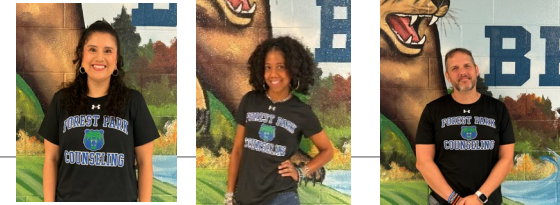




Forest Park HS
10th Grade
Parent Workshop
SY 2025-26

Meet Your Team



Ms. Linder	Ms. Jackson	Ms. Powell	Ms. Flores	Ms. Jessup	Mr. Lederman	Ms. Pitts	Ms. Phalan	Ms. Song
A-Bas	Bat-Cli	Clo-Fe	Fik-Ha	He-Kit	Kn-Menj	Mens-Pen	Pep-Salg	Sali-Tul
Ms. Boddie	Ms. Rodriguez	Mr. S. Smith	Ms. N Flores	Ms. Geisinger	Ms. Paniagua	Ms. Wyatt	Mr. DeAngelo	Ms. Valentine
Tur-Z	College/ Career Counselor	Director of School Counseling	Registrar	Administrative Assistant/ Transcripts	Administrative Assistant	Administrative Assistant/Testing Coordinator	School Social Worker	School Psychologist

***As we get closer to the end of 1st semester, things may be getting stressful worrying about grades.
Talk with your teachers for help.***

Do not hesitate to reach out to your school counselor, social worker, or school psychologist to help with stress or anxiety.



PARENT LIAISON



Ms. Ceron


- Provides the connection between families, community, and school staff to support student achievement and facilitate communications.
- Provides information about PWCS and the school.
- Directs families to appropriate PWCS and community resources for information and resolution of concerns




Contact

 (703)583-3200
Press 5

 ceronkm@pwcs.edu

 If you need help with your back to school packet, your parentvue account, or just need a list of resources, feel free to call or email me.: Ceornkm@pwcs.edu



EN LACE DE PADRES



Ms. Ceron




- Proporciona la conexión entre las familias, la comunidad y el personal escolar para apoyar el logro estudiantil y facilitar las comunicaciones.
- Proporciona información sobre PWCS y la escuela.
- Dirige a las familias a los recursos apropiados de PWCS y de la comunidad para obtener información y resolver inquietudes.




Contacto

 (703)583-3200
Presione Numero 5

 ceronkm@pwcs.edu

 Si necesita ayuda con el paquete de regreso a escuela, su cuenta parentvue o simplemente necesita una lista de recursos, no dude en llamarme o enviarme un correo electrónico: Geronkm@pwcs.edu



Positive Climate & Culture Social Emotional Learning in Schools

NAMI (National Alliance on Mental Illness), No Place for Hate, Morgan's Message, Student Voice Committee

What these clubs and Alliances provide and do for Positive Climate and Culture and Social Emotional Learning?

What is the importance of Social Emotional state at school?

How does it affect students and families?

Hazel Health: https://www.pwcs.edu/departments/student_services/mental_health_telehealth/index



Benefits of Family and Community School Involvement

Improved academic achievement

Family engagement is associated with higher grades, test scores, and attendance rates. It can lead to faster literacy acquisition and fewer students dropping out of school.

A more positive school experience

Family engagement contributes to positive student outcomes, including improved child and student achievement, decreased disciplinary issues, improved parent-teacher and teacher-student relationships, and improved school environment.

Positive health behaviors

Family engagement helps students avoid health risks and participate in more positive behaviors, like physical activity. It can be positive for a student's mental health, where everyone is working together to help the student be successful in school.

Connecting families to resources

Families can be connected to community resources that help with basic needs, such as food, housing, clothing, utilities, transportation, and childcare.

Student Access to Counselors

- In an emergency, if the counselor is not available, students can be seen immediately by any counselor!
- To set up an appointment, students can access Bookings through the Counseling Canvas page.
- At the time of their appointment, they will show their Bookings confirmation email to the teacher to be excused from class.

Forest Park High School **COUNSELING**



Welcome students! Your well-being is our top priority.

If you feel that you need support with any social, emotional, or foundational need (i.e., food, shelter, safety, etc.), please reach out to us. In collaboration with our Student Services colleagues, we will find the support you need.

BOOKINGS

ACADEMIC
Grade Level Information

SENIORS





Confidentiality

Conversations are kept confidential unless someone is being hurt or is involved in something illegal.



Confidentiality Statement:

“If you tell me that someone is hurting you or you intend to hurt yourself or someone else, or that you are involved in something illegal, I must tell someone.”

this includes suicide, pregnancy, abortion, communicable diseases, and alcohol/drug abuse

Diploma Types

Advanced

English	4 credits
Math	4 credits
Science	4 credits
Social Studies	4 credits
HPE I (CPR) & HPE II	2 credits
Econ & PF (Virtual)	1 credit
World Language	3 of 1 <u>or</u> 2 of 2
World Lang/Fine Art/CTE	1 credit
Electives (2 sequential) (CTE exam/adv course)	2/3 credits

Total = 26 Credits

Standard

English	4 credits
Math	3 credits
Science	3 credits
Social Studies	3 credits
HPE I (CPR) & HPE II	2 credits
Econ & PF (Virtual)	1 credit
World Lang/Fine Art/CTE	1 credit
Electives (2 sequential) (CTE exam/adv course)	5 credits

Total = 22 Credits

5 SOLs

- 1 Math (Alg I, Geom or Alg II)
- 1 Science (E Sci, Bio or Chem)
- 1 Social Studies (WH I, WH II or US/VA)
- 2 English Reading & Writing (Eng 11)

Transcript & GPA

A transcript is an official record of a student's classes, grades, and GPA.

To calculate a GPA:

- Each grade earned is assigned a point value, for example, for standard classes:
A = 4 points B+ = 3.4 C+ = 2.4 D+ = 1.4 F = 0
 B = 3.0 C = 2.0 D = 1.0
- At the end of the school year, add the point values for all final grades and divide by the total number of classes taken
- Note, certain courses are weighted (worth more points)
 - Example: an A in AP Psychology is worth 5 points, and
 an A in Advanced Biology is worth 4.5 points
- When a student repeats a course previously taken, both grades will be recorded on their transcript. Only the grade for the most recent attempt will be used in calculating the GPA.

Promotion Requirements



11th Grade - 11 credits; 6 in core courses

12th Grade - 16 credits; 9 in core courses

Athletic Eligibility Requirements

To maintain eligibility, high school students participating in VHSL activities and athletics, cheerleading, marching band, and drill team must pass five subjects and earn a 'C' or better in two subjects at the end of the first semester and at the end of the school year (per PWCS).



Parent-Teacher Conferences

Forest Park High School encourages parents to communicate with teachers in a variety of ways.

Parents should use ParentVue to monitor grades, classroom assignments, find teacher email addresses, check attendance, etc.

Parents may also request to receive a progress report from a teacher via email.

Prior to requesting a parent-teacher conference:

Check ParentVue for grades and/or missing assignments that may answer your question(s).

If your question is not answered through ParentVue, call (703-583-3200) or email the teacher(s) with whom you have a concern or question.

If, after a period of ongoing phone or email contact, you feel it is necessary to schedule a face-to-face meeting, you should contact the teacher directly to arrange a mutually convenient time to meet.

If you want to meet with three or more teachers, please contact your child's School Counselor (571-589-3437) to setup.

Conferences are held Monday through Thursday at 2:15 pm.



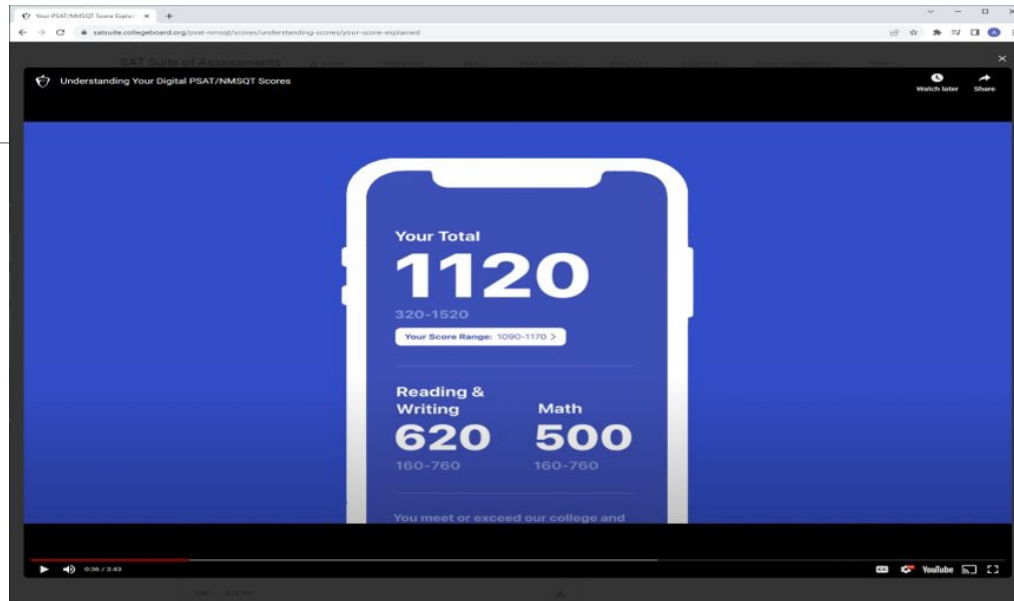
Counseling assignments are:

- Aimee Linder A - Bas
- Tiffany Jackson Bat – Cli
- Victoria Powell Clo-Fe
- Judith Flores Fik - Ha
- Elena Jessup He - Kit
- Joseph Lederman Kn – Menj
- Chatel Pitts Mens - Pen
- Anna Phalan Pep – Salg
- Helenann Song Sali – Tul
- Geulia Boddie Tur - Z

Grade Reporting Periods

First Quarter	49 Days	08/18 - 10/31
Second Quarter	42 Days	11/05 – 01/22
1st Semester	91 Days	08/18 - 01/22
Third Quarter	42 Days	01/27 - 03/27
Fourth Quarter	47 Days	04/07 – 06/12
2nd Semester	89 Days	01/27 - 06/12

PSAT Scores



CollegeBoard texted students who provided their mobile number when their scores were ready to be accessed through the BigFuture[®] School mobile app. They were directed to Sign in and start exploring!

Juniors will take the PSAT again in October. Most students take their official SAT in the Spring of their Junior year, then again in August or Fall of their Senior year if needed.

AP Potential & DE Classes

Taking challenging classes is another way to prepare for college.

The AP Potential section of the student's PSAT score report lists AP classes the student may be successful in.

Forest Park HS also offers free DE (dual enrollment) classes through NOVA. These DE courses can be used to complete the 15-credit Passport Program or the 30-credit Uniform Certificate of General Studies (UCGS); both widely transferable Virginia's public universities.

During Academic Advising, students should let their Counselor know if they are interested in AP or DE classes.

The most popular AP/DE classes taken Junior year are:

- AP Eng 11 or Eng 11 DE
- AP US/VA History or US/VA History DE

ACADEMIC ADVISING

January 12 – 23 Teacher Recommendations

January 26 - 30 Student & Parent Class Selection (via StudentVue)

February - March School Counselors meet w/Students

**** *schedule change deadline, June 5, 2026* ****
(no changes can be made after this date)

Summer School

Students take summer school in order to get ahead, make room in their school year schedules or recover grades.

The county offers summer school, in-person or online. The links are below:

-Summer School In-Person (at a different location each year):

https://www.pwcs.edu/academicsprograms/summer_school/high_school

-Virtual Prince William Online (free this year):

<https://virtualhs.pwcs.edu/>

The state also offers an online summer school option. Your School Counselor must sign the student up during the registration period:

-Virtual Virginia Online (cost)

*College
and Career
Planning
Counseling
Objective*

Provide support, resources and experiences to prepare all FPHS students for **post-secondary pathways.**

Pop Quiz

True/False

- The number one factor in college admissions is SAT/ACT score.
- Over 30 % of FPHS seniors will attend NOVA.
- Only students with an Advanced Diploma are successfully college-bound.
- Most of the jobs predicted to have the highest growth in next 5-10 years will NOT require a 4-year degree
- By junior year, your student should have decided on a college major/career choice.



Truths

The most important factor in college admissions is **rigor of courses and grades**.

Close to 35% of the class of 2024 reported going directly to NOVA after graduation. (It is highly likely that the actual percentage is greater)

Colleges do NOT distinguish between "types" of diplomas. They evaluate individual transcripts against the backdrop of what is offered at the student's high school.

Colleges are not looking for a "*list*" of activities. They want **commitment, consistency, and contribution**.

The fastest job growth in the next 5-8 years will be in *Healthcare, Computer/mathematical (IT), and Personal Care* and most will not require a 4-year degree. Job Growth is important **but** should not be the only determining factor for career choice.

It is perfectly acceptable for students to not know their intended major prior to beginning college. About **80%** of students in college end up changing their major at least once according to the National Center for Education Statistics. Focus on area(s) of interest ; Know your *strengths, interests and values*. *Assessments in Naviance and the Student Vision Profile help with self-discovery.*



What 10th graders should be doing NOW

In Naviance, exploring careers and completing:

- **ACP** Vision Plan
- Career Interest Profile
- Viewing the **Student Vision Profile** in StudentVue

Other:

- Choosing electives relating to interests
- Getting in the habit of **reading email and viewing counseling canvas announcements**
- **Volunteering** in an area of interest

Student Vision Profile

The Student Vision Profile is a multi-page report that compiles and converts student's data – their graduation information, test scores, and survey results – into insights about their readiness for various post-graduation options, including both colleges and careers.

PWCS will provide every Grade 6-12 student a personalized Student Vision Profile. Families will also receive them in their home language (English, Spanish, Vietnamese, Korean, Arabic, Urdu, Pashto, Farsi or Mandarin)

Profiles will be sent out twice per school year for students in Grades 7-11, once per school year for students in Grades 6 and 12.

John Doe
10th Grade Guide
ID# 123456



Student Vision Profile January 2024

Your roadmap toward a thriving future begins here. This guide is designed to support you as you engage in meaningful conversations about life after high school. In PWCS, a student's trajectory is limitless. The information provided in this Student Vision Profile report will ensure that all students and their families have the tools necessary to navigate the road that lies ahead.

John's Progress Toward a Thriving Future

Category	Your Data	What It Means
Grade Point Average	In Progress	Your hard work is paying off!
Graduation Status	On Track	Keep up the great work!
Current Pathway Plan	Bachelor's Degree	You are planning to get your degree by attending a four-year private or public college or university.
Career Interest	Health Sciences	Your focus is on providing therapeutic services, diagnostic services, health informatics, and biotechnology research and development.
Top Strength	Confidence	You believe in yourself.

How to Use This Guide

Start the Conversation

When you see this prompt you will find helpful tips to guide your conversation.



Get Moving

When you see this prompt there is an action to take.



Think About It

When you see this prompt think about what is possible.



Explore Resources

Resources are provided to support you along this journey.
[Access StudentLife Essentials](#), and [PWCS Course Catalog](#).



Glossary of Terms

Financial Aid

All types of money offered to a student to help pay tuition, fees, and other educational expenses. This can include loans, grants, scholarships, work-study, allowances, and work-study jobs.

Accredited

The goal of accreditation is to ensure that institutions of higher education meet acceptable levels of quality.

Transcript

Student's academic record that includes completed course work, grades, awards, GPA, Percentile, attendance, and is submitted as a part of the college application process with a school profile.

Community College

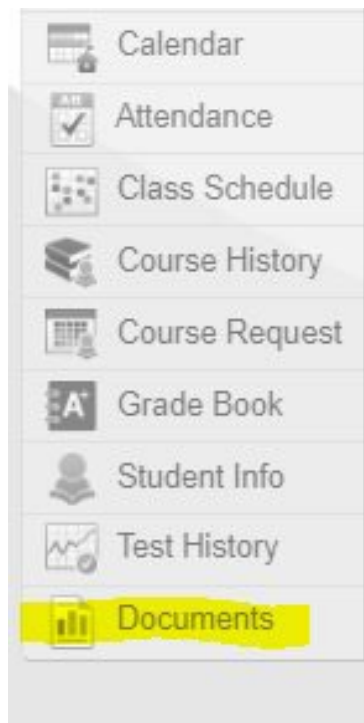
A public, two-year community college typically provides a transfer program, allowing students to transfer to a four-year school to complete the bachelor's degree, and a career program, which provides students with a vocational degree.

Advanced Academics

Classes such as AP, IB, Cambridge, CTE, or Dual Enrollment where you earn weight in your GPA and have the potential to earn college credit. Search the college registries website for transfer credit standards.

How do I see my Child's Student Vision Profile?

1. Log into **ParentVUE**
2. Click "**Documents**"
3. Select "**Student Vision Profile**"



Upload Date	Document
<input type="text"/>	<input type="text"/>
03/14/2024	Student Vision Profile



CCRV

College and Career Ready Virginia

This is a statewide initiative designed to expand access to dual enrollment for high school students

- Ensures that qualified *juniors and seniors* from public school can complete either the Passport or the Uniform Certificate of General Studies (UCGS), both widely transferable across Virginia's public universities, at no tuition cost to students.
- Each high school will have a prescribed pathway to meet the requirements of the Passport or UCGS.
- Joint effort by community college and high school partners

CCRV Breakdown

State legislation that requires public school juniors and seniors be provided the opportunity to earn the 16-credit Passport or 31-credit Uniform Certificate of General Studies (UCGS) at no cost.

PASSPORT PROGRAM

Students complete Dual Enrollment courses

All courses are transferable to institutions that will accept the credits in and/or out of state.

16 college credits

In person – most courses are offered at Forest Park HS

2 online courses not offered at Forest Park HS.

UNIFORM CERTIFICATE OF GENERAL STUDIES PROGRAM

Complete general Dual Enrollment courses that essentially cover the ***first year of an associate of science degree.***

All courses are transferable to institutions that will accept the credits in and/or out of state.

31 college credits

In person – most courses are offered at Forest Park HS

2 online courses not offered at Forest Park HS.

Benefits of CCRV

- **Zero tuition cost** — Eligible public high school juniors and seniors can take CCRV courses without paying tuition.
- **Builds confidence** — Students gain experience and build confidence in college coursework and expectations.
- **Gain access** — CCRV students can use NOVA resources: tutoring, librarians, and other student services.
- **Recognition potential** — Students who successfully complete the UCGS program earn recognition at the state level with an issued Governor's Medallion.
- **Automatic program placement at NOVA** — Once students complete their NOVA application, they are program-placed directly into the UCGS program, giving them a clear, structured pathway toward completing their general education requirements.
- **Earn college credits early** — CCRV makes it possible for students to finish the first year of their college general education requirements while still in high school, accelerating their progress toward a college degree..

To Participate

Counselors will share this opportunity and steps to participate with eligible students during their academic advising period.

CCRV ELIGIBILITY

Qualifier	Minimum Score(s)
High School Transcript	Current cumulative high school GPA of 3.0 or higher
SAT	ERW score of 480 or higher
PSAT	ERW score of 390 or higher
ACT	18 or higher on both English and Reading
Virginia Placement Test (English)	Placement into ENG 111

Students pursuing one of the math options via NOVA Online must meet the criteria above and the following additional criteria:

- MTH 154 - Quantitative Reasoning: A 2.0 (C) grade or higher in a high school math course
- MTH 161 - Precalculus I: A 2.0 (C) grade or higher in Algebra 2 or a higher-level math course

COURSES OFFERED

UCGS Block	NOVA Course	Credits	Contract DE at High School	CCRV Pathway (NOVA Online)
Block I: Written Communication (6 credits)	ENG 111 College Composition I	3	Available	
	ENG 112 College Composition II	3	Available	
Block II: Humanities/Literature (6 credits)	ENG 255 World Literature	3	Available	
	ART 100 Art Appreciation	3		NOVA Online
Block III: Social Science (3 credits)	PLS 135 U.S. Government and Politics	3	Available	
Block IV: Natural Science (4 credits)	ENV 121 General Environmental Science I	4	Available	
Block V: Math (3 credits)	MTH 154 Quantitative Reasoning OR MTH 161 Precalculus I	3		NOVA Online

Block VI: History (3 credits)	HIS 121 United States History to 1877	3	Available	
Block VII: Specialized GE Requirements (6 credits)	HIS 122 United States History Since 1865	3	Available	
	ENV 122 General Environmental Science I	4	Available	

Thanks!

Q & A



Your School Counseling Team