

Sophomore Family Night

Planning for High School and Beyond



Learning Intentions

We want you to learn and understand:

- Diploma Types and Graduation Requirements
- How to read your student's transcript?
- Post High School Options
- Four Year Planning Supports at CHS
- General School Supports at CHS
- School to Career and Future Center Resources





Advisor

Students meet in Advisory four times per week with their Advisory teacher

Advisory topics include: self-exploration, goal setting, academic and post-high planning, and community building

Advisors will share general information and updates about the Caldera Wolfpack community

Counselor

Counselors deliver curriculum to 9th and 10th grade students and parents in regards to: academic planning, college/career exploration and social/emotional development.

Counselors meet individually with every 10th grade student (parents invited!) to discuss/update high school graduation plans and post-high school goals.

Counselors are a source of support for academic, college, career and social/emotional needs and can be easily accessed by students throughout the school day in the counseling office

Each CHS student is assigned an advisor that they will have during their time at Caldera. Every advisor is paired with a counselor that will support those advisory students with academic, social/emotional and college/career development throughout high school.



Assigned Counselor

Counselor: CALBREATH		Counselor: ZAVALA	
Grade		Grade	
10	Crummett	10	Dierdorf
10	Glogau	10	Gemignani
10	Parsons	10	Fendall
10	Trakselis	10	MacKelvie
10	Tucker	10	Meyers
10	Wolford	10	Matthias



Basic Academic Information

- Semester courses earn .5 credits each
- Advisory earns .25 credits per semester
- Students at Caldera can earn up to 7.5 credits per year
 - 7 classes per semester (7.0 credits)
 - Yearlong Advisory (.5 credits)
- Grading Scale:

Letter Grade	Point Scale
A	90-100
B	80-89
C	70-79
D	60-69
F	50-59



Graduation Requirements- Academic

Subject	Credit Requirement
Language Arts	4.0 credits
Mathematics	3.0 credits
Social Studies including: <ul style="list-style-type: none">• World History• US History• Gov and Financial Lit/Econ	3.0 credits
Science	3.0 credits
CTE/World Language/Fine Arts	3.0 credits
Health	1.0 credits
PE	1.0 credits
Electives	8.0 credits



Graduation Requirements- 4.0 credits of Language Arts

Grade Level	Course Options
9th Grade	Literature and Comp 1
10th Grade	Literature and Comp 2
11th Grade*	Literature and Comp 3 AP English Language
12th Grade*	Literature and Comp 4 AP English Literature

* tentative plan for the 2022-24 school years



Graduation Requirements- 3.0 credits of Mathematics

Course Pathway			
9th Grade	10th Grade	11th Grade	12th Grade
Integrated Math 1 DI Integrated Math 1	Integrated Math 2 DI Integrated Math 2	Integrated Math 3	Pre-Calculus* AP Statistics*
Integrated Math 2 DI Integrated Math 2	Integrated Math 3 DI Integrated Math 3	Pre-Calculus* AP Statistics*	Pre-Calculus* AP Statistics* AP Calculus*
Integrated Math 3 DI Integrated Math 3	Pre-Calculus* AP Statistics* DI Pre-Calculus	Pre-Calculus* AP Statistics* AP Calculus*	Pre-Calculus* AP Statistics* AP Calculus*

* tentative plan for the 2022-24 school years



Graduation Requirements- 3.0 Credits of Social Studies

Grade Level	Course Options
9th Grade	World History (BSH/SHS)
10th Grade	Not Required DI Historia de las Américas
11th Grade*	US History* AP US History*
12th Grade*	Government* Financial Lit/Econ* AP Government* Honors Economics*
Social Studies Elective Options	AP Human Geography AP World History AP Psychology*

* tentative plan for the 2022-24 school years



Graduation Requirements- 3.0 Credits of Science

Grade Level	Course Options
9th Grade	Physical Science (BSH) Biology (BSH/SHS)
10th Grade	Chemistry
11th Grade and 12th Grade*	Biology Environmental Science Physics AP Biology AP Physics 1 AP Chemistry

* tentative plan for the 2022-24 school years



Graduation Requirements- 3.0 credits of CTE/FA/WL

- Career Technical Education
 - Construction
 - Engineering***
 - Business
 - Health Sciences***
 - Video and Graphic Arts
 - Computer Science*
- Fine Arts
 - Drawing/Painting**
 - Mixed Media
 - Sculpture
 - Ceramics
 - Photography
- Performing Arts
 - Band
 - Orchestra
 - Choir
 - Theater
- World Languages
 - Spanish**
 - French**
 - Chinese

* tentative plan for the 2022-24 school years

** AP options planned

***Dual Credit Options



Graduation Requirements- Health and PE

Grade	Health (1.0 credits)	PE (1.0 credits)
9th Grade	Health 1	1 semester
10th Grade	Health 2	1 semester
Physical Education Options: Team Sports, Weights, Low Impact/Yoga		



Graduation Requirements- 8.0 Elective Credits

- Any credit that goes above and beyond in a core subject requirement
- Electives at CHS
 - Teacher Assistant
 - Peer Mentor
 - Yearbook
 - Leadership
- Alternative Elective Credit Options
 - Work Experience
 - Volunteer Credit
 - Internship
 - Industry Program



Alternative Credit Options

- Core Classes and Electives
 - Bend La Pine Online
 - Dual Credit/Community College Classes

- Elective Credits
 - Driver's Ed
 - Work Credit
 - Internship
 - Volunteer Credit



Graduation Requirements- Honors Diploma

Subject	Credit Requirement
Language Arts	4.0 credits
Mathematics	4.0 credits
Social Studies including: <ul style="list-style-type: none">• World History, US History, Gov and Financial Lit/Econ	3.0 credits
Science	4.0 credits
World Language (consecutive)	2.0 credits
CTE/FA	1.0 credits
Health	1.0 credits
PE	1.0 credits
Electives	7.0 credits



Honors Diploma Capstone Requirements

- What is a capstone?
 - Advanced Placement (AP) Level Courses
 - Highest Level Course in an Elective/CTE Pathway
- Capstone Classes are generally taken during 11th and 12th Grade
 - Most students decide on honors diploma at the end of their 10th grade year
- 5.0 credits of the 27.0 credits must be earned with a CAPSTONE class
 - 3 of which need to be an AP course



College Admissions Requirements- Academic

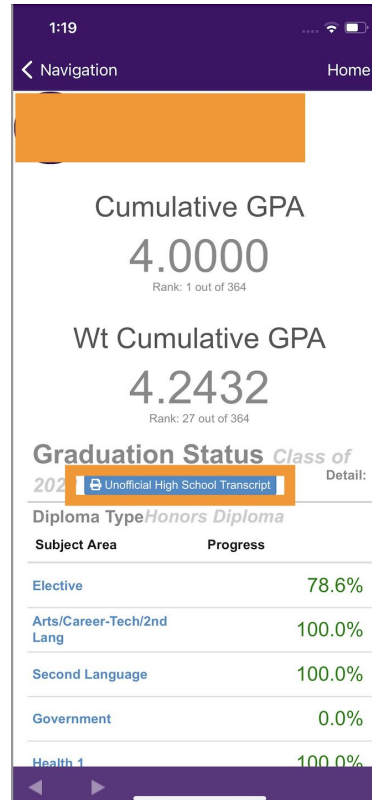
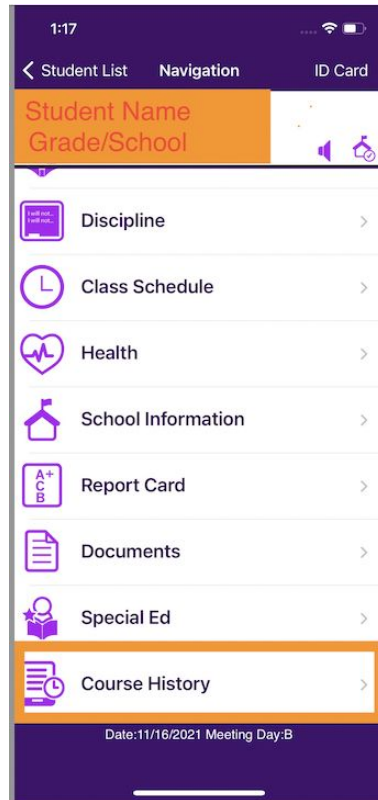
Oregon Public Four Year Institutions	Credits
English	4.0 credits
Math	3.0 (though IM 3 or Algebra) *Recommended 4.0 credits
Science	3.0 credits
Social Studies	2.0 credits
World Language	2.0 credits

Additional Requirements to Consider

- C- or higher in all classes
- Out-of-State and Private Schools may have different requirements



ParentVue: Course History



Student Name ██████████				Bend - La Pine Schools Caldera High School Accredited by the Northwest Accreditation Commission				Caldera High School SE 15th St Bend, OR 97702			
Perm ID ██████	State ID ██████	Grd <input checked="" type="checkbox"/>	Gen <input checked="" type="checkbox"/>	Diploma Type Academic Diploma				Phone 541-355-5000		Fax	
Date Of Birth ██████████				Graduation Date				Counselor Calbreath, Jess M.			
Mailing Address ██████████											

Subject	Course Title	Mark	Cred	Cmp	Subject	Course Title	Mark	Cred	Cmp	Graduation Requirements - Credit Summary													
Caldera High School										Subject Area	Req'd	Comp	WIP	Needed									
Yr: 2020	Term: S1	Grade: 09			Yr: 2021	Term: S1	Grade: 10			Elective	8,000	0,000	2,500	5,500									
FA	Graphic Arts 1	B	0.500		Literature and		0.000		Art/Career-Tech2nd L	3,000	2,000	1,000											
FA	Spanish 1	A+	0.500		Composition 2		0.000		Government	0,500	0,000	0,500	0.500										
LA	Literature and	B	0.500		Integrated Math 2		0.000		Health 1	0,500	0,500												
	Composition 1 Honors				Team Sports		0.000		Health 2	0,500	0,000	0,500											
MA	Algebra 1	B	0.500		Chemistry 1		0.000		English/Language Arts	4,000	1,000	1,000	2,000										
PE	Court Sports	A+	0.500		Cred Cmc:	GPA:			Mathematics	3,000	1,000	1,000	1,000										
SC	Physical Science	C-	0.500		Caldera High School				Physical Education	1,000	0,500	0,500											
WS	Modern World History Honors	C	0.500		Yr: 2021	Term: YR	Grade: 10			Science	3,000	1,000	1,000	1,000									
	Cred Cmc: 3.500	GPA: 3.0000					Advisory		0.000	Social Studies	0,500	0,000	0,500										
							Cred Cmc:	GPA:		US History	1,000	0,000	1,000										
							Cred Cmc:	GPA:		World Studies	1,000	1,000											
Yr: 2020	Term: S2	Grade: 09			Yr: 2021	Term: S2	Grade: 10			TOTALS	26,000	7,000	7,500	11,500									
FA	Child Development/ECE 1	A-	0.500		Drawing and Painting 1		0.000																
FA	Spanish 1	C+	0.500		Ceramics 1		0.000																
H1	Health 1	B+	0.500		Spanish 2		0.000																
LA	Literature and	B-	0.500		Literature and		0.000																
	Composition 1 Honors				Composition 2		0.000																
MA	Algebra 1	P	0.500		Integrated Math 2		0.000																
SC	Physical Science	B-	0.500		Main Office Assistant		0.000																
WS	Modern World History Honors	B-	0.500		Chemistry 1		0.000																
	Cred Cmc: 3.500	GPA: 3.0000					Cred Cmc:	GPA:															
Work In Progress				Attendance				School Year				School Name				Membership				Absences			
Caldera High School																							
Yr: 2021	Term: YR	Grade: 10																					
	Advisory		0.000																				
	Cred Cmc:	GPA:																					
	Cred Cmc:	GPA:																					
Caldera High School																							
Yr: 2021	Term: S1	Grade: 10																					
	Introduction to the Arts		0.000																				
	Spanish 2		0.000																				
	Health 2		0.000																				
Continued on next column...																							

Mod. = Modified Course

W = Weighted R = Repeated to improve grade

Grade Point Scale			GPA Summary	
Mark	Req.	Wtd.	Wtd Cumul GPA	Cumulative GPA
A	4.0	5.0	3.0000	3.0000
B	3.0	4.0		
C	2.0	3.0		
D	1.0	2.0		
F	0	0		
P	0	0		
NP	0	0		
W	0	0		
NC	0	0		
Enter Date ██████			Class Rank	
Leave Date			Graduation Date	
Class of 2024				

NOTES

Credit Check?

Caldera Graduation Worksheet (Academic)

Student Name: _____ ID: _____
Last First

Student Personal Email: _____ Student Phone #: _____

Student must complete a minimum of 26 credits and complete all subject requirements

= .5 credits/1 semester

English (LA) 4.0 credits

Math (MA) 3.0 credits

Science (SC) 3.0 credits

History and Social Science 3.0 credits

World History (WS): U.S. History (US): Financial Literacy/Econ: Government (GV):

Foreign Language/Fine Arts/CTE(FA) 3.0 credits

Physical Education (PE) 1.0 credits

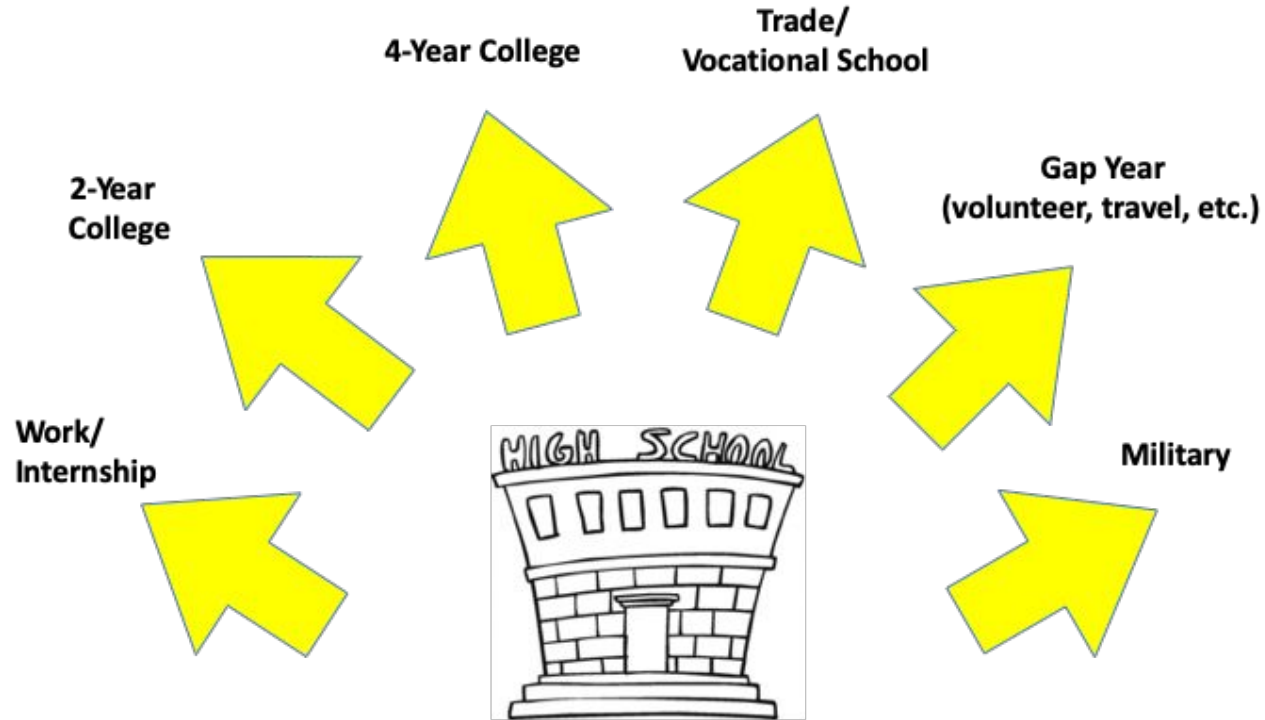
Health 1.0 credits

H1 H2

Electives (EL) 8.0 credits



What is next? Post- High School Options



CALDERA SOPHOMORE YEAR TIMELINE



SUMMER

- Attend Summer School if you need to make up for any core class that you need for graduation or college eligibility
- Explore interests, colleges and/or careers
 - Rest, relax and have fun
- Attend “The Pack is Back” day

FALL

- Review your class schedule and revise graduation and college requirements to ensure that you are on track
- Continue to focus on your courses and do your best!
- Check in and share progress with your advisor
- Attend sophomore conferences that is scheduled with your counselor (November–March): come prepared with questions
- Take any practice SAT/ACT opportunities
- Continue participating in activities of interest
 - If interested, and if time permits, consider taking on leadership roles in areas that most interest you

SPRING

- Spring semester is a fresh start! Now that you have one semester under your belt, continue what is working, tweak what isn't and work towards your goals
- Take any practice SAT/ACT opportunities
- Attend sophomore conferences that is scheduled with your counselor (November–March): come prepared with questions
- Forecasting Days in April: you will be able to select the classes you want to take the next school year based on your interests (elective classes) and graduation/college requirements (see counselor with questions)
- If you are pursuing an honors diploma, make sure you have completed the honors diploma application that is available on our website or in the counseling office
- In late spring (March), enroll in Summer School if you need make up for any D or NG in a core class

OTHER SUGGESTED ACTIONS

Visit the Future Center for Support and Guidance on:

- How to use SCOIR to identify and connect the colleges that are a right fit for you
- Personality and Career Assessments
- STC Work/Volunteer Credit
- How to write a resume?

Explore career and college options

- Explore careers that match your interests and learn what type of education you will need
- Visit college campuses or take a virtual tour
- Think about and make a list of what most interests you in a college

Learn how to pay for college

- Learn about financial aid and other options to pay for college
- Make a list of scholarships and apply, as soon as possible, to the one you qualify for

Get Organized and reach out for help

- To help you stay organized, download and use Oregon goes to College's templates and resources
- Create a file of important documents
- Create a list of activities and/or accomplishments for college applications, including volunteer work
- Connect with a counselor, teacher, mentor or program in your school and community

HELPFUL RESOURCES

Oregon Goes to College

<https://oregongoestocollege.org>

This website is a good resource for information about getting ready for education beyond high school. Learn how to prepare, explore, apply, pay, and go to college.

OSAC

<https://oregonstudentaid.gov>

Learn about Oregon's state financial aid programs including the Oregon Opportunity Grant, Oregon Promise, and OSAC scholarships.

Big Future

<https://bigfuture.collegeboard.org>

Find the right college for you and learn how to prepare for college

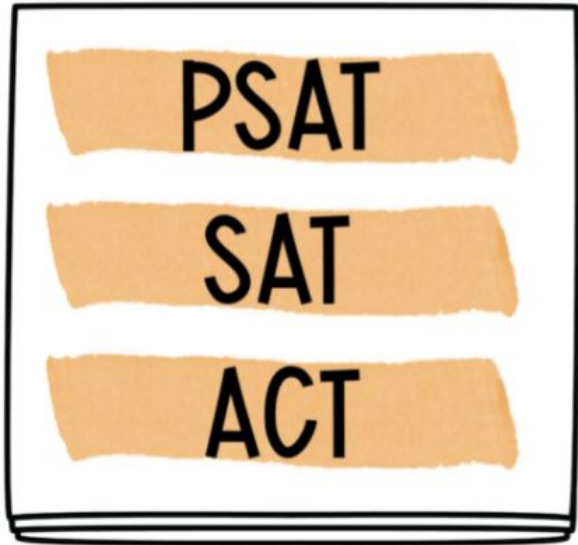
College Scorecard

<https://collegescorecard.ed.gov>

Search and compare colleges regarding graduations rate, average annual cost, Fields of study offered, salary after completing, and more.



Standardized Tests



- What are they?
- Do I need to take them?
- How do I sign up?



Scholarships and Financial Aid

- You really won't do most things pertaining to applying for scholarships and financial aid until senior year....however, here are some tips for students:
 - Find your **passions outside of academics** and invest time into them. These will give you great things to write about or elaborate on for your essays!
 - **Get to know your counselor**...the more they know about you the better they can help you navigate this process
 - Take advantage of the **Future Center Resources**
 - Start looking at scholarship opportunities as many don't change from year to year
 - e.g.: College specific scholarships, FastWeb.org, Future Center
 - Oregon Promise Grant is a fantastic opportunity for all students. It is important to have a plan A, B, C and D!



Sophomore Conference

- 30-minute individual conference with counselor and student (parent virtual attendance is encouraged)
- Meetings scheduled November to March
 - Each counselor has approx. 150 conferences, so it takes a while
- About 2 weeks before the students' conference, you will receive a postcard in the mail with the conference day and time
 - Reminder in Advisory as well!



Sophomore Conference Topics

- Individual academic planning
- Post-high school options and planning
- Extracurricular interests and connection
- Social/Emotional Check In

Caldera High School Planning Record <small>**All courses subject to course availability**</small>					
Student Name: _____		Personal Email/Phone: _____		Date: _____	
10 th Grade		11 th Grade		12 th Grade	
Fall	Spring	Fall	Spring	Fall	Spring
1.		1.		1.	
2.		2.		2.	
3.		3.		3.	
4.		4.		4.	
5.		5.		5.	
6.		6.		6.	
7.		7.		7.	

Post-Secondary Goals <input type="checkbox"/> Undecided <input type="checkbox"/> Directly to Workforce <input type="checkbox"/> Trade/Vocational School <input type="checkbox"/> Military <input type="checkbox"/> Community College <input type="checkbox"/> Other: <input type="checkbox"/> Apprenticeship <input type="checkbox"/> Four Year College/University <input type="checkbox"/> GAP Year	Involvements/Extra-Curricular Activities/Interests
Alternative Credits Options (if needed)	SAT/ACT/ASVAB
NOTES: 	



In the Spring...

- Forecasting for Junior Year
- Career Exploration and connecting to Post-High School Plan
 - Students will be completing the YouScience aptitude tests in SCOIR. These “tests” are great in helping students explore options that fit their aptitude AND interests.
<https://apps.youscience.com/home>



Welcome to the Future Center



POST- HIGH SCHOOL PLANNING

- School Counselor
- Future Center Support
 - Contact: Becky Horst
 - becky.horst@bend.k12.or.us
 - Class of 2024 Canvas page



Resources in the Future Center

- **School to Career:** how do we tie what they are learning and doing now to their future? What can they do now to make the post-high school transition seamless?
- **Post-High School Planning:** helping students explore all post secondary options. Understanding the application process, cost, degree requirements, etc.
- **Financial Aid:** information and assistance with forms
- **Events in Collaboration with Counseling:** College and Career Fairs, Career Guest Speakers, Military visits, Financial Aid Nights, College Application Workshops



School to Career Resources

- **High School Elective Credit (.5) Earned Through:**
 - Work - Students must work 144 hours of paid work. Proof of work must be submitted, resume and cover letter and SCOIR account.
 - Volunteer - Student must complete 65 hours of volunteer work. Proof of hours, goal setting and reflection due.
 - Internship - Students must complete 65 hours of an internship. Completed through Youth Career Connect. Larry visits every Monday from 2:30-3:30.
- Job and Volunteer - Assistance with finding a job or place to volunteer, and exploring career options.
- Career Exploration
 - Resume, Job Search, Interview Prep, etc.



College Planning Support

Useful tool available to you→ SCOIR

- YouScience: Interest Assessment
- College Search
- Connect Careers with preparation
- <https://www.scoir.com>

Oregon Goes to College: <https://oregongoestocollege.org/>

Juntos: <http://opencampus.oregonstate.edu/programs/juntos/>

College Visits: Currently virtual on Wednesday afternoons. Next year when students start to explore more, in person TBD.



Most Popular Post High School Options for BLS Students

- Apprenticeship/Trade School
- Military
- College
 - Four Year College/University
 - Community College
- Students will explore post high school options during their time at CHS



Post- High School Options: Apprenticeship or Trade

Focus on specific career path:

- Culinary
- Electricians
- Plumbing
- Welding
- Mechanics
- Lineman



[Oregon Statewide Apprenticeship Opportunities](https://accessingunionapprenticeships.org/)

<https://accessingunionapprenticeships.org/>



Post- High School Options: Military

- Army
- Navy
- Air Force
- Coast Guard
- Marine Corps
- National Guard



ASVAB test: officialasvab.com/applicants/locations/



Post- High School Options: College

- Oregon Public Schools
 - Four Year University
 - Community College: Oregon Promise
- Private/Independent Colleges
- Out-of-State Options



CENTRAL OREGON
community college



Supports at CHS



Academic Supports on Campus

- **Canvas and StudentVue**
 - ParentVUe
 - Observer account on Canvas
- **Your Teachers**
 - Struggling in their class
 - What is their preferred method of contact?
- **Your Counselor**
 - Struggling in Multiple Classes
 - Struggling to communicate with your teachers
 - Appointment, Drop In or Email
- **Advisory**
 - Grade Check/Work Time
- **8th period rotator**
 - Study Hall
 - Math Support



Students Getting Involved at Caldera

- Athletics
- Clubs
- CTE courses
- Performing Arts
- Part-Time Job
- Community Service
- Internship Opportunities



Parents Getting Involved at Caldera

COMING SOON!

- Caldera High School Parent Organization
 - Focus on volunteerism & community engagement
 - Committed to building a wide range of programs/activities
 - Supporting staff and classroom projects



Questions about graduation requirements,
supporting your student, and eventually getting
engaged at Caldera High School?

