

East Kentwood Guidance

Welcomes You to

Sophomore Parent/Student Night 2009

East Kentwood Guidance Counselors

School phone: 698-6700

- Jen Twilling A-D x42221
- Marc Mitchell E-J x42253
- Kathryn VanOveren K-N x42213
- Dan VanPernis O-S x42212
- Carey Allaire T-Z x42208

Registrar: Karen Stephan x42206

Receptionist: Janna Renkema x42209

Guidance Counselor Roles

- Advising in THREE areas
 - Academic
 - Scheduling
 - Graduation Requirements
 - Personal/Social
 - Issues as they impact school success
 - Referrals as necessary
 - Career
 - Post high school planning/preparation
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What is important about Sophomore year?

- Beginning college search
 - New building; continuing high expectations
 - Establishing some independence
 - Driving
 - Self-advocacy skills
 - Social options
 - Jobs
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Graduation Requirements: Class of 2012

- 4 years (8 trimesters) of English
 - 4 years (8 trimesters) of Math
 - Algebra 1
 - Geometry
 - Algebra 2
 - additional math or math related class(es) during Senior year
 - 3 years (6 trimesters) of Science
 - Biology (2 trimesters)
 - Chemistry or Physics (2 trimesters)
 - Science elective (2 trimesters)
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Graduation Requirements (cont)

- 3 years (6 trimesters) Social Studies
 - US History (2 trimesters)
 - World History (2 trimesters)
 - Civics (1 trimester)
 - Economics (1 trimester)
 - 1 trimester of Physical Education
 - 1 trimester of Health
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Graduation Requirements (cont.)

- 1 credit of Visual, Performing, or Applied Arts
 - 10 credits of Electives
 - Class of 2012 needs 28 credits to graduate
 - Each trimester course = .5 credits
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Choosing courses: Important decisions!

- 2009-2010 Course description book available online at <http://www.kentwoodps.org/schools/EKHS/guidance/index.asp>

 - In early 2010, students will select their classes for the following school year.

 - Each student will meet with their counselor to discuss selections.
 - When selecting classes, consider
 - EK graduation requirements
 - Career readiness
 - Post high school plans
 - Possible link: www.knowhow2go.org
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Choosing courses (continued)

- Final request sheet will be sent home.
 - Please look carefully at your child's selections as we will not be able to make changes during the fall
 - Return the form in the spring to the counselor for course changes
 - We determine the number of teachers and subjects based on student requests—very important that they are accurate
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Post High School Planning

- College
 - Trade school/Vocational school
 - Full time work
 - Military
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- Goal: Keep as many options open as possible!
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College Preparation

- GET GOOD GRADES!
 - Get involved in activities, volunteer work, or part time work
 - Keep track of information
 - Take the most challenging courses you can handle—colleges look at rigor as well as GPA
 - Be aware of grade trends
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College Preparation (continued)

- Take PLAN test
 - all of our Sophomores will take it in the spring
 - more information will be mailed home from the Assistant Principal
 - Use your results to help improve ACT scores
 - Complete EDP
 - Start an online college search
 - list of free services available in the guidance office
 - Example: www.careercruising.com
 - Juniors: College visits
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College Preparation (continued)

- Course selection for college bound
 - EKHS graduation requirements plus
 - 2 additional years of Foreign Language
 - Advanced Placement courses (for admission to selective colleges and universities)
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Testing-MME, PLAN, PSAT, ASVAB, SAT, ACT, AP

- **PLAN:** Practice for the ACT test
 - All Sophomores at East Kentwood
 - Look for mailing from Assistant Principal's office

 - **PSAT:** Optional for Sophomore, Juniors
 - Fall (October 17, 2009)
 - National Merit Qualifying test (Juniors only)
 - Register in Guidance office starting next week.
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Testing (continued)

- **ACT:** Juniors and Seniors—Optional
 - Fall/Winter/Summer-www.actstudent.org
 - Cost is \$47 for ACT +Writing; \$31 without writing

 - **MME: ALL Juniors in the state of Michigan**
 - Spring of Junior year
 - Full ACT test with writing (FREE!)
 - Work-keys which tests employability skills
 - Michigan added sections

 - **SAT:** Juniors and Seniors—optional
 - online registration at www.collegeboard.com
 - Fee is \$43
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Testing (Cont.)

- **Advanced Placement (AP tests)—**
 - Subject matter tests in many different subjects
 - Courses offered at EK from Sophomore to Senior year
 - Taken in May
 - Possibility of college credit, depending on the policy of the university
 - Cost of approximately \$83
 - **Armed Services Vocational Aptitude Battery (ASVAB)—**
 - military test.
 - January or February
 - Pay attention to announcements
 - No fee
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Educational Development Plan (EDP)

- Sophomores will begin or update in class at school.

 - Career Cruising can be accessed from home at any time
 - Tools for career exploration
 - College searching
 - Career searching, matching, education necessary
 - www.careercruising.com
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Off campus/special opportunities

- Kent Career Technical Center (KCTC)
 - Programs in areas such as Graphic Communications, Business, Technology and Marketing, Engineering and Industrial Technology, Health Sciences, Cosmetology, Culinary Arts, Criminal Justice and Agriscience
 - visit this year—listen for announcements or see Mrs. Renkema in the Guidance Office
 - Sign up with your counselor when you register for classes

 - Kent Transition Center (KTC)—Student services will help with placement
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Off Campus/Special Opportunities

- Internship
 - Unpaid experience for one trimester in a chosen career field
 - Available for Juniors and Seniors
 - See Ms. Brothers or Mrs. Buyze in the School to Careers office for more information

 - Residential Construction
 - EK students build a house

 - Dual Enrollment
 - College classes as a high school student
 - Students may take classes if they have taken all available classes in that field at East Kentwood
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Extracurricular opportunities

- ❑ Clubs and organizations—List in the foyer
 - ❑ YSO—volunteer opportunities—Mrs. Eveland room 75
 - ❑ Athletics
 - ❑ Fine Arts—Theater, Music, Art
 - ❑ Student announcements—2nd hour and available on our website
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Tips for Parents of Sophomores

- ❑ Keep track of grades with PIV—a number will arrive in the mail to your home.
 - Student and parent can use this tool
 - Link: [Kentwood Public Schools](#)
 - ❑ Encourage responsibility and self-advocacy
 - Have the student talk to the teacher before the parent is involved
 - ❑ Be a good role model
 - Stress management
 - Healthy choices
 - Conflict Resolution
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More Tips

- Keep lines of communication open
 - Set boundaries and be consistent
 - Take an interest in your child's passions and activities
 - Be aware of Internet activities
 - Safety
 - Cyberbullying
 - Social Networking sites
 - Example: Facebook—www.facebook.com
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We are on the web!

- Kentwood website:
www.kentwoodps.org
 - Visit Our Schools->High Schools
->EKHS->Guidance Department
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Thank you for coming!

Enjoy the open house which will begin in the auditorium at 7:00.

Please fill out a feedback form before you leave or send it back to school with your child. Any input is appreciated!
