

Sophomore Parent Night

October 25, 2017

Tonight's Agenda

- ❖ Counseling Department
- ❖ Sophomore Year
- ❖ Co-Curricular Activities
- ❖ Inside the Teenage Brain
- ❖ Managing technology
- ❖ Helpful tips



Counseling Department

- ❖ Counseling Structure:
 - ❖ Personal & Academic Counselors
 - ❖ College Counselors
 - ❖ Wellness Class & Therapeutic Support

Life as a Sophomore

- ❖ Growing independence
- ❖ Increased accountability
- ❖ Introduction to college process
- ❖ Academics

Co-Curricular Activities

Finding Depth

- ❖ Quality vs. Quantity
- ❖ Maintain a Healthy Balance
- ❖ Commitment & Consistency
- ❖ Leadership



What can you do to help?

- ❖ Establish a consistent check in time
- ❖ Encourage self-advocacy and follow up
- ❖ Develop organizational systems that work
- ❖ Understand how PowerSchool is used
 - ❖ *Dates that grades are updated: Sept. 20, Nov. 15, Feb. 14, Apr. 25*

“Why can’t my teen think before acting?”

“What were you thinking!?”

“Why does my teen get emotional so easily? It seems like they misinterpret everything I say and do.”

“How do I give the skills they need for meaningful relationships?”

“How much freedom do I give?”

“What are they doing online for hours?”

Still under construction: The Prefrontal Cortex

- ❖ Sound decision-making & morality
- ❖ Empathy
- ❖ Considering consequences
- ❖ Balancing emotions
- ❖ Personality expression
- ❖ Moderating social behavior

Psychological development of adolescence

- ❖ Adolescent egocentrism: a heightened self-consciousness
 - ❖ Imaginary audience
 - ❖ Personal fable: uniqueness & invincibility

What can you do?

"Even though the public perception is about building bigger and better brains, what the research shows is that it's the relationships, it's the connections, it's the people in children's lives who make the biggest difference."

(Ellen Galinsky, President of the Families and Work Institute)

- ❖ Model healthy behavior
- ❖ Encourage your teen to reflect on feelings and choices
- ❖ Hold your teen accountable
- ❖ Be aware of how your teen spends their time and with whom

Managing technology & creating better habits

- ❖ Organize screen
- ❖ Common Sense Media
- ❖ Time Well Spent
- ❖ Using technology to your advantage
- ❖ Permission to unplug

Five tips for parenting teens

1. Love and Connect
2. Watch and Observe
3. Teach and Limit
4. Show and Discuss
5. Provide and Promote

Standardized Testing

Sophomore Year: Practice

- ❖ Pre-ACT (October 11th)

Junior Year: Assessments

- ❖ PSAT (October)
- ❖ SAT / ACT (Spring)
- ❖ * SAT Subject Tests (Spring)
- ❖ * AP Exams (Spring)

Senior Year

- ❖ Re-Test as Needed
- ❖ AP Exams (Spring)

www.collegeboard.org

www.act.org

** A small percentage may take these exams in the sophomore year; speak to counselor for more information*

Resources for Sophomore Families

www.siprep.org/counseling