



## Class of 2021 Sophomore Orientation Packet



Sophomore year is a transition year. You may be discovering that grades and attendance do matter. It is also an exciting time to explore new classes and get involved in new activities. There are so many possibilities in high school. Stop by the counseling office to learn more!

<b>Sophomore Checklist</b>	<b>Page 2</b>
<b>All Student Academic Assistance</b>	<b>Page 3</b>
<b>Sophomore Student Success Tips</b>	<b>Page 4</b>
<b>Class 2021 Remind 101 &amp; Senior High Websites</b>	<b>Page 5</b>
<b>Graduation Requirements, Transcript, Valedictorian Criteria</b>	<b>Page 6</b>
<b>Attendance and Your GPA</b>	<b>Page 7</b>
<b>Rigorous Core Fact Sheet</b>	<b>Page 8</b>
<b>Pre-ACT</b>	<b>Page 9</b>
<b>Clubs &amp; Activities</b>	<b>Page 10</b>
<b>Student Support Services</b>	<b>Page 14</b>





## Sophomore Checklist



### Fall of Sophomore Year:

- Join a club or sport! **Get involved!** Ask your counselor if you need a place to get started
- Research careers** that may be a good fit with your interests, skills, and goals
- Interested in playing sports in college? Register with the **National Collegiate Athletic Association (NCAA) Eligibility Center** ([www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)) or **National Association of Intercollegiate Athletics (NAIA)** ([www.naia.org](http://www.naia.org)) and meet with your counselor to make sure that you will be the 16 core course requirement
- Start building your **résumé**
  - What activities, volunteer experience, extracurriculars were you involved in last year?
  - Get involved in clubs, sports, and activities that you may not have been involved in last year

### Spring of Sophomore Year:

- Register for classes for your **Junior Year**
  - Log on to Career Cruising** and other **Career Pathway** websites to help pick out classes that will prepare you for after high school
  - Talk to your counselor about college admissions requirements and **rigorous core requirements**
  - If you are interested in playing sports in college, make sure you are on track to meet **NCAA/NAIA Eligibility Requirements**
- Take the **PreACT**
- Start to think about **plans after high school and career possibilities**
  - What are your interests, skills, abilities, and passions?
  - What are your **options**?
    - Attend college/university
    - Join the military
    - Apprenticeship
    - Workforce
    - Jobcorps ([www.jobcorps.gov](http://www.jobcorps.gov))
    - Training and certification programs
- Keep your grades up
  - Check in to make sure you will meet **Graduation Requirements**
  - Remember your grades affect your **GPA and Class Rank**



**All Student Academic Assistance**



**ALL STUDENT ACADEMIC ASSISTANCE TUTORING / HOMEWORK HELP**

**ALL SUBJECT ACADEMIC ASSISTANCE 3-4 PM**

TUESDAY & THURSDAY ROOM 128

**MATH 3-4 PM**

MONDAY ROOM 334-Hudson

TUESDAY ROOM 300-Erickson

THURSDAY ROOM 318-Brakke

**ENGLISH 3-4 PM**

MONDAY ROOM 232

**SCIENCE 3-4 PM**

THURSDAY ROOM 306

**SOCIAL STUDIES 3-4 PM**

MONDAY ROOM 214

TUESDAY ROOM 207

THURSDAY ROOM 207

**HEALTH & PE 3-4 PM**

TUESDAY WEIGHT ROOM & GYM & Health 111

**TECHNOLOGY EDUCATION 3-4 PM**

TUESDAY ROOMS 117 & 119

**ART 3-4 PM**

TUESDAY (CHECK WITH ART TEACHER ON CLASSROOM)



## **Sophomore Student Success Tips**



Developing good habits in the classroom will make a huge difference this year, the rest of high school and when or if you choose college. Now is the time to improve those habits and skills. If you follow these tips, you'll get more out of class, and you'll probably enjoy being there!

### **1. JOIN IN ON CLASS DISCUSSION**

- i. Don't sit quietly in the back
- ii. Participate in the conversation

### **2. ASK QUESTIONS IF YOU DON'T UNDERSTAND SOMETHING**

- i. If you didn't understand it, there's a good chance others didn't either
- ii. You are not alone

### **3. KEEP UP WITH CLASS ASSIGNMENTS**

- i. Keep a checklist of when they're due—or finish them before the due date

### **4. CHECK FOR PHONE APPS**

- i. To remind you about deadlines, assignments, and exams

For additional helpful hints check out the ACT link below

<https://www.act.org/content/act/en/students-and-parents/class-of-2021.html>



## Class 2021 Remind and Senior High Websites



REMIND is a one-way text messaging and email system. With REMIND, all personal information remains completely confidential. Counselors will never see your phone number (or email), nor will you ever see theirs.

Visit [remind.com](http://remind.com) to learn more about REMIND and safety.

### **How to sign up for BSHS Counseling's Class of 2021 messages:**

To receive messages via TEXT:

Enter phone #: **81010**

Enter message: **@bshs21**

\*\*You can opt-out of messages at any time by replying, 'unsubscribe @bshs21'



Or, download the FREE app:

**Remind**

Enter code: **@bshs21**



To receive messages via EMAIL:

Go to: [rmd.at/bshs21](http://rmd.at/bshs21) on a desktop computer to sign up for email notifications.

**Need assistance? Mrs. Lucero, 406-281-5448**

### **Billings Senior High Website:**

<http://www.billingseniorhigh.com/>

Scholarships	Daily Announcements	Activities Schedule
Faculty & Staff Directory	Clubs & Activities	Other

### **Billings Senior High School Counseling Department Website:**

[www.bshscounseling.weebly.com](http://www.bshscounseling.weebly.com)

Announcements	Counseling Staff Contact Information	Jobs
Scholarships	Remind	Graduation Requirements
Career Cruising	ACT/SAT	MT Colleges/Universities Info
Training & Certifications	Apprenticeship Info	Cosmetology Schools
Billings Adult & Community Ed	College Visits	Financial Aid
Collegiate Athletic Info	Western Undergraduate Exchange (WUE)	Military



## Graduation Requirements, Transcript, and Valedictorian Criteria



- Must earn **21 credits** in order to graduate from Billings Senior High School
- **½ credit equals 1 semester**. Consequently, a full year course (two semesters) equals 1 full credit
- **Graduation Requirements** are listed below as well as shown on your transcript
  - **4 credits of English**
  - **3 credits of Social Studies**
  - **2 credits of Math**
  - **2 Credits of Science**
  - **1 credit Visual/Performing Arts**
  - **1 credit of Practical Arts/CTE**
  - **1 credit of PE/Health**
  - **7 credits of elective**
- Each year, make sure to go through the credits you have earned and the credits you still need to make sure that you are **on track for graduation**
- If you fail a **required class** for graduation, you **MUST** make up the course in Credit Recovery or Summer School
  - See your counselor ASAP if you need to make up a required course

Graduation Requirements		Req	Earned	Need
EN	English	4.00	1.00	3.00
MA	Math	2.00	1.00	1.00
WH	World History	1.00	0.00	1.00
AH	American History	1.00	0.00	1.00
GO	Government	0.50	0.00	0.50
SS	Senior Social Studies	0.50	0.00	0.50
BS	Biological Science	1.00	0.00	1.00
PS	Physical Science	1.00	1.00	0.00
HH	Health Enhancement	1.00	1.00	0.00
AR	Visual and Performing Arts	1.00	0.50	0.50
PA	Practical Arts	1.00	0.50	0.50
EL	Elective	7.00	1.00	6.00
<b>Total</b>		<b>21.00</b>	<b>6.00</b>	<b>15.00</b>

### Valedictorian Criteria

The student with the highest weighted grade point average after 8 semesters of high school coursework will be deemed valedictorian. In order to obtain a level playing field, all students vying for valedictorian, must earn a total of 24 credits



## Attendance and Your GPA



### “10 Day Rule”

- Class attendance and participation are requirements for receiving credit in a given class at the highschool level. Therefore, a student may be given a P credit in any given class for which he/she would have otherwise earned a passing grade/mark-when absences exceed a total of ten (10) per semester.
- Students may appeal the 10 absences per semester limit. A student who anticipates that an extended absence will exceed the 10 day limit may appeal in advance.
- A student must initiate the appeal process at least one week before the end of the semester by obtaining a form from his/her Assistant Principal/Attendance Clerk.

Students with the last name <b>A-G</b>	<b>Mr. Kroll</b>	<b>Attendance Clerk Patty Melvin</b>
Students with the last name <b>H-O</b>	<b>Mr. Robertson</b>	<b>Attendance Clerk Colleen Whitbeck</b>
Students with the last name <b>P-Z</b>	<b>Mrs. Strouf</b>	<b>Attendance Clerk Dennisee Williams</b>

### How to Calculate Your GPA

#### Unweighted (Non-Honors) Classes

**A=4**  
**B=3**  
**C=2**  
**D=1**  
**F=0**

#### Weighted (Honors/AP) Classes

**A=5**  
**B=4**  
**C=3**  
**D=1**  
**F=0**

#### Example:

PS > Earth Sci H	B	0.50
EN > English 1H AM	B	0.50
MA > Geometry H	A	0.50
AR Concert Choir	A	0.50
PA Food and Nutrition	A	0.50
EL French 1	A	0.50
HH HLTH Enhance 1	A	0.50

GPA=quality points divided by # of classes

4+4+5+4+4+4+4=29 (quality points)

Number of classes=7

29/7=4.14 GPA



## **Rigorous Core Fact Sheet**



Students can complete the Regent's College Preparatory Program (4 years of English, 3 years of math, 3 years of Social Studies, 2 of Science, and 2 of electives) to enter any of Montana's four-year universities. However, students who take more rigorous coursework in high school maintain high GPAs and score well on the ACT or SAT are most likely to be successful in college. The Montana Board of Regents adopted the Rigorous Core as a **requirement for the MUS Honors Scholarship (MUSHS)** in order to assure that the most meritorious students would compete for this scholarship and assure that their grade point averages would be based on a similar set of rigorous courses (up to 200 MUSHS are offered to high school seniors each year). The complete text of the applicable policies can be found within the Board of Regents Policy Manual: <http://mus.edu/borpol/bor500/501-1.pdf>

### **ENGLISH-4 YEARS**

In each year the content of the course should have an emphasis upon the development of written and oral communication skills and literature. In addition a designated college-prep or research writing course is recommended

### **MATH-4 YEARS**

Courses shall include Algebra 1, Geometry, and Algebra 2 (or the sequential content equivalent of these courses) and a course beyond Algebra 2 or Integrated Math IV (such as Trigonometry, Pre-Calculus, Calculus, Computer Math, or Integrated Math VI.) All must have grades of "C" or better.

*NOTE: In school systems where a student may take Algebra 1 in the 8th grade, this credit must be listed on their high school transcript to be included when calculating their Math requirements.*

### **SOCIAL STUDIES-3 YEARS**

The courses include Global Studies (such as World History or World Geography); American History; and Government, Economics, Indian History or other third year courses.

*NOTE: Students must complete a full year of global studies such as World History or World Geography, a full year of American History, and an additional year in another social studies field such as economics, problems of democracy, psychology, sociology, tribal government or Indian History. With the recommendation of an additional ½ year or more of other coursework such as psychology or humanities.*

### **LAB SCIENCE-3 YEARS**

Full year of each: General or Earth Science; Biology; Chemistry or Physics

*NOTE: Your school may have additional courses listed as Lab Sciences, please check this website to verify <http://www.mus.edu/che/arsa/CollegePrep/hcspindex.asp>*

### **ELECTIVES-3 YEARS**

3 years chosen from the following: World Language (preferable 2 years), Computer Science, Visual and Performing Arts (including Speech/Debate), CTE units which meet OPI guidelines (such as Information Technology, Computer Science.)

#### **Alternate Rigorous Core Math/Science Combination**

Three year of math, including a course beyond Algebra 2, and four years of laboratory science may be substituted for the four years of math and three years of science requirement

### **MORE INFORMATION**

View your school's Rigorous Core classes and frequently asked questions online at

<http://www.mus.edu/che/arsa/CollegePrep/hcspindex.asp>





# Pre-ACT

PreACT simulates the ACT testing experience within a shorter test window on all four ACT test subjects:

**English**

**Math**

**Reading**

**Science**

Results predict future success on the ACT test, and provide both current achievement and projected future ACT test scores on the familiar 1-36 ACT score scale.

## Key Benefits

- Early practice for the ACT test with flexible test administration dates – test on your schedule
- PreACT score and predicted ACT score ranges align to the ACT 1–36 scale
- Students may opt to share their information with colleges and scholarship agencies
- ACT Interest Inventory results provide students with a personalized view of interests with college and career alignment
- Valuable results provide actionable insights to help educators, parents and students make important decisions for the future
- Rapid reporting turnaround within 2-4 weeks of receipt of answer documents allows for early and effective planning to ensure students can attain the future and career success they envision

## Learn More About the PreACT

[http://www.act.org/content/dam/act/unsecured/documents/PreACT\\_info.pdf](http://www.act.org/content/dam/act/unsecured/documents/PreACT_info.pdf)

<b>Who:</b>	<b>All 10th grade students</b>
<b>What:</b>	<b>PreACT exam</b>
<b>Where:</b>	<b>Billings Senior High School</b>
<b>When:</b>	<b>Tuesday, April 2, 2019</b>
<b>Why:</b>	<b>Preparation for ACT/Interest Inventory</b>



## Clubs and Activities



**ACADEMIC TEAM** – Do you like to learn new things, spend time with interesting people and compete with top students from around our region? Then academic team is for you! All students are welcome to join. We have Varsity and junior Varsity teams that compete in the areas of general knowledge, history and science. You can choose whether to participate in one or more competitions, depending on your schedule and availability. Please see Ms. Biersdorf in Room 221 for more information.

**ADVOCATES** - Senior Advocates are a group of our Juniors and Seniors who gain community service credit through being ambassadors for Senior High. Advocates are present on our first day of school with the freshmen to share what they love about being part of our school. They conduct tours of the building, help teachers with classroom activities, help out in our food pantry, and provide service to the committee that organizes Saturday Live, just to name a few of the areas where we provide service to the building. See Mrs. Nation in room 101 for more information.

**ART and CLAY CLUB** - This club is an opportunity for students to work with clay during a time other than scheduled class. All students are welcome on a drop-in basis. The ceramics teacher supervises the activity, but there is not instruction. Dates and time for activities will be announced. Sponsor Mrs. Petersen - room 115

**BPA - Business Professionals of America.** BPA helps students prepare for a world class workforce through the advancement of leadership, citizenship, academic, and technological skills. Students can compete in over 60 contests in the following four categories: Financial Services, Administrative Support, Information Technology, and Management, Marketing & Human Resources. Students have the ability to compete at regional, state, and national competition every year. Sponsor: Mr. Anderson room 313A.

**BRONC ANNUAL** – The staff is responsible for creating the school yearbook. Staff members take photographs, sell yearbooks and advertising, construct electronic layouts and produce the yearbook. For information, please talk to Mr. Restad in Room 206.

**BRONC EXPRESS** - The staff is responsible for writing, editing, and producing issues of the Bronc Express, the school newspaper. Bronc Annual Staff members must sign up for Bronc Express class and participate for the full year. For information, please talk to Mr. Restad in Room 206.

**CHEERLEADING** - Cheerleaders are responsible for supporting school spirit and are role models in our school and community. Cheering at pep assemblies and JV and Varsity games our main role, but we do everything we can to increase the school spirit in Bronc Nation. We have both seasonal and full year positions, allowing our cheerleaders to participate in other school activities! Fundraising is a big part of our summer season as we raise money for uniforms and other items that are needed throughout the year. Tryouts are held each Spring and flyers are posted throughout the high school and are distributed to the middle school with times and dates. We cheer for all sports, including home and cross-town events for cross country football, volleyball, soccer, wrestling, and boys/girls basketball. Varsity cheerleaders also travel for some playoff and state games. Cheerleaders also make appearances in many local events throughout the city of Billings as volunteers. . Sponsor: Miss Krumheuer (Library) or email at: [krumheuers@billingsschools.org](mailto:krumheuers@billingsschools.org)

**CHESS CLUB** – Monday’s after school in room 216. For information see Mr. Bottrell – room 216.

**DANCE TEAM** - Senior Storm performs at home football games and both girls and boys basketball games. Tryouts are in November and in the spring (usually in April.) Flyers will be sent to the middle schools before tryouts.

**DRAMA** - Two plays a year; one in the fall/winter and one in spring. Dates TBA Drama club meets weekly at 3:15. See sponsor: Mrs. Turley in room 220 for more information.

**FISHING CLUB** - Fishing Club is a student driven group that explores all things "fishing". Learn to fly fish, spin cast, tie flies, grow trout, go fishing, repair rods or make new rods. Meetings are Wednesdays from 7:30 to 9:00 in room 306. Sponsor: Mr. Anelon and Mrs. Hartman.

**FCCLA – Family Career Community Leaders of America** - Involvement in FCCLA offers members the opportunity to expand their leadership potential and develop skills for life -- planning, goal setting, problem solving, decision making, and interpersonal communication -- necessary in the home and workplace. Students can participate in over 50 competitive events focusing on addressing youth concerns through Family and Consumer Sciences education, a few examples include: parenting, family relationships, environment, nutrition & fitness, career exploration. Students have the ability to compete at regional, state and national competitions every year. Chapter meetings are: Wednesdays at lunch, Room 136. Sponsor: Ms. Skovgaard.

**FORENSICS** - Debate teams and Speech. During the season practice is held after school Monday through Friday at 3:15 in various rooms. See TBA, room TBA .

**FRENCH CLUB** – meets on Wednesdays after school for preparing French goodies, holiday projects, party planning and games (outdoor-weather permitting). Sponsor Mrs. Schlaht-room 213.

**GERMAN CLUB** - German Club meets Wednesdays from 3:15 - 4:00. Activities include: various sports, cooking, holiday parties, projects, community service and cultural activities. If you are interested, sign-ups are in room 103 with Frau Schell.

**GSA CLUB – The Gay Straight Alliance Club** meets each Wednesdays at lunch in Room 216. GSA is made up of students of all backgrounds and orientations and no questions are asked about a student’s gender or identity. LGBTQ issues in and around our school as well as in the broader community are discussed. New attendees are always welcome. Free pizza is served each week.

**KEY CLUB** - Key Club is a service club associated with the Kiwanis. We participate and organize community projects such as the Festival of Trees, food drives and dress-a-child. Meetings are the 2nd and 4th Wednesdays in room 322. Sponsor: Miss Stugelmeyer, Room 322.

**NATIVE AMERICAN CLUB** - Social and Cultural activities. Meetings are Tuesdays at 3:10 to 4:00 in room 128. See Mr. Covers Up in room 128 for more information.

**BRONC NATION POETRY CLUB** – Poetry Club meets the 1st Wednesday of each month during Lunch in Room 222. Bring your poetry, your lunch, and your friends. Everyone welcome! Any questions see Margo Turley in Room 220

**SPANISH CLUB-** The Spanish Club celebrates and promotes intercultural education. In a effort to reach this goal, we invite all Spanish students to join our club. Events that we celebrate include: Cinco de mayo, Dia de los muertos, Dia del amor y la amistad, Navidad y Dia de las brujas. Spanish Club meets 2 Wednesdays each month. For more information see Sponsor, Mrs. Nation in room 101

**STEM Society - STEM (Science Technology Engineering and Mathematics) Society** is a student-led organization at Billings Senior High School. The aim of STEM Society is to provide opportunities for students to engage in STEM outside of class. We go on field trips to help with scientific research and assist scientists in the field; we visit elementary schools and perform STEM Magic Shows to show young people the wonders of science. Participation in this organization qualifies you to earn an Academic Letter and Pin in science (similar to Varsity Activities Letter). We meet every other Wednesday (dates/times to be announced) in room 223. Join us to learn more!

**STU CO (Student Council)** - Stu Co promotes school spirit all through the year and especially during Homecoming Week. They help others in the community all through the year. Student Council governs the student body of Senior High School. Student Council handles sending students to boys and girls state in Helena. We have our elections for the upperclassman in March and elections for freshman in the fall. Meetings are every Wednesday at Lunch. Sponsor: Mrs.Fleek Airne - room 203

**TECH CLUB** – Meetings start in November – Tuesday after school room 117. See Mr. Keller room 117.

**Don't forget all the sports activities that Senior High offers:**

**Fall Sports:**

Football - Coach Murdock – room 118

Volleyball - Coach Dvorkak

Soccer - Girls - Coach Parish @ Castle Rock Middle School

Boys - Coach Robbins - room 224

Golf - Coach Weik room 202A/gym

Cross Country - Coach Lord room 305

**Winter Sports:**

Wrestling - Coach Beeman room 122

Basketball - Boys - Coach Haws room 111/Gym

Girls - Coach Robbins room 224

Swimming - Coach Brett Maas

**Spring Sports:**

Tennis - Boys - Coach Miller @ Orchard Elementary

Girls - Coach Jensen room 326

Track - Boys - Coach Quesnberry room 309

Girls - Coach Weik room 202A/gym

Softball -Coach Shulund room 111/gym

**USEFUL WEBSITES**

Senior High – [www.billings seniorhigh.com](http://www.billings seniorhigh.com)

BPS Athletic Schedules [www.rankonesport.com](http://www.rankonesport.com) (or access from the Bronc Activities tab on Sr High webpage -)



## Student Support Services



Remember being a part of Bronc Nations means there are adults all around you who care about your well-being. If you need someone to talk to, or you are concerned about a friend please stop by the counseling office or visit with one of these adults.

**We care about all of YOU including: grades, food/shelter, safety, and well-being.**

**Ashley Olien**-Tumbleweed Student Advocate Rm 131 G  
406-281-5548  
[oliena@billingschools.org](mailto:oliena@billingschools.org)

**Cara Carter**-Integrated School Based Therapist Rm 131 E  
406-281-5521  
[carterc@billingschools.org](mailto:carterc@billingschools.org)

**Heidi Garwood**-Social Worker Rm 131 C  
406-281-5519  
[garwoodh@billingschool.org](mailto:garwoodh@billingschool.org)

**Michelle Watson**-ETS/Upward Bound Advisor Rm 131 A  
406-281-5520  
[watsonm@billingschools.org](mailto:watsonm@billingschools.org)

**Casey Rudio**-Indian Ed Home to School Coordinator Rm 210  
406-281-5461  
[rudioc@billingschools.org](mailto:rudioc@billingschools.org)

**Brandon Covers-up**-Indian Ed Coordinator/Graduation Coach Rm 128  
406-281-5455  
[coversupb@billingschools.org](mailto:coversupb@billingschools.org)

**Mitch Hillier**-School Resource Officer Rm 132  
406-281-5518  
[hillierm@billingschools.org](mailto:hillierm@billingschools.org)

