

# Navigating Sophomore Year



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February 2024

# Student Support Services

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Mrs. Lawler Brennan, Coordinator of Student Support Services

College and Career Counselors

Mrs. Brunner

Mrs. McCarthy

Mrs. Magary



# Student Support Services

## House Office School Counselors

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### B House

Ms. Stolpinski, (A-Mah)  
Mrs. Figueroa, (Mai - Z)

### C House

Ms. Say, (A-Man)  
Mrs. Devost, (Mf - Z)

### D House

Ms. Quinton, (A-Luna)  
Ms. Roy, (Lund- Z)

### E House

Ms. Le, (A-Me)  
Ms. Monahan, (Mf-Z)





# GOALS

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Review graduation requirements, share how LHS readies students for life after high school, prepare for upcoming course selection, and highlight different opportunities & pathways at LHS.

# LOWELL HIGH SCHOOL Graduation Road Map

(Class of 2026+)

Student Name		ID#		Anticipated Year of Graduation	
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English (20 Credits)	ELA 1A	ELA 1B	ELA 2A	ELA 2B	ELA 3A	ELA 3B	ELA 4A	ELA 4B

US History, must include Civics (10 Cr.)	US History 1A	US History 1B	US History 2A	US History 2B	World History (5 Credits)		

Math (15 credits)	Algebra 1A	Algebra 1B	Geometry A	Geometry B	Add'l Math	Add'l Math

Science (15 Credits)	Science	Science	Science	Science	Science	Science

Health (5 Credits)	Health 1/ROTC/Dance/Band/Show Choir	Health 2/ROTC/Dance/Band/Show Choir

Physical Education (10 Credits)	PE/ROTC/Dance/Band/Show Choir	PE/ROTC/Dance/Band/Show Choir	PE/ROTC/Dance/Band/Show Choir	PE/ROTC/Dance/Band/Show Choir

Electives (10 Credits)				

MCAS Scores	English	Math	Science

EPP Math Requirement (only if needed)	Math (2.5 Credits)	Math (2.5 Credits)	Math (2.5 Credits)	Math (2.5 Credits)

EPP ELA Requirement (only if needed)	English (2.5 Credits)	English (2.5 Credits)	English (2.5 Credits)	English (2.5 Credits)

Credits for promotion (Other course requirements apply)	20+ Credits =	40+ Credits =	60+ Credits =
	Grade 10	Grade 11	Grade 12

Students need a minimum of 90 credits AND all subject areas filled.

# Graduation Requirements

- 20 credits in English
- 10 credits in U. S. History (Including 1 Course in Civics)
- 5 credits in World History
- 15 credits in Mathematics (Including Algebra & Geometry)
- 15 credits in Natural or Physical Science
- 10 Credits Physical Education or AFJROTC, Dance, Show Choir or Band may be substituted each year for this requirement.
- 15 credits Wellness:
  - 10 credits - Physical Education or Equivalent\*
  - 5 credits - Health (A and B) or Equivalent\*
- 90 total credits needed to earn a LHS diploma



**This is the Year MCAS Counts. Passing allows easier access to your diploma and the opportunity for the John and Abigail Adams Scholarship.**

ELA: March 26 & 27 - *must earn 486 to pass*

Math: May 14 & 15 - *must earn 486 to pass (470-485 requires an EPP plan)*

Science: June 4 & 6 - *must earn Biology (467) or Introductory Physics (470)*

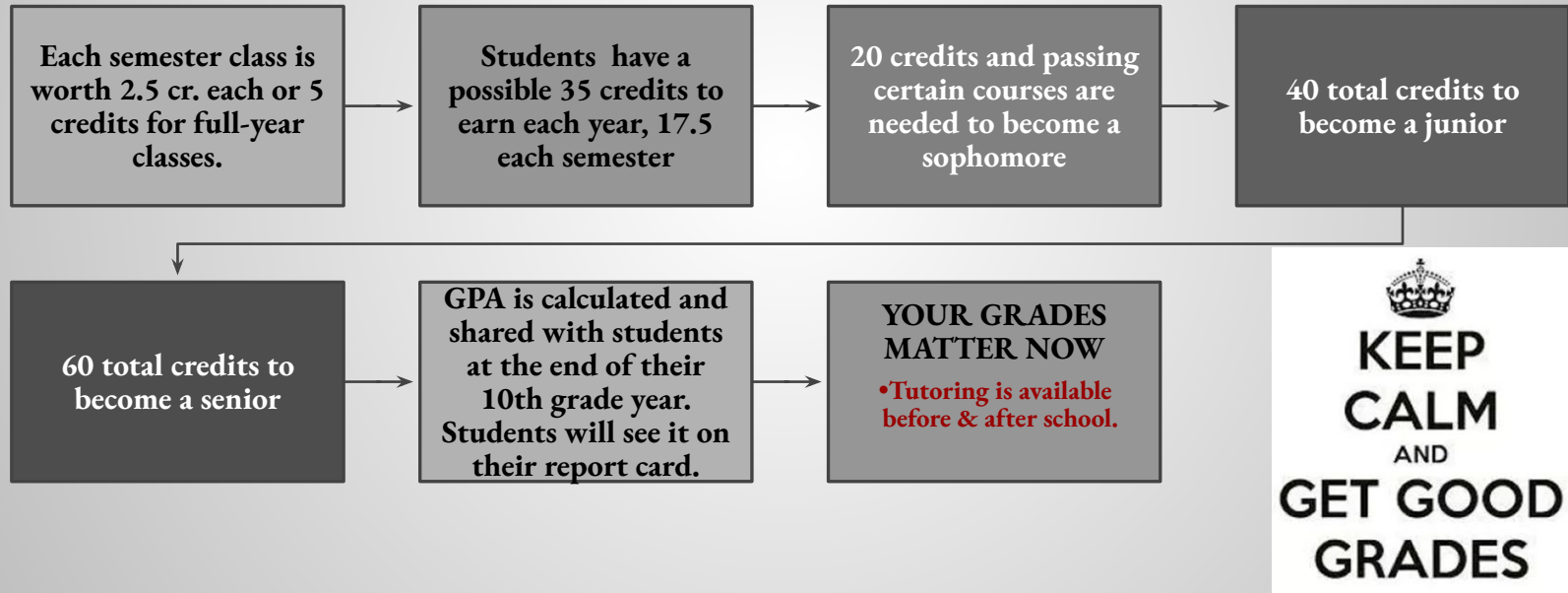
## John and Abigail Adams Scholarship

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- The John and Abigail Adams Scholarship provides a tuition credit for up to eight semesters of undergraduate education at a Massachusetts state college or university.
- Eligibility to earn a John and Abigail Adams Scholarship is based on students' first-time scores on high school MCAS tests.
- Scholarships will be granted to students whose combined score places them in the top 25% of students in their district and who also meet the MCAS score requirements.

# Promotion Requirements/Credits

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# How do students earn credits?

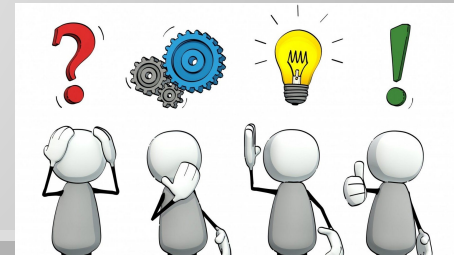
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- All students will earn 2.5 credits per semester for each class with a passing grade of a 65 or above.
  - For ex. Grades for 1st quarter and 2nd quarter are averaged for a semester Final Grade (FG) and then the student will receive 2.5 credits.
- All students **cannot exceed 8 unexcused absences** per semester to earn a grade; if not the student will receive an AF (Attendance Failure) or a NC (No Credit) grade.
  - Excused absences include: Doctors note, College / Military / Career Visit, Field Trips, Bereavement
- Notes to excuse absences should be brought to your House Office Clerk

# What does all of this mean?

- Students only earn credits for classes with a grade of 65 or higher
- If student fails a course that is required for graduation:
  - The student will have to take the course again or take credit recovery through APEX/summer school if it is available
- Options are available to get you back on track!

**Doing well in school is important!** When a student falls behind it can limit options during the high school career (Early College, After Dark, Internships, AP) and also limit options after high school: graduation, college, scholarships to support continued education, military and career options



# Lowell High Grade Point Average

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- ★ Grade Point Average = GPA
- ★ Schools do not calculate GPA the same
- ★ LHS GPA is weighted on a 4.0 scale
- ★ LHS GPA is cumulative from freshman year
- ★ Student GPAs will be recalculated at the end of each semester
- ★ GPA is used for college planning and acceptance, scholarships, athletics, and other academic opportunities



# Sample Transcript

- Student GPA: The GPA is recalculated each semester. The calculation is a sum of all weighted grades since grade 9.
- Total credits
- Beneath “Class Record” is the list of all classes taken, final grade, and credits earned per school year.

Lowell High School																	
Last Name		First Name		Middle Name		School Name				Diploma Type							
						Lowell High											
Home Address				City, State, Zip		School Address											
				LOWELL, MA		50 FATHER MORISSETTE				LOWELL, MA 01852							
Parent or Guardian						School Code				221218		Guidance Counselor					
						Accredited by NEASC						Ylana Figueroa					
Date of Birth		Graduation Date		Student ID		Grades		Class Size		Enrollment		Phone #					
		June 2021				9-12		730		3018							
GPA, Credits and Rank																	
LHS Weighted GPA: 2.76						Transcripts based on 8.0 Semesters											
						Total Credits: 97.50											
CLASS RECORD						CLASS RECORD											
Includes subjects Failed or Repeated						Includes subjects Failed or Repeated											
Year Subject		Q1	Q2	Q3	Q4	Grade	Credit	Year Subject		Q1	Q2	Q3	Q4	Grade	Credit		
2018 Lowell High School								H-Algebra 2A						57			
H-English 1A						74	2.50	NH-Algebra 2B						P	2.50		
H-English 1B						75	2.50	C-Chemistry A (LS)						78	2.50		
H-Algebra 1A						81	2.50	NC-Chemistry B (LS)						P	2.50		
H-Algebra 1 B						81	2.50	H-American Civics Past and Present						63			
H-French 1 A						75	2.50	NH-Civil Rights and Jim Crow						P	2.50		
H-French 1 B						70	2.50	H-Culinary Arts Intermediate A						88	5.00		
H-Integrated Science & Engineering A						73	2.50	NH-Culinary Arts Intermediate B						P	5.00		
H-Integrated Science & Engineering B						64		H-AFJROTC 3 A - Life Skills/Careers						88	2.50		
H-Survey of World History A						74	2.50	NH-AFJROTC 3 B - Life Skills/Careers						P	2.50		
H-Survey of World History B						66	2.50										
N-Freshman Seminar A						89	2.50										
N-Freshman Seminar B						71	2.50										
H-AFJROTC 1 A - Aviation History						91	2.50										
H-AFJROTC 1 B - Aviation History						85	2.50										
2019 Lowell High School								2021 Lowell High School									
H-English 2 A						70	2.50	H-British Traditions A		84							
H-English 2 B						75	2.50	H-Statistics A		75							
H-Geometry A						74	2.50	H-American Civics Past and Present		87							
H-Geometry B						68	2.50	H-Culinary Arts Advanced A		90							
C-Biology A (LS)						70	2.50	H-Entrepreneurship A		72							
C-Biology B (LS)						90	2.50	H-AFJROTC 4 A - Management/Cadet		95							
H-Survey of US History A						76	2.50	2021									
H-Survey of US History B						86	2.50	H-AFJROTC 4 B - Management/Cadet									
H-Culinary Arts Beginner A						83	5.00	H-British Traditions B									
H-Culinary Arts Beginner B						94	5.00	H-Culinary Arts Advanced B									
H-AFJROTC 2 A - Science of Flight						96	2.50	H-Entrepreneurship B									
H-AFJROTC 2 B - Science of Flight						88	2.50	H-Seminar on American Diversity									
								H-Statistics B									
2020 Lowell High School																	
H-English 3 A						66	2.50										
NH-English 3 B						P	2.50										

# Massachusetts State University Requirements



University of  
Massachusetts

Amherst • Boston • Dartmouth • Lowell  
Medical School • UMassOnline

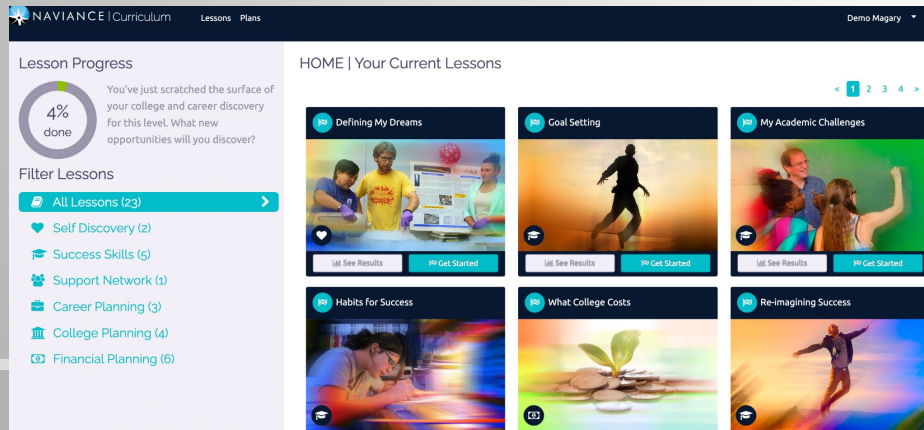
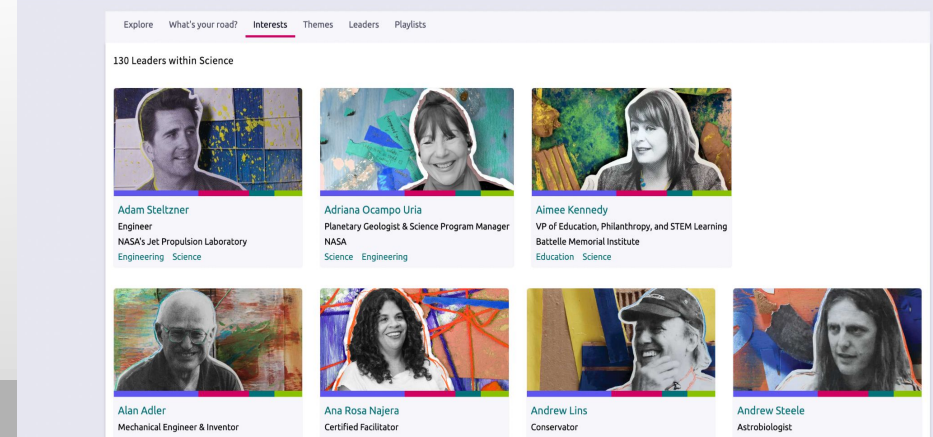
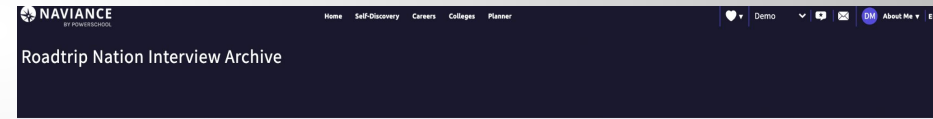
- **English - 4 courses**
- **Math - 4 courses** (Algebra I & II and Geometry or Trigonometry, or comparable coursework) including mathematics during the final year of high school
- **Science - 3 courses** (must be lab sciences)
- **Social Science/History - 2 courses** (including 1 course in US History)
- **Foreign Language - 2 courses** (same language)
- **Electives - 2 courses** (from the above subjects or Arts/Humanities)





# Naviance: College & Career Readiness Tool


- Search for colleges, explore careers, virtual college campus tours, review college admission requirements, and more!
- New curriculum to explore, for example: Define My Dreams, What College Costs, Being Career Ready
- RoadTrip Nation Videos



# NAVIANCE COLLEGE AND CAREER READINESS TOOL

[Back](#)

Welcome Student!



Login to Naviance

CONTINUE WITH **Clever**

OR

Email or username

Password

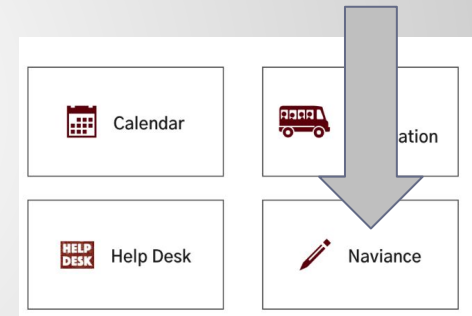
☐ Remember me [Forgot your password?](#)

CONTINUE

[Need additional help?](#)  
[I'm new and need to register!](#)

**Students can log  
in with Clever**

[student.naviance.com/lowellhs](https://student.naviance.com/lowellhs)



*Students can access Naviance from any  
computer or phone*

# MyCAP

## Passport to Your Future

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*“Self and Career Exploration”*

Portrait of a Graduate Aim: *Skill*

### MyCAP Sophomore Milestones

- Goal Setting
- Resume Building
- Career Interest Profiler
- Road Map to Success & Course Planning Process
- Financial Literacy: Understanding your Paycheck
- SEL Skill Growth Mindset

Junior Year



“Putting Plans into Action”





# Naviance Homepage

## Self Discover & Career Exploration

Naviance

Self-Discovery Courses Careers Colleges Planner



Demo



EN



Close Demo

Demo's Future Planning

### Plan Your Future

Quickly access your path highlights, favorite careers, information from your school, and more from this page.

College: Bachelor's Degree Edit Path

### Welcome to Naviance

Lowell High School is pleased to introduce **Family Connection** – a comprehensive website that you can use to plan for college and a career. Family Connection is linked with Naviance, a service that we use in our office to track and analyze data about college and career plans, so it provides up-to-date information that is specific to our school.

Family Connection allows you to:

- **Get involved in the planning and advising process** – Build a resume, complete online surveys, and manage timelines and deadlines for making decisions about colleges and careers
- **Research colleges** – Compare GPA, standardized test scores, and other statistics to actual historical data from our school for students who have applied and been admitted in the past

[Read More](#)

[Additional Information from Your School](#)

### Career Goals



Athletes and Sports Competitors

### Tasks from My School

Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what's next or create a goal or to-do.

[Go to My Planner](#)

### College Path Highlights

## Search for Colleges

Search for a College



Enter name

Search

### What's New

Nothing new to review this visit. Check back later.

### Colleges I'm Thinking About

Name

[Merrimack College](#)

[University of Massachusetts-Lowell](#)

Interest

N/A

N/A

Delivery Type

Common App

Common App

Colleges I'm Thinking About

## Colleges I'm Thinking About



Trying to decide which college is right for you?

Check out colleges looking



# MyCAP e-Portfolio



[Home](#) [Self-Discovery](#) [Careers](#) [Colleges](#) [Planner](#)



EN

[Log Out](#)

## Future Planning



No Path Selected

Plan for life after high school and select the path that will lead to future success.

[Select Path](#)

### Career Goals



Computer Programmers



Lawyers



Private Detectives and Investigators

MyCap  
e-Portfolio

### Career Essentials

#### Important Skills

The most needed skills for Favored Careers



##### Active Listening

Giving full attention to what other people are saying, taking time to understand the points being made, asking questions as appropriate, and not interrupting at inappropriate times.



##### Critical Thinking

Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to problems.



##### Speaking

Talking to others to convey information effectively.

#### Top Knowledge Sets

The most needed knowledge sets for Favored Careers



##### English Language

Knowledge of the structure and content of the English language including the meaning and spelling of words, rules of composition, and grammar.



##### Computers and Electronics

Knowledge of circuit boards, processors, chips, electronic equipment, and computer hardware and software, including applications and programming.



##### Customer and Personal Service

Knowledge of principles and processes for providing customer and personal services. This includes customer needs assessment, meeting quality standards for services, and evaluation of customer satisfaction.

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[Read More](#)

[Additional Information from Your School](#)

## Tasks from My School

Task Or To-Do	Priority	Date
<input checked="" type="checkbox"/> <a href="#">Complete Setting Goals Lesson &amp; Growth Mi...</a> Task	None	12/31/23
<input checked="" type="checkbox"/> <a href="#">Complete Career Interest Profiler</a> Task	None	05/31/24
<input checked="" type="checkbox"/> <a href="#">Complete a Financial Literacy Workshop/Le...</a> Task	None	05/31/24

[Go to My Planner](#)

## What's New

Nothing new to review this visit. Check back later.



# Sophomore Timeline

**Most Important: Monitor GPA; Do well in your classes & keep your grades up!**

Review Sophomore  
Year Class  
Schedule:  
*Challenge Yourself!*

Build Your Resume:  
Get Involved!  
Extracurriculars,  
Community Service,  
Leadership  
Opportunities

Take PSATs

MyCAP: Setting  
Goals & Growth  
Mindset

**FALL**

Select Challenging  
Classes for Junior  
Year  
(Early College, Dual  
Enrollment, AP)

Review Graduation  
Requirements / Road  
Map to Graduation

Review PSAT scores

MyCAP: Complete  
course planning  
process & Update  
Road Map to  
Graduation

Student Athletes,  
review: **GUIDE FOR  
THE COLLEGE-  
BOUND STUDENT-  
ATHLETE**

**Find Your Passion!**

**WINTER**

ELA & Math MCAS

Apply for Summer  
Jobs, Internships,  
College Programs

AP Testing (if  
applicable)

Research Colleges  
Visit Campuses  
Attend College  
Fairs

MyCAP: Career  
Interest Profiler,  
Update Resume,  
Financial Literacy  
Workshop

**SPRING**

Visit College  
Campuses

Stay busy!  
Work, Intern,  
Volunteer,  
Attend a  
Summer College  
Program

Explore and  
start taking on  
Leadership  
Roles

**SUMMER**

Thinking about playing sports in college? Review the below document to make sure you are on track!

**GUIDE FOR THE COLLEGE-BOUND STUDENT-ATHLETE**

# Course Selection

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- All students will enter the course selection process in February
  - January 18th: Teachers began recommending courses for next year based on student conversations and grades
  - February 9th: Students begin independently selecting elective courses
  - February 26th: Counselors begin 1:1 meeting with students to review selections, recommendations, and pathways
  - Master Schedule is developed based on course requests and requirements



# Course Selection

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## *Why it is important to choose electives?*

- Electives are your chance to take classes that interest you. They help explore subjects you may want as a college major or career pathway - and boost your college application.
- Make sure to pick alternate electives in case you don't get in to your first choice

***Reminder: Choose classes that interest you as schedule changes for electives are not possible.***



# Lowell High School Pathways

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- Air Force Junior ROTC
- Biotechnology
- Business: Marketing & Finance
- Communications
- Culinary Arts
- Education
- Engineering Technology
- Environmental Science & Technology

The Lowell High School Pathway Programs are a coherent sequence of academic and pre-career experiences that bridge secondary and postsecondary learning. Pathways blend in-school and out-of-school learning experiences and provide academic and pre-career experiences aligned with regional workforce needs and growing career opportunities. All pathways allow access to various levels of courses including college, honors, high honors, Advanced Placement (AP) and Early College (EC).



# Lowell High School Programs

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- ***After Dark*** - After Dark is a collaboration between Lowell High School and Greater Lowell Technical High School that provides students the opportunity of a technical education. The program requires a two-year commitment starting in 11th Grade, meets Monday through Thursday, and provides students a late start at LHS as they have class at GLTS until 5:30 pm.

Programs currently offered are: Auto Technology, Heating, Ventilation, Air Conditioning & Refrigeration (HVAC), or Metal Fabrication (Welding) and programs for Fall 2024 are currently under evaluation and being explored. Learn more by visiting the Student Support Services LHS website.

- ***Early College & Dual Enrollment*** - Based on academic measures and teacher recommendations, students are eligible to take enriching college-level courses while enrolled in high school, earn real college credit, and get an early start on their post-secondary education and career—at no cost to them or their families. Beginning Fall of 2024, students will experience these courses at the LHS campus or, for seniors, on the Middlesex Community College Campus.

# College & Career Google Classroom

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ukklmt7



**Be the first to hear about  
scholarships,  
job opportunities,  
college visits & more!**



# Thank you!

Important takeaways:

- Students will be choosing classes and meeting with their school counselor over the next couple months.
  - Consider special programming like After Dark, Early College and other pathway options
- Students should review the Sophomore Timeline to start thinking about how to best prepare for life after high school
- Students should be signed up for the College & Career Center Google Classroom to see announcements about programming, career and college planning, and job / internship opportunities.

Classroom Code: ukklmt7

**PLEASE SIGN IN FOR FLEX BLOCK ATTENDANCE**

