



flower mound high school
**23-24 SOPHOMORE
GUIDANCE**

**We are ONE Lewisville ISD
Connection, Communication, Culture**



LEWISVILLE ISD

COUNSELORS



COUNSELING SERVICES

- **Individual Counseling**
- **Small Group Counseling**
- **Social/Emotional Support**
 - Emotional Regulation
 - Coping Skills
- **Relationship Skills**
 - Peer relationship issues
 - Family systems
- **Grade-Level Guidance/Presentations**
 - FAFSA Night
 - Dual Credit Meeting
 - Grade Level Presentations
- **Educational/Academic Guidance**
 - College, Career, Military Readiness
 - Graduation Requirements/Schedules



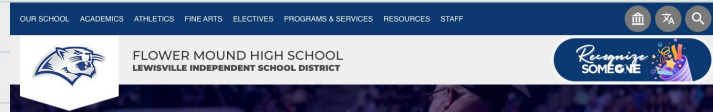
INFORMED CONSENT/ CONFIDENTIALITY

Counselors, Student Assistance Counselors, and Social Workers are here to listen, advocate, and support you without judgement.

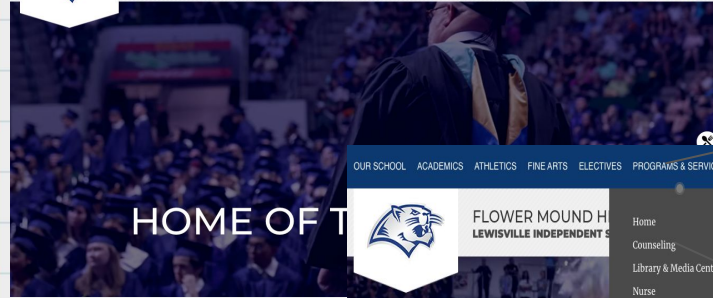
**What you say in our office stays in our office.
There are a few exceptions to this rule:**

- If you share with us that you are having thoughts of hurting yourself or someone else, we will share in order to get help and keep you safe.
- If you share with us that someone *is hurting you or has hurt you in the past*, or you are aware of someone that is being hurt, I will share in order to get help and keep you safe.

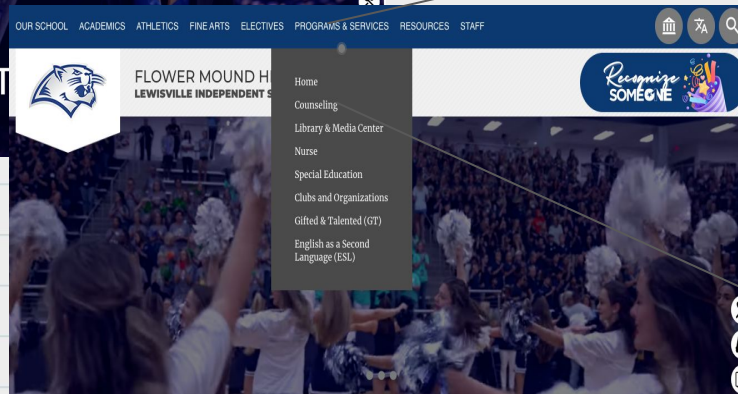
WEBSITE



FMHS WEBSITE



PROGRAM AND SERVICES



COUNSELING

WEBSITE

COUNSELING

SENIOR STUDENT/PARENT NIGHT SEPTEMBER 7
TIME 6:00pm - 7:30pm

APPLYING to COLLEGE with COMMON APP

College Reps Visit FMHS

Counselor Letter of Recommendation Packet

NorTex College Fair 2023

Take Flight with UNT & HEB before NorTex College Fair

FMHS Future Planning Flyer - One-Stop Shop for Post HS Info!

FMHS 23-24 Registration Website

FMHS Counseling Staff
Schedule Change Procedures
AP/Honors Commitment Information
Counselor Newsletters
College Rep/Visits Calendar
School Profile
Volunteerism
Senior Parent Meeting
Junior Parent Meeting
Sophomore Parent Meeting
Academic Planning
Graduation Toolkit
Junior/Senior Handbook
Credit Opportunities for Acceleration/Remediation
Dual Credit
NCAA Academic Requirements
Career Resources
College Resources
FORMER STUDENTS:
Alternative Graduation Info
Transcript Requests
Summer Opportunities
Job Opportunities
Parent Resources
Upcoming Events

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College Rep/Visits Calendar

School Profile

Volunteerism

Senior Parent Meeting

Junior Parent Meeting

Sophomore Parent Meeting

Academic Planning

Graduation Toolkit

Junior/Senior Handbook

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Check out our Scholarships page! [Scholarship Opportunities Page](#)

ATTENTION SENIORS: [Click Here for Final Transcript Request Information](#)

Stay current on upcoming events and presentations! [Upcoming Events Page](#)

The counseling office is located across from the Library in the main hallway.

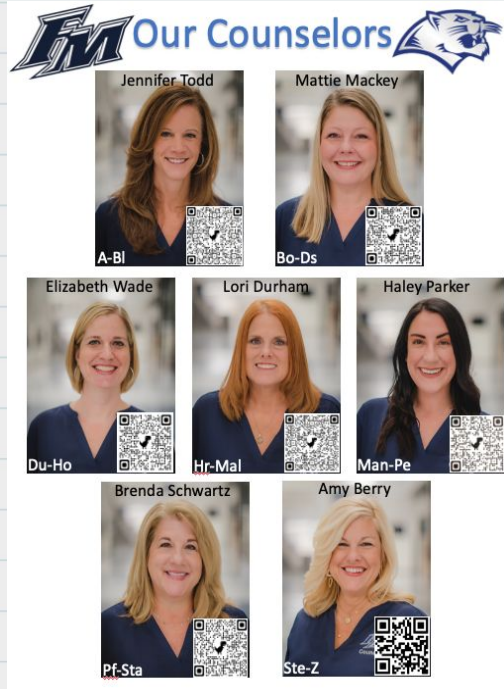
Phone: (469)-948-(4-digit extension)

Hours: Monday through Friday from 7:30 AM to 4:00 PM



SCHEDULING A MEETING

There are several ways students can request to meet with their counselor:

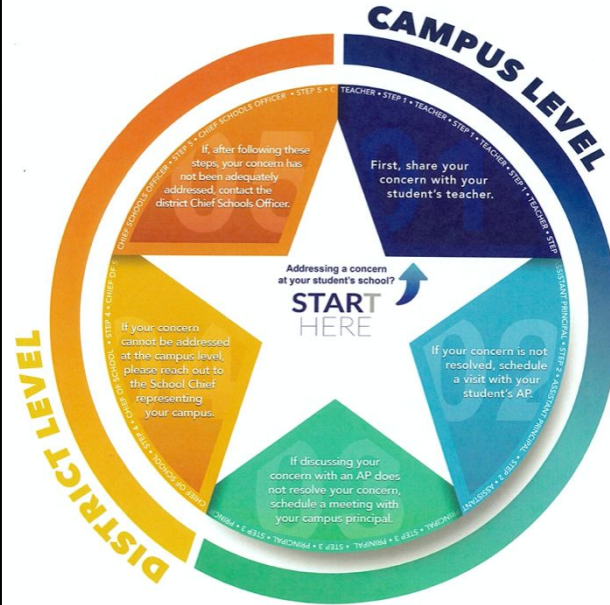


- **Scan your counselor's QR code**
 - They can be found in teacher classrooms, outside of the counseling office, bulletin boards, water fountains, and in the library
- If unable to scan a QR code, **fill out a paper request in the counseling office**
- Send your counselor an email
- Stop by to see if we are available!
- **IN AN EMERGENCY, students should NOT leave the counseling office!**
 - **Emergencies are...** situations that are potentially harmful to overall health of you or other person (hurting self, someone else hurting you, intent to hurt someone else)
 - Schedule changes, college questions, transcript requests are not emergencies

COMMUNICATION

COMMUNICATION STARTS HERE!

In Lewisville ISD, we believe the best way to ensure students enjoy thriving, productive lives in a future they create is by encouraging open and honest conversation between families and district staff. To efficiently address any concern families may have, we strongly encourage all communication to begin at the most direct level.



GRADUATION REQUIREMENTS

WITH MULTIDISCIPLINARY ENDORSEMENT

(26 credits):

- **4 English Credits**
 - English 1
 - English 2
 - English 3
 - English 4
- **4 Math Credits**
 - Algebra 1
 - Geometry
 - Algebra 2 (for DLA and 4-year university)
 - Additional Math Credit
- **4 Science Credits**
 - Biology
 - Chemistry OR Physics
 - Additional Science Credit
 - Additional Science Credit
- **4 Social Studies Credits**
 - World Geography OR World History
 - US History
 - Additional Social Studies Credit
 - Government AND Economics
- **1 PE**
- **1 Fine Art**
- **2 consecutive Language Other Than English (LOTE) of the SAME language**

READING A TRANSCRIPT

Grad. Year: 2023	Grad. Date:	Advanced Measure:	GPA Type	GPA	Class Rank
Ethnicity/Federal Race:		Texas Grant Academic Indicator:	WTD Numerical	106.6969	188 of 892
Graduation Program Type: FOUNDATION HIGH SCHOOL PROGRAM			Unweighted 4.0 ALL	3.8537	Quartile:1
Distinguished Level of Achievement (Pursuing)			Weighted 4.0	4.7813	

Academic Record											
Course ID	Year	Course: Type	SM1	SM2	Credits	Course ID	Year	Course: Type	SM1	SM2	Credits
LANGUAGE ARTS											
19250021	2020	ENG 1:Q	91	P	1.000	79901000	2022	ASSTATTN:L	100	100	1.000
19251021	2021	ENG 2:Q	85	86	1.000						29.000
19251836	2022	ENG 3:D	95		0.500						
19252936	2022	ENG 3:D		94	0.500						
19253000	2023	ENG 4			0.000						
MATHEMATICS											
28210021	2019	ALG 1:JQ	84	83	1.000						
2933F900	2020	GEOM	95	97	1.000						
29332500	2021	ALG 2	90	91	1.000						
29339037	2023	INSTUMTH			0.000						
29339236	2023	INSTUMTH:D			0.000						
SCIENCE											
39530021	2020	BIO:Q	94	P	1.000						
39531521	2021	CHEM:Q	93	92	1.000						
39536002	2022	AP-BIO:P	94	90	1.000						
39541802	2022	SCIRD	95		0.500						
39533500	2023	ANATPHYS			0.000						
SOCIAL STUDIES											
49570021	2020	W GEO:Q	87	85	1.000						
49571000	2021	W HIST	97	94	1.000						
49572436	2022	US HIST:D	81		0.500						
49572536	2022	US HIST:D		86	0.500						
49578500	2022	SOC	95		0.500						
49573536	2023	GOVT:D	96		0.500						
ECON/FREE ENT											
49575036	2023	ECO-FE:D	94		0.500						
P.E./EQUIVALENT											
29151400	2020	SUBATH1	100	100	1.000						
OTHER LANGUAGE											
17450000	2018	SPAN 1:J	94	94	1.000						
18452000	2019	SPAN 2:J	90	89	1.000						
19462500	2021	ASL 1	98	97	1.000						
19463000	2021	ASL 2	94	97	1.000						
19463500	2022	ASL 3:H	97	92	1.000						
19464000	2022	ASL 4:H	93	97	1.000						
FINE ARTS											
5911F900	2020	ART 1	98	98	1.000						
591F9500	2020	ART2DRAW	92	P	1.000						
CAREER/TECH ED											
78750100	2019	PRINHUSR:J	95	93	1.000						
79161100	2021	MONEYM	93	92	1.000						
79722700	2021	LNURTWEL	95		0.500						
79754100	2021	INTERSTU		97	0.500						
LOCAL ELECTIVES											
29141100	2020	LOCAL PE:L	100	P	1.000						
19101500	2022	SATACTPR:L		91	0.500						
39540600	2022	SCIENCE:L		92	0.500						

Schools Awarding Credit:

- 2018 061902053/061902053
- 2019 061902053/061902053
- 2020 061902010/061902010
- 2021 061902010/061902010
- 2022 061902010/061902010
- 2023 /061902010

Local Credits 3.00
 State Credits 26.00
 Total Credits 29.00

- Verify accuracy of name (spelling)
- GPA
- Rank
- State Credits vs. Local Credits
- Compare to graduation requirements

GPA INFORMATION

Class of 2021 & beyond		
Calculation of Class Rank	Includes: English, math, science, social studies, LOTE (languages other than English), academic decathlon, and AP courses not associated with these subjects Only courses taken in grades 9-12	Class of 2024 & beyond
		AP Spanish taken in MS
Exclusions from GPA/RIC	Credit by exam or acceleration (CBE/CBA) HS courses taken in MS	
Weighted Grade System	Level 0 1.0 multiplier	Courses with modified content as decided by a student's ARD committee, credit recovery courses completed on campus, Night School, summer school for credit recovery, accelerated courses at LLC
	Level 1 1.1 multiplier	General education courses
	Level 2 1.15 multiplier	Pre-AP
		Class of 2024 and beyond
	All non-PreAP and non-AP LOTE	
Level 3 1.2 multiplier	Dual credit courses, AP courses, Academic Decathlon, IB courses (for students transferring in with IB credit)	

[GPA Info: Counseling Website](#)



SOPHOMORE TIMELINE

- Get Involved! Increase participation in extracurricular activities
 - Link: [Clubs & Organizations](#)
- Students should begin to challenge themselves in areas of strength
- Expand knowledge about prospective schools by visiting admissions reps during lunches and attending college fairs. Create a folder to record this information.
- Prepare for and take the PSAT
 - Link: [Testing Information](#)
- Begin crafting a resume: community service, school involvement, grades, leadership, and work experience.
- Students that are pursuing college athletics, view the NCAA website to ensure you are aware of requirements. Students use online Scribbles to send transcripts to NCAA.
 - Link: [NCAA Information](#)
- **OVER THE SUMMER STUDENTS SHOULD:**
 - Make plans for volunteering, internships and fun
 - Consider a job and build credentials while earning money
 - Begin ACT or SAT preparation when you have free time
 - Visit college campuses to see which types of schools are appealing

COLLEGE REPRESENTATIVES

The screenshot shows a navigation menu on the left with the following items: FMHS Counseling Staff, Academic Planning, AP/Honors Commitment Information, Career Resources, College RepVisits Calendar (highlighted with an orange arrow), College Resources (with a plus sign), COVID 19 Resources, Credit Opportunities for Acceleration/Remediation, Dual Credit, Endorsement Information, Enrichment Opportunities, FORMER STUDENTS: Alternative Graduation Info, and Frequently Used.

To the right of the menu is a section titled "Lunch Visits - Throughout the school year. To see a list of scheduled visits from college representatives, click on the link below. We update this page periodically for updates." Below this is a link that says "► Customize Calendar View".

Below the link is a calendar grid showing dates for Sunday and Monday. The dates shown are 28, 29, 4, 5, 11, and 12. Under the date 11, there are two entries: "Oregon State Uni..." and "Illinois Institute O...".

Throughout the school year, college representatives from around the country visit FMHS during all 4 lunches.

On the FMHS counseling website, you'll find the link to the calendar to see who's coming and when!

[College Rep Visits Calendar](#)



NCAA

If you are planning to compete in NCAA sports at a Division I or Division II school, you need to register with the NCAA Eligibility Center to make sure you stay on track to meet initial-eligibility standards.

Courses that do not count towards NCAA requirements:

- College Prep Math
- Financial Math
- Math Models
- Food Science
- Computer Science I & II
- Credit Recovery
- Night High School
- Personal Financial Literacy and Economics



DIVISION I ACADEMIC REQUIREMENTS

CORE-COURSE REQUIREMENTS

Complete 16 core courses in the following areas:



NCAA: Additional Information

DIVISION II ACADEMIC REQUIREMENTS

CORE-COURSE REQUIREMENTS

Complete 16 core courses in the following areas:



IMPORTANCE OF REGISTRATION

- The FMHS Master Schedule is built from student course selections made in the spring.
- **Teachers are hired** and **course sections are created** based upon student selections in the spring. (Food Science example)
- **The accuracy of student selections is an integral part of this process.**
- Please choose your courses and alternates wisely.
- FMHS has designed a course selection process to give students ample time to make accurate choices based on their skill levels, teacher input and course pathways. Counselors meet individually with each student during registration to help with selections. Students and parents will confirm course requests during the course verification process in May.
- We kindly ask for respect regarding limited schedule changes.

AP/HONORS COMMITMENT

If you are planning to take Honors and/or AP courses, please reading the following:

- 1) AP courses are taught at a college level.
- 2) I understand the Honors or AP class requires work at a higher level and understand the extra time required to complete advanced material at an advanced pace.
- 3) Placement in Honors or AP is a commitment. I understand this class may not be appropriate for all students.
- 4) I am committed to the advanced level program. I understand I will not be allowed to level down from an AP or Honors course for at least 3 weeks**, at which time I may request a schedule change if my grade is below a 75.
- 5) I have reviewed and discussed with my parent/guardian the attached sheet entitled, "Are you ready for Honors or AP?"

- [AP and Honors General Information](#)
- [Are You Ready for AP or Honors?](#)
- [Level-Changes: What You Need to Know](#)



SCHEDULING TIMELINE

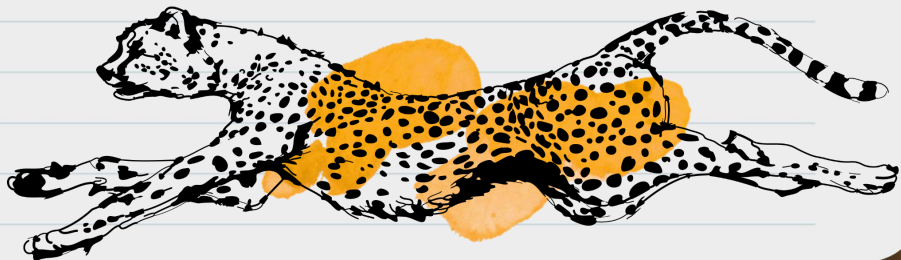
PRIOR TO SCHOOL BEGINNING: Students may move from Honors or AP to on-level before the first day of class. Once a student begins the Honors or AP course, he/she must stay in the course for 3 weeks. Students may then request a level change at the 3 week mark.

PRIOR TO THE FIRST DAY AND FIRST 3 DAYS: Students may level up prior to the first day and during the first 3 days of class. For example: change from Algebra 2 to Algebra 2 Honors.

FIRST 5 DAYS: Seniors wishing to drop a class for Senior In or Senior Out after the start of school may do so **ONLY** if they are dropping a 1st or 4th period course. Be sure to check the total number of credits. Do not rearrange classes for this change to be made.

AP courses with no level change option can be changed within the first 5 days. (For example: AP Calculus AB, AP Calculus BC, AP Environmental Science). If a student is in an Honors or AP course and has already completed the lower level course, he/she can drop the upper level course within the first 5 days.

Program changes are allowed to/from Athletics, Performing Arts, JROTC, etc.



SCHEDULING PROCESSES

SCHEDULE CHANGE FORM 2023-2024

Name _____ ID# _____ Grade _____

Staffing and course offering decisions are based upon student course selections during the previous school year. This is the reason for limited schedule change options; however, there may be occasional circumstances that require a schedule change. **Schedule change requests made prior to school starting must meet at least one of the following criteria:**

- Failure to meet course prerequisites
- Failure to meet graduation requirements
- Course changes due to completion of summer school
- Inappropriate level placement (change levels)
- Students earning a failing grade from the previous year
- Error in the schedule: repeat class, two classes in the same period, sequencing problems, balance cores, not enough classes, etc.
- Program Changes - for example: Band, Choir, Athletics, etc.
- Dropping an elective for an Honors or AP course (only if there is room in the course)
- Please note that certain schedule changes are not available - for example:
 - Elective for an elective change
 - VLA class to an in-person class change

Requesting to drop: _____

Requesting to add: _____

*Be sure to add as many credits as you are dropping. If you are dropping a full credit, add a full credit. If you are dropping a half credit, add a half credit.

Student Signature _____ Parent Signature _____ Date _____

Email _____ Phone number _____

Director/Coach Signature (ONLY if dropping or adding a program): _____

Office Use Only: Committee Review: Approved or Denied _____ Date _____

Schedule change requests made prior to school starting, must meet at least one of the following criteria:

- Failure to meet course prerequisites
- Failure to meet graduation requirements
- Course changes due to completion of summer school
- Inappropriate level placement (level down or level up)
- Students earning a failing grade from the previous year
- Error in the schedule: repeat class, two classes in the same period, sequencing problems, balance cores, not enough classes, etc.
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UTILIZING RESOURCES

FMHS Counseling Page

- The counseling page of the FMHS website has a *wealth of information!*
- When questions arise, consider browsing the website.
- Scholarships are updated every week, so please check-in periodically.

Counselors

- We are here to help if/when you are not finding the answers you need! Always feel free to ask.

FMHS Newsletter

- The FMHS weekly newsletter provides information about upcoming events.

College Admissions Advisors

- Admissions representatives are eager to help answer your questions.
- Additionally, they are part of the review process for admissions, and they document touch points with potential students.

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IMPORTANT ANNOUNCEMENT: If a schedule change is necessary, you **MUST** follow the appropriate steps linked here: [Schedule Change Procedures](#)

[Check out our Scholarships page!](#) [Scholarship Opportunities Page](#)
[Stay current on upcoming events and presentations!](#) [Upcoming Events Page](#)

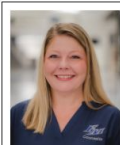
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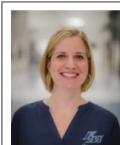
COUNSELORS



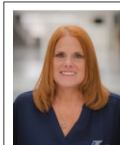
Jennifer Todd
Lead Counselor



Mattie Mackey
Counselor

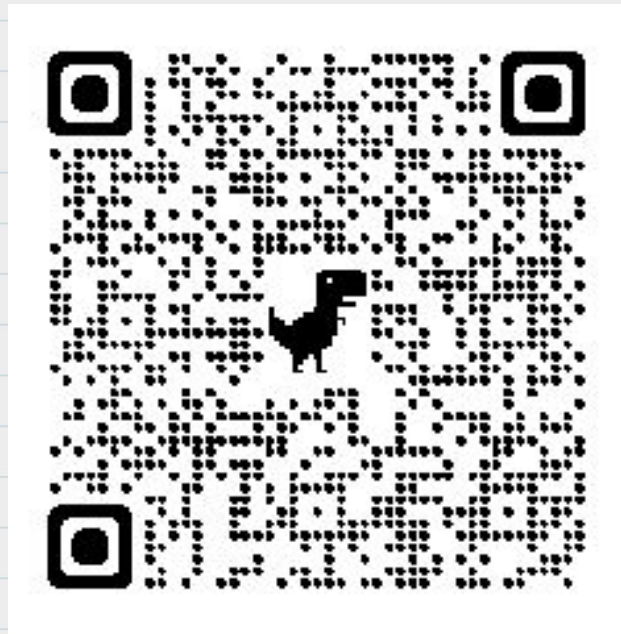


Elizabeth Wade
Counselor



Lori Dunham
Counselor

QR CODE





Questions ?