



# **Welcome to Sophomore Springboard**

*April 21, 2022*

*Conestoga Student Services*

# Agenda

- Timeline
- Mindset
- Admissions Tips
- Finding Your Fit
- College Testing

# Timeline

## Spring/Summer

- Reflect on your strengths, skills, and interests
- Make summer meaningful to you
- Transcript Review
- If you are ready, explore campuses
- Schedule Review

## Fall of Junior Year

- Leadership/Impact
- PSAT (October)
- SCOIR
- College, Military, and Technical School visits
- College Admissions Evening (November)

## Winter of Junior Year

- Individual Post-High School Planning meeting with counselor



**CONESTOGA HIGH SCHOOL**  
 200 IRISH RD  
 BERWYN, PA 19312  
 Phone: (610) 240-1000  
 Accreditation: Commonwealth of Pennsylvania

CEEB: 390295  
 www.tesd.net

**Stoga, Sam**  
 200 Irish Road  
 Berwyn, PA 10312

Date of Birth: 03/12/2004  
 Student ID: 2022000  
 Date Entered: 08/27/2018  
 Graduated:

**CREDITS AND GRADE POINT AVERAGE**

Year	Credits	Current GPA	CUM GPA	CUM GPA
	Earned	Weighted	Weighted	Unweighted
2019	6.95	3.92	3.92	3.20
2020	7.40	4.60	4.26	3.50
2021	6.60	4.97	4.53	3.69

Total Credits: 20.95

**LEVELS**

H\* - Honors/AP  
 H - Honors  
 X - Accelerated  
 A - Academic

90-100 = A  
 80-89 = B  
 70-79 = C  
 65-69 = D  
 00-64 = F

O - Outstanding  
 S - Satisfactory  
 N - Needs Improvement  
 U - Unsatisfactory  
 P/F - Pass/Fail

**GRADING SCALE**

WP - Withdraw Pass  
 WF - Withdraw Fail  
 MX - Medical Excuse  
 TR - Transfer  
 AU - Audit

**SCHOOL DATA**

Enrollment 9-12: 2336  
 Entering College: 98%  
 Four-Year College: 95%  
 Two-Year College: 3%

Conestoga High School is a Non-Ranking High School

**Grade 9**

Course	Level	Grade	Credit
World Lit	H	85	1.00
World History	H	87	1.00
Geom & Finite	X	84	1.00
Biology 1	H	82	1.00
Spanish 3	X	93	1.00
Finance		96	0.50
Health/Fitness		S	0.50
Phys Ed Core 9		S	0.20
3D Sculpt/Mixed Media		88	0.50
Sport/Nutr		98	0.25

**Grade 10**

Course	Level	Grade	Credit
Amer Lit	X	97	1.00
US History	H	95	1.00
Alg 2 AB	H	86	1.00
Genetics	H	99	0.50
Forensics	H	93	0.50
Spanish 4	H	91	1.00
Business Promo/Mktg		98	0.50
Television		99	0.25
Hwy Safety		O	0.25
Team Sport		S	0.20
Ext Exp PE		S	0.20
Draw/Paint		96	0.25
Ceramics		99	0.50
Regional Cuisin		100	0.25

**Grade 11**

Course	Level	Grade	Credit
Lng/Cmp	H	98	1.00
AP US Govt/Pol	H*	92	1.00
AP Psych	H*	99	1.00
Analys AB	H	91	1.00
Chemistry1	H	95	1.00
Conv Span 5	H	96	1.00
Ext Exp PE		S	0.20
Ext Exp PE		S	0.20
CCT		O	0.20

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# Characteristics that Count

- Academic Achievement
- Intellectual Promise
- Quality of Writing
- Creative Thought
- Productive Discussion
- Faculty Respect
- Disciplined Habits
- Maturity
- Motivation
- Leadership
- Integrity
- Reaction to Setbacks
- Concern for Others
- Self-Confidence
- Initiative

# Timeline

## This Summer

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- Make summer meaningful to you
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- Junior Year Schedule

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# Mindset





# Less High School Stress

Belief:

***It's critical for students  
to do everything they can  
to maximize their options  
of being admitted to  
the most selective college possible.***

HELPFUL? or HARMFUL?

Less High  
School  
Stress

***Steve Becker***



<https://lesshighschoolstress.com/>

# Less High School Stress: Some Facts

## Number of Students Graduating H.S.

Class of 1960	1.9 million
Class of 1970	2.9 million
Class of 1980	3.0 million
Class of 1990	2.6 million
Class of 2000	2.8 million
Class of 2010	3.4 million
Class of 2020	3.6 million

Source: National Center for Education Statistics

Less High  
School  
Stress: Some  
Facts

In the past 20 years, the number of additional spots available at 12 of the \*most highly selective\* colleges has increased by...

**A measly...500**

# Less High School Stress: The Bright Side!

- There are nearly 3,000 four-year colleges in the U.S.
- 98.9% of students are going to colleges other than Steve Becker's "MC25"
- Many of these students are like YOU, our Conestoga student...bright, motivated, and extremely capable.
- So, where are they? LOTS of places! And maybe surprisingly, many are at STATE schools.
- "The frenzy over college admission is not only harmful but also unnecessary, because the differences between more selective schools and those a bit less selective are much smaller than many people think." –Stevie B.

# Less High School Stress: The Bright Side!

- Which school has more top 5% math students in their freshman class?

Johns Hopkins OR U Maryland?

Georgetown OR U Maryland?

Rutgers OR Princeton?

Rutgers OR U Penn?



More Good  
News!

Business

Aetna

Airbnb

Amazon

Apple

CBS

Costco

CVS

Dell Computers

General Motors

H&R Block

Hershey

Merck

Wayne State

Rhode Island School of Design

Princeton

Auburn

Yale

San Diego State

University of Pittsburgh

U Texas (dropped out)

Kettering University

University of Dayton

Shippensburg University

Penn State University



# More Good News!

## Mayo Clinic Neurologists

mayoclinic.org 4/6/21

Bemidji State (00)  
U Wisconsin (00)  
Columbia Union College (01)  
U Virginia (01)  
U Pennsylvania (01)  
Harvard (02)  
Fordham U (02)  
U Kansas (02)  
Duke (03)  
Georgetown (03)  
Grove City College (03)  
Sewanee (04)  
Augustana College (04)  
U Tulsa (04)  
U Illinois (04)  
Oregon State U (05)  
U Texas-Austin (05)  
Case Western Reserve U (06)  
Emporia State U (06)  
U Minnesota (07)  
Cornell (07)  
Drew University (07)  
Wabash College (08)

Texas Tech (08)  
Nebraska Wesleyan U (09)  
Rice U (10)  
U Kentucky (10)  
UC San Diego (00)  
Westmont College (01)  
UC Los Angeles (01)  
Harvard (01)  
Dartmouth (02)  
Pacific Union College (02)  
Villanova U (02)  
U Utah (03)  
Princeton (03)  
Yale (03)  
Rockhurst U (03)  
Dartmouth (04)  
Vanderbilt (04)  
U Rochester (04)  
U Missouri-Kansas City (04)  
U Puerto Rico (05)  
UC Los Angeles (05)  
UC Los Angeles (06)  
U Florida (06)

Northeastern Illinois  
U (07)  
U Miami (07)  
St. Louis U (08)  
George Washington  
U (08)  
Missouri State U (09)  
Xavier U (09)  
Trinity College (10)  
U Notre Dame (11)

**\*Only 26%  
attended an  
MC25  
school.**

How do colleges evaluate students for admission?

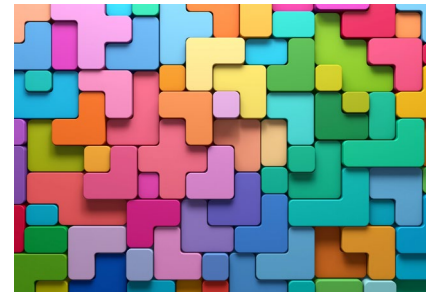
Admissions Tips

# Finding Your Fit

## Factors to consider:

- Close or far?
- Big or small?
- City or suburbs?
- Housing options?
- Majors?
- Activities?
- Availability of career resources?
- Cost? (Tuition, room & board)

**Find a personal fit, academic fit, and financial fit.**





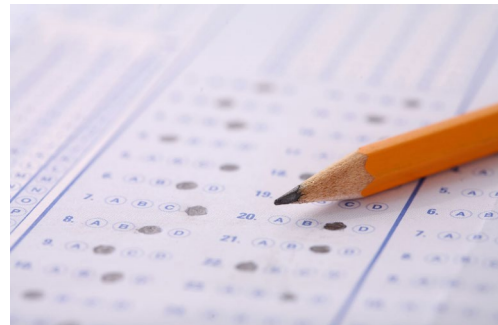
**SCAIR**

# College Testing

## Tests

- PSAT – October of junior year
- SAT and ACT – Coke vs Pepsi (most commonly taken in junior year)
- TOEFL

***Your value as a college applicant is not defined by a number on a test. Colleges consider a variety of factors when making admissions decisions.***



# College Testing FAQ

- How many times should I take the SAT or ACT?
- What if I do not test well?
- How do I know if a school is test optional?
- Do I need to spend hours and \$\$\$ preparing?

# Final Thoughts

- We are all in a different place
- Post high school planning is like a long-term project
- Set specific times to discuss post high school planning
- Enjoy the journey!