



Manual High School

The MAGNET High School

Math/Science Technology – High School University
Visual and Performing Arts - Communications

Sophomore Class of 2011

English Class Meetings

Monday September 15, 2008

Tuesday September 16, 2008

Your Counseling Staff

Manual Majors A-G

Mrs. Johnston

Manual Majors H-O

Ms. Teague

Manual Majors P-Z

Mrs. Medley

YPAS Majors A-Z

Mr. Robinson

Education is a Journey and YOU Determine
Your Destination – Counselors Can Help
You Plan for the Journey Ahead!

Sophomore Calendar/Timetable 2008-2009

- Sept. 17, 2008 – ACT PLAN TEST
Administered to all Sophomores at Manual H.S.
- Oct. 12, 2008 – UPS College Career Expo
Kentucky Fair and Exposition Center 1:00 – 5:00 p.m.
- Oct. 15, 2008 – PSAT/NMSQT Test
Administered to all Sophomores at Manual H.S.
- April 20 – May 1, 2009 Test Window
CATS KCCT Test
Administered to all Sophomores at Manual H.S.

The ACT PLAN TEST

- The PLAN program helps 10th grade students build a solid foundation for future academic and career success.
- The PLAN provides information needed to address school districts' high-priority issues.
- It is a comprehensive guidance resource that helps students measure their current academic development, explore career/training options, and make plans for the remaining years of high school and post-graduation years.

The ACT PLAN continued

- The PLAN can help all students – those who are college-bound as well as those who are likely to enter the workforce directly after high school.
- As a “pre-ACT” test, the PLAN is a powerful predictor of success on the ACT. At the same time, it focuses attention on both career preparation and improving academic achievement.

PSAT/NMSQT

- PSAT/NMSQT stands for Preliminary SAT/National Merit Scholarship Qualifying Test. It's a standardized test that provides firsthand practice for the SAT Reasoning Test. It also gives you a chance to enter National Merit Scholarship Corporation Scholarship Programs.

PSAT/NMSQT continued

- The PSAT/NMSQT measures:
- Critical reading skills
- Math problem solving skills
- Writing skills
- You have developed these skills over many years, both in and out of school. This test does not require you to recall specific facts from your classes.

PSAT/NMSQT continued

- The most common reasons to take the PSAT are:
- To receive feedback on your strengths and weaknesses on skills necessary for college study. You can then focus your preparation on those areas that could most benefit from additional study or practice.
- To see how your performance on an admissions test might compare with that of others applying to college.
- To enter the competition for scholarships from the National Merit Scholarship corporation (grade 11).
- To help prepare for the SAT. You can become familiar with the kinds of questions and the exact directions you will see on the SAT.
- To receive information from colleges when you check "yes" to Student Search Services.

College Admissions Criteria by Importance

- Academic Rigor
- Grades in college AP courses
- Grades in college prep courses
- Grades in all subjects
- Admission test scores
- Class rank
- Essay or writing samples
- Counselor recommendations
- Teacher recommendations
- Interview (if required)
- Community Service
- Work and extracurricular activities

Everything counts ... NOW!

- Grades are used to determine the GPA
- Eligibility in Sports and Extracurricular and/or Co-curricular activities
- Placement in honors, advanced, and advanced placement classes and awards that will be listed on the college application
- All grades, courses, and credits earned will be listed on your **TRANSCRIPT!**

What is a **TRANSCRIPT??**

- Courses taken and credits earned each semester are on the transcript
- The transcript is the report sent to colleges that reflects every semester of high school that you have completed
- Grades include all pluses and minuses, A's, B's, C's, D's, and U's!!!!

How To Be Successful

- Push yourself to take classes that reflect as strong and rigorous an academic curriculum that you can handle successfully
- Unplug yourself from the Internet and TV.
- Learn to develop your “intellectual appetite”

Monitor Academic Progress

- Do not assume that someone will contact you if there is a problem
- Keep in contact with your teachers and your counselors
- Develop strong study skills and time management techniques
- Work on building a strong vocabulary.
- READ, READ, and READ more!
- Turn all assignments in on time!
- Know when progress reports and grades will be mailed home.

College Preparatory Curriculum Graduation Requirements

- 4 years of English (English 1,2,3,4)
- 3 years of Math (Algebra 1 & 2, Geometry or more advanced)
- 3 years of Science (life, physical, earth/space, include at least one laboratory class)
- 3 years of Social Studies (World Civilizations, U.S. History, plus one of economics, government, geography, civics)
- .5 years of Health
- .5 years of PE (Fundamentals of Dance)
- 1 year of Humanities (Adv. Humanities or HAVPA)
- 2-3 years of the same Foreign Language
- 4-5 years of Electives (at least 3 rigorous and 1 or more courses that develop computer literacy)
- TOTAL OF 22 CREDITS!

Graduation Requirements for the Advanced Program

- For those students who have tested into the Advanced Program – 12 credits must be earned in Advanced Program classes in at least 3 of the following areas: English, Math, Science, Social Studies, Foreign Language.
- All Advanced Program courses have a 9 in the next to last digit of the course number or are labeled Advanced Placement.
- Students are required to take at least 3 advanced program classes each semester.
- Advanced Humanities is also required.
- A Cumulative GPA of 3.0 is required to stay in the program.
- Students must also take three years of the same Foreign Language

Commonwealth Diploma

- Unique to State of Kentucky.
- Recognizes superior academics and superior drive to accomplish consistent, outstanding academic production.
- Successful completion of 22 credits required for high school graduation
- Successful completion of 22 credits in pre-college curriculum
- Successful completion of at least 4 Advanced Placement Courses as described in the Advanced Placement Program Course Description Booklet of the College Examination Board.
- Courses must include one in English, one in Science or Math, one in a Foreign Language, and one additional course.
- Successful completion of 3 AP exams in the subject areas of completed AP courses.

Diploma Requirements

- Must meet the minimum requirements of the Kentucky Department of Education program of studies which is 22 credits.
- Score apprentice, proficient, or distinguished in reading on CATS assessment.
- Score apprentice, proficient, or distinguished in math on CATS assessment.
- Score apprentice, proficient, or distinguished on writing portfolio on CATS assessment.

Get Involved

- Find your passion and follow it! Develop as a leader in that area if possible
- Select school activities that will demonstrate your passion or leadership
- Discover what is available in the community, your church, scouting, recreational sports, charitable organizations, etc.
- Volunteer

Manual Activities

- Academic Teams
- Beta Club
- Chess Club
- Computer Club
- Creative Writing
- Crimson Record
- Drama/Theatrical Productions
- Fellowship of Christian Athletes
- French Club
- French Scrabble
- Future Business Leaders
- German Club
- High School Red Cross
- Instrumental/Vocal Music
- Key Club
- Latin Club
- Math Club
- Math Team
- National Art Honor Society
- National Honor Society
- Odyssey of the Mind
- Principal's Advisory Committee
- Red Cross Blood Drive
- Science Club
- Spanish Club
- Spanish Scrabble
- Student Council
- Students Against Drunk Driving
- Visual Arts Club
- WHAS Crusade for Children
- Yearbook
- MANUAL ATHLETICS!

College Entrance Examinations

- Most colleges will require an SAT Reasoning test or ACT test with Writing
- SAT Reasoning = ACT with Writing
- The summer after 10th grade is an excellent time to prepare for the SAT and ACT testing.
- Take test prep courses – many are free!

Explore and Research

- Gather information, make informal visits to colleges and attend college fairs
- Search college websites for minimum GPA and test score requirements
- Refine what your possible college major may be and explore colleges strong in that area

Independent Private Colleges and Universities

- More than 3,000 in the U.S.
- Come in various shapes and sizes
 - Major Research Universities
 - Comprehensive Universities
 - Small Liberal Arts Colleges
 - Faith Related Colleges
 - Specialized Colleges for Arts and Technology
- Cost ranges to \$40,000 per year

Kentucky Colleges – Four Year Public Universities

- Eastern Kentucky University
- Kentucky State University
- Morehead State University
- Murray State University
- Northern Kentucky University
- University of Kentucky
- University of Louisville
- Western Kentucky University

Kentucky Colleges – Four Year Private Nonprofit Colleges and Universities

- Alice Lloyd College
- Asbury College
- Bellarmine University
- Berea College
- Brescia College
- Campbellsville Univ.
- Centre College
- Embry-Riddle Univ.
- Georgetown Univ.
- Indiana Wesleyan Univ.
- Kentucky Christian Univ.
- Kentucky Mountain Bible College
- Kentucky Wesleyan College
- Lincoln Memorial Univ.
- Lindsey Wilson College
- McKendree College
- Mid-Continent Univ.
- Midway College
- Northwood University
- Pikeville College
- St. Catherine College
- Spalding University
- Thomas More College
- Transylvania University
- Union College
- University of the Cumberlands

Four Year Private For Profit College

- Sullivan University

Two Year Public Colleges

- Ashland Community/Technical College
- Big Sandy Community/Technical College
- Bluegrass Community/Technical College
- Bowling Green Technical College
- Elizabethtown Community/Technical College
- Gateway Community/Technical College
- Hazard Community/Technical College
- Henderson Community College
- Hopkinsville Community College
- Jefferson Community/Technical College
- Madisonville Community College
- Maysville Community/Technical College
- Owensboro Community/Technical College
- Somerset Community College
- Southeast Community/Technical College
- West Kentucky Community/Technical College

Two Year Private For-Profit Colleges

- Beckfield College
- Brown Mackie College
- Daymar College
- Draughons Junior College
- Galen College of Nursing
- ITT Technical Institute
- Louisville Technical Institute
- National College
- Paducah Technical College
- Southwestern College of Business
- Spencerian College

For Profit Trade Schools

- Elizabethtown Beauty School
- The Hair Design School of Florence
- The Hair Design School of Louisville
- The Hair Design School of Radcliff
- Kaufman Beauty School
- Mr. Jim's Beauty College
- Trend Setters' Academy

Kentucky Educational Excellence Scholarships (KEES)

- The state of Kentucky rewards students for good grades
- 2.5 is the GPA you have to earn in a year to receive KEES money
- 15 is the minimum ACT score to receive additional funds
- Better grades and higher ACT scores earn you more dollars
- The funds can be used at any college in Kentucky

Helpful Hints

If you see your grades slipping here is a list of some helpful hints:

- ESS (Extended School Services) work after school with a teacher
- Peer Tutoring (National Honor Society) work after school with outstanding students
- Staying after school to work with a particular teacher
- Form study groups with other members of your class
- Weekly progress reports (available from your counselor)
- Assignment notebooks and planners
- Structured study time at home. School is not the only place to study and do homework
- Participate in class. Be visible and care about what you're learning.
- Maintain a healthy lifestyle which includes proper diet, exercise, sleep, and stay away from the use of illegal drugs and alcohol and anyone you know who may use them

Finding the Balance

- With the everyday stresses of being a student, making good grades, meeting new friends, making choices and decisions, becoming involved in activities, etc... it is important to find the PROPER BALANCE.
- Each student, with the help of parents, teachers, and counselors, must find that balance. Remember, don't over extend yourself, but aim to reach your fullest POTENTIAL!

Questions and Answers