

Skyview High School
1775 High Sierra Blvd.
Billings, MT 59105



Aug. 2020

Dear Skyview Sophomores and Parents:

Congratulations, you made it through your freshman year! We hope your sophomore year will be amazing. This letter is lengthy, but packed with helpful information. Please invest your time now for a smooth transition after high school, which really is not that far off! This letter will also be on-line on our Counseling Dept. website look under parents/students and choose Sophomores.

ACADEMICS/ATTENDANCE- *School is your job.* Being on time, being attentive and getting your work done on time are critical to your success; not just in school but in your future career as well. Continue to check your grades on PowerSchool regularly. Communicate with your teachers. Remember we are here to assist you with your needs. Please come see us! Students who fail courses usually do so for one of two reasons- not turning in work and/or not attending regularly.

COUNSELING SERVICES: In our practice, we promote the foundation for life-long learners and productive citizens by way of providing curriculum in the areas of academic, career, and personal/social life skills. We advocate for our students in collaboration with their parents and staff. We offer initial crisis intervention with assistance to referrals to outside services. We can advise techniques for coping and resiliency skills. Please come to us for personal assistance or if you are concerned about another person. Our long term goal is to assist students in applying critical thinking skills to communicate in complex situations and to advocate for themselves and others.

APPOINTMENTS- We are here for you, both parents and students. You can e-mail us, call us or make an appointment. To make an appointment or find out our contact information go to Skyview's website and under department choose Counseling Center. There you can click on the "Make an Appointment" button or click on the "Counseling Staff" button for our contact information. There may be times we are in classrooms or meetings, so we encourage you to make an appointment and not just drop by. We do not want to waste your valuable time.

POST SECONDARY PLANNING: While you may think you have lots of time before you leave Skyview, the time will go fast and we encourage you and your family to start **planning** for the future. Further education or training beyond high school is the most important step for success in today's society. There are many options for postsecondary training; on the job training, certificates, Associate's degrees, or Bachelor's degrees. Consider your own strengths and interests, financial resources, academic ability and personal goals. Learn about the job market, various career choices, volunteer opportunities, and about the colleges or training programs that seem best for you. The guidance office offers a wealth of information regarding post-secondary opportunities, but ... you and your parents should use these resources.

RESILIENCY POLL: Last year we gave our Sophomores the Resiliency Poll. We received very positive feedback from families and we gathered school wide data to identify areas of improvement for Skyview to address. Watch for more information.

VOLUNTEER/LEADERSHIP -This is a great year to build your resume with volunteer, activities and leadership opportunities. Make sure to **TRACK ALL** your activities, volunteer hours, work and awards. Watch for opportunities advertised; but come tell your counselor if you are interested in being considered for these, and we will keep a list to contact you. One opportunity is RYLA camp, which is sponsored by the

ROTARY club. Watch for this opportunity in the spring and others by checking our Counseling Center website.

TESTING -PSAT- The PSAT is a practice for the SAT and also the only way to qualify for the National Merit. You can only qualify your Junior year, but this test is open to Sophomores. If you want to take the PSAT as a practice for your Junior year, you may. The PSAT will be given on Oct 16th. The cost is \$18, sign-ups begin Sept 23rd, and the deadline to sign up is Oct. 8th at 3 pm. We ordered 50 PSAT tests, sign-ups are on a first come first serve. Students who meet required financial qualifications may get the PSAT fees waived. See your counselor.

Once you take the PSAT you can link into FREE Khan Academy Test Prep for the SAT. This opportunity will link your test results and set up test prep designed to further your advancement. Data from last year showed students who spent 20 hours on the test prep increased an SAT test score of 120 points!

PRE-ACT - All sophomores will have the opportunity to take the PRE-ACT on March 23. This test is a practice for the ACT, which will be given to all students in their junior year. There is no charge for this.

MILITARY – If you are considering the military, either full time or ROTC (to pay for college), recruiters come in a variety of times or if you request we can set up a meeting. If you plan to go the ROTC route, you will want to begin the process your junior year. If you are thinking of going to a **military academy**, please see your counselor. You will want to concentrate on doing well academically and getting involved in athletics or activities. To enter the military, you will need to take the **ASVAB** (Armed Services Vocational Aptitude Battery) test which measures job related aptitudes. It is open to any student in their sophomore to senior year. The ASVAB test is planned to be given at Skyview on Wednesday, April 7, during class periods 1, 2, and 3. Students need to sign up in the Counseling Center by March 31th at 3 pm. There is no charge for this test. Please be aware that ASVAB scores are valid for only two years.

COLLEGE VISITS – Students are encouraged to do **official** college visits. It is never too early to do college visits!

NCAA/NAIA- If you have any desire to play a collegiate sport, your sophomore year is the year to apply to the NCAA or NAIA. . There are requirements on course units, GPA and ACT test scores to meet eligibility.

DUAL CREDIT/AP/COLLEGE COURSES: One great way to save money is to take advantage of the free or significantly reduced post secondary courses available. We offer a wide variety of courses whether the post secondary plan is 4 year college, 2 year college, trade school or certificates! Build a plan, using the next three years, to get a head start on your post secondary goals!

CERTIFICATE/APPRENTICESHIP/TRADE PROGRAMS- We encourage you to look at all options of postsecondary education! Certificates, apprenticeships and trade programs can lead to many high salary, high demand careers in a short duration of time with less debt. Our own Adult Ed. offers a variety of certificate programs. Use this year and your senior year to take courses within BPS schools to get a jump start on your course loads. Even students who plan to go into a 4 year program should consider training in these areas. You can earn a competitive wage as you work going to school OR these programs can give you a leg up as you compete to enter competitive degrees! Sophomore year is a great year to research these and use your last two years of high school to the fullest.

JOB SHADOW- We encourage you to enhance your resume and learn more about career opportunities you may be interested in pursuing. Please contact our Career Coach, Ms. Watson, for more information.

GOOGLE CLASSROOM: The Skyview counseling department will use Google Classroom to share information and documents. Students log into the Senior Classroom in the Counseling Classroom to access all this information. Use code k7efub5

STUDENT EMAIL: In order to prepare you for post secondary life, professional communication. We will also communicate with students via their email. Students now have new accounts, they will need to log into their new email. They can access their new email account by firstname.lastname@billingsstudents.org. They will use their student ID as a first time password. If they have a 5 digit ID, put 3 0's in the front. We encourage students to check their email frequently.

As counselors, we are here to help you with your future plans, as well as with academic or personal concerns. We hope you will seek us out and make good use of our resources.

COUNSELORS

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