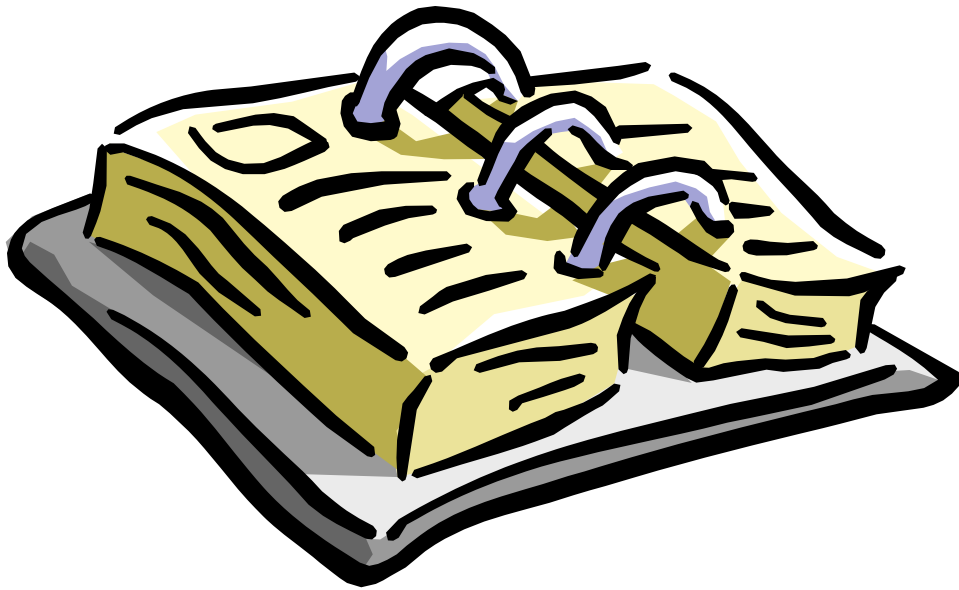


*Guide to Guidance
for
10th Grade Students*



*Kingsway Regional High School
Guidance Department*

<http://kingswayguidance.com/>

Introduction

Now that you have survived 9th grade and you are entering your sophomore year, you are one step closer to graduating. Hopefully you had a successful freshman year and as a sophomore you are getting ready to plan for your future. Remember we are always here to help.

Please feel free to contact your counselor directly with any questions or concerns you may have.

The Guidance Counselors

| Counselor Name | ext. | e-mail address |
|----------------------------------|-------------|--|
| Mrs. Nancy McCloskey (A,B,F) | 4215 | mccloskeyn@kingsway.k12.nj.us |
| Mrs. Vivian Cassidy (D,E,G,I) | 4290 | cassidyv@kingsway.k12.nj.us |
| Mr. Keith Clark (L,M,Y) | 4213 | clarkk@kingsway.k12.nj.us |
| Mr. John Cappolina (O,P,T,U,W,X) | 4272 | cappolinaj@kingsway.k12.nj.us |
| Mrs. Lisa Yourison (J,K,Q,S) | 4214 | yourisonl@kingsway.k12.nj.us |
| Mr. Michael Schiff (H,V,Z) | 4225 | schiffm@kingsway.k12.nj.us |
| Mr. Owen McBride (C,N,R) | 4217 | mcbrideo@kingsway.k12.nj.us |

| Secretaries | ext. | e-mail address |
|----------------------|-------------|--|
| Mrs. Sue Glembocki | 4207 | glembockis@kingsway.k12.nj.us |
| Ms. Bunny Piechowski | 4210 | piechowskib@kingsway.k12.nj.us |

10th Grade Student Planner

Your sophomore year should be a year of personal growth. In addition to working hard in school and being involved in activities, try to identify your own interests and abilities, which will help give you some direction for your future. Now is also a good time to look for opportunities to further develop your skills and talents. Hopefully you have reviewed your 9th grade student planner and are following those helpful hints. In 10th grade there are a few more things to consider:

- **Take the PSAT** – Students who plan to apply to 4-year colleges should consider taking the PSAT (Preliminary Scholastic Aptitude Test) in the fall of 10th grade. The PSAT is a “practice” SAT only offered **once** a year and is administered here at Kingsway on the third Saturday in October. The 10th grade PSAT score does **not** count for consideration for the National Merit Scholarship. It is strictly for practice to familiarize students with the format of the SAT, which should be taken in spring of the junior year. The test consists of three (3) parts: Critical reading, Math problem solving, and Writing skills. For more information on the PSAT you can check out the College Board’s website www.collegeboard.com. You will receive your Score Report sometime in December along with your test booklet (the same one you used on the day of the test). The Score Report provides you with a summary of the answers and information on how the test is scored. This valuable information allows you to see what areas are strengths or weaknesses so that you can focus more in preparation for future tests. Listen for morning/homeroom announcements sometime in September to come to the Guidance Office and sign up to take the PSAT.

When you receive your scores, if you are not satisfied with the results – just relax. Your results will improve the longer you're in school, the more courses you take, and the harder you work. Thus, you should take the PSAT again in 11th grade to identify improvement and determine eligibility for the National Merit Scholarship.

TIP: Want to raise your PSAT scores? Read a good book! – If you want to raise your score, you *must* improve your vocabulary and reading skills. The best way to do that is to read good books, as well as magazines and newspapers. Read to understand content and main ideas. Look up words you don't know.

➤ **Attend College Fairs** – At different times throughout the year you may hear announcements that there will be a College Fair either at Gloucester County College, in Philadelphia, or at other neighboring schools. We strongly recommend that you attend at least one college fair while conducting your college search. The reason is that college fairs add a human element to your college planning. In addition to obtaining applications and printed materials, you will be given the opportunity to personally speak to a representative of the school and ask questions that are specific to your needs. Also, it gives you the opportunity to learn about different schools from outside this area that you might not otherwise have known about.

TIP: Make sure you bring a pen, a small notebook, a list of questions you want to ask, and a bag to hold all the college brochures and information you will receive. You may also want to bring return address labels to place on the college information cards at the fair. This will save you from having to write this information over and over again.

- **Attend our “Jump Start to College Planning Night”** – This program presented by the Guidance Department in the fall is open to 9th *and* 10th grade students and parents. It is designed to provide you with information and tools to help you explore colleges and narrow down your choices.

- **Make sure you take courses that are appropriate for your goals** – Each college has certain requirements that you must fulfill in order to be considered for admission. Find out what those are and make sure they match up with what you are taking.

- **Continue activities** – Whether it is participation in Kingsway sponsored clubs/activities, sports or a part-time job, make sure that you are using your time after school wisely. Be sure to update your “pro”file (See 9th grade list) with any pertinent information.

- **Grades** – Continue to do your best in **all** of your classes. You want your grades to be an accurate reflection of your ability. Remember that your parents can view your grades on-line. (If parents have questions about passwords and logging on to view teachers’ grade books contact the Technology Department directly via e-mail: portal@kingsway.k12.nj.us)

- **Ask for help** – If you find yourself struggling in a class, you should know that there are places that you can turn to for help.
 - ❖ Ask your teacher – you may be able to stay after school for extra help with your teacher. Find out what days he/she stays after and make arrangements to stay after school.
 - ❖ Academic Support Program – teachers are available after school on Tuesdays, Wednesdays and Thursdays for assistance in English, Math or Science. To sign up simply visit: <http://kingswayguidance.com/> to print out the parent or student referral forms.
 - ❖ Peer tutoring – National Honor Society members are available to tutor students one-on-one either after school or during a study hall in the Media Center. For more information or to sign up see your Guidance Counselor.

- **Student Athletes** – students who participate in athletics may want to check out the NCAA's website: www.ncaa.org