

Pleasant Grove High

Home of the Mighty Vikings



Sophomore Handbook

For Our

Graduating Class of 2014

Welcome to Pleasant Grove High School! This SEOP (Student Education Occupation Plan) packet is designed to give you information about your choices in high school and beyond. Your path through high school will be different than anyone else's path and should be unique because your talents and goals are different!

One of the key things to remember about high school and all of your options is that you cannot do everything! Sometimes you have to choose between good things!! There are many GREAT options; there may be more than one. Make the best plan you can – adjust along the way – and most of all

ENJOY THE JOURNEY!!



PLAN --- PREPARE----ACHIEVE

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“Oops! I got behind in credits! I want to get caught up so I can get good skills and graduate. I know that my future will be so much better if I get my diploma – so I will get on top of my grades and not lose any more credit!”

East Shore High (ESHS)

1551 West 100 South, Orem
Phone: 801-227-2440

NCAA approved

East Shore High is Alpine District's alternative high school program. Most required classes are offered at ESHS. There is a deposit of \$50 to register, plus \$25 per packet for Additional Credit students. It takes two packets, along with an essay or project and a test to equal .25 credits.

Early Bird Special is from June 6 to November

www.eastshorehs.com

See your counselor before you come!!

***Extended Year (Summer School)
Alpine School District***

Extended Year Classes
Grades: 9-12
Cost: approx. \$25 per .25 credits
Where: Lehi High and Mountain View

“First thing I should do is talk to my teacher to see what I need to do to be caught up on current grades!!

The next thing I should do is talk to my counselor to find out how to make up the credits I lost!”

THE MOST IMPORTANT THING IS TO ESTABLISH GOOD STUDY HABITS SO I CAN BE SUCCESSFUL FOR THE REST OF HIGH SCHOOL!!

BYU Independent Study

Not NCAA approved yet

Classes available for grades 9-12

Average cost per .5 credit

\$ 126

Check with your counselor if you need specific credits.

<http://elearn.byu.edu>

or

ce.byu.edu/list/site

call: 801-422-2868

***Electronic High School (EHS)
NCAA approved***

EHS is an open enrollment system over the internet that offers a variety of courses. Classes are offered FREE to all Utah high school students (grades 9-12)

Classes are sponsored by the Utah State Office of Education (USOE) and are fully accredited with all Utah school districts. Students should be motivated enough to work on their own with minimum supervision.

<http://ehs.uen.org>

Call 801-538-7736&801-538-7564

Utah Scholars and Regents' Scholarships



Scholarship Information



Become a Utah Scholar! High School students can better prepare for college and the workplace by becoming a Utah Scholar. The Utah Scholar's initiative encourages students in grades 9 – 12 to take a rigorous course of study:

4 years of English

3.5 years of social science

2 years of foreign language (other than English)

4 years of math, including Algebra I, Geometry, Algebra II, and an advanced math class beyond Algebra II

3 years of lab-based natural science (Biology, Chemistry, and Physics)

Ask your counselor for a worksheet

“Data shows that students who take a more rigorous core curriculum in high school are more likely to go to college, do well in their classes, and graduate sooner” (Richard Kendell, Commissioner of Higher Education)

Base Regents' Scholarship

(www.utahbr.edu/scholarships)

\$ TBA \$ to a Utah college or university, plus a Regents' Diploma Endorsement

1. Submit application showing student has met all Utah Scholar requirements.
2. Cumulative 3.0 GPA
 - a. No individual grade lower than a “C” in a required course, OR
 - b. Complete requirements for an International Baccalaureate diploma with no course grade below “C”
3. Have at least one reported ACT score

Regents' Exemplary Academic

Achievement Scholarship
(www.utahbr.edu/scholarships)

\$ TBA \$ to a Utah college or university for tuition toward an associate or bachelor's degree plus a Regents' Diploma Endorsement

1. Must meet base requirements plus:
 2. Cumulative 3.5 GPA
 - a. No individual grade lower than a “B” in a required course
 3. Have an ACT score of 26 or higher
- To maintain the scholarship a student must:
1. Maintain a “B” average for 2 consecutive semesters
 2. Make reasonable progress toward completion of an associate or bachelor's degree

New Century Scholarship (www.utahnewcentury.org)

(May not be combined with Regents' Exemplary)

\$ TBA \$ scholarship while working on bachelor's degree at a qualifying Utah college or university

This scholarship is awarded to students who earn an associates degree or the approved math and science curriculum, with a 3.0 cumulative GPA by September 1 of the year their class graduate from a Utah high school.

This is a scholarship that students can earn, not win. It is for students who have an idea of what college degree they are trying to earn and who can balance required academic rigor with extracurricular activities. See your counselor at the beginning of your sophomore year if interested in planning for this scholarship!

Working towards any of these scholarships will benefit students as they gain good skills that will prepare them for the workforce or any post-high school educational opportunity! Students...you are responsible to get all the information to the various places.

Read the instructions at the website of the respective Scholarship. Send everything in that is requested by the State. If you fail to do so the Money you have worked so hard for will be denied you.

VOLUNTEER OPPORTUNITIES

American Cancer Society	www.blm.gov/volunteer/index.html
America's Literacy Directory	www.cancer.org/docroot/vol/vol_O.asp
American Red Cross	www.fws.gov/volunteers
America's Second Harvest	www.habitat.org
Bureau of Land Management	www.landandserve.org
Corporation for National and Community Service	www.voa.org
Department of Veteran's Affairs	www.literacydirectory.org/volunteer.asp
Habitat for Humanity	www.nature.org/volunteer
Idealist	www.nps.gov/volunteer
Landmark Volunteers	www.pointsoflight.org
Learn and Serve	www.redcross.org/services/volunteer
National Park Service	www.salvationarmyusa.org
Salvation Army	www.secondharvest.org
Special Olympics	www.specialolympics.org
USDA Food Recovery	www.usafreedomcorps.gov
U.S. Fish and Wildlife	www.va.gov/volunteer

Opportunities in your Neighborhood

Animal Shelters	www.volunteer.gov/gov
Catholic Community Services	www.volunteerabroad.com
Chamber of Commerce	www.volunteermatch.org
Child-Care Centers	www.volunteers.com
City Parks	www.volunteersolutions.org
Community Centers	www.worldvolunteerweb.org
Elementary Schools	
Environmental Organizations	
Food Banks	
Hogle Zoo	
Homeless Shelters	
Hospitals	
Innovative Student Assistance (ISA at PGHS)	
LDS Humanitarian Center	
Libraries	
Literacy Programs	
Local Sports Leagues	
Museums	
Newspaper Offices	
Nursing Homes	
Playgrounds	
Political Campaigns	
Primary Children's Medical Center	
Recycling Centers	
School Computer Labs	
Scout Troops	
Senior Citizen Centers	
Shriner's Hospital	
State Parks	
Tracey Aviary	

Start now accumulating volunteer hours that make your application stand out in a positive way.

PGHS CLUBS ADVISORS /COMMITTEE REPRESENTATIVES 2011-2012

CLUB/COMMITTEE	ADVISOR/SPONSOR	CLUB PRESIDENTS
A Cappella/Choir	Jim Wilcock	
AEA Rep	Mark Morrison	
AP Programs	Cheryl Marshall	
Ballroom	Stephanie McAllister	
Band	Vince Burgoyne	
Be the Change Club	Ruth Stanton McAtee	
Boys/Girls State	Moises Aguirre	
Chemistry Club	Wendy Snow	
Color Guard	Ashlee Chatterton	
Cluster Representative	Justin Reeves	
Computer Club	Gordon Moses	
Dance Company	Stacey Squires	
DECA	David Carter	
Distance Ed. Club	Sherri Bowman	
Drama	Stewart Shelley	
Faculty Fund	Brantley, Craner, Parry	
FBLA	Michelle Guymon	
FCCLA	Melody Jones/Linda Nielson	
FFA	Suzanne Hadfield	
French	Art Burnah	
German Club	Matt Embley	
Graduation	Norman/Aguirre/Parry	
Harry Potter Club	Stewart Shelley	
Hope Projects	David van Dijk /Leo Biggs	
HOSA	Doug Meek	
Hugh O' Brian	Moises Aguirre	
Indoor Track	Chandler Goodwin	
Invisible Children Club	Ruth Stanton McAtee	
Junior Prom	David Beck (SC)	
Key Club	Amanda Jacquier	
KPGR	Russ Mayo	
Latinos in Action	Susy Bird	
MMD (Modern Music Development)	John Barnard & Russ Mayo	
Multi Cultural Club	Annaka Vimahi	
National Honor Society	Amy Smithson	
Newspaper	Susan Shelton	
Operation Smile	David Van Dijk	
Orchestra	David Beck	
Outdoor Club	Brock Moore	
Peer Tutor Club	Traci Garff/Amy Breinholt	
PGTV	Russ Mayo	
Recognition	Kori Thomas	
Scholarships	Erika Whitmer/Shaina Black	
Sterling Scholars	John Deans	

Student Government	David Beck/Moises Aguirre	
Technology Student Association	Ron Brailsford	
Testing	Counselors/Jeanie Wilson	
United Way	TBA	
Web Archiving	Ryan Newman	
Yearbook	David Carter	
ATHLETICS	HEAD COACH	
Athletic Directors	Nate Johnston AD Kyle Sanderson Asst. AD	
Baseball	Darrin Henry	
Boys Basketball	Randy McAllister	
Girls Basketball	Glenn Larson	
Cheer	Cami Goodwin	
Cross Country	Chandler Goodwin/R.Mayo	
Drill Team	Stacey Squires	
Football	Dale Sampson	
Boys/Girls Golf	David Carter	
Dance Company	Stacey Squires	
Softball	Jim Clark	
Boys Soccer	Chris Ecalono	
Girls Soccer	Caitlin Young	
Spirit Team	Jan Hawke	
Swim Team	Lisa Harris	
Boys Tennis	Russ Mayo	
Girls Tennis	Kellie Amussen	
Boys/Girls Track	Glenn Larson/Cami Goodwin	
Volleyball	Allyce Jones	
Wrestling	Brock Moore	

“I definitely want to go to college! I am planning on taking strong academic courses and really focusing on grades and test scores. I know what I need to do to become a Utah Scholar. I plan on getting a scholarship – either in academics, sports, music, or leadership! I am taking honors classes to get into AP classes later, plus I am checking out the college web pages to find out what else I need to know!”

Pleasant Grove High School Counselor Page

<http://www.pghs.alpine.k12.ut.us>

- **Registration Information**
- **Career Center Specialist**
- **Course Descriptions**
- **Credit make up links**
- **College preparation links**
- **And More**

Military Career?

www.todaysmilitary.com

You no longer have to choose between the military or college-now it can be both! The military provides a wide range of educational opportunities.

Check them out!

Don't forget to take the ASVAB (Armed Services Vocational Aptitude Battery) in your junior or senior year. It is very informative.

NCAA

www.eligibilitycenter.org

Did you know you **have** to be NCAA qualified to play sports in College? There are rigorous requirements that you must meet, including earning 16 core credits and passing college entrance exams. Get online and see if you are on track, and get your NCAA ID number. Registering with the NCAA will cost you \$65.

Ask counselor for Worksheet

Driver's Ed Information

1st semester – Turn 16 **BEFORE** March 1st

2nd semester – Turn 16 **ON** or **AFTER** March 1st.

After School Driver's Ed Fee \$ 135

Check in the counseling office

Summer Driver's Ed Fee \$ 135

Pick up form after April 1st at Pleasant Grove High School's main office. First come first served basis.

Electronic High School is another option to take the written part of Driver's Ed.

Vikings on the Move

IN TEN YEARS

You will be ten years older!

You all have the same number of days in those ten years!

Will you be on the road to reaching your dream.....

Or still sitting around thinking about it?

Six Ways to Prepare for College/University

The key to success in college/at the University is preparation. Students who take the time and put forth the effort to prepare are more likely to succeed. In order to help you better prepare for college, we offer you these six helpful preparation tips:

Enroll in college preparatory classes as freshmen and continue to take them through your senior year. This will help you to be more prepared for the ACT and SAT exams and for college-level work. It is recommended that your high school class schedule include the following:

Four or more years of **mathematics**

Four or more years of **English** or **literature**

Two to three years of **laboratory science**

Two years of **history** or **government**

Two or more years of **foreign language**

Research shows that students who follow these recommendations consistently earn higher ACT and SAT scores. Advanced Placement (AP) courses will also help prepare students for the ACT and SAT and for university-level work. Additionally, choose elective classes that will help you develop your talents and an appreciation for the arts, as well as those that teach useful skills like basic computer operations and word processing.

Students who learn good study skills will be better prepared for the demands of college.

EARN GOOD GRADES!!! Because so much of your future depends on your grades, you should strive to develop good study skills early in life. Here are some ideas to help you develop these skills before you get to college:

Read your textbooks...Attend your classes regularly...Take good notes...Do your homework

Doing these simple things will help you prepare for and get through college successfully

TAKE THE ACT/SAT EARLY... Be sure to take the ACT/SAT in April or June of your junior year so that you can take it again in October of your senior year.

Because Universities/Colleges consider only your highest composite scores, you should consider taking the ACT/SAT **multiple** times. Studies show that students who retake the ACT have a **57 percent chance** of increasing their previous score by 1 to 3 points.

Those points may not seem like much, but they could **make all the difference** when it comes time to applying for admission and scholarships.

Sports, music, drama, language—find something you enjoy and get involved!

GET INVOLVED ...Whether your passion lies with music, dance, sports, or language, find the time to get involved in your high school and community. The extracurricular activities you participate in will help you build character and gain valuable leadership experience. **Your participation in extracurricular activities will be considered in the application process, so find something you enjoy and get involved!**

START SAVING ... Most students fail to consider how they are going to pay for college until they start applying. It is unlikely that you will save enough through high school to pay for all of your education, but you can certainly make a significant dent. So start saving your pennies.

EXPLORE YOUR CAREER INTERESTS... By taking the time early in life to explore your career interests, you will have a better idea what courses and majors you might be interested in when you go to college.

EARN COLLEGE CREDITS IN HIGH SCHOOL

Who wants to earn college credits while still in high school?

Students who want to save time and money getting a college degree.

Students working toward the New Century Scholarship.

CONCURRENT ENROLLMENT

Concurrent Enrollment is a program where students enrolled in certain high school courses also receive college credit.

Changes in what classes give concurrent credit are ongoing so check with your high school counselor. Sophomores are not eligible for most classes, and have to register at Utah Valley University.

Contact Person:

www.uvu.edu/concurrent

ADVANCED PLACEMENT

Advanced Placement classes are college level classes taught in the high school. Students receive high school credit for taking the class and can opt to pay a fee to take a test in the spring.

MATC

(Mountainland Applied Technology College)
Something to look forward to and prepare for

In partnership with Utah County School Districts, MATC provides high school students with state-of-the-art advanced training programs during school hours for high school and college credits.

MATC has locations in American Fork, Thanksgiving Point and Orem.

Cost is minimal.

www.mlatc.edu

EDNET & DISTANCE LEARNING

Something to look forward to and prepare for

These two-way TV courses are part of the Utah Education Network's interactive system that electronically brings a teacher from one classroom into another. There are many courses available for juniors and seniors.

Alpine School District Graduation Requirements

For the Graduating Classes up to 2014

4.0 Credits of English/Language Arts

- 1.0 English 9 / English 9 H +
- 1.0 English 10 / English 10 H +
- 1.0 English 11 / English 11 H +

1.0 credit from:

Applied and Advanced Courses:

English 12/ English 12 H +	Film Literature
AP Literature & Composition +	Mythology +
Communication	Fantasy/SCIFI +
Technical Writing	Language Arts
Popular Literature +	Desktop Publishing Yearbook
Creative Writing +	Desktop Publishing Newspaper
World Languages Level 3, 4 or AP +	
Concurrent Enrollment +	

3.0 Credits Math (9-12)

2.0 Math Core:

Algebra 1 +
 Geometry +
 Algebra 2/ Algebra 2 H + (level required by ASD at graduation)
 College Prep. Math +
 Pre-Calculus / Pre-Calculus H +
 AP Calculus AB/BC +
 AP Statistics +

1.0 Math from:

Applied and Advanced Courses:

Algebra 2/ Algebra 2 H +	Computer Programming
Pre-Calculus/ Pre-Calculus H +	AP Calculus AB +
AP Calculus BC +	AP Statistics +
Accounting I & II	College Prep. Math +
Concurrent Enrollment*	

3.0 Credits Science (9-12)

2.0 Science Core-from 2 * different subjects

- *Earth Systems +
- *Biology (Human Biology, AP Biology) +
- *Chemistry (AP Chemistry) +
- *Physics (AP Physics, Physics with Technology) +

1.0 Science from:

Applied and Advanced Courses:

An additional Science Core class, or:

Animal Science	Medical Anatomy & Physiology +
Biology Agriculture	AP Environmental Science +
Plant & Soil Science	Environmental Science +
Concurrent Enrollment*	

3.0 Credits Social Studies

- .5 Geography for Life (9th grade) +
- .5 World Civilizations (9th grade) +
- 1.0 US Studies (US History/AP US History...11th grade) +
- .5 Government & Citizenship (11th-12th) +

.5 Student's choice

Psychology, AP Psychology +
 Sociology +
 Anthropology +
 Philosophy +
 Ancient World History +
 Modern World History +

College Bound General Requirements

- English (4 years)
- Math (3-4 years)
- Lab Science (3-4 years)
- History/Social Sciences/Geography (3-4 years)
- Foreign Language (one language 2 years consecutive)

+ = NCAA approved

Abbreviations on the Bubble Sheet

	General Elective
A	Fine Arts
Ala	Applied/Advanced Language Arts
MC(EM/AM)	Math Core
Amc	Applied /Advanced Math
Asc	Applied /Advanced Science
Ct	Computer Technology
Cte	Career & Technical Education
E	English
FIN	Financial Literacy
G	World Geography
GC	Gov. & Citizenship
H	Health
PEA	Physical Education Activities
PEF	Physical Education Fitness
PES	Skills and Techniques (PE 9 th grade)
SC1	Biology, Biology H, Biology AP, Human Biology, Bio. Ag. Science
SC2	Chemistry, Chemistry H, Chemistry AP
SC3	Earth Systems/AP Environmental Science
SC4	Physics, Physics AP, Physics/Technology
SS	Social Studies/Student's Choice
US	US History
WC	World Civilizations

1.5 Credits Fine Arts

See on the bubble sheet under “A” for Arts

.5 Credit Health (10th grade)

1.5 Credits Physical Education

.5 PE Skills (9th grade)

.5 PE Fitness for Life

.5 PE Lifetime Activities (Weight Training, Aerobics, Dance, Ballroom, Volleyball etc.)

.5 Computer Technology

.5 General Financial Literacy (11th -12th)

1.0 Credit Career & Technical Education (CTE)

See on the blue bubble sheet under “Cte” for Career, Technical Education. There are many choices.

9.5 Credits Electives

Any Core courses taken beyond the required number of credits,

Repeated courses may be taken for the elective credit requirement

28.0 Credits Total

The logo consists of the words "GO VIKINGS" in a large, bold, blue, sans-serif font. The letters have a slight 3D effect with a lighter blue shadow on the right side of each letter.

+ = NCAA approved

The 10th Grade Bubble Sheet

The Planning Sheet/ Online Registration Form

The Master Schedule

All three can be found on the Counseling website under Registration Materials.