentemail@cherrycreekschools.org

### *Objective*

Overview of why you are applying to this particular opportunity (i.e. to obtain a part-time job to earn money for college application fees, to obtain an internship to learn valuable skills and experience in the field I am interested in, etc.)

### *Education*

08/2017 - Current

Overland High School

Aurora, CO

Expected graduation date= May 2021

- Awards, Certificates, Recognitions, Leadership Positions (examples below)

- Honor Roll 2017-18

- Academic Letter earned 4/18

- Extra Educational Experiences (examples below)

- UCD Scholars program

- IST Scholars program

- Nurse Aid Certification

- Peer Ambassador program

- Activities, Clubs, Sports (examples below)

- Student Council

- Swim Team

- Pre-Med Club

### *Work Experience (job you get paid to do outside of OHS, example below)*

06/2018-Present

Chick-Fil-A

Aurora, CO

Cashier- (list job responsibilities and tasks below)

- Food preparation
- Greeting customers and taking orders
- Completing transactions on the register

*Other Experience (something you're involved in with your community, example below)*

8/2017-Present

X Church

Aurora CO

Sunday School Assistant- (list responsibilities and tasks below)

- Assist lead teacher with caring for and teaching children
- Help children with crafts, songs, snacks, and other activities
- *Set up and clean up*

*Volunteer Service (can be through OHS or in your community, non-paid, example below)*

6/2018-8/2018

Denver Dumb Friends League

Denver, CO

Buddy Center Animal Care Assistant- (list responsibilities and tasks below)

- Clean kennels
- Assist staff with feeding animals
- Provide enrichment (playing with and petting animals)
- Assist with adoptions

*\*References are available on request.*

**Other things to keep in mind:**

- **Spell check! Nothing should be misspelled**
- **Do not use slang, curse words, or imply anything negative**
- **Use action verbs to describe your roles and responsibilities**
- **Ask an adult to look it over for things you may have missed**
- **Keep it looking professional**

# Career Clusters and Related Jobs

You just took the career cluster finder quiz on Naviance to find out where your strengths and interests lie.

Below are a few examples of possible careers/college majors to look into based on your results! Check back on Naviance for a much bigger list of options.

## **Agriculture, Food, and Natural Resources**

-Animal Scientist, Environmental Scientist, Food Science, Farm/Ranch Management, Forestry, Landscaping, Mining, Natural Resource Economics, Soil Microbiology

## **Architecture and Construction**

-Airline/Commercial Pilot, Architect, Carpenter, Civil Engineer, Construction Management, Electrician, Landscape Architect, Sociologist

## **Arts, Audio/Video Technology, and Communications**

-Actor, Art Director, Computer Programmer, Copy Writer, Director, Editor, Graphic Design, Interior Design, Photographer, Producer, Set Designer, Writer

## **Business Management and Administration**

-Accountant, Advertising, Budget Analysis, Finance, Human Resources, Specialist, Marketing, Sales, Tax Preparer

## **Education and Training**

-Administrator, Librarian, Special Education, Teacher

## **Finance**

-Actuary, Credit Analyst, Financial Advisor, Loan Officer, Sales

## **Government and Public Administration**

-Broadcast News Analyst, Legislator, Political Science, Public Relations, Reporter, Surveying and Mapping Technician



## **Health Science**

-Athletic Trainer, Chiropractor, Clinical Psychologist, Dentist, Doctor, EMT, Medical Technician, Nurse

## **Hospitality and Tourism**

-Chef, Event Planning, Restaurant Owner/Manager, Travel Agent

## **Human Services**

-Childcare Worker, Cosmetology, Counselor, Funeral Service Manager, Probation Officer, Social Worker

## **Information Technology**

-Computer Hardware Engineer, Computer Software Developer, Information Security Analyst, Network Engineer

## **Law, Public Safety, Corrections, and Security**

-Criminal Investigator, Detective, Firefighter, Forensic Science Technician, Judge, Lawyer, Police Officer, Security Guard

## **Manufacturing**

-Electrical Engineer, Environmental Engineer, Fashion Design, Industrial Engineer, Nuclear Technician, Welding, Woodworking

## **Marketing**

-Advertising, Appraiser, Market Research Analyst, Event Planner, Real Estate, Sales

## **Science, Technology, Engineering, and Math**

-Aerospace Engineer, Archeologist, Astronomer, Biologist, Chemist, Dietician, Mathematician, Physicist, Psychiatrist

## **Transportation, Distribution, and Logistics**

-Air Traffic Controller, Auto Mechanic, Flight Attendant, Maintenance Worker, Pilot, Storage and Distribution Manager

# Notes