



10th Grade Parent Workshop

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Sophomore Year Happenings:

- Students should focus first and foremost on academic success
- Extra-curricular activities: athletics, clubs, music, employment and community service
- Progress reviews and course advisement with counselors in early 2023
- Counselors facilitate Naviance classroom workshops in the Spring



Academics

- Most important factor in college admissions is the transcript
- Students should take most rigorous courses appropriate



Support is available:

Office hours

Academic Center

Tutor Team

[Khan Academy](#)

Learning Institutes

[Tutor.com](#) - Free! You just need a library card!

Course Advisement



- All students will meet with their counselor individually
- Teachers will make recommendations for next year's classes
- Curriculum Guide
- A copy of student selections and our open enrollment policy will be shared in the Spring



- Students will continue to explore careers using Naviance
- Students will complete the inventory and make connections to related career fields
- Naviance is a great tool for college searches, career research, personality tests, college comparisons, resume building and much more!



For more BOCES
information click [HERE](#)

- Two-year half-day Career and Technical Education
- Students attend AM or PM sessions
- AM students leave TZHS at 7:25am and return at 10:45am allowing them to attend periods 5-9
- PM students leave TZHS at 11:19am and return at 2:45pm allowing them to attend periods 1-4

Everyone's favorite subject!



College Admissions Exams

Which one is right for you?

- Pre-ACT was given here on Oct 19th (abridged version of the ACT)
- Results handed out during course advisement
- The PSAT is given in Oct of 11th grade
- Students typically take the ACT and/or SAT in Spring of 11th grade (depending on math levels)
- Appropriate testing plans will be discussed with your child's counselor
- The best prep for students is their current coursework

PreACT[®]

PSAT

ACT[®]

SAT[®]



Mental Health Resources

- [TZHS Mental Health Website](#)

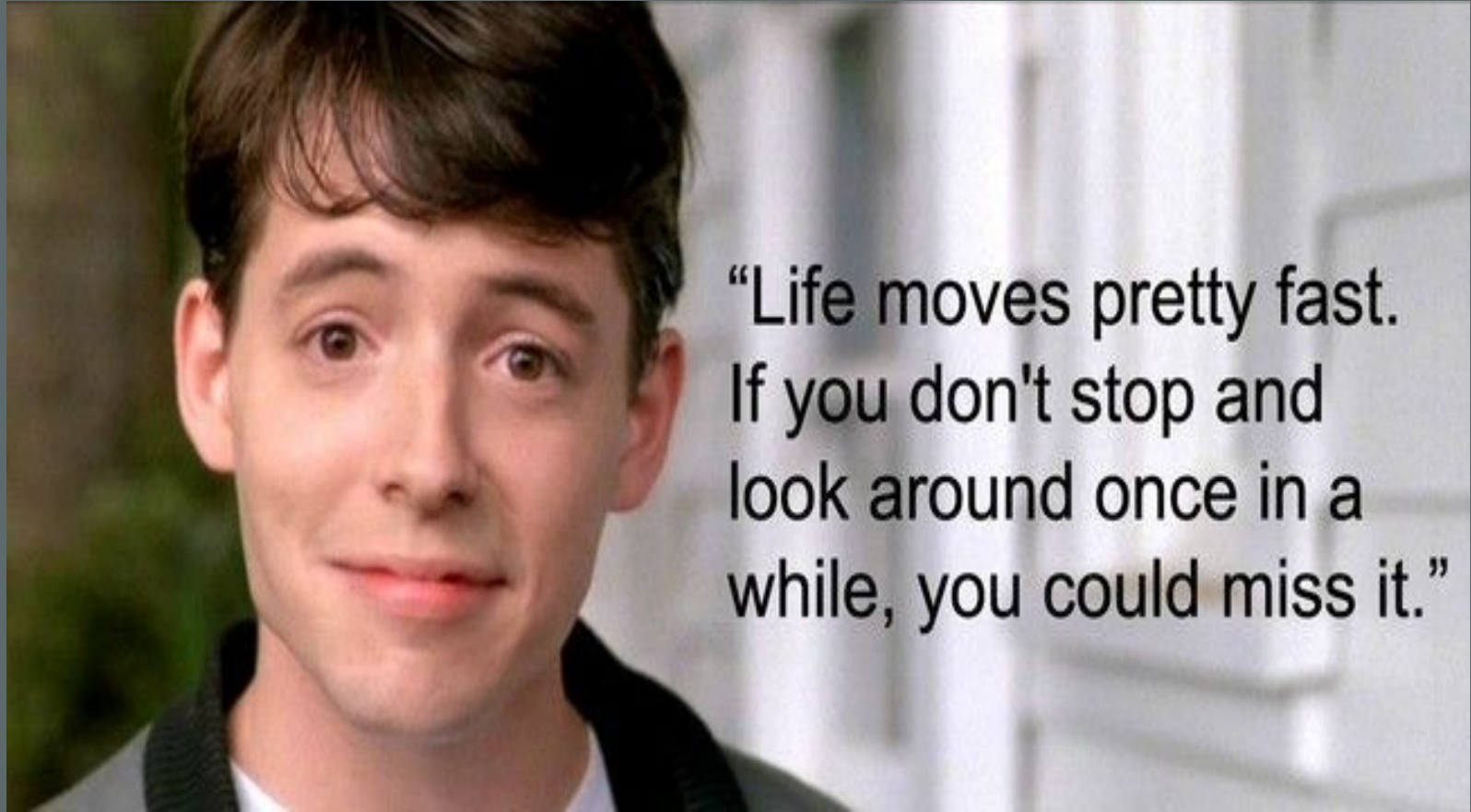
Topics:

- ★ Anxiety / Depression
- ★ Eating Disorders
- ★ Grief
- ★ Mindfulness / Coping Strategies
- ★ School Refusal
- ★ Study Skills
- ★ Substance Abuse

Resources:

- ★ [Community Mental Health Resources](#)
- ★ [Teen Health and Wellness](#)





“Life moves pretty fast.
If you don't stop and
look around once in a
while, you could miss it.”

Q and A



We are here for you!

Email us with any questions or concerns and

check out our  and  accounts

and our [TZHS Counseling site](#)

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