

The Sophomore Year of High School is Fundamental.

There are numerous opportunities to take advantage of during your sophomore year that will have an positive impact for years to come.

Here's advise from your counselor for 10th grade month-by-month.

AUGUST

- Meet with your guidance counselor to confirm your courses for the year. Remember, your counselor is your advocate.
- Have an organizational system to keep up with important documents and dates.



You'll want your grades for this entire year to be as strong as possible. Become familiar with all resources that will help: Such as, teachers' grading systems, syllabi, websites, extra credit, tutoring, Teams, Remind, and teacher's emails.



SEPTEMBER

- Know the Tennessee graduation requirements. Review your transcript.
- Get involved in one or two organizations or clubs. It's not the number of organizations you belong to, but that you have leadership experience that matters the most to colleges.
- Building a good relationship with your teachers is wise.
- Keep in mind, your behavior can open or close doors for you.

OCTOBER

- Use the Counselor's Corner Resources!!!
- Analyze, Examine & Prioritize your grades (Continuously check your Powerschool)
- Set goals: You should set a least 2 goals, one short term and one long term each semester; it's confidence builder.
- October is testing month. Expect multiple test. Be flexible.
- Fight the urge to procrastinate! A wise man once said "Procrastination is the devil's brother."



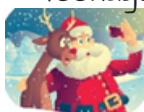
NOVEMBER

- Find opportunities to become a well rounded student. College prep workshops, summer internships, leadership programs. ex. Reach, Dual Enrollment, Quest Bridge, Governor's School
- Continue gathering materials for your résumé and portfolio or film(if you are an athlete).
- Keep focused on your grades and attendance. Research courses for junior year. Remember, to lay a good foundation for 11th grade.



DECEMBER

- Receive exam score from Pre-ACT, PSAT and ASVAB.
- Look ahead to the spring for your other standardized tests: AP Placement Exams, End of Course. etc...
- Suggestion: Take the National ACT in April or June to become familiar before the District ACT in Junior Year. Register @ actstudent.org; the National ACT is \$50 bucks.
- Show appreciation to your teachers; working with 200+ teenagers each day, isn't easy.



JANUARY

- Revisit Goals. Push yourself hard to end the semester with above average grades.
- Reboot for 2nd semester. Start fresh with your teachers. Set New Year resolutions: Working on people skills, emotional intelligence, setting boundaries, self-discipline and gratitude are always good.
- Enrich your studies with summer programs, internships or Dual Enrollment.



FEBRUARY

- Research courses offered at school. Talk to friends, upperclassmen & teachers to figure out the right balance of rigor and diversity to have a competitive transcript.



MARCH

- Course Selections: With your guidance counselor, align courses with college & career goals in mind.
- Look towards the future. Consider various professions. Envision your 10 year plan.
- Consider visiting some of the colleges virtually during Spring Break.



APRIL

- Begin identifying teachers who may be willing to write recommendations letters for you. (You should have already established a good rapport with them.)
- Start your research for potential colleges and careers. Use the counselor's website.

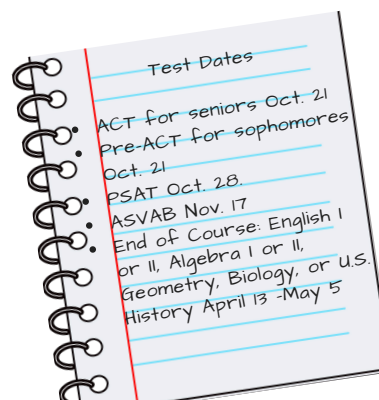


MAY

- Take End of course test & AP Placement exams seriously.
- No cheating. White Station has an honor code system.
- Messing up does not define you, it's a teachable moment.
- Reevaluate your friend groups.
- Firm up your summer plans, confirm your summer internships, jobs or summer school.

JUNE

- Be sure to get the most out of your summer vacation.
- Continue contemplating various careers, colleges and college majors. <https://www.collegexpress.com/college/search/>
- Don't forget about summer reading list.



Tennessee Graduation Requirements		
English	4 credits	I, II, III, IV
Math	4 credits	Algebra I, Geometry, Algebra II & Senior Math or the equivalent
Science	3 credits	Physical Science, Biology, Chemistry or Physics or the equivalent
Social Studies	3½ credits	World Hist/Geo, Personal Finance, U.S. History & Econ/Gov.
Wellness & P.E.	1 ½ credits	1 and ½ semester of P.E. or ROTC I and II
World Language	2 credits	Same language
Fine Arts	1 credit	Visual Art, Choir, Band, Orchestra, Theater, Music
Elective Focus	3 credits	Credits in the same academic focus.
Giving a minimum of 22 core credits & an ACT score, Civics Exam and Computer Foundation course.		

GRADUATION REQUIREMENTS

CHECK LIST

Sample Plan

9th Grade

- English I
- Algebra I
- Science
- World History
- Lifetime Wellness
- Fine Art
- Computer Science

10th Grade

Grade Classification: Must have (5) credits including English I.

- English II
- Geometry
- Biology
- Foreign Language
- P.E. and Personal Finance
- Required Elective
- Elective

11th Grade

Grade Classification: Must have (11) credits including English II.

- English III
- Algebra II
- Chemistry or Physics
- U.S. History
- Foreign Language
- Required Elective
- Elective

12th Grade

Grade Classification: Must have (16) credits including English III.

- English IV
- Senior Math
- Economics
- Government
- Required Elective
- Elective
- Elective

Students must earn a minimum of 22 credits, and take the ACT and TN Civics exam. Typically, students earn 25 or more credits. Students should check with their counselor for course substitutions and more scheduling details. This is a sample. Students work with their counselor to create an appropriate schedule. Advance Placement and ROTC courses may be used for substitutions.