

SOPHOMORE PRESENTATION 2019-2020



Garner Magnet High School
Student Services

PRESENTATION OBJECTIVES:

- Understand the purpose of Student Services and how to get help and information
- Understand your graduation and promotion requirements
- Understand how your course selections relate to college majors and careers
- Prepare for spring registration
- Think about how you stand out in preparation for college and the workforce



WHAT CAN STUDENT SERVICES DO FOR ME???

- Academic Advising
- Individual Counseling
- Group Counseling
- Peer Mediation/Conflict Management

How do I make an appointment?

Email or appointment slip

If you have an urgent need or emergency and need to talk to a counselor, let the person at the front desk know immediately or ask your teacher to call Student Services.

Counselors

Academic Counselors

- ◎ Mrs. Ciaccio, Dean of Students
jciaccio@wcpss.net
De - Go
- ◎ Mrs. Davidson
sdavidson2@wcpss.net
A – Da
- ◎ Mr. Bondurant
bbondurant@wcpss.net
Gr - Mb
- ◎ Mrs. Nelson
snelson3@wcpss.net
Mc – Sc
- ◎ Ms. Pettis
mpettis@wcpss.net
Sd – Z

Additional Counselors

- ◎ Riley Hickman
gmhs.cacduke@gmail.com
College Advisor
- ◎ Mrs. Daughenbaugh
ldaughenbaugh@wcpss.net
Career Development Coordinator
- ◎ Dr. Banks
psbanks@wcpss.net
Intervention Coordinator
- ◎ Mrs. Creecy
bcreecy@wcpss.net
SAP Counselor



OTHER COUNSELING STAFF

Intervention



Patrice Banks

SAP



Brittina Creecy



PROMOTION REQUIREMENTS

CLASS OF 2021

- Promotion to Grade 11
 - Minimum of **12** credits
 - Two Credits must be English I and English II, one must be math, one social studies and one science, plus seven additional credits to equal twelve.

- Promotion to Grade 12
 - Minimum of **18** credits
 - Three Credits must be English I, English II and English III. The student must be enrolled in a program which, if successfully accomplished, will result in the completion of graduation requirements.



Is this student promoted or retained?

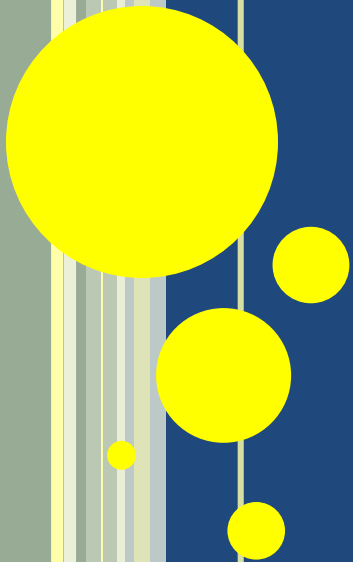
Student Weighted GPA: 3.00

Student Unweighted GPA: 2.75

Course	Mark	Weighted	Unweighted	Credits	School
2010/11					
COMPUTER APPLICATIONS I	C	2.0000	2.0000	1.0000	
EARTH SCIENCE	C	2.0000	2.0000	1.0000	
HEALTHFUL LIVING I	B	3.0000	3.0000	1.0000	
VISUAL ARTS 1	C	2.0000	2.0000	1.0000	
ENGLISH I (HONORS)	C	3.0000	2.0000	1.0000	
INTRODUCTORY MATHEMATICS	A	4.0000	4.0000	1.0000	
SPANISH I	B	3.0000	3.0000	1.0000	
WORLD HISTORY	C	2.0000	2.0000	1.0000	
2011/12					
AFRICAN-AMERICAN LITERATURE	A	4.0000	4.0000	1.0000	
ALGEBRA I: PART I	A	4.0000	4.0000	1.0000	
BIOLOGY (HONORS)	D	2.0000	1.0000	1.0000	
ENGLISH II (HONORS)	C	3.0000	2.0000	1.0000	
ALGEBRA I: PART II	A	4.0000	4.0000	1.0000	
CIVICS & ECONOMICS HONORS	C	3.0000	2.0000	1.0000	
CREATIVE WRITING I	A	4.0000	4.0000	1.0000	
SPANISH II	B	3.0000	3.0000	1.0000	



PROMOTED



Graduation Requirements

- You **MUST** have 26 credits to graduate.
- You **MUST** demonstrate Hands-Only **CPR** in order to graduate.
 - Check your credit review sheet during registration to verify you have met this requirement. See your Counselor if you need CPR.
- To be promoted to a SENIOR:
 - Minimum of 18 credits
 - Pass English I, II, and III
 - The student must be enrolled in courses which, if successfully completed, will result in the fulfillment of their graduation requirements.

Curriculum	Units	Courses
English	4	English I, II, III, and IV
Mathematics	4	Math I, Math II, Math III, and 4th course beyond Math III * Some students may qualify for Math Substitution
Science	3	Earth Science/ AP Environmental Science, Biology, and Physical Science/Chemistry/Physics
Social Studies	4	World History, Civics and Economics, and American History I <u>and</u> American History II or AP US History and a Social Studies Elective
Health & PE	1	Health and PE
Required Electives	2	2 electives of any combination from either CTE, Arts Education or Second Language <i>2 Credits of same Foreign Language required for students planning to attend public 4-year college.</i>
Additional Electives	8	Courses from any area
Total	26	MINIMUM required to graduate

PLAN, APPLY AND PAY FOR COLLEGE AT WWW.CFNC.ORG

- High School Planner
- College Research, Planning, Applying
- Career Center
- Paying for College
- **Create an account**



HOW DO YOU STAND OUT????

- Academic Rigor

- Honors, AP, IB courses, CCP courses

- Academic Performance

- Minimum 2.5 GPA, 880 SAT and/or 17 ACT Composite score for 16 Public Universities in NC

- College Placement Tests (PSAT & Pre-ACT...practice for SAT & ACT)

- Extracurricular activities

- Sports, clubs, community service

- Leadership roles

- Ex. President of club, student director of school play, camp counselor, etc.

WHAT ARE THE BENEFITS OF TAKING AN HONORS/AP/IB COURSE?

- Personal and academic growth
- Favorable for college admissions
- Improves SAT and ACT scores
- Possibly earn college credit in high school
- Weighted Credit for final course grade

Academic	Honors	AP/IB
A - 4	A - 4.5	A - 5
B - 3	B - 3.5	B - 4
C - 2	C - 2.5	C - 3
D - 1	D - 1.5	D - 2
F - 0	F - 0	F - 0



AIM HIGH! DON'T STOP AT THE MINIMUM!
AVERAGE GPA FOR FALL 2020 ADMITTED STUDENTS

○ Appalachian State University	4.0
○ East Carolina University	3.72
○ Elizabeth City State University	3.02
○ Fayetteville State University	3.09
○ NC A&T State University	3.21
○ North Carolina Central University	3.25
○ NC State University	4.21
○ UNC-Asheville	3.92
○ UNC-Chapel Hill	4.34
○ UNC-Charlotte	3.90
○ UNC-Greensboro	3.71
○ UNC-Pembroke	3.37
○ UNC-Wilmington	4.03
○ UNC School of the Arts	3.71
○ Western Carolina University	3.67
○ Winston Salem State University	3.17



IMPORTANT DATES AND REMINDERS

Attend the Curriculum Showcase

- Feb 6, 2020 6-7:30pm

Register to take the PSAT in October of your Junior Year for scholarships and SAT practice.
Cost \$17.00

Take the SAT and/or ACT at least twice:

- Spring of Junior Year and Early first semester of Senior Year
- GMHS registers students and administers ACT early in Spring Semester of Junior Year





Stress Management

Did you know?

A study by the American Psychological Association found that teens report stress levels like that of adults, meaning that they are experiencing significant levels of chronic stress, that they feel their levels of stress generally exceed their ability to cope effectively. Roughly 30% report feeling overwhelmed, depressed, or sad because of it.

Common Causes of Student Stress

- School
- Homework
- Extracurricular activities
- Social challenges (fitting in, identity)
- Transitions (grade levels, classes, graduating)
- Relationships & friendships
- Work

Ways to prevent or cope with stress

Make

Make healthy choices – eat, sleep, exercise.

- Teens need 9-9 1/2 hours of sleep per night. Lack of sleep may lead to difficulty concentrating, poor school/work performance, anxiety/depression.

Get

Get support and/or try to understand your feelings.

- Find a trusted adult. Your SCHOOL COUNSELOR is a great support!

Keep

Keep a sense of humor and perspective.

- Laughter is the best medicine.

Resolve

Resolve or eliminate source of stress.

- Toxic relationships? Too many work hours? Taken on too many commitments?

Identify

Identify how to prevent stress in the future.

- How do I do that? Start with the 4 suggestions above!

Responding to stressors. Let's practice!

Stressor	Negative Response	Positive Response
Being unprepared for class or a test/quiz.		
Being hurt by a friend or significant other.		
Disagreement with a teacher, parent, or coach.		