

# Welcome to Soldotna High School

**This information packet includes events hosted by the Counseling Department, an outline of our core curriculum, and other post-secondary planning information.**

We are proud to announce that the Soldotna High School Counseling Program is an American School Counselor Association Recognized ASCA Model Program. RAMP schools have implemented a school counseling program that is comprehensive, data-driven and focused on achievement & attendance.



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## Counseling Department Events, Workshops, and Parent Nights

Specific dates posted each year on Counselor's Corner on SOHI's website  
<http://soldotnahighschool.blogs.kpbsd.k12.ak.us/>

September: New kids lunch in the Counseling office  
September: Senior Language Arts classes (applications, scholarship folder)  
September: Post-Secondary Planning Night (application process, college information)  
September: Financial Aid Night  
September: College Athletics Information Meeting (NCAA/NAIA/NJCAA) Open to all students & parents  
October-December: Senior Individual meetings with School Counselors  
October: Junior Language Arts classes (college search, resume)  
October: Sophomore Language Arts classes (career search, reality check)  
October: Counseling Department administers the PSAT on the national date  
October: FAFSA Completion Workshop #1  
October: KPBSD's College & Career Fair  
October: Field trip visit to UAA, APU, ACC, & Charter College (6am-8pm)  
November: Freshman Language Arts classes (career search)  
November: College Application Month (prizes, recognition, application workshop days)  
November: FAFSA Completion Workshop #2  
January-February: Junior individual meetings with School Counselors  
January: PSAT Interpretation and Distribution of paper results and testbook return  
February: Field trip to KPC Open House  
March: Get Real Financial Reality Fair for seniors at SOHI  
April: Field Trip to AVTEC, NIT, and Job Corp (7am-7pm)  
April: Decision Month Celebration for seniors  
May 1<sup>st</sup>: Decision Day Celebration for seniors  
May: Post-Secondary Planning Night (application process, college information)  
Ongoing in Counseling Office: college representative visits, military recruiters, professionals  
Ongoing in Counseling Office: Anxiety Group – strategies to handle stress

### Find more information at:

1. Counselor's Corner on SOHI's website (forms, announcements, information)
2. 1Stop at [www.kpbsd.k12.ak.us](http://www.kpbsd.k12.ak.us)
3. Sign up for REMIND by texting @sohi2020, @sohi2021 @sohi 2022 or @sohi2023 to the number 81010 (Or get the Remind app or visit [www.remind.com](http://www.remind.com) )
4. Sign up for presentations in the Counseling Office for College/Recruiter/Career visits

# Soldotna High School Core Counseling Curriculum 9<sup>th</sup>-12<sup>th</sup>

## 9<sup>th</sup> grade

- September classroom visits – topics include PSAT, ACT/SAT, NCAA/NAIA/NJCAA, freshman year timeline, APS, Jumpstart, Counselor’s Corner on SOHI website, Scholarship folder activity tracking, and Post-Secondary planning nights.
- February classroom lesson (one day) – AKCIS career exploration activities
  - PowerSchool>AKCIS>Assessments>Interest Profiler (saved in AKCIS portfolio)
  - Career exploration worksheet
  - Update Personal Learning and Career Plan (PLCP) in AKCIS
- March classroom lesson (one day) – Registration for Sophomore year  
Presentation topics include credits/graduation requirements, college requirements, APS, NCAA/NAIA, transcripts and how to get one, course offerings, and enrollment instructions
- March/April/May individual appointments as needed to discuss post-secondary plans, credits, APS, UA Scholars, PSAT, ACT/SAT, Accuplacer/ALEKS, Jumpstart, NCAA/NAIA/NJCAA, Counselor’s Corner on SOHI website, timelines for each year, field trips, parent nights, FAFSA workshops, scholarship folder activity tracking, and course selection for Junior year.

## 10<sup>th</sup> grade

- September classroom visits – topics include PSAT, ACT/SAT, NCAA/NAIA/NJCAA, sophomore year timeline, APS, Jumpstart, Counselor’s Corner on SOHI website, Scholarship folder activity tracking, and Post-Secondary planning nights.
- February classroom lesson (one day) – AKCIS career exploration activities
  - PowerSchool>AKCIS>Assessments>Reality Check (saved in AKCIS portfolio)
  - Career exploration worksheet
  - Update Personal Learning and Career Plan (PLCP) in AKCIS
- March classroom lesson (one day) – Registration for Junior year  
Presentation topics include credits/graduation requirements, college requirements, APS, NCAA/NAIA, transcripts and how to get one, course offerings, and enrollment instructions
- March/April/May individual appointments as needed to discuss post-secondary plans, credits, APS, UA Scholars, PSAT, ACT/SAT, Accuplacer/ALEKS, Jumpstart, NCAA/NAIA/NJCAA, Counselor’s Corner on SOHI website, timelines for each year, field trips, parent nights, FAFSA workshops, scholarship folder activity tracking, and course selection for Junior year.



## ...Continued

# Soldotna High School Core Counseling Curriculum 9<sup>th</sup>-12<sup>th</sup>

### 11<sup>th</sup> grade

- September classroom visits – topics include PSAT, ACT/SAT, NCAA/NAIA/NJCAA, junior year timeline, APS, Jumpstart, Counselor’s Corner on SOHI website, Scholarship folder activity tracking, and Post-Secondary planning nights.
- February classroom lesson (three days) – AKCIS college search and resume workshop
  - PowerSchool>AKCIS>Education>School Sort (search for colleges, save in AKCIS portfolio)
  - School/Program/College comparison worksheet
  - Resume instruction and worksheet guide
  - PowerSchool>AKCIS>Employment>Resume Creator (enter info, save in AKCIS)
  - Update Personal Learning and Career Plan (PLCP) in AKCIS
- March classroom lesson (one day) – Registration for Senior year  
Presentation topics include credits/graduation requirements, college requirements, APS, NCAA/NAIA, transcripts and how to get one, course offerings, and enrollment instructions
- March/April/May individual appointments to discuss post-secondary plans, credits, APS, UA Scholars, PSAT, ACT/SAT, Accuplacer/ALEKS, Jumpstart, NCAA/NAIA/NJCAA, Counselor’s Corner on SOHI website, timelines for each year, field trips, parent nights, FAFSA workshops, scholarship folder activity tracking, and course selection for Senior year.

### 12<sup>th</sup> grade

- September classroom visits – topics include PSAT, ACT/SAT, NCAA/NAIA/NJCAA, senior year timeline, APS, Jumpstart, Counselor’s Corner on SOHI website, Scholarship folder activity tracking, and Post-Secondary planning nights.
- September classroom lesson (three days) – Scholarship Folder, Scholarship Search, and College Essay
  - Review of Junior year school sort, scholarship search instruction and samples
  - PowerSchool>AKCIS>Education>Financial Aid Sort (search and save in AKCIS portfolio)
  - Scholarship Folder completion
  - Personal Narrative instruction, samples, and writers workshop
  - Update Personal Learning and Career Plan (PLCP) in AKCIS
- October/November/December individual appointments to discuss post-secondary plans, credits, APS, UA Scholars, PSAT, ACT/SAT, Accuplacer/ALEKS, Jumpstart, NCAA/NAIA/NJCAA, Counselor’s Corner on SOHI website, timelines for each year, field trips, parent nights, FAFSA workshops, scholarship folder activity tracking, and course selection for second semester of Senior year.



## The Short Sheets

Important Information and Dates! -Be sure to visit the 1 Stop Student Portal on KPBSD's website.

CHECK YOUR GMAIL (OR FORWARD IT TO YOUR HOME EMAIL), WE WILL BE SENDING INFO!

<b>Quick Test Summary Guide:</b>	<b>FALL</b>	<b>SPRING</b>
Freshman Year:	PSAT (If in Geometry)	State Mandated Testing
Sophomore Year:	PSAT (optional, costs \$18)	State Mandated Testing
Junior Year:	**PSAT (costs \$18)	ACT (at KPC), SAT (at KPC)
	Accuplacer at KPC	Accuplacer at KPC
Senior Year:	Accuplacer at KPC	
	ACT (at KPC), SAT (at KPC)	ACT (at KPC), SAT (at KPC)

\*\*PSAT awards National Merit Scholarship Programs based on a PSAT taken only during the junior year.

**ASVAB** Career Exploration. A nationally-normed, multi-aptitude test battery that has been provided to high schools and post-secondary schools since 1968. Offered for FREE in Kenai at the National Guard Armory.

**PSAT-(the Practice SAT)**-Given at SOHI for Juniors planning to go to college. Open also to sophomores and freshman. Scores obtained in your Junior year will be considered for National Merit Scholarship status. For more information, go to [www.collegeboard.com/student/testing/psat/about.html](http://www.collegeboard.com/student/testing/psat/about.html) DATE: Wednesday, Mid-October, check Counselor's Corner for this year's date. SIGN UP: See Mrs. Marquardt (in front office), pay before the deadline.

**SAT** Given throughout the year on various dates at KPC for Juniors and Seniors planning on post-secondary education. SAT includes Evidence based Reading & Writing, and Math, and an optional essay test. May be taken more than once. For more information go to [www.collegeboard.com](http://www.collegeboard.com) KPC Not testing on all dates, make sure to check the website. Cost is \$54.50 SOHI's High School Code is: 020131 KPC Test Center Code is: 02250

**ACT** Given throughout the year on various dates at KPC for Juniors and Seniors planning on post-secondary education. The ACT is a 4-part Reading, English, Math, and Science achievement test with an optional essay. May be taken more than once. Cost: \$42.50 (no writing) \$58.50 (with writing) KPC Not testing on all dates, make sure to check the website. For more information, go to [www.act.org](http://www.act.org) SOHI's High School Code is: 020131 KPC Test Center Code is: 000690

### **FREE TEST PREP WEBSITES:**

[www.act.org](http://www.act.org)

[www.collegeboard.com](http://www.collegeboard.com)

[www.khanacademy.org/sat](http://www.khanacademy.org/sat)

[www.number2.com](http://www.number2.com)

<https://www.prepfactory.com/>

**AP Testing.** For more information about Advanced Placement testing, go to [www.collegeboard.com](http://www.collegeboard.com) Tests we offer are: AP Calculus, AP English Literature, AP US History, AP Biology (every other year), AP Chemistry (every other year), AP World History, and AP US Government. Subjects vary each year depending on courses taught. \$95.00 per exam.

### **Apprenticeship, Vocational, Technical, and Job Information:**

Alaska Apprenticeship Training Coordinators Association: [www.aatca.org](http://www.aatca.org)

Alaska Career College (Anchorage): [www.alaskacareercollege.edu](http://www.alaskacareercollege.edu)

Alaska Carpenters Training Trust: <http://www.sactcapprentice.org/>

Alaska Crane Consultants (Soldotna): [www.alaskacraneconsultants.com](http://www.alaskacraneconsultants.com)

Alaska Department of Labor & ALEXsys Job Bank: [www.jobs.state.ak.us](http://www.jobs.state.ak.us)

Alaska Job Corp Center (Palmer): <https://alaska.jobcorps.gov>

Alaska Joint Electrical Apprenticeship and Training Trust: <https://alaskaelectricalapprenticeship.org/>

Amundsen Educational Center (Soldotna): [www.aecak.org](http://www.aecak.org)

AVTEC Programs (Seward): <https://avtec.edu>

Charter College (Anchorage): [www.chartercollege.edu](http://www.chartercollege.edu)

Iron Workers Local No. 751 (Anchorage): [www.ironworkers751.org](http://www.ironworkers751.org)

Kenai Peninsula College (Soldotna): [www.kpc.alaska.edu](http://www.kpc.alaska.edu)

Kenai Peninsula Driving Instruction (Kenai): [www.kpdrivinginstruction.com](http://www.kpdrivinginstruction.com)

Northern Industrial Training (Palmer): [www.nitalaska.com](http://www.nitalaska.com)

UAA Community & Technical College (Anchorage): <https://www.uaa.alaska.edu/academics/community-and-technical-college/>

Vocational Training and Resource Center (Juneau): [www.vtrc.org](http://www.vtrc.org)

**Open House at Kenai Peninsula College-** This is recommended for all Juniors and Seniors may attend on a space available basis. Please join us on this exploratory field trip! You will attend a variety of workshops and explore different programs offered at KPC.

DATE: February TBA            NO STUDENTS MAY DRIVE, ALL STUDENTS MUST RIDE THE BUS

**College Search Information:** Find college search information at: [www.cappex.com](http://www.cappex.com), [www.collegeboard.org](http://www.collegeboard.org) and [www.act.org](http://www.act.org) Year-by-year college planning checklists, college search information, tips for college comparisons, and much more. Also see KPBSD's website in the OneStop portal for "10 Steps to College Admission/How to get a good letter of recommendation [www.akcis.org](http://www.akcis.org) (Log on through PowerSchool. Search for careers, colleges, and scholarships. Create your own portfolio to SAVE your information. For virtual college visits see: ." Also see the links such as [www.campustours.com](http://www.campustours.com) [www.campussherpa.com](http://www.campussherpa.com) [www.ecampustours.com](http://www.ecampustours.com) and [www.collegeweeklive.com](http://www.collegeweeklive.com)



**Career search websites:**

<http://www.whodouwant2b.com/student/pathways> Job descriptions, pathways to get there.

<http://online.onetcenter.org> Overall career information.

[www.careeronestop.org](http://www.careeronestop.org)

Alexys.gov (sponsored by the Alaska department of Labor and workforce development)

<http://alexsys.labor.state.ak.us/>

Road Trip Nation chronicles journeys of self-discovery in a free-spirited, adventurous series that encourages people all across the globe to move outside their comfort zones and explore the world.

<http://www.pbs.org/wnet/roadtripnation>

Handbook for Parents & Educators (middle & Jr high students) (US Dept. of Education

<http://www.ed.gov/pubs/GettingReadyCollegeEarly>

Career Explorations Site (middle through grad school) (non-profit; sponsored by student loan orgs) <http://www.mappingyourfuture.org>

Lost Generation (be sure to watch the whole thing) [http://youtu.be/aRG4ySdi\\_aE](http://youtu.be/aRG4ySdi_aE)

Steve Jobs' Commencement Address-Stanford 2005 Overcoming Obstacles

<http://www.youtube.com/watch?v=UF8uR6Z6KLc>

The Futures Channel—wide variety of well done videos on various occupations, plus connections to STEM topics and grade-level based activities. [www.thefutureschannel.com](http://www.thefutureschannel.com)

**Annual College and Career Fair in the Soldotna High School Gym**-Juniors and Seniors are strongly encouraged to attend. Sophomores may attend on a space available basis. Representatives from over 40 colleges will be available to answer questions and provide information. DATE: 3<sup>rd</sup> week in October, Check Counselor's Corner on SOHI's website for date and time.

**Post Secondary Planning Night (AKA Senior Night)**- Come find out about College search resources, timelines for juniors and seniors, an overview of federal and state financial aid programs, funding for postsecondary education goals, loans, and more! DATE: September in the Soldotna High School Library. Check Counselor's Corner on SOHI's website for date and time.

**Financial Aid Night** – Come find out about FAFSA, other types of financial aid, grants, loans, and Scholarships. Tuesday, September TBA in the SOHI Library. Check Counselor's Corner on SOHI's website for date and time.

**FAFSA Completion Workshops** – **Need help on the FAFSA? Bring your 2017 Tax info. Experts will be present to help you complete the FAFSA.**

Tuesday, October at 6pm in room 24. Check Counselor's Corner on SOHI's website for date and time.

Tuesday, November at 6pm in room 24. Check Counselor's Corner on SOHI's website for date and time.

**ANCHORAGE October College and Career Fair** Juniors and Seniors are encouraged to attend, no travel provided by KPBSD. For more information see:

<http://www.uaa.alaska.edu/eoc/collegeandcareerfair/index.cfm>

**College, Military, and Vocational Career Presentations:** See your gmail from Mrs. Treider in the Counseling Office to find out which schools, recruiters, and training programs will visit. Sign up with Mrs. Treider! See the morning announcements!

**Jumpstart.** KPC offers high school juniors and seniors the opportunity to take 6 credits of college classes for only 1/3 the cost of tuition). Students must have current Accuplacer scores (Accuplacer administered at KPC). For more information or to schedule an exam time, call the Learning Center at 262-0327 or 235-7743 or visit: <http://www.kpc.alaska.edu/KRC/>

**ATHLETES! NCAA:** [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net). To obtain eligibility for college sports participation with NCAA, you must create an account online and request a transcript from Mrs. Treider. Take note of new NCAA credit requirements!!!!

Other levels of collegiate sports: <http://www.naia.org/> and <http://www.njcaa.org/>

**Scholarship, Financial Aid, Etc...** [www.HighFiveScholarships.com](http://www.HighFiveScholarships.com), [www.fastweb.com](http://www.fastweb.com), [www.petersons.com](http://www.petersons.com), [www.finaid.org](http://www.finaid.org), [www.cappex.com](http://www.cappex.com), [www.brokescholar.com](http://www.brokescholar.com), <http://acpe.alaska.gov/FINANCIAL-AID/AK-Education-Grant>, [www.fafsa.ed.gov](http://www.fafsa.ed.gov), [www.scholarships.com](http://www.scholarships.com), [www.bigfuture.org](http://www.bigfuture.org), [www.chegg.com](http://www.chegg.com) and don't forget good old GOOGLE!!! For [www.akcis.org](http://www.akcis.org) (Log with your own username or as username: sohi and the password: 4akcis) You can search for careers, colleges, and scholarships. Also, go to KPBSD's website in the **OneStop** Student Portal for information on scholarships and upcoming events. Mrs. Treider updates a list which is sent out frequently via Gmail and there are pockets on the wall in the Counseling office. Help yourself!

**Alaska Performance Scholarship.** This merit-based and can be used for schools in Alaska. Visit: [http://akadvantage.alaska.gov/Grants\\_and\\_Scholarships/Alaska\\_Performance\\_Scholarship.aspx](http://akadvantage.alaska.gov/Grants_and_Scholarships/Alaska_Performance_Scholarship.aspx)

**UA Scholars Program.** The UA Scholars Award is a \$12,000 scholarship for the University of Alaska (1,500.00 per semester for 8 semesters over a period of 5 years). Students eligible for the Award are designated by their high school based on their academic standing at the end of their junior year. We award this to the top 10% of juniors, based on GPA ranking. For more information, visit: <http://www.alaska.edu/scholars/>

**WUE (Western Undergraduate Exchange Scholarships)** [www.wiche.edu](http://www.wiche.edu) These scholarships give students in western states reduced tuition. (In state tuition + 50% in some cases). See individual university requirements ranging from 2.5 to 3.8 GPA with or without SAT and ACT scores. This can save you up to \$5,000 to \$8,000 a year!

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