

Navigating Sophomore Year



February 2024

Student Support Services

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

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

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*

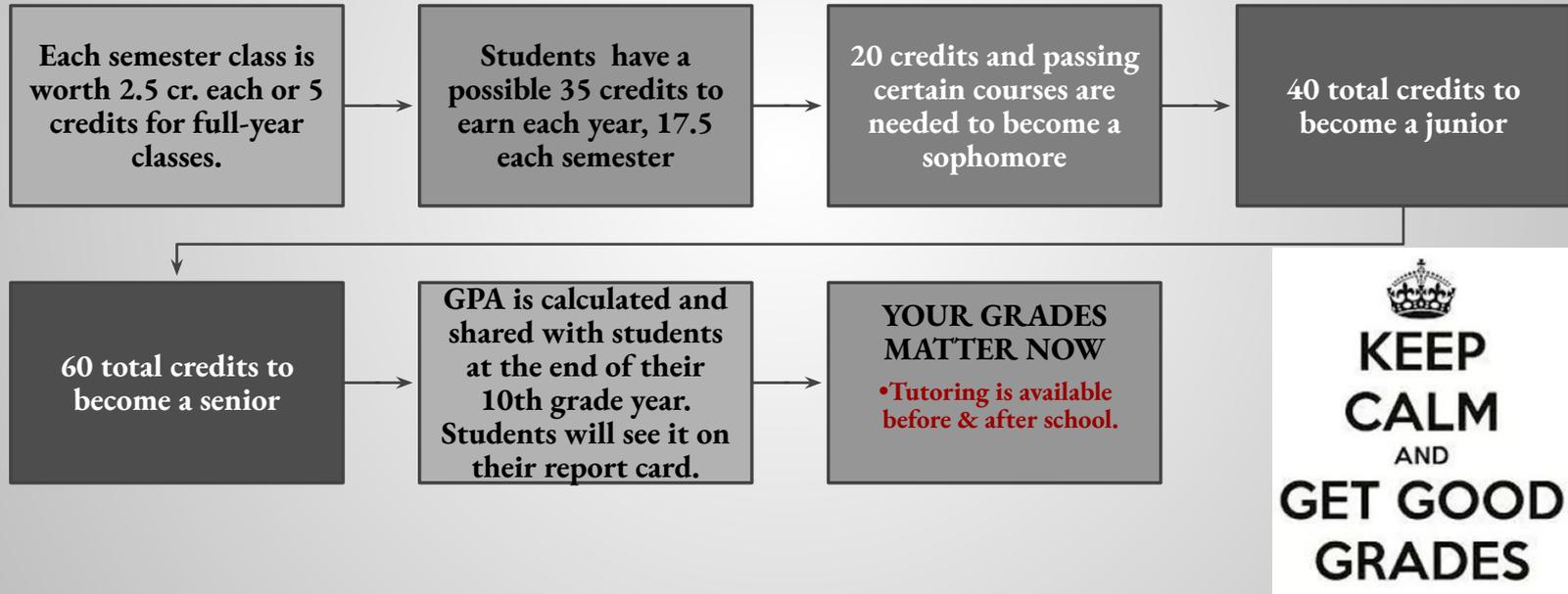
Math: May 14 & 15 - *must earn 486 to pass (470-485 requires an EPP plan)*

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

John and Abigail Adams Scholarship

- 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



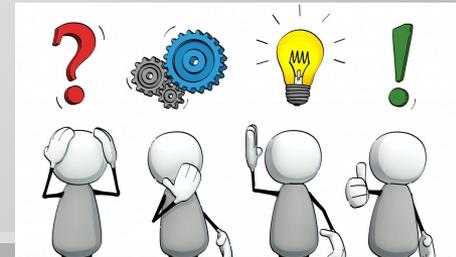
How do students earn credits?

- 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

- ★ 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



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

The screenshot shows the Naviance website interface. At the top, there is a navigation bar with links for Home, Self-Discovery, Careers, Colleges, and Planner. Below this, the main heading reads "Roadtrip Nation Interview Archive". A secondary navigation bar includes "Explore", "What's your road?", "Interests", "Themes", "Leaders", and "Playlists". The main content area is titled "130 Leaders within Science" and displays a grid of profile cards for various professionals. Each card includes a photo, a name, a title, and a list of interests. The visible profiles are:

- Adam Steltzner**: Engineer, NASA's Jet Propulsion Laboratory, Interests: Engineering, Science
- Adriana Ocampo Uria**: Planetary Geologist & Science Program Manager, NASA, Interests: Science, Engineering
- Aimee Kennedy**: VP of Education, Philanthropy, and STEM Learning, Battelle Memorial Institute, Interests: Education, Science
- Alan Adler**: Mechanical Engineer & Inventor
- Ana Rosa Najera**: Certified Facilitator
- Andrew Lins**: Conservator
- Andrew Steele**: Astrobiologist

The screenshot shows the Naviance website interface for a user named "Demo Magary". The main heading reads "HOME | Your Current Lessons". A progress indicator shows "4% done" with the text "You've just scratched the surface of your college and career discovery for this level. What new opportunities will you discover?". Below this, there is a "Filter Lessons" section with a dropdown menu set to "All Lessons (23)". The main content area displays a grid of lesson cards, each with a title, a thumbnail image, and a "Get Started" button. The visible lessons are:

- Defining My Dreams**
- Goal Setting**
- My Academic Challenges**
- Habits for Success**
- What College Costs**
- Re-imagining Success**

NAVIANCE COLLEGE AND CAREER READINESS TOOL

← Back

Welcome Student!



Login to Naviance

CONTINUE WITH **Clever**

OR

Email or username

For example navigator@naviance.com

Password

Type password

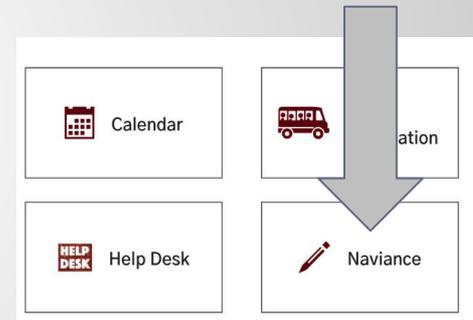
Remember me [Forgot your password?](#)

CONTINUE

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

**Students can log
in with Clever**

student.naviance.com/lowellhs



*Students can access Naviance from any
computer or phone*

MyCAP

Passport to Your Future

“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's Future Planning

College: Bachelor's Degree Edit Path

Plan Your Future

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

Career Goals

Athletes and Sports Competitors

College Path Highlights

Search for a College

Enter name Search

Colleges I'm Thinking About

Name	Interest	Delivery Type
Merrimack College	N/A	Common App
University of Massachusetts-Lowell	N/A	Common App

Colleges I'm Thinking About

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

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

What's New

Nothing new to review this visit. Check back later.

MyCAP e-Portfolio



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"/> Complete Setting Goals Lesson & Growth MI... Task	None	12/31/23
<input checked="" type="checkbox"/> Complete Career Interest Profiler Task	None	05/31/24
<input checked="" type="checkbox"/> Complete a Financial Literacy Workshop/Le... 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

- 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

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

- 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

- ***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

ukklmt7



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

