



The Dalles High School

220 East 10th Street
The Dalles, Oregon 97058

10th Grade Parent Meeting

Monday, September 16, 2019 6PM

Agenda

1. Introductions
2. Graduation Requirements and Progress
3. Dual Credit: AP, College Now, CLEP, Expanded Options
4. ASPIRE
5. PSAT: 10/16, 7:30AM, Sign-up in Counseling Ctr, Free
6. Powerschool Parent and Student Portal
7. Very Important Dates
8. Questions

Notes

The Dalles High School (School Code: 381155)

School Counselor: Lisa Lefevre (Email LefevreL@nwasco.k12.or.us)

TDHS Graduation Requirements

Subject Area Credit Requirement	Graduation Requirement	College Prep Recommended
English Language Arts	4 Credits	4 Credits
Mathematics (Algebra 1 & above)	3 Credits	4 Credits
Science (including Biology)	3 Credits	4 Credits
Social Studies	3 Credits	
The Arts/ Applied Arts or 2 nd Language	3 Credits	*2 Credits of Foreign Lang.
Physical Education/ Health	2 Credits	
Electives	6 Credits	*Takes classes related to your post-secondary interest
TOTAL CREDITS REQUIRED	24 Credits	24 Credits

In Addition to the 24 Credits Required to Graduate, Students Must:

- Meet Essential Skills in the areas of **Reading, Writing & Mathematics**.
 - Opportunity to meet spring 11th grade through Smarter Balance test
- **Complete Personalized Learning Requirement (Senior Career Binder)** including an education plan & profile, career-related learning experiences, & extended application (Oregon Career Information System). See Susan Raffensburger in Room 405 during TAT for details if you want to get started now!
 - Completed in Career Exploration class senior year if not completed independently.
- **20 Hours of Community Service** (Verification forms available in the Counseling Office).

10th Grade Student Credit Checklist

- **Students should have earned 7.5 credits total in 9th grade**
- **Required 9th Grade Credits (Look on Transcript)**
 - 1.0 Credit English: English 9 or English 9 Honors A & B
 - 1.0 Credit Math: Algebra 1 A & B or Geometry A & B
 - 1.0 Credit Science: Intro to Physics A & B
 - 0.5 Credit Social Studies: Global Studies 9 or AP Gov
 - 1.0 Credit Physical Education: PE 9 A & B
 - 3 Elective/ Applied Arts Credits
- **Students should have earned 7.5 credits total in 10th grade**
- **Required 9th Grade Credits (Look on Transcript- Potential to Earn 7.5 Last Year)**
 - 1.0 Credit English: English 10 or English 10 Honors A & B
 - 1.0 Credit Math: Geometry A & B or Algebra 2 A & B
 - 1.0 Credit Science: Intro to Chemistry A & B or Chemistry A & B
 - 0.5 Credit Social Studies: Global Studies 10 or AP World History
 - 0.5 Credit Health: Health 1
 - 3 Elective/ Applied Arts Credits

RECOMMENDED HIGH SCHOOL COURSES FOR COLLEGE-BOUND STUDENTS

This is a general list of suggested high school courses for students who want to complete a college preparatory curriculum. Actual requirements will vary by institution. Check with your high school counselor or an admissions representative from the school you are interested in attending for specific requirements and recommendations.

SUBJECT <i>In years or credits (1 credit = 1 year)</i>	Minimum recommendations for 4-year college preparation	Recommendations for a selective college
ENGLISH/LANGUAGE ARTS	4 including literature, writing and composition, and speech	4 including literature, writing and composition, and speech
MATHEMATICS	3 beginning with algebra	4 beginning with algebra
SCIENCE	3 lab sciences	4 lab sciences
SOCIAL SCIENCES	3 including US history, government, economics, world history, world geography	3 including US history, government, economics, world history, world geography
SECOND (WORLD) LANGUAGES	2	4
THE ARTS	1 visual or performing arts	1 visual or performing arts
APPLIED ARTS (CTE)	as required for graduation from high school	as required for graduation from high school
HEALTH EDUCATION		
PHYSICAL EDUCATION		
ELECTIVES	computer skills and other courses	computer skills, challenging electives, and courses related to your interests and goals

For more information, also see:

American College Testing (ACT), Inc., recommendations at
<http://www.actstudent.org/college/plancourses.html>

The College Board (SAT) recommendations at
<http://www.collegeboard.com/student/plan/high-school/33.html>

What's important to do in high school so that when you apply to college and scholarships you will be as successful as can be!

Rigorous classes

- GPA: highest it can be-- ALL 4 YEARS COUNT!!
- Visual or performing art- 1 year
- At least 2 years of same foreign language (3-4 better)
 - Online or outside (if accredited) for languages not taught at HS including sign language
- Study and do as well as you can on SAT/ACT

Extracurricular activities

- How many clubs at the high school?
- How many sports?
- Leadership opportunities?
- Part time jobs—why important?
- Community service/volunteer work
 - More important is doing service work that you truly care about, rather than doing something expensive like a service trip to a 3rd world country.

*Passion and commitment are what they are looking for.
Quality over quantity!*

ASPIRE at The Dalles High School

Do you know what career you want to have? Maybe you have a clear goal, or maybe you need some help exploring your options. ASPIRE is a one-on-one mentoring program, here to help you get to where you want to go.

Why ASPIRE?

- ASPIRE is for all students, serving the entire student body
- You will be matched up with a mentor to help you reach your goals
- Explore education and training options beyond high school
- Receive assistance with essays and applications
- Have help to meet deadlines
- Get advice about college choices
- Receive direction to scholarship and financial aid resources
- Meet as often as needed

What makes a good ASPIRE student?

- Enthusiasm
- An interest in working with a mentor
- Reliability and consistency

How do I become an ASPIRE student?

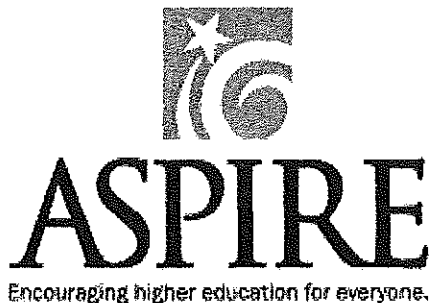
- Come to the ASPIRE Launch Lounge, Room 122 and check us out!
- Return a permission form complete with a signature from your parent/guardian

Stay connected

Website: ASPIREOregon.org

Facebook: Like us on Facebook at "The Dalles High School ASPIRE"

Questions? Contact Elaine Powrie, ASPIRE Coordinator at powrie@nwasco.k12.or.us
or 541-506-3449 ext. 2122





ASPIRE Permission Form

Student Name _____ Birthdate _____

Current Grade Level _____ Expected High School Graduation Year _____

Student Contact Information

(Please Print)

Home Phone _____ Cell Phone _____

Email _____

How do you prefer to be contacted or receive messages? (check one)

home phone cell phone email

ASPIRE is a volunteer-based mentoring program that assists secondary (middle school and high school) students in the process of accessing training and education beyond high school. Working one-on-one or in groups, trained ASPIRE volunteer mentors help students with career and school research, applications and admissions processes, and provide information on financial aid. ASPIRE volunteer mentors must pass a criminal records check before meeting with students. Meetings take place at school, with staff present, throughout the school year. Participation does not guarantee that students will receive scholarships.

Each year students are asked to complete a confidential online survey about their experience and future plans. For students under the age of 18, participation in ASPIRE and the survey require a parent or guardian signature below.

Participation in all ASPIRE programs and the program evaluation is voluntary and confidential. You are free to withdraw your consent and discontinue participation at any time.

I give permission for my student to participate in the ASPIRE program and survey.

Parent/Guardian Name _____ date _____
(printed) (signature)

I am interested in volunteering for the ASPIRE program.

Parent/Guardian Contact Information

(Please Print)

Home Phone _____ Cell Phone _____

Email _____

How do you prefer to be contacted or receive messages? (check one)

home phone cell phone email





Parent Perks!

Why be an ASPIRE Mentor?

- ❖ Get the **Inside Track** on college information
- ❖ Learn tips to **save \$\$\$** for your own kid!
- ❖ Develop **relationships** with The Dalles High School staff
- ❖ Learning will **lower your stress** about college.
- ❖ Help kids find & fund their **college dreams!**

Contact: Elaine Powrie or Jeannie Nelson
541-506-3400 Ext: 2122
powree@nwasco.k12.or.us



Beneficios de los Padres

¿Por qué debes ser un mentor de ASPIRE?

- ❖ Conseguir pistas interior para información acerca del colegio
- ❖ Aprender cómo ahorrar dinero para su propio hijo
- ❖ Desarrollar las relaciones con el personal de The Dalles High School
- ❖ Aprendizaje reducirá su estrés sobre el colegio
- ❖ ¡Ayudar a los estudiantes encontrar y financiar el colegio de sus sueños!

Elaine Powrie o Jeannie Nelson
541-506-3400 Ext: 2122
powree@nwasco.k12.or.us
nelsonj@nwasco.k12.or.us

PSAT Testing at The Dalles High School

The PSAT test will be administered at TDHS on October 16th, 2019. The test will start at 7:30 am, so students taking the test may need to get a ride that day. The PSAT test is an important practice test for the SAT test that most students take when they are juniors and seniors. The PSAT can also help demonstrate essential skills required for graduation in the State of Oregon and give guidance on AP courses a student might take in school.

There is no cost to take the PSAT, but there are a limited number of tests available on a first come basis. Students can sign up and get a test preparation booklet in the counseling office at TDHS.

So much more than a score.

You're taking the PSAT 10 this spring. Make sure you take advantage of these benefits to develop your personal path to college.

Here's what the PSAT™ 10 can do for you:



Connects You to Scholarships

The PSAT 10 connects you to our scholarship partners, who offer over \$220 million annually* in scholarships to qualified low-income and minority students. Just remember to check "Yes" for the Student Search Service® question on your answer sheet, so that scholarship providers can find you.



Gets You Free, Personalized SAT Practice

Taking the PSAT 10 itself is a great way to practice and get familiar with the format of the SAT®. However, your scores can unlock an even more valuable tool: your 100% free SAT study plan, customized for you at Official SAT Practice on Khan Academy®.



Gives You AP Course Recommendations

Your score report will suggest AP® courses that are a great match for you. Taking AP classes can help you in the admission process, and you may also be able to earn college credit, placement, or both and save on tuition.

*This is the dollar amount of scholarships as of January 2018.

To learn more about the test, visit psat.org.