



Strategies & Tips for a Strong Sophomore Year

Sophomore Year

Sophomore year is a very important year for students. It is time to really focus on your academics and continue to participate in extracurricular activities.

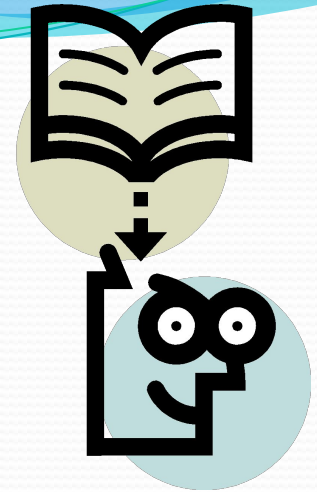
During 10th grade you should focus on:

- Strong Study skills/Study habits.
- Start thinking about career paths/areas of interest that you would like to pursue in the future.
- Stay involved in activities!



Academics

- Stay focused on your grades and classwork.
- Make sure you complete your homework and any projects/assignments on time.
- Please ask for help if needed. Your teachers and counselor are great resources for extra-help!
- NHS Tutors will be available during lunch periods – see your counselor for more information



Extra - Help



- English Writing Club
 - Virtual and In-Person
 - Mondays and Wednesdays after school in room B48
 - Mrs. Pastor Poe and Mrs. Soltis
 - Google code: uvwnate
- Math Round Table
 - Virtual and In-Person
 - Monday, Wednesdays, Thursdays after school in B5
 - Mr. Cook and Mr. Arias
 - Google class code: x6acrsx
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- Please visit the Guidance Department website for more resources:
<https://krhsguidance.weebly.com/academic-help.html>

Benefits of Academic Success:

- Honor Roll
- National Honor Society
- Eligibility for Scholarships and Awards
- Receiving college credits through Advanced Placement courses
- Acceptance into college
- Acceptance into other Post-Secondary Schools (Business, Technical, Vocational)
- Build your resume for future opportunities

Get Involved!

- It is important to volunteer and become involved in clubs, sports and community service activities.
- Getting involved helps you become a leader, explore your interests and develop passions.
- Students must pass 7 courses to stay eligible for sports and activities. For more details regarding eligibility, please refer to your Student Handbook.

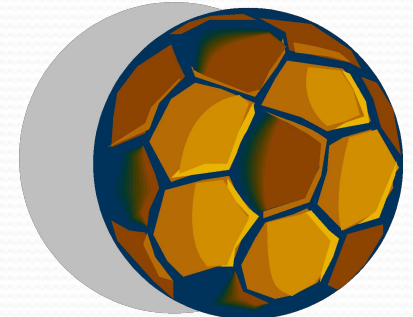
Get Involved!

- Sports:

Fall: Football, Cross Country, Soccer, Girls Tennis,
Cheerleading, Field Hockey

Winter: Basketball, Swimming, Wrestling, Cheerleading

Spring: Baseball, Softball, Track, Boys Tennis, Lacrosse



Get Involved!

Clubs/Activities:

Book Club

Debate Team

FBLA

International Club

Interact

LMTI/Cougar Pride

Marching Band/Jazz Band

Math League

Mock Trial

Newspaper (The Chronical)

Peer Leadership

Play/Musical/Stage Crew

Robotics

Ski Activity

Student Council

TSA

Yearbook

Y-kromatones and Madrigals

Get Involved!



- Visit the Kittatinny Guidance Department Website!
 - Volunteer opportunity websites:
 - www.volunteernewjersey.org
 - www.unitedway.org
 - www.volunteermatch.org
 - www.habitat.org
 - www.passitalong.org
 - Internship opportunities through the Sussex County Chamber of Commerce
 - <http://www.sussexcountychamber.org/affiliates/index.php>
- Having a part-time job is a great way to make extra-money and show future colleges/employers that you are responsible.

What Do Colleges Consider?

- Strong GPA
- Rigor of Courses
- Higher than average SAT (1050) or ACT (21)
- Active involvement in clubs or sports. Leadership within these groups is important!
- Community service – Quality over Quantity
- Part-time employment
- Letters of Recommendation

What Do Competitive Students Do?

- Attend school regularly
- Earn the best grades you can by:
 - Working hard
 - Completing all homework assignments and projects on time
- Participating in after school activities and/or sports
- Make positive contributions to school/community

<https://www.youtube.com/watch?v=i1nHtq10HD4>



Working Papers

- If you are between the ages of 14-18 and have been promised a job, you will need to complete working papers.
 - The papers can be printed from the Kittatinny website.
 - The form must be signed by your parent, employer, and doctor.
 - Once all signatures are complete, please bring the form to Mrs. Fuchs/Mrs. Bakker in the Guidance office for final approval.

Visit the Guidance Dept. Website

● www.krhsguidance.weebly.com

Click on “Grade Level Information” then “Grade 10 Info”



(973) 383-1800
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SOPHOMORE YEAR

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During 10th grade you should focus on:

1. Study skills/Study habits
2. Start thinking about career paths/areas of interest that you would like to pursue in the future. Utilize Naviance and the “Career Search Information” tab on this website.
3. Stay involved in activities!

Students: Please visit the Kittatiny Guidance Google Classroom for more information and updates!

Navigation Menu:

- Contact Us
- Kittatiny Senior Virtual Awards Ceremony 2020
- Telehealth/Mental Health/COVID-19 Resources
- Support Services
- HS Summer School
- Personal Financial Mgt. Online Summer School
- Distance Learning Tips
- Practice SAT/ACT Test Information
- School Information
- Enrollment/Registration
- Curriculum Guide
- Portal
- Managing Your Social Media Footprint
- Grade-Level Information
- Academic Help
- College & Career

GPA Calculation

- GPA's are calculated on a 100 point scale and are based on our final number grade.
- To calculate your GPA:

$$\text{COURSE GRADE} \times \text{COURSE CREDIT} = \text{QUALITY POINTS}$$

$$\text{TOTAL QUALITY POINTS} \div \text{TOTAL CREDIT ATTEMPTED} = \text{GPA}$$

Note:

- PE, Lunch, and Study Hall are not included in the calculation
- AP and Honors courses are weighted. To get the correct number of Quality Points, you must:
 - Add 8 points to your final average for Honors
 - Add 10 points to your final average for AP

GPA Calculation

- Calculate your quality points for each class – except for PE
- Divide total Quality Points by Total Credits to calculate GPA:
 - Ex. $3293/36 = 91.472$
 - GPA = 91.472

Course	Grade	Weighted Grade	Attempted Credits	Quality Pts
English I	90	90	5	450
W. Hist. H	92	100	5	500
Biology I H	85	93	6	558
Algebra I	80	80	5	400
Spanish I	90	90	5	450
PFM	95	95	5	475
Studio Found	92	92	5	460
	Total:		36	3293

Graduation Testing Requirement

- Students in the Class of 2024 must demonstrate proficiency in State Testing.
- Be on the lookout for more information throughout the year!

*Please note, this may change in the future – if it does you will be informed.

Source: New Jersey Department of Education



NJ START STRONG

September 21st - 23rd(tentative)

Make sure you bring your chromebook charged!

Be on the lookout for more information!

Hugh O'Brien Leadership Conference



-Become the KRHS representative to attend an all-expenses paid experience at the HOBYS Conference.

-Meet with other students and leaders in various industries.

-Please visit the website to learn more:

www.hobys.org

Applications are due to Guidance by Nov 1, 2021!

Hugh O'Brien Leadership Conference



**Applications are due to
Guidance by November 1, 2021!**

Kittatinny Guidance Google Classroom

Please make sure you sign up for the classroom to stay up-to-date with the latest information!

Code: 40jb570



THANK YOU!

Have a wonderful school year!

Please stop by the Guidance Office with any questions or concerns! We are here to help!