

# Sophomore Class Newsletter

EL DORADO HIGH SCHOOL, CLASS OF 2018

FALL EDITION

## Getting ready for career & college

Ready, set go! As you work on deciding a direction for your life, here are a few questions you can ask yourself to help you determine what steps to take now to get you on course for your future:

- Who am I?

Spend some time thinking about stuff. What inspires me? What am I good at? When do I feel happiest? How do I process information? Take time to answer questions like this. The more you know about who you are, the better equipped you will be to take a path you will find fulfilling.

- Where do I want to go?

Spend some time doing stuff. Explore. Try new things. Volunteer or go on a job shadow. Ask people about their jobs. Research careers. Begin with who you are, then figure out which direction you might want to head.

How do I get there?

Spend some time planning. Once you have a direction in mind you can set a course or a plan of how to get there. Do you need more education? If so, how much, what kind—university, community, tech school? Maybe the military or an apprenticeship is a better option. Or maybe some real work experience is your best bet.

All this takes time and it takes thought. Invest in yourself and in your future. Your path will take unexpected turns and you will adjust your plan—this is normal. Make it an ongoing adventure!

Stop by the Career Center to access tools like interest inventories, career/college research tools, and job shadow & volunteer opportunities. We're more than happy to help!



NAVIANCE

*Username:*

*first 4 letters of your last name +  
last 4 digits of your student ID#*

*Password:*

*first & last initials +  
last 4 digits of your permanent ID#*

## Explore your options: talk to people...

The internet is fine for finding out general information about careers, but there's no substitute for talking to the real people that go to the real jobs, and experience the day-to-day joys and difficulties that come with every job.

So talk to people! Talk to your neighbors, parents, family friends, anyone you know who has a job you are intrigued with. Find out what they like best and least about their jobs. Think about the kinds of things that *you* enjoy and try to determine if that job that might be right for you. Ask them what type of education they needed to get their job, or about time off, travel opportunities, ability to support and enjoy a family, or anything else that you've found is important to you..



Here's another option—try a job shadow. This is a fantastic way to get a first-hand look at what a particular work environment is like. You can arrange a job shadow on your own with a family member, family friend, or someone you know outside of school. Or, you can participate in the job shadow program here at school in the springtime or your junior or senior year. Come to the Career Center to find out more.

And finally, volunteer. When you volunteer in the community you will meet people with a wide variety of jobs. Take the time to ask them about their jobs. Most people enjoy their chosen field and will be happy to share their experience and knowledge with you. Every bit of information you gather will help you on your path to your future!

# El Dorado High School

Counselors: (530) 622-3634 x1028  
Mrs. Martin (A-C), ISP vmartin@eduhd.net  
Mrs. Carrillo (D-Ha), Vista kcarrillo@eduhd.net  
Mrs. Fregoso (He-Ra), EL kfregoso@eduhd.net  
Mrs. Woods (Re-Z), AVID lwoods@eduhd.net

Career Center: (530) 622-3634 x1033  
Mrs. Bastian mbastian@eduhd.net

Any students or parents interested in meeting to develop a 4-year plan, please feel free to call or email your Counselor.

## Thinking about playing sports in college?



- Take academic college-prep courses
- Talk to your Counselor, and
- Visit the following websites:
  - NCAA: [eligibilitycenter.org](http://eligibilitycenter.org)
  - NAIA: [playnaia.org](http://playnaia.org)

## Survival skills for life.

Use your experiences wisely (both at school and out in the world) to develop these 7 survival skills for life:

**Critical thinking and problem solving:** Don't take things at face value—try to understand the “why,” the “what if.” Ask good questions. Think broadly and deeply.

**Collaboration / Leading by influence:** Practice discussing and working through differences in culture or perspective. Empower team members rather than control them.

**Agility and adaptability:** Be a lifelong learner. Embrace new ideas. Accept that there is not always a “right answer.”

**Initiative and Entrepreneurialism:** Be a self-starter. Trust yourself to be creative. Seek out opportunities for improvement.

**Effective oral & written communication:** Clarify your thoughts. Understand what you are trying to say before you speak or write it.

**Accessing & Analyzing information:** Evaluate the source of your information. Use critical thinking to figure out what it might mean and how to best use it.

**Curiosity and imagination:** Practice thinking out of the box. Cultivate your sense of wonder. Use these as tools to improve your surroundings.

*Adapted from: The Global Achievement Gap by Tony Wagner.*

## College prep: high grades or challenging courses?

Are high grades or challenging courses more important? Should I avoid the difficult AP course because I'm afraid I might not get an A?

It is important to know that highly selective colleges typically review your application comprehensively. As an example, the University of California evaluates students on 14 factors including:

- Academic GPA
- SAT/ACT scores
- Academic rigor

- AP courses
- Senior year class choices
- Classes available at your HS
- Location of your HS
- Areas of outstanding work
- Accomplishments in light of your life circumstances

Bottom line? The selective colleges look at your transcript as only part of your entire application. While



high grades and test scores certainly count in your favor, colleges also want to see that you are challenging yourself, not taking the easy way out.

Take the level of class that will provide a *reasonable* challenge for you. Maintain a healthy balance between your schoolwork and outside activities. And if you're not sure what class is the best choice for you, ask your Counselor to help you with the decision.