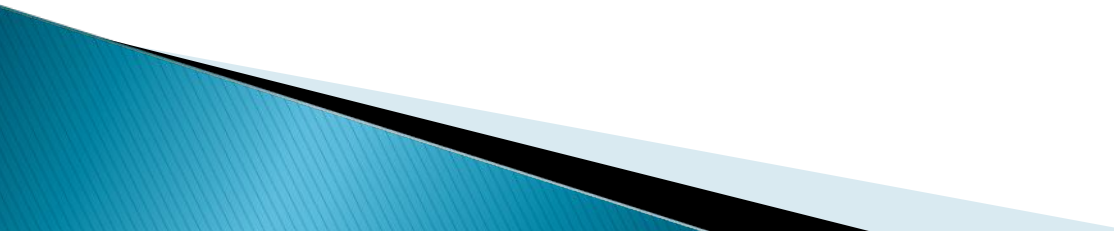


# NVTHS Sophomore Year Guidance Presentation

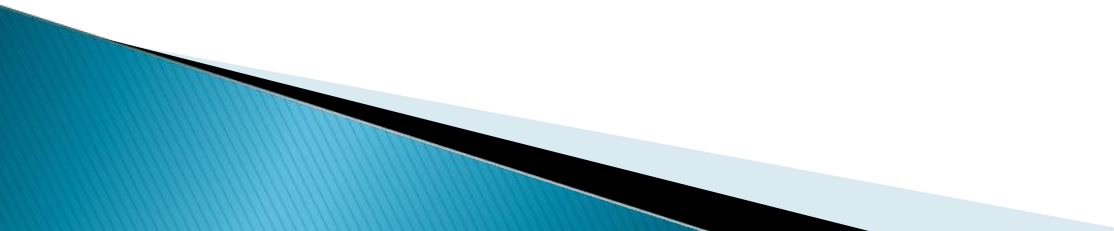


Class of 2021

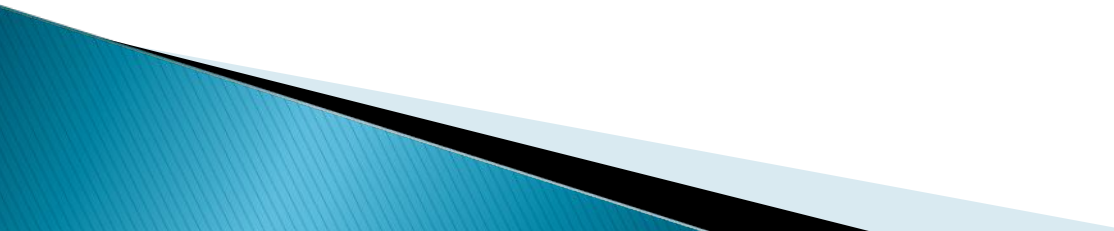
# Opportunities for You

- ▶ Join a club or sport here at NVTHS
  - ▶ Participate in after school activities and community service (20 hours are required)
  - ▶ Get an after school job
  - ▶ Get your Driver's Permit
  - ▶ Start thinking about Cooperative Placement (Co-Op) for next year
  - ▶ Start thinking about Dual Enrollment for next year
- 

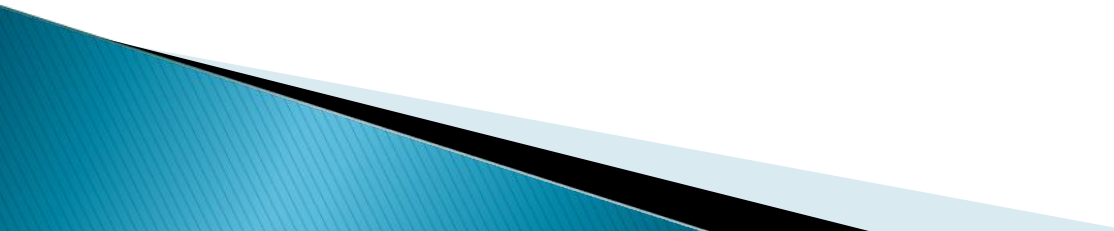
# Sophomore Year is VERY IMPORTANT

- ▶ Your GPA (grade point average) is an average of every final grade that you have received for your four years at NVTHS – If you didn't do so well your freshman year, **START NOW!**
  - ▶ Challenge yourself through honors and advanced placement courses (these are weighted)
  - ▶ GPAs are one of the main factors that colleges look at when they decide to accept students
- 

# Resume

- ▶ **Resumes should include:** school activities (clubs, committees, etc), athletic activities, community activities and service, special awards and recognitions, and work experience
  - ▶ Build your resume: colleges and jobs both want to see that you are involved in school and your community!
  - ▶ Start thinking about building your resume **NOW**, so that you do not forget all the great things you have done as your years go by.
- 

# Community Service

- ▶ Each year, as a student of NVTHS, every student is required to complete 5 hours of community service.
  - ▶ That means that if you have been a student at our school since Freshman year, you must attain a total of 20 hours of community service in order to graduate.
  - ▶ Community Service log sheets can be found in Student Services. Just fill one out and turn it into Ms. Benedict (Student Services Administrative Assistant), to receive credit for your service hours.
- 

# Apply To Be A Viking Mentor!

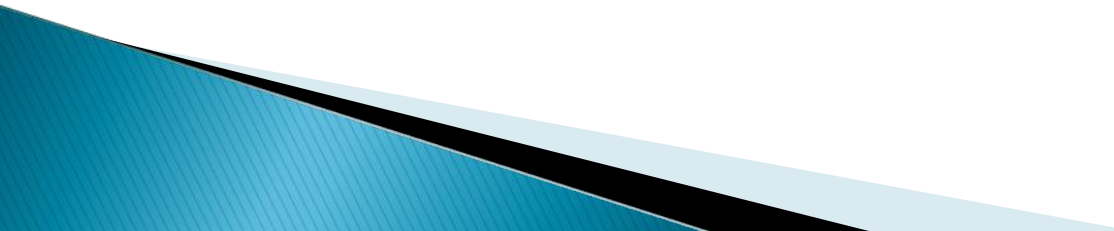
- ▶ Viking Mentors volunteer their time to help the incoming freshmen class adjust to the high school setting
- ▶ Mentors are matched with freshmen and are responsible for contacting them throughout the summer and school year
- ▶ Application Process
  - Application, Essay
  - Interview
  - No discipline issues
  - Good grades
  - Teacher Input
  - Positive personality!

# Testing

- ▶ MCAS – you will do great!
- ▶ PSATs – preparing you for the SATs



# Cooperative Placement

- ▶ Co-Op is an option for you in the middle of junior year and all of senior year
  - ▶ You must keep in mind that your participation in Co-Op relies on your overall grades, attendance, discipline record, and recommendation from your academic and technical program teachers
  - ▶ Speak with Mr. J. **next school year** about possible co-op opportunities with area companies who look to hire Nashoba students upon graduation.
  - ▶ Practice your interview skills
- 



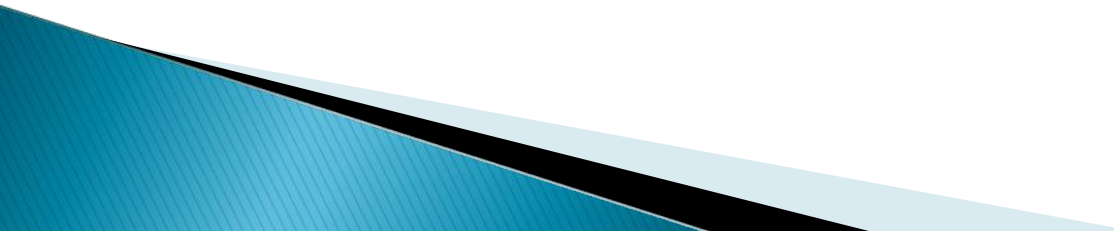
# Dual Enrollment

- ▶ Dual Enrollment is an option available to juniors & seniors
- ▶ While still retaining your standing at NVTHS, you can “dual enroll” in one of our local colleges: Middlesex Community College, Mt. Wachusett Community College, or Fitchburg State
- ▶ If interested, please attend our Dual Enrollment meeting in the Spring, when applications will be available for you to fill out. **APPLICATIONS ARE DUE IN EARLY MAY.**
- ▶ Your participation in Dual Enrollment is based on a number of factors: Please see the student handbook.
- ▶ By participating in Dual, you can earn your NVTHS diploma while earning enough credits to earn an Associates Degree
- ▶ Students out on dual during their senior year **do not** have to complete the senior paper/presentation.

# Dual School Comparison

Name of School	Cost (Ranked least – most exp. 1-4)	Course Sign-Ups	Accuplacer
Middlesex Community College (Lowell & Bedford)	1	Sign up with the rest of the students	Needs “College Level” for math and English
Fitchburg State University (Fitchburg)	2	Sign up after <b>ALL</b> other students	Needs “College Level” for math and English
Mount Wachusett Community College (Gardner & Devens)	3	Sign up with the rest of the students	Needs “College Level” for math and English
UMASS Lowell (Lowell)	4 – Costs the same as going there as a freshman, but with no access to FAFSA	Not sure, we have never had a student attend	Needs “College Level” for math and English

# Accuplacer Exam

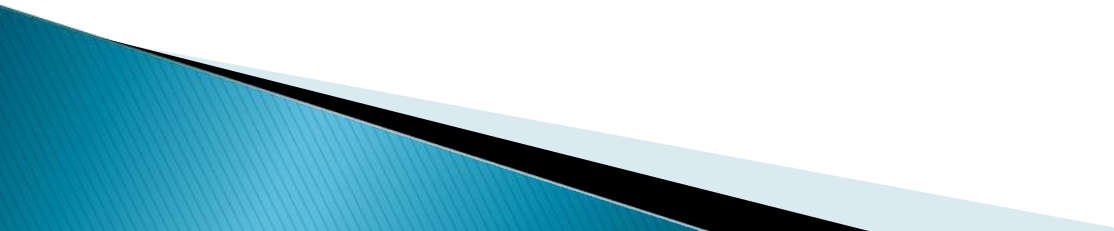
- ▶ The Accuplacer exam is given to our junior class every April at NT, and is administered by people from MCC. If you are interested in taking the Accuplacer as a sophomore: please sign up with Mr. Nardi-Williams ASAP.
  - ▶ If you are considering Dual Enrollment, your results from this test will affect your eligibility to attend at MCC or MWCC.
  - ▶ You may prepare for the exam ahead of time with **FREE** testing materials. Please see Mr. Nardi-Williams for access to them.
  - ▶ If you are unhappy with your test scores, you may take the test up to three times per academic calendar year.
  - ▶ The test includes a reading, writing, editing (English) section and a tiered math section. If you do not do well on the first math section, you do not get access to the second part of the test. The test begins with very basic math so it is a good idea to relearn some material you may have forgotten.
- 

# Looking Towards Senior Year...

## Graduation Requirements

- ▶ To earn a diploma from Nashoba Valley Technical High School all students must meet state MCAS requirements and complete the following:
  - English 4 years
  - Mathematics 4 years
  - Science 4 years
  - Social Studies 4 years
  - Physical Education 4 years
  - Technical Program 4 years
- ▶ Community Service: 5 hours per year (total of 20 hours)
- ▶ Payment of Class Dues: \$20 per year (total of \$80)
- ▶ Completion of senior project and senior presentation
- ▶ Attendance

# World Language Requirements

- ▶ Here at NVTHS we offer Spanish as a World Language of study.
  - ▶ Many 4-year universities require that a student complete, two consecutive years or a World Language.
  - ▶ Additionally, there are online BYU courses available for students to take in many other languages. The courses cost money and are to be done online on your own time. See Student Services for more details if you are interested.
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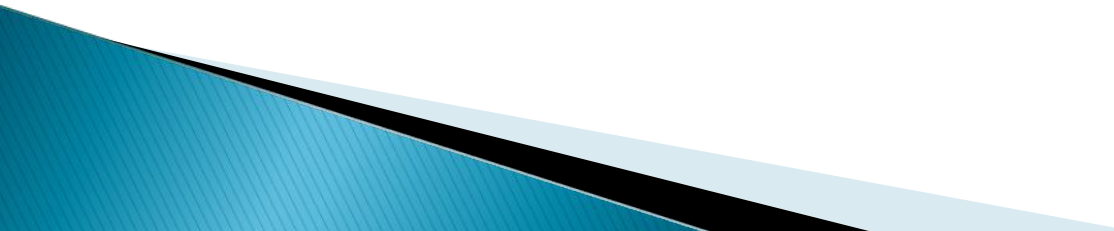
# The time after the bell rings...

- ▶ Use your time after school wisely to participate in after school activities. Join a club, or a sports team.
- ▶ If you need additional help, see your teacher after school on Tuesday and Thursday from 2:30–3:30.
- ▶ Set up an appointment with your guidance counselor to see one of us.
- ▶ Get a part-time job! Do some community service!
- ▶ Spend your time building your resume in a variety of ways, in order to diversify your skills and experiences.
- ▶ You can begin taking Driver's Ed in 10th Grade, depending on your age. If you would like an application, they are available in the security booth. Classes are held at NT hosted by Townsend Auto School.

# Start Thinking About Life After High School...

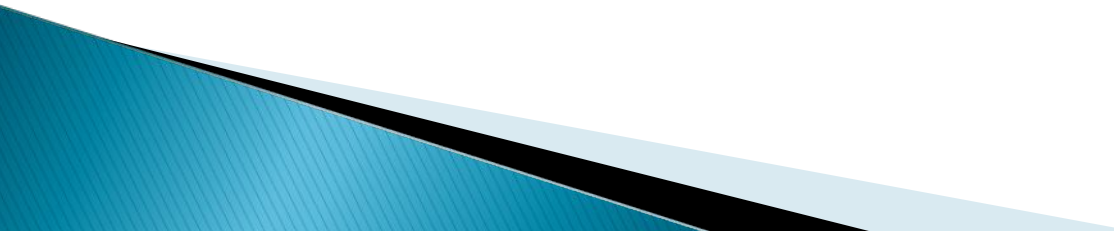
- ▶ **College**
    - 2 year community college
    - 4 year school
  - ▶ **Working**
  - ▶ **Military**
  - ▶ **Post Graduate Program**
- 

# College Search

- ▶ [www.collegeboard.org](http://www.collegeboard.org)
  - ▶ Filters on the left include selectivity, type of school, location, majors, sports, etc.
  - ▶ Visit schools & Attend College Fairs
  - ▶ Narrow down the search to less than 10 schools including *safety* and *reach* schools
  - ▶ Speak to College Representatives
- 



# Entering the Workforce

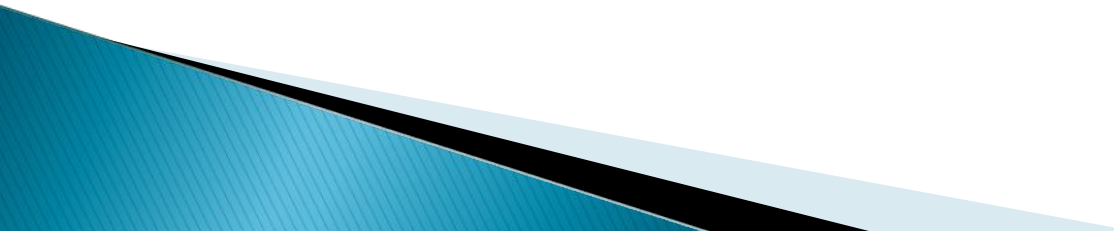
- ▶ If you are planning on entering the workforce after high school, use your resources to get your foot in the door now
  - ▶ Go out on Co-Op!
  - ▶ Ask adults who know you well to be your references
  - ▶ Practice your interview skills
  - ▶ Build your resume!
- 

# United States Military Service

- ▶ If you are interested in the military, do some research – speak to the representatives (don't sign anything until you are sure!)
- ▶ Sign up to take the ASVAB your junior year to discover what military careers may be most suitable for you.



# Post Graduate Program

- ▶ If you decide after graduation that you want to gain experience in a different technical program, NVTHS offers a Post Graduate Certificate Program.
  - ▶ Students are able to pursue certification in one of our 20 programs. Successful completion of Post Graduate programs will qualify the student to earn state and national certifications.
  - ▶ As a resident of our district, You are able to participate **TUITION-FREE!**
- 

# Additional Questions?

- ▶ We will be meeting with seniors individually to discuss your plans and help you with anything that you need. Feel free to email us or come to Guidance with any questions along the way!
- ▶ Student Services
  - Ms. Lamond: Guidance Counselor, A–F:  
[jlamond@nashobatech.net](mailto:jlamond@nashobatech.net)
  - Mr. Spencer: Guidance Counselor, G–N:  
[aspencer@nashobatech.net](mailto:aspencer@nashobatech.net)
  - Mr. Nardi–Williams: Guidance Counselor, O–Z:  
[jnardi-Williams@nashobatech.net](mailto:jnardi-Williams@nashobatech.net)
  - Ms. Callahan: Coordinator of Guidance & Admissions
  - Ms. Gilgun: School Psychologist
  - Ms. Benedict: Student Services Secretary