



Counseling Presentation

10th Grade



Courtney Derisse
Last Names A - EO



Kimberly Grillo
Last Names EP - LE



Karin Ngai-Crim
Last Names LI - RI



Jordan Da Silva
Last Names RO - Z

Your School Counselors





Jeannine O'Brian
Assistant Principal



Jennifer Lee
*College Advisor &
AP Coordinator*



Jennifer Mitchell
Registrar



Janine Rosati
Computer Operator



Sue Abbonizio
Guidance Secretary

Department Team Members



School Counselor Website

<https://www-pvhs.stjohns.k12.fl.us/guidance/>

Grade-Level Schoology Page— Check your Grade Level Group Regularly for Important Updates for Sophomores

School Website – College Planning Section

<https://www-pvhs.stjohns.k12.fl.us/college/>



Graduation Requirements

24 Credits
2.0 Unweighted GPA



English

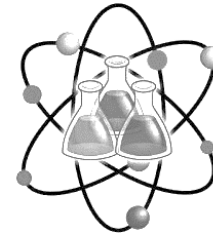
4 credits



Math

4 credits

- 1 - Algebra 1
- 1 - Geometry



Science

3 credits

- 1 - Biology



Social Studies

3.5 credits

- 1 - World History
- 1 - US History
- .5 - Economics
- .5 - American Gov't
- .5 - Personal Finance/MM

Graduation Requirements



HOPE
1 credit



Performing/Practical Art
1 credit
(Academy courses and
Debate 3H also
fulfill this requirement)



Electives
7.5 credits



Testing
Must Pass
FAST 10 ELA
Algebra 1 EOC
Must take EOCs for
Biology, Geometry,
US History

If you are planning on attending college or applying for Bright Futures, you must have two sequential credits in the same foreign language.

High school courses taken in middle school count toward your graduation requirements and for Bright Futures eligibility



What you need to know about GPA

What is GPA?

- It is the "average" of all of your classes which is used as a measure of a student's academic performance in high school

Unweighted vs. Weighted

- Weighted GPA gives extra "weight" to Honors, Dual Enrollment and AP courses
- Scale of 4.0 (unweighted) and 5.0 (weighted)
- Example: English 10 = A = 4.0 English 10H = A = 4.5 AP Lang = A = 5.0

Why Does GPA Matter?

- Colleges use your GPA in their admissions process
- Minimum GPA's are required to take Dual Enrollment courses (3.0 unweighted GPA), apply to FCTC (2.0 unweighted GPA), and for Bright Futures eligibility
- You need a minimum 2.0 GPA to graduate PVHS

Unweighted GPA Points:	Weighted GPA Points
A: 4	A: 5
B: 3	B: 4
C: 2	C: 3
D: 1	D: 2
F: 0	F: 0



Did you know?

At the end of this semester,
half of the grades you will
send to universities are done.



Upcoming PSAT Wednesday, October 22nd

- On-campus at PVHS
- Practice for the SAT
- Concordant scores for FAST and Alg 1 EOC
- Scholarship opportunities
- Qualifying scores for Dual Enrollment in math/English



Bright Futures Scholarship

- Bright Futures is a statewide scholarship program that is open to all college bound Florida students
- They require:
 - Minimum GPA
 - Minimum test scores on the ACT, SAT or CLT
 - Minimum volunteer and/or work hours
- You apply in your senior year

Type	16 High School Course Credits ¹	High School Weighted Bright Futures GPA	College Entrance Exams by High School Graduation Year (ACT®/CLT®/SAT®)	Volunteer Service Only	Paid Work Hours Only	Combination of Volunteer/ Paid Hours
FAS	4 - English <i>(three must include substantial writing)</i> 4 - Mathematics <i>(at or above the Algebra I level)</i> 3 - Natural Science <i>(two must have substantial laboratory)</i>	3.50	2025-26 Graduates ² : 29/95/1330 2026-27 Graduates ³ : 29/95/1330	100 hours	100 hours	100 hours
FMS	3 - Social Science 2 - Foreign/World Language <i>(sequential, in same language)</i>	3.00	2025-26 Graduates ² : 24/82/1190 2026-27 Graduates ³ : 24/82/1190	75 hours	100 hours	100 hours

community Service

- Not needed for graduation
- Needed for scholarships, including Bright Futures
- Colleges want to see students involved in their communities
- Hours need to be documented and turned into the Guidance Department
- Set a goal to have 100 community service and/or work hours by December of your junior year
- Submit hours as they are completed. Do not wait until end of senior year.



FIRST COAST TECHNICAL COLLEGE

What is it?

- Dual Enrollment at FCTC in St. Augustine 1-3 periods of school per day.
- Certifications and possible job placement after graduation.

How to apply?

- You need a 2.0 GPA unweighted & good attendance and discipline record
- You must have transportation to FCTC campus
- Apply with School Counselor by October 15th for Spring semester.



FCTC Programs

- Heating, Ventilation, Air Conditioning/Refrigeration
- Landscape & Turf Management
- Applied Cybersecurity
- Nursery Management
- Automotive Service Technology
- Culinary Arts
- Diesel Systems Technician
- Dental Assisting
- Medical Assisting
- Welding Technology
- Horticulture Science and Services
- Culinary Arts
- Cosmetology
- Facials Specialty
- Nails Specialty
- Early Childhood Education



10th Grade Checklist

- Get Organized
- Get Involved: Community Service and School Clubs
- Set Goals (Leveling Up Criteria)
- Explore Potential Careers (Xello)
- Seek Help if Needed





SELF-ADVOCACY



SPEAKING UP
FOR YOURSELF



STAYING
INFORMED



KNOWING
YOUR RIGHTS



FINDING
SUPPORT



PROBLEM
SOLVING



SELF
DETERMINATION



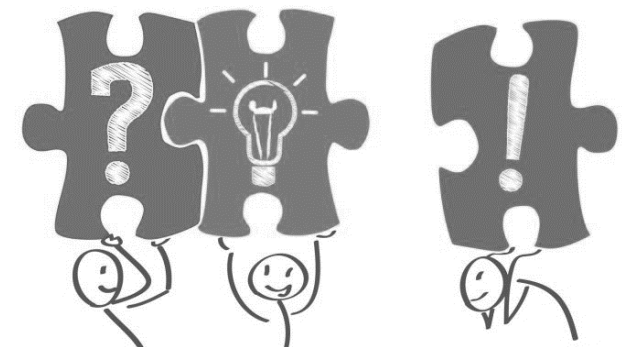
ASKING
FOR HELP



Self Advocacy

Are you struggling in a class?
We have supports!

- Teachers are available before school
- NHS tutoring in math and science coming soon
- Math tutors in Room 780 for all standard math classes
- BITE period: teacher support on Weds
- School Counselors can problem solve with you



We are living in a time where we are presented with multiple challenges.



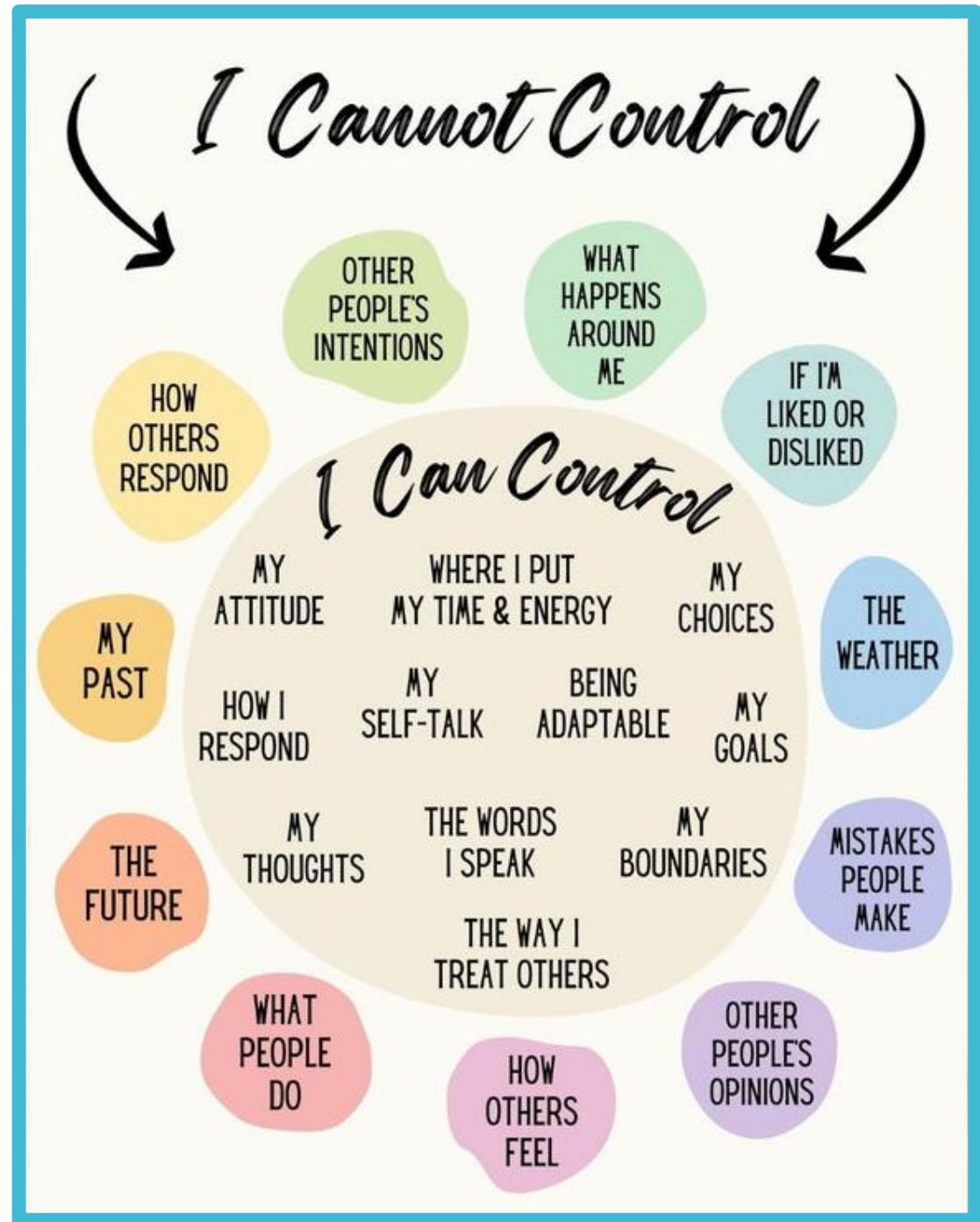
The next few slides discuss stress, anxiety, and what you can do to alleviate some of the stressors in your life.

School Counselors Are Here to Help



What can I do to manage stress?

- Breathe/Mindfulness activities
- Get outside/exercise/walk/bike
- Music
- Write about it/Journal
- Disconnect from tech
- Positive self-talk
- Talk with a trusted adult



It's Important to
Have Balance

THE THREE PILLARS OF HEALTH



NUTRITION



SLEEP



EXERCISE

Sleep is a basic human need and is crucial
to our overall health and well-being.

Make time to do the things that make you happy.

School Counselors are here to help . . .



LET'S TALK

Life Stuff

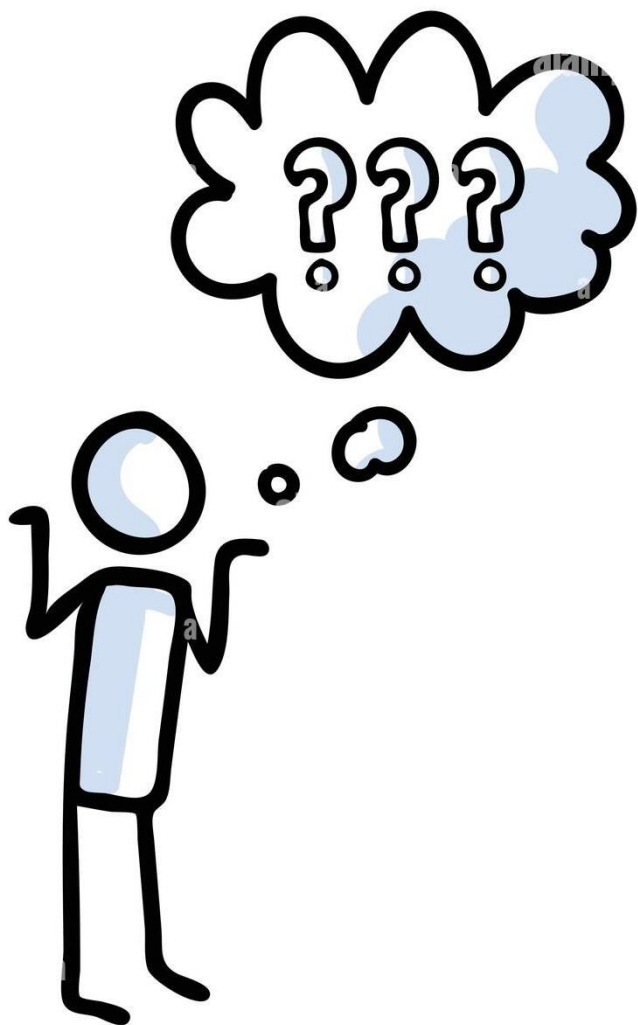
- You have too much between school and home
- You are worried about the future
- You don't have clothing for school
- Your family is having trouble affording food and toiletries.
- You are feeling sad or anxious
- You are concerned about a friend

School Stuff

- You need help organizing yourself
- You are overwhelmed by classwork
- You don't know how to talk to a teacher
- You are struggling in classes
- You want to make new friends
- You feel negative at school
- You want to check in to say hi
- You have good news to share!

Make an appointment online or at the guidance office.

- Emergency: Talk to the guidance secretary
- Nonemergency: Make an appointment



Got Questions?

Meet with your School Counselor. Use the QR code posted in the Guidadence Dept to make an appointment before school, during lunch, or during an elective (with teacher permission).

<u>School Counselor</u>	<u>Last Names</u>
Derisse	A - EO
Grillo	EP - LE
Ngai-Crim	LI - RI
Da Silva	RO - Z