

SOPHOMORE PARENT NIGHT

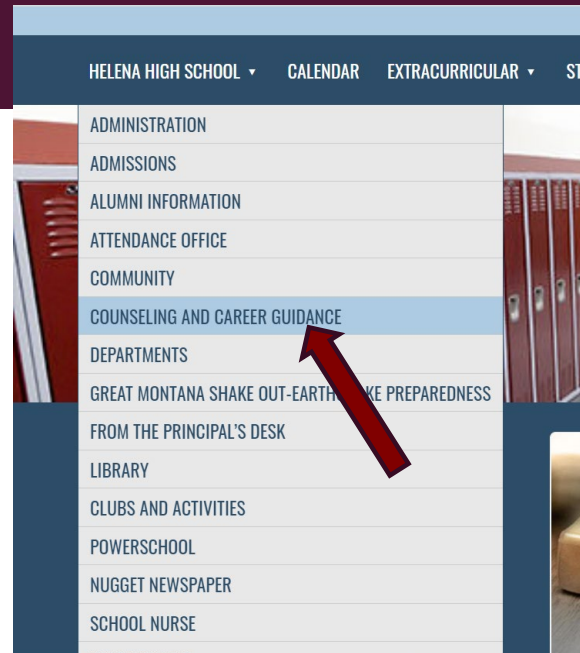


HHS Counseling Department

- Jaime Pandis (A-E) 324-2227
- Ellaina Staldine (F-L) 324-2224
- Jason Murgel (M-R) 324-2226
- Chrissy Murgel (S-Z) 324-2223
- Alexis Navarrete (Career Counselor) 324-2225
- Corena Hall (Office Manager) 324-2221



www.hhs.helenaschools.org



HELENA PUBLIC SCHOOLS > HELENA HIGH SCHOOL > COUNSELING AND CAREER GUIDANCE

COUNSELING AND CAREER GUIDANCE

WELCOME TO THE 2022-23 SCHOOL YEAR!

HHS Counseling and Career Department provides information and assistance with academic progress, course selection, careers, college searches, scholarships, financial aid, and other post-secondary opportunities. Individual guidance and classroom group instruction are provided to assist students in making educational and vocational/career plans. Additionally, our staff offers personal and social support to individuals and families. Students are assigned to counselors by last name.



PLANNING FOR AFTER HIGH SCHOOL

COLLEGE PLANNING

COLLEGE VISITS

SCHOLARSHIP TIPS AND OPPORTUNITIES

MILITARY RESOURCES

TRADES & APPRENTICESHIPS

POST-SECONDARY PLANNING RESOURCES

RESOURCES FOR PARENTS

CURRENT & NEW STUDENT RESOURCES

ACT, ADVANCED PLACEMENT, AND PSAT/NMSQT INFORMATION

DUAL CREDIT FORMS & INFORMATION

HELENA HIGH SCHOOL'S MOBILE APP – HHSAPP

INTERNSHIPS

JOB OPPORTUNITIES

MAKE-UP SCHOOL & SUMMER SCHOOL INFORMATION

NEW STUDENT INFORMATION

PARENT NIGHTS

REGISTRATION MATERIALS

SHARPEN YOUR STUDY HABITS



REGISTRATION FOR JUNIOR YEAR

Monday, February 6th

Registration Presentation occurred in Biology classrooms

- ✓ Registration materials handed out
- ✓ Transcript Review & Credit Checks for Graduation
- ✓ College Entrance Requirements

Friday, February 10th-

Registration Materials are due!

- ✓ Parent Signature Required on registration form
- ✓ Some courses have Pre-Reqs. – See Registration Guide
- ✓ Some courses require an Application – pick up in counseling center or download online
- ✓ Juniors may choose to take only 6-credit bearing classes (study hall & TA's are not credit-bearing)

HIGH SCHOOL GRADUATION REQUIREMENTS

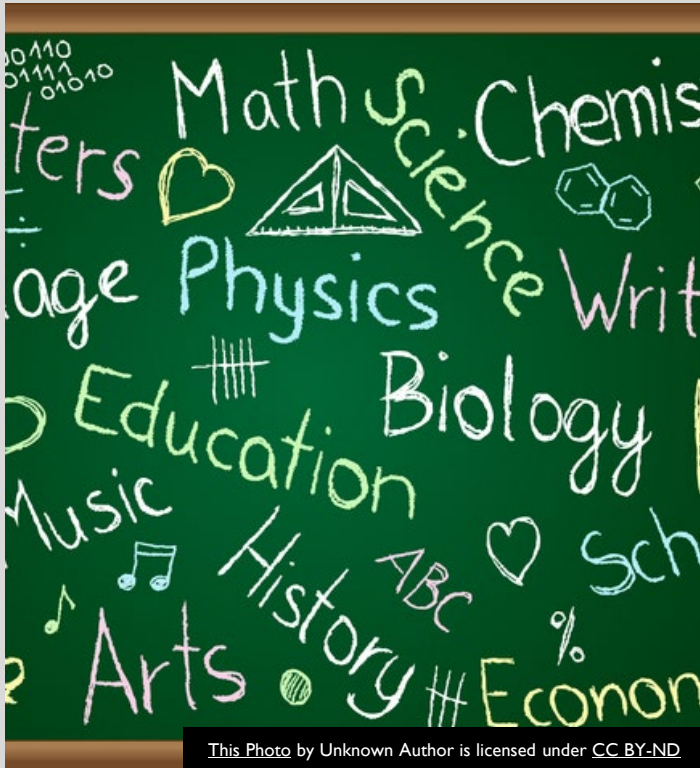


4 years of English	4 credits
1 year Social Studies (World cultures)	1 credit
1 year of American Government	1 credit
1 year of American History	1 credit
2 years of Science	2 credits
3 years of Math	3 credits
1.5 years of Human Performance	1.5 credits
.5 year of Health	0.5 credit
1 year of Fine Arts	1 credit
1 year of Vocational (CTE)	1 credit
<u>Electives</u>	<u>7 credits</u>
Total	23 credits

Graduation Progress

Requirement	Req	Completed	Current	Needed
English	4.00	1.50		2.50
English	4.00	English 1 <i>1.00</i> English 2 <i>0.50</i>	English 2	2.50
Social Studies	1.00	1.00		Completed
Social Studies	1.00	World Cultures <i>1.00</i>		Completed
Math	3.00	1.50		1.50
Math	3.00	Algebra I <i>1.00</i> Geometry <i>0.50</i>	Geometry	1.50
Science	2.00	1.50		0.50
Science	2.00	Earth Science <i>1.00</i> Biology 1 <i>0.50</i>	Biology 1	0.50
Physical Ed	1.50	1.50		Completed
Physical Ed	1.50	Soph HP PE <i>0.50</i> Frosh Weight Trn <i>1.00</i>		Completed
Health	0.50	0.00		0.50
Health	0.50		Health Enhancmt	0.50
Vocational Ed	1.00	0.50		0.50
Vocational Ed	1.00	Industrial Tech <i>0.50</i>		0.50
Fine Arts	1.00	0.00		1.00
Fine Arts	1.00			1.00
American Government	1.00	0.00		1.00
American Government	1.00			1.00
US History	1.00	0.00		1.00
US History	1.00			1.00
Elective	7.00	2.50		4.50
Elective	7.00	Spanish 1 <i>1.00</i> Spanish 2 <i>0.50</i> Geo Lab <i>0.50</i>	English 2 Geometry Biology 1	4.50

MUS ADMISSIONS STANDARDS (4-YEAR CAMPUSES IN MONTANA)



This Photo by Unknown Author is licensed under CC BY-ND

College Prep Curriculum:

- 4 years of English
- 3 years of Math
- 2 years of Lab Sciences
- 3 Years of Social Studies
- 2 Years of College-Prep Electives (foreign language, computer science, visual and performing arts, or vocational units)
- * Out of state schools will have different requirements

UP NEXT:

Jason Murgel

324-2226

jmurgel@helenaschools.org



PROS & CONS OF DUAL CREDIT

PROS

- Earn H.S. Credit and College Credit at the same time
- College level rigor
- Helps students find right career path
- Helps expedite college degree completion
- Cost effectiveness – about 1/3 of the cost, may help save thousands (1-2-Free Initiative)
- Lowers remediation rates

CONS

- Registration process – semesters don't match up
- Transferability of credits
- Rigor of courses
- Grades become permanent records on college transcripts

DUAL CREDIT COURSE LIST

Accounting	MS Word (Bengal Business) Capp 154	MS Excel (Bengal Business) Capp 156
Intro to Programming Programming with Java I (Computer Science)	CAD 2D (Drafting)-GC	Industrial Safety (Welding)
Technical Math	Contemporary Math	Pre-Calculus
Calculus I & Calculus II	Intro to Literature	College Writing
Technical Writing	College Algebra	Intro to Statistics
Intro to Theater	Intro to Acting (Theater)	Culinary (MC)



QUALIFYING FACTORS FOR DUAL CREDIT

No placement tests required
(ACT/COMPASS)

Previous High School coursework (C's or better)

Math placement form

Age Waiver / Teacher Recommendation

PAYING FOR COLLEGE CREDIT

Montana University System –

1-2-Free Initiative

- * First two classes, up to 6 credits are free
- * Dual Credit at HS or on College Campus
 - *Hardship Scholarship
 - *\$55.92 per credit

One Two Free Info

ONE
TWO

FREE.

ONE SYSTEM.

TWO COURSES.

FREE ACCESS TO
HIGHER EDUCATION.

UP NEXT:

Jaime Pandis

324-2227

jpandis@helenaschools.org

COLLEGE
ENTRANCE
EXAMS:

WHAT DO
SOPHOMORES
NEED TO KNOW?



WHAT ARE COLLEGE ENTRANCE EXAMS?

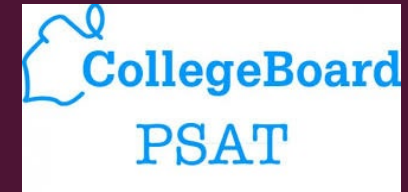
Entrance exams are traditionally required by **4-year** colleges and universities

Entrance exams are also used for advising, course placement, scholarship programs, and to identify needs for remedial courses

ACT & SAT are college entrance exams that are **both accepted equally**:

- **ACT** (HSD tests all juniors in the Spring, recommend a retake in senior year)
- **SAT** (Students may register for and take this exam their junior and/or senior years)

WHAT IS THE PSAT?



PSAT (or Preliminary SAT) is recommended for all college-bound juniors. The PSAT is a great primer for the SAT and ACT.

- The exam is only given once a year in October. Registration will start in May.
- The PSAT won't count towards your college admissions applications, but it is the qualifying test for the National Merit Scholarship

Why take the PSAT?

- To practice for the ACT and SAT
- To receive feedback on strengths/weaknesses on skills necessary for college
- To see how your performance compares with that of others
- To enter the competition for scholarships from National Merit Scholarship Corp (Juniors only)
- To become familiar with the kinds of questions you will see on an actual college entrance exam

PREPARE THROUGH COURSE SELECTION

Research has shown that taking certain courses in high school substantially increases students' readiness for college level work.

- Students with >3 years of science average an 18.2 ACT score
- Student who took earth science, biology and **chemistry** average an 21.3 ACT score

Your student is **strongly encouraged** to take a science class their junior year, and math all 4 years.

- AP, Honors level, and dual credit courses best prepare students for success on entrance exams and college-level work

Remember: A's in "easy" courses are not necessarily better than B's in more advanced courses in terms of their impact on ACT/SAT scores.

UP NEXT:

Chrissy Murgel

324-2223

cmurgel@helenaschools.org

STUDENT ATHLETES



Clearinghouse
required for all
collegiate athletes



*Apply during Junior
Year*



Requirements
beneficial to know
when registering

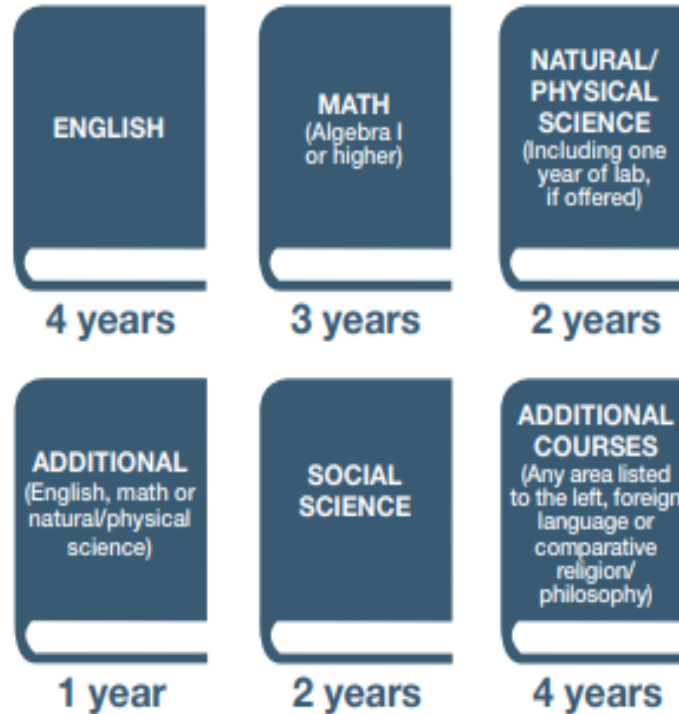


Make sure to let
your counselor
know that you are
interested!

NCAA REQUIREMENTS

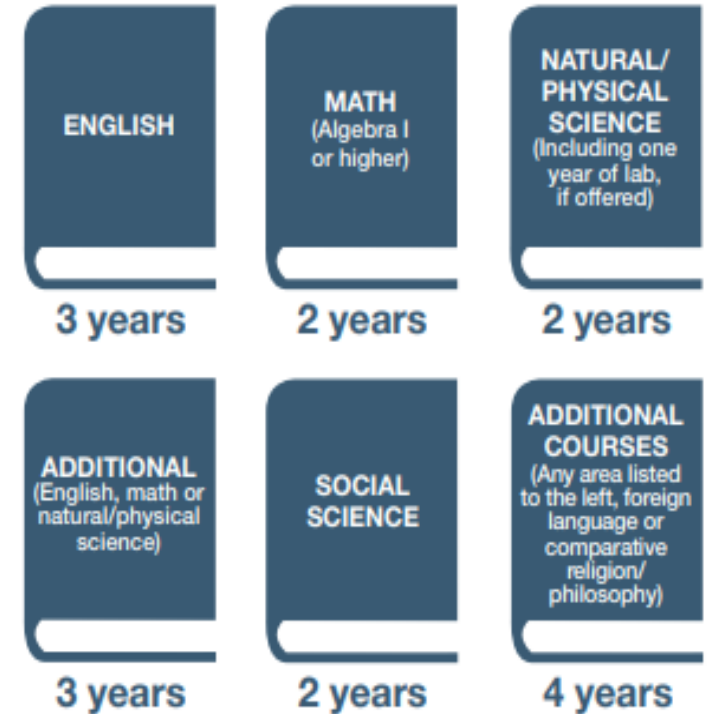
- Division I athletes must have a 2.3 GPA in 16 NCAA-approved core courses.
- Division II athletes must have a core course 2.2 GPA in 16 NCAA-approved core courses.

DIVISION I



Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.

DIVISION II



Register at NCAA's Clearinghouse:
<https://web3.ncaa.org/ecwr3/>

Do I meet the freshman eligibility requirements?

If you will graduate from a U.S. high school this spring and enroll in college this coming fall, the requirements are simple. An entering freshman must:

- Be a graduate of an accredited high school.
- Must graduate with a 2.3+ GPA or meet two of the three following requirements.

MUST MEET TWO OF THE THREE

1. TEST SCORE REQUIREMENT	2. HIGH SCHOOL GPA REQUIREMENT	3. CLASS RANK REQUIREMENT
Achieve a minimum of 18 on the ACT or 970 on the SAT	Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale	Graduate in the top half of your high school class
<p>Tests must be taken on an international testing date prior to the start of the term in which you intend to participate in athletics and scores must be achieved on a single test date. The minimum SAT must be achieved on the Evidence-Based Reading & Writing and Math sections only; the Writing score cannot be used.</p> <p>Minimum score requirements for tests taken prior to May 1, 2019 varied.</p> <ul style="list-style-type: none">• For tests taken prior to March 1, 2016: 18 ACT, 860 SAT (reading, math)• For tests taken between March 1, 2016 and May 1, 2019: 16 ACT, 860 SAT (evidence-based reading & writing, math)	<p>The NAIA accepts the grade point average determined by the high school, provided it is recorded and awarded in the same manner as for every other student at the school.</p>	<p>If a student's class rank does not appear on the transcript, a signed letter from the principal or headmaster, vice principal or guidance counselor written on the school's letterhead and with the school's official seal, stating the student's final class rank position or percent may be submitted.</p> <p>Exception: Completion of nine institutional credit hours prior to identification at any institution of higher education can be used if no class rank appears on the final official high school transcript. The credit hours must be completed with a grade of "C" or better.</p>

NAIA ELIGIBILITY REQUIREMENTS

<https://play.mynaia.org/>



To Do:

TASKS FOR JUNIOR YEAR

Academic success

Get involved (join a club/volunteer)

Job Shadows/Internships

College & Military Visits

Questions????

Contact our College &
Career Counselor
Alexis Navarrete

324-2225

anavarrete@helenaschools.org

MONTANA CAREER INFORMATION SYSTEM (MCIS)

<https://portal.mtcis.intocareers.org/>

(students sign in with their school email and password)

- Excellent resource for college and career research!
- There are so many useful tools with MCIS, including career interest inventories!
- Counselors provide instruction on the use of MCIS to Sophomores during their Health class.

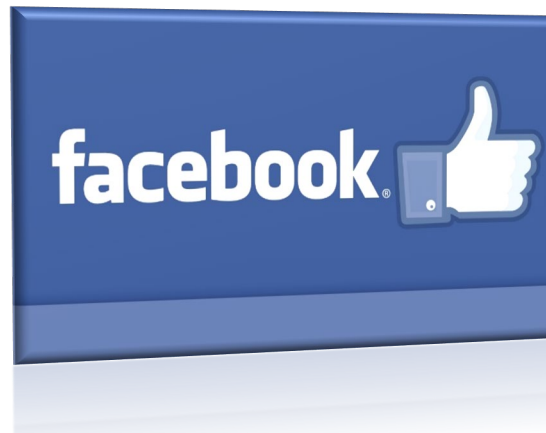


STAY CONNECTED!

Web Page- www.hhs.helenaschools.org

Facebook- Helena High School Counseling Department

Remind- text @helenahi to 81010



QUESTIONS?

- **A-E JAIME PANDIS**
jpandis@helenaschools.org
- **F-L ELLAINA STALDINE**
estaldine@helenaschools.org
- **M-R JASON MURGEL**
jmurgel@helenaschools.org
- **S-Z CHRISSY MURGEL**
cmurgel@helenaschools.org
- **Career Counselor ALEXIS NAVARRETE**
anavarrete@helenaschools.org
- **Office Manager CORENA HALL**
chall@helenaschools.org