



Sophomore Year: STEPS TO SUCCESS

GRADES

- ⇒ Use your agenda book to stay organized
- ⇒ Communicate with your teachers about your grades in class
- ⇒ Review your transcript, credits, and GPA with your guidance counselor

ATTENDANCE

- ⇒ Be in school and on time every day
- ⇒ Request make-up work if you are absent for an excused reason

CONDUCT

- ⇒ All suspensions must be explained on a college application

Guidance Appointments

- All Sophomores will have a scheduled guidance appointment during the year
- Do not request to leave class to see your counselor unless you have a scheduled appointment (additional appointments may be requested on the clipboards outside of guidance offices)

MCAS

- Sophomores are required to take and pass the ELA, Math, and Science MCAS

PSAT

- The PSAT is a practice test for the SAT, a test for college admission. Sophomores will take the PSAT on October 13th

Dual Enrollment

- Durfee High School students may take college courses at Bristol Community College while in high school
- Students must have a 3.0 GPA to participate in Dual Enrollment

Extra-curricular Activities

- Get involved! (Durfee has over 40 clubs and 17 team sports)

Helpful Websites

*www.fallriverschools.org/durfeehigh.cfm

*www.masscis.intocareers.org

*www.collegeboard.com

Action Plan: High School Sophomores

Plan Ahead for the Year Ahead

- Meet with your counselor to discuss future plans. Review your schedule with him/her to make sure you're enrolled in challenging classes that will help you prepare for your future. Four year colleges prefer four years of English, History, Math, Science and a World Language.
- Start a calendar with important dates and deadlines; use your agenda book.
- Get involved with your extracurricular activities.
- Find out the required courses and tests of the colleges that you might be interested in attending. See if you should file for SAT/ACT test accommodations.
- Go to college fairs in your area to find out more information.

Learn about Colleges/Careers/Military

- Learn about college costs and how financial aid works.
- Look at the various career and military websites provided to you in this booklet.
- Begin to research how much money you will need for college, whether you are on track or need to save more money and what you will need to reach your goal. Talk to your parents/guardians, guidance counselor, and/or colleges about financial aid and financing your education.
- Visit colleges while they are in session.
- Find out about colleges firsthand from college friends who are home for the holidays or the summer.

Stay Focused

- Make every effort to do well in all of your classes.
- Make sure you are in school every day and are following the rules.

MCAS

- All sophomores will be required to take and pass the English, Math and Science MCAS to graduate.
- Talk to your teachers and guidance counselor to discuss tutoring options if you are interested.

Explore Summer Opportunities

- Look for a great summer opportunity - job, internships, or volunteer positions.
- Check with your counselor and search online for summer school programs.

MCAS Test Taking Tips

Do not rush through the test. Try to relax! Remember this is NOT timed.

Most importantly: Make sure you are in school and arrive on time for test dates and know where you have to report.

Take the time to read each question carefully so you will have a better understanding of what it is asking.

Eat a good dinner, get a good night's sleep, have a good breakfast and dress comfortable.

Read and follow directions VERY carefully. If you aren't sure guess wisely and eliminate as many answers as possible.

Trust yourself: Your first thought is usually correct!

Grade 10: MCAS Exam Dates: English March 22, 23, 24

Math: May 17, 18 Science: June 1, 2

MCAS Tutoring

- If a student does not receive a passing score (220 or above) on the English, Math and Science MCAS they will have an opportunity to retake the test during their Junior and Senior Year. Dates are listed on the MCAS Test Taking Tips sheet included in this booklet.
- Students will also be scheduled into MCAS prep classes for MCAS exams they did not pass during their Junior and Senior year. **If you are not scheduled into an MCAS prep class please see your Guidance Counselor for a schedule change.**
- **MCAS retest help sessions are available starting September 27th until the MCAS retest from 2:30-3:30 Monday through Thursday in Room 443-445**
- Bristol Community College also provides an MCAS Academy which provides:
 - Orientation to college and assistance with the application for admission process
 - Individualized instruction in Math and English Language Arts
 - Instruction in reading skills targeted to the English Language Arts and Math tests (learn how to understand and answer the questions)
 - Practice in writing the MCAS ELA essay
 - Practice in analyzing and solving the MCAS math problems
 - Opportunity to complete Ability to Benefit Tests for qualified students
 - **Contact BCC at (508) 678-2811 for further information**
- Durfee's Homework Club is also available everyday Tuesday and Thursday in Room 373 for students who need help with a specific assignment or just needs some extra help.
- Student's teachers are also available for extra help, please see the teacher to make arrangements to stay after.

Graduation Requirements

(Minimum stands for all graduating classes)

English - 4 credits

Math - 3 credits

- Algebra 1, Plane Geometry & Algebra 2 required for 4 year college admission

Science - 3 credits

- Minimum of 2 Lab Sciences required for 4 year college admission

History - 3 credits

- US History 1 & 2, World History

World Languages - 2 credits

- 2 or more years of a World Language is required for 4 year college admission

Physical Education - 2 credits (9th & 10th Grade)

Health - 2 credits (9th & 10th Grade)

MCAS Information:

- ⇒ Must pass English, Math & Science to receive High School Diploma
- ⇒ If pass 1 section or no sections of MCAS: Student will receive Certificate of Completion

Promotion Requirements:

- ⇒ To enter Grade 10, a student must have passed a minimum of 5 Credits
- ⇒ To enter Grade 11, a student must have passed a minimum of 11 Credits
- ⇒ To enter Grade 12, a student must have passed a minimum of 17 Credits
- ⇒ To graduate - 22 credits

Accommodations you may be able to get

What disabilities make students eligible for accommodations?

There are many disabilities that impact a student's academic functioning. Here are a few:

- Blindness/Vision Impairment
- AD/HD (formerly known as A.D.D. /A.D.H.D.)
- Learning Disabilities
- Deafness/Hearing Impairment
- Certain Medical Conditions
- Certain Physical Disabilities

Available accommodations for colleges and SAT/ACT test

College Accommodations:

- Early or preferential registration
- Support for students on medication (e.g. students with ADHD)
- Writing, reading, math, study skills centers
- Use of calculators, spelling aces, lap computers in classes
- Taped textbooks, readers, electronic text readers
- Assistance with note-taking

SAT Accommodations:

- **Presentation** (e.g., large print; Braille; Braille device for written responses; visual magnification; audio amplification; audiocassette; sign/oral presentations)
- **Responding** (e.g., verbal/dictated to scribe; tape recorder; computer without grammar/cut & paste features; large block answer sheet)
- **Timing/scheduling** (e.g., frequent breaks; extended time; multiple day; specified time of day)
- **Setting** (e.g., small group setting; private room; special lighting/acoustics; adaptive/special furniture/tools; alternative test site [with proctor present]; preferential seating)

ACT Accommodations:

- **Extended Time Testing**—You will have 5 hours total to work on the multiple-choice tests at your own pace (including breaks between tests). The ACT Plus Writing, you will be allowed 5 hours and 45 minutes total to work on all five tests.
- **Stand Time Testing with Accommodations**— (Examples include: assignment to a wheelchair-accessible room, large type test booklet (18-pt.), marking responses in the test booklet, permission for diabetics to eat snack)

Career websites

Just thinking about careers can raise lots of questions. What jobs suit your interests? What type of work do you have to do at the jobs? What are the education and training requirements? Here are some helpful websites providing lots of career information.

www.bridges.com - career interest inventory

All Durfee students should have completed this in their Freshman or Sophomore year

www.masscis.intocareers.org—Mass CIS

www.quintcareer.com

www.acinet.org - America's Career Info net

www.bls.gov/oco - Occupational Outlook Handbook (a free online search for careers)

www.mappingyourfuture.org - free information on careers

www.careerkey.org—interest inventory to match personality types with careers

Military Information

www.airforce.com - U.S. Air Force 1-800-423-USAF

www.goarmy.com - U.S. Army 1-800-USA-ARMY

www.marines.com - U.S. Marines 1-800-MARINES

www.gocoastguard.com - U.S. Coast Guard 1-877-NOW-USCG

www.1800goguard.com - Army National Guard 1-800-GO-GUARD

www.goang.af.mil - Air National Guard 1-800-To-GO-ANG

www.militarycareers.com - career paths for enlisted military personnel and officers

*** The ASVAB—(Armed Forces Vocational Aptitude Battery) is the *entrance test* to enlist in the US Military. You can't enlist in the US Military without taking the ASVAB.

- The ASVAB has two primary purposes: First, it determines whether you have the mental aptitude to enlist in the military branch of your choice, and second, the results help the service(s) determine which military job(s) you have the mental aptitude for.
- The ASVAB is usually given in your Senior year of high school.

Interview skills

Interviewing is the most stressful part of the job search for many people. But it doesn't have to be. Interviews are an opportunity to show you are an enthusiastic worker who would do a job well, here are some important pointers to keep in mind.

- Most people are nervous when interviewing. But remember, you have been asked to interview for the job because the employer believes you could be right for it.
- What to bring to the interview: a pen and notebook to record important information, copies of your resume or application and reference sheet.
- On the day of the interview, give yourself plenty of time to get ready for and travel to the interview. Plan to arrive 10 to 15 minutes early.
- The interview begins the moment you arrive. Everyone you meet, from the receptionist to the hiring manager, will form an impression of you. To ensure the impression is positive, remember that your words and mannerisms will affect the image you project. When you meet people, be sure to: smile and shake hands, make eye contact and maintain good posture. Do not use slang, chew gum, or smoke.
- **Come Ready to Ask Questions:** It's not only the employer who gets to ask questions during the interview, you can also be ready with four or five questions of your own. Why is this a good idea? It shows the potential employer that you really want *this* job and have been giving thought to your decision to work there.
 - What kinds of questions might be appropriate? Here are some suggestions:
 - What do you think is the most important thing I need to know about this job?
 - What kinds of opportunities might there be for me to learn new skills here?
 - Is there anything else you need to know about me?
 - Will I be trained on the job by you or someone else?
- **Dress Like You Mean Business**



Remember!

Dress Professionally - Securing a job is much easier if you look the part. A useful guideline is to dress as you would for an important day on the job, like a meeting with a supervisor. Clothes should be clean, well fitting, and wrinkle free. Keep hair neat by tying it back, putting it up or cutting it short. Avoid cologne and perfume, large pieces of jewelry, and heavy or unnatural makeup. These distract the interviewer from your qualifications.

EXAMPLE

John Smith
123 Oak Street
Fall River, MA 02720
Email address:jsmith@yahoo.com

Activities:

Years:

Durfee Hilltop, School Newspaper
Co-editor

2009-2010

Soccer

Positions held: Co-captain Junior Varsity & Varsity

2008-present

Fall River Indoor soccer league

2005-present

Community Service:

Walk for Hunger

2010

Perkins' Institute for the Blind

Provided support for students

2009-present

Pine Street Inn, Boston

Prepared and served dinner to homeless people.

2010-present

Work Experience:

CVS, Fall River, MA

Cashier

2010-present

Other interests:

Sailing, writing short stories, football and soccer.

How is college different from high school?

Following the rules in high school

- High school is mandatory and usually free
- Your time is structured by others
- You need permission to participate in extracurricular activities
- You can count on parents and teachers to remind you of your responsibilities and to guide you in setting priorities
- Each day you proceed from one class directly to another, spending 6 hours each day-30 hours a week in class
- Most of your classes are arranged for you
- You are not responsible for knowing what it takes to graduate
- You will usually be told what to do and corrected if your behavior is out of line

Going to high school classes

- The school year is 36 weeks long; some classes extend over both semesters and some don't
- Classes generally have no more than 35 students
- You may study outside class as little as 0 to 2 hours a week and this may be mostly last minute test preparation
- You seldom need to read anything more than once and sometimes listening in class is enough
- You are expected to read short assignments that are then discussed and often re-taught, in class
- You will usually be told in class what you need to learn from assigned readings

Choosing responsibility in college

- College is voluntary and expensive
- You manage your own time
- You must decide whether to participate in co-curricular activities
- You must balance your responsibilities and set priorities. You will face moral and ethical decisions you have never faced before.
- You often have hours between classes; class times vary throughout the day and evening and you spend only 12 to 16 hours each week in class
- You arrange your own schedule in consultation with your adviser. Schedules tend to look lighter than they really are
- Graduation requirements are complex, and differ from year to year. You are expected to know those that apply to you
- You are expected to take responsibility for what you do and don't do, as well as for the consequences of your decisions

Succeeding in college classes

- The academic year is divided into two separate 15-week semesters, plus a week after each semester for exams
- Classes may number 100 students or more
- You need to study at least 2 to 3 hours outside of class for each hour in class
- You need to review class notes and text material regularly
- You are assigned substantial amounts of reading and writing which may not be directly addressed in class
- It's up to you to read and understand the assigned material; lectures and assignments proceed from the assumption that you've already done so

How is college different from high school? continued

High School Teachers

- Teachers check your completed homework
- Teachers remind you of your incomplete work
- Teachers approach you if they believe you need assistance
- Teachers are often available for conversation before, during, or after class
- Teachers have been trained in teaching methods to assist in imparting knowledge to students
- Teachers provide you with information you missed when you were absent
- Teachers present material to help you understand the material in the textbook
- Teachers often write information on the board to be copied in your notes
- Teachers impart knowledge and facts, sometimes drawing direct connections and leading you through the thinking process
- Teachers often take time to remind you of assignments and due dates
- Teachers carefully monitor class attendance
- High school is a teaching environment in which you acquire facts and skills

College professors

- Professors may not always check completed homework
- Professors may not remind you of incomplete work
- Professors are usually open and helpful, but most expect you to initiate contact if you need assistance
- Professors expect and want you to attend their scheduled office hours
- Professors have been trained as experts in their particular areas of research
- Professors expect you to get from classmates any notes from classes you missed
- Professors may not follow the textbook. Instead, to amplify the text, they may give illustrations, provide background information discuss research about the topic you are studying. Or they may expect *you* to relate the classes to the textbook readings.
- Professors may lecture nonstop, expecting you to identify the important points in your notes. When professors write on the board, it may be to amplify the lecture, not to summarize it. Good notes are a must
- Professors expect you to think about and synthesize seemingly unrelated topics
- Professors expect you to read, save, and consult the course syllabus; the syllabus spells out exactly what is expected of you, when it is due, and how you will be graded
- Professors may not formally take roll, but they are still likely to know whether or not you attended
- College is a learning environment in which you take responsibility for thinking through and applying what you have learned

How is college different from high school? continued

Tests in high school

- Testing is frequent and covers small amounts of material
- Makeup tests are often available
- Teachers frequently rearrange test dates to avoid conflict with school events
- Teachers frequently conduct review sessions, pointing out the most important concepts
- Mastery is usually seen as the ability to reproduce what you were taught in the form in which it was presented to you, or to solve the kinds of problems you were shown how to solve

Grades in high school

- Grades are given for most assigned work
- Consistently good homework grades may raise your overall grade when test grades are low
- Extra credit projects are often available to help you raise your grade
- Initial test grades, especially when they are low, may not have an adverse effect on your final grade
- You may graduate as long as you have passed all required courses with a grade of D or higher
- *Effort counts.* Courses are usually structured to reward a "good-faith effort."

Tests in college

- Testing is usually infrequent and may be cumulative, covering large amounts of material. You, not the professor, need to organize the material to prepare for the test. A particular course may have only 2 or 3 tests in a semester
- Makeup tests are seldom an option; if they are, you need to request them
- Professors in different courses usually schedule tests without regard to the demands of other courses or outside activities
- Professors rarely offer review sessions, and when they do, they expect you to be an active participant, one who comes prepared w/questions
- Mastery is often seen as the ability to apply what you've learned to new situations or to solve new kinds of problems

Grades in college

- Grades may not be provided for all assigned work
- Grades on tests and major papers usually provide most of the course grade
- Extra credit projects cannot, generally be used to raise a grade in a college course.
- Watch out for your *first* tests. These are usually "wake-up calls" to let you know what is expected-- but they also may account for a substantial part of your course grade. You may be shocked when you get your grades
- You may graduate only if your average in classes meets the departmental standard--typically a 2.0 or C
- *Results count.* Though "good-faith effort" is important in regard to the professor's willingness to help you *achieve* good results, it will not *substitute* for results in the grading process.

Bristol Community College

Upward Bound

- High School (9-12)
- Academic year and summer programs
- Instruction in college preparatory subjects
- Workshops on college preparatory topics
- Mandatory one-on-one and group tutoring
- Group Activities
- Monthly Saturday programs
- Monthly Field trips
- Intensive, six-week summer program on a college campus
- Financial Aid counseling
- College application assistance
- Weekly program contact (or more)
- Must be first generation college bound

Educational Talent Search

- Middle School (6-8) and high school (9-12)
- Academic year
- Workshops on college preparatory topics
- Optional group tutoring
- Group activities
- Saturday Programs (3 per year)
- Field trips (4 per year)
- Financial aid counseling
- College application assistance
- Monthly program contact (or more)