

Class of 2026 and Parents/ Guardians

February 2024

Post High School Planning

HIGH SCHOOL & POSTSECONDARY PLANNING NEXT STEPS





The THS Counseling Department

Caitlin Foran (A-E)

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Meg Durham (Pi-Z)

Geneva Alford, Secretary

Objectives of tonight's program:

- ▶ Relieve anxiety about the post secondary planning process.
- ▶ Encourage reflection, research and planning.
- ▶ Learn what you can do to assist your student.



THS

Class of 2023: 69 % of students attended 4-year colleges
24% attended 2-year colleges or
vocational programs
7% went directly to employment

Class of 2023 SAT DATA:

ERW Mean	552
Math Mean	555
Mean total score	1107



85 AP students took 90 AP exams and 78 of those tests resulted in scores between 3-5.

THS Graduation Requirements

- Credit Requirements
- Course Requirements
- Proficiency (3) on School Wide Rubrics



**GRADUATION
REQUIREMENTS !**

Credit Requirements

Area	Minimum number of credits	Total number of credits
HUMANITIES		Total of 9 credits
<i>ENGLISH</i> Must include 1 credit each in English 1,2,3 and 4	4	
<i>SOCIAL STUDIES</i> Must include 1 credit each in World History, US History, and Civics	3	
<i>FINE ARTS</i> Includes any course in Art or Music	1	
<i>HUMANITIES ELECTIVE</i> Includes courses in English, Social Studies, Fine Arts, and World Language	1	
STEM		Total of 9 credits
<i>MATHEMATICS</i>	3	
<i>SCIENCE</i> Must include 1 credit each in Integrated Science, Biology, and any science elective	3	
<i>STEM ELECTIVES</i> Includes courses in Math, Science, Engineering, Technology, Computer Science, and Business	3	
WORLD LANGUAGE		Total of 1 credit
PHYSICAL EDUCATION, HEALTH & WELLNESS Health/ Physical Education 9 Wellness/Physical Education 10	1 1	Total of 2 credits
MASTERY BASED DIPLOMA ASSESSMENT		Total of 1 credit
ELECTIVES		Total of 7 or more credits
TOTAL		29 credits

Service Hours (part of the Personal Growth Rubric)

Tolland High School

Verified Acts of Service Completed without Compensation

Student Name: _____

Counselor: Foran Conklin Grady Durham (circle one)

Description of Activity: _____

Number of Hours Completed: _____

Date Service Completed: _____ (xx/xx/xxxx)

Supervisor Verification (may not be a parent of the student):

Supervising Adult Signature: _____

Supervising Adult Contact Number: _____

Supervising Adult Email Address: _____

Supervisors of service may be contacted should additional verification be needed. A description of acceptable acts of service is provided on the reverse side of this document.

Please return these forms to the school counseling office.

Tolland High School

Acts of Service

Service is defined as "work performed for another or a group" and "assistance given to someone." Tolland High School requires that each student perform 10 hours of community service as a way of giving back to the community.

Here are the attributes of service necessary to meet the THS graduation standard:

- * the act gives back to a person, group, or community
- * the act is completed without compensation (money, service, goods, or otherwise)

Examples of Community Service:

- * Project Graduation Bottle and Can Drive Volunteer
- * Youth Group Advisor (unpaid)
- * Volunteering at a Soup Kitchen/Food Pantry
- * Daycare Volunteer (unpaid)
- * Volunteer at Animal Shelter
- * Select activities through school clubs
- * Volunteer work through a faith community

Students are responsible for submitting the verification form on the reverse side of this document to school counselors to earn credit for their service.

Why talk about post secondary planning now??

Finding the best fit takes preparation and exploration!



The Steps in Post Secondary Planning

- ▶ Searching/Educating
- ▶ Testing (PSAT, SAT, ACT)
- ▶ Visiting
- ▶ Applying



College Admission Criteria

- ▶ Grades/Curriculum
- ▶ SAT/ACT scores
- ▶ Essay
- ▶ Teacher recommendation(s)
- ▶ Counselor recommendation
- ▶ Extracurricular involvement/Leadership
- ▶ **The importance of each of these criteria varies widely by college!!!



TRANSCRIPT



Tolland High School
Official Transcript
CEEB Number 070792

Tolland High School
1 Eagle Hill
Tolland, CT 06084-3323

Tel: 860-870-6818
Fax: 860-870-6837

Counselor: Grady

District Entry Date: 08/10/2012
Graduation:

ID	Course Title	S1	S2	EC	ID	Course Title	S1	S2	EC	Behavior / Expectations Matrix	P	CE	E
20-22 Tolland High School													
000120 Intro Business		98		1.00		Tolland High School					3.7	3.7	3.7
000210 H. English 1		95		1.00		H. English 1					4	4	4
000361 Spanish 2			97	1.00		C.P. Alg. 1 (H)					4	4	4
000623 C.P. Alg. 1 (H)		98		1.00		H. Int. Sci.					3	3	3
000650 H. Geometry			94	1.00		Spanish 2					4	4	4
000700 H. Int. Sci.		97		1.00		H. Geometry					4	4	4
000814 H. Mod. W.H.		85		1.00		H. Mod. W.H.					3.7	4	3.3
000905 Health/PE 9			100	1.00		Health/PE 9					4	4	4
23-25 Tolland High School													
000320 H. English 2		97		1.00		Tolland High School							
000371 Spanish 3		98		1.00		H. English 2					4	4	4
000770 UCONN Biology 1		85		1.00		Spanish 3					4	3.8	3.8
00914 Wellness/PE 10		96		1.00		UConn Biology 1					4	4	4
						Wellness/PE 10					4	4	4
						H. Algebra 2					4		
Grade Scale		Cumulative Information		Comments:		Grade Scale		Standards					
A = 90 - 100		Unweighted GPA: 95.83		Accredited by the New England Association of Schools and Colleges		4 = Exemplary		P = Preparedness					
B = 80 - 89		Credits Attempted: 12.00				3 = Proficient		CE = Classroom Etiquette					
C = 70 - 79		Credits Earned: 12.00				2 = Developing		E = Engagement					
D = 65 - 69						1 = Below Standard							
F = 60 - 64													
EC = Earned Credit													

PARENTS,

How to help your student be successful in this process:

- ▶ Provide a good place to study.
- ▶ Help your child set goals.
- ▶ Encourage independence.
- ▶ Encourage your child to maintain balance in their life.
- ▶ Help with time management.
- ▶ Encourage daily attendance.



PARENTS,

How to help your student be successful in this process (cont.):

- ▶ Check grades.
- ▶ Stay in touch with teachers.
- ▶ Educate yourself about the college process and financial aid.
- ▶ Have open dialogue about your child's likes, dislikes, interests, etc.
- ▶ Stay informed. Check the PowerSchool Parent Portal, THS Counseling web site and read the digital backpack.





COUNSELORS

[Tolland High School](#) [Staff Pages](#) [Counselors](#)

Counselors

- [School Counselors](#)
- [Naviance Student](#)
- [Common Application](#)
- [College Board \(SAT program\)](#)
- [ACT Testing](#)
- [Transcript Request Form for THS Graduates](#)
- [Service Verification Form](#)
- [Course Catalog](#)
- [School Profile](#)



JANUARY 2024

Early College Planning Program

The THS School Counseling Department invites you to an **EARLY COLLEGE PLANNING** program for sophomore parents/guardians. The program will be held on **Thursday, February 8, 2024 (snow date 2/15/24)**, prior to Open House from 5:45 p.m. to 6:15 p.m. in the THS library media center. Our intent is to provide you with an opportunity to begin early college planning with your student, as well as to learn more about what to expect during junior year.

Please complete the google form <https://forms.gle/xX2YCC6hFgrT4nEYA> or RSVP to Mrs. Alford via email or phone. (galford@tolland.k12.ct.us, 860-870-6836)

Course Registration Workshop with Sophomores

- ▶ TODAY – Feb.8, 2024, during Eagle Block
- ▶ Handouts and PowerPoint are posted on the website.
- ▶ Registration portal will be open 2/8-2/16 for students to enter their course requests.
- ▶ Each student will meet individually with their counselor to review their course requests in March.

What can a Sophomore do NOW?

- ▶ READ
- ▶ Engage in self exploration- abilities, goals, interests.
- ▶ Get the best grades possible.
- ▶ Take the most challenging courses possible (challenging but not unrealistic).
- ▶ Be willing to refine study skills.
- ▶ Stay involved and seek leadership opportunities.
- ▶ Record activities and honors for a future resume.



What can a Sophomore do NOW?

cont.

- ▶ Use a variety of resources for gathering information.
- ▶ Plan ahead.
- ▶ Take advantage of all opportunities.
- ▶ Ask questions.
- ▶ Consider joining the business or engineering pathway.
- ▶ Keep in contact with their counselor!



Naviance

Naviance is a comprehensive K-12 college and career readiness platform that enables self-discovery, career exploration, academic planning, and college preparation for students.

THS uses Naviance to facilitate communication and collaboration among students, parents and counselors.

It allows counselors to track and analyze data about counselee's post-secondary plans.





William's Future Planning



No Path Selected

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

[Select Path](#)

Welcome to Naviance

Welcome Sophomores!

During the 2023-2024 school year, all sophomores will continue to use Naviance Student. The tools in Naviance Student will help you as you begin to think about life after high school.

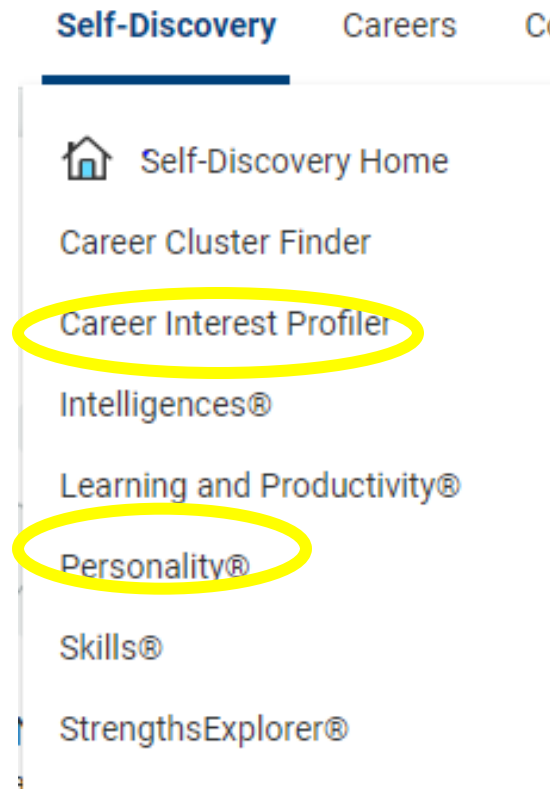
This year we will encourage you to do some self exploration using some of the self discovery tools/assessments.

You may also want to begin to do some college searching.....there are two different search components in the "Colleges" tab. Both allow you to put in preferences
[Additional Information from Your School](#)

Career Essentials

Tasks from My School

This year, sophomores completed (or will complete) the Career Interest Profiler and the Personality Assessment. Students are encouraged to complete more of the self discovery tools on their own.



Looking ahead to JUNIOR year

- ▶ Maintain a strong academic curriculum.
- ▶ Take the PSAT- October 2024.
Details in the fall.
- ▶ Encourage students to meet with the college admission reps that visit THS.
- ▶ Attend the College Planning Workshop with your student (evening program - November 2024).
- ▶ Visit college fairs and college campuses.



Upcoming THS Parent Programs

- ▶ Junior College Planning - November 2024
- ▶ Financial Aid Seminar- Fall, 2024 and Fall, 2025
- ▶ Application Workshop- Fall, 2025



Thank you for joining us.

Please do not hesitate to contact your student's counselor at any time with questions.

THS Counseling Department:

860-870-6836

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