

Seven Lakes High School

9th & 10th Grade Parent Night

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A Pathway to Success



Counseling Team

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STEPS TO SUCCESS

Where to begin...

- Classes/Grades
- Involvement
- Explore Interest
- Assessment Preparation
- Financial Planning
- Final Thoughts



CLASSES & GRADES



Classroom performance, behavior, and attendance as a high school freshman are strong indicators of a student's future academic pathway



Freshman year counts toward cumulative GPA calculations and impacts class rank.



Students should challenge themselves with KAP/AP and Dual Credit courses but Find Balance!



Make sure you choose courses that are appropriately leveled for you. Course verifications are final.



CLASSES & GRADES



Utilize tools to manage work, due dates, and grades like Canvas and Home Access Center (HAC)



Reach out to classroom teachers with questions and concerns



Develop and maintain good study habits



Attend Enrichment and Tutorials



BALANCE IS IMPORTANT



Excessive stress and lack of appropriate coping skills to manage stress are the leading cause of anxiety and anxiety disorders in teens.



According to the American Psychological Association:

- 10% say stress causes them to get lower grades than they think they can get
- 59% say balancing all their activities causes stress
- 40% say they neglect home responsibilities due to stress
- 40% say they're irritable due to stress
- 37% said stress causes them to feel overwhelmed
- 36% say they feel tired because of stress
- 30% say they feel sad or depressed because of stress



Helpful tips on managing [stress](#)





Get Involved

Academics aren't everything. Explore your interest in a sport, school club, music or drama group, or community volunteer activity.



Build Rapport with teachers, sponsors, and volunteer contacts

Students should begin to build relationships early with their teachers and counselors/advisers, so their recommenders can be excellent advocates on their road to college.



Quality over Quantity

Remember that colleges would rather see real involvement in one activity instead of a loose connection to several.



Keep track of your volunteer hours

Some organizations use a specific tracker. Other trackers- Google sheets or calendar

Student Involvement



ATHLETIC INVOLVEMENT

- If you're interested in playing sports in college, research the National Collegiate Athletic Association (NCAA) eligibility requirements.
- The NCAA requires completion of certain core courses; you can find the specifics at ncaaclearinghouse.net



EXPLORE INTEREST

College, Career, or Military

- [College Major Quiz](#)
- [Exploring Alternatives to College](#)
- [Explore Military Careers](#)

SchoolLinks

- Personal Assessments & Learning
- College/Career Explorer
- Katy ISD [Course Catalog](#)

College and Career Preparation

- [Miller Career Center](#)
- Certifications and Licensure Opportunities



ASSESSMENTS

PSAT (Preliminary Scholastic Aptitude Test)

- 10th and 11th grade students take it at SLHS in October
- 11th grade PSAT puts students in the running for [National Merit](#)
- Scores do not impact college admissions

SAT (Scholastic Aptitude Test)

- Has 3 sections- Reading, Writing and Language, Math, and an optional essay section

ACT (American College Test)

- SAT and ACT are both accepted and looked upon favorably by colleges/universities
- Has 4 sections- Reading, Math, English, Science, and an optional essay section

AP (Advanced Placement)

- AP courses deemed college-level courses
- Scores 1-5
- Scores of 4 or 5 could potentially earn college credit



ASSESSMENTS

TSIA (Texas Success Initiative Assessment)

- Determines college readiness in areas of Reading, Writing, and Math
- Required for any incoming college student unless exempted
- Exemptions can be found at [College For All Texans](#)

TOEFL (Test of English as a Foreign Language)

- Determines college readiness if English is not your first language
- Has 4 sections- Reading, Writing, Speaking, and Listening
- Register early
- Exemptions are college specific so contact college/university of interest for more information

ASVAB (Armed Services Vocational Aptitude Battery)

- Measures knowledge and ability in 10 different areas
- Identifies which [military](#) jobs are best suited for an individual
- Usually given by SLHS each fall
- Not given to every student automatically; must register

Resources

- [ACT or SAT?](#)
- [ACT](#)
- [PSAT/SAT/AP](#)
- [Khan Academy](#)

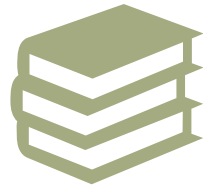


FINANCIAL PLANNING



Start Planning Now

SLHS Counselor's [Webpage](#)



Students

9th/10th grade post-secondary
[planning checklist](#)

[Scholarships.com](#)

[Unigo](#)

[Big Future](#)

[College Bound](#)

SLHS Counselor's [Webpage](#)



Parents

[Net Price Calculator](#)

[Focus on Net Price, not Sticker Price](#)

Financial Planning for [parents](#)



Final Thoughts



Counselors will meet with students every year to discuss course selections, endorsements, 4-year plan tracking, and questions students may have about the process.



Juniors will have an additional meeting in the spring to discuss preparation for the college application process.



During senior year, counselors will have senior meetings at the beginning of fall semester to answer questions and review graduation requirements



Counselors will add or remove endorsements that a student did or did not earn by the end of senior year



Counselors do not have all the answers about every college. Students and parents should be researching and/or calling admissions offices for answers.

