

# COLLEGE NEWSLETTER

## Sophomore

### Questions for Sophomores to Consider

Purpose is a generalized intention to accomplish something that is meaningful to self and consequential to the world beyond self.

- What do I see as my purpose?
- What are my skills and strengths?
- What does the world need?
- What do I love to do?

Failure is how we learn; it builds up critical life skills.

- What have I failed at?
- What did I learn about myself when I failed?

[http://greatergood.berkeley.edu/article/item/seven\\_ways\\_to\\_help\\_high\\_schoolers\\_find\\_purpose](http://greatergood.berkeley.edu/article/item/seven_ways_to_help_high_schoolers_find_purpose)

### Who Am I?

The sophomore class has been challenged to answer one question this year: "Who Am I?" In classroom lessons this semester we've discussed the topics of self-exploration, career exploration, and college exploration. We've learned ways that service and leadership activities can increase self-exploration and discovered more about ourselves by taking personality inventories. We've discussed ways to research careers online and in person through job-shadowing and personal interviews. In future lessons, we'll familiarize ourselves with ways we can research colleges through college visits, college fairs, lunch visits, and online research. Self-awareness plays a vital role in the college planning process and we have enjoyed watching the Class of 2019 learn more about their themselves and their futures. We look forward to helping them explore their futures in new ways next semester.

*-Mrs. Canterbury and the Counseling Team*



### Harding Sophomore Plan

- Who Am I?
- Explore career interests
- Continue building a college resume
- Meet with counselor
- Academic success
- Exploring their personality

## Think Community

An important tool in self-discovery is getting involved in extracurricular activities. Our students are fortunate enough to live in a city full of enriching opportunities to develop leadership skills and to serve others. Colleges like to see evidence of students involved in community service. Harding believes our students need to understand and be invested in what is presently happening in our city, because they play an important role in its future.

### Looking for ways to get involved?

Below are a few examples of organizations that help Memphians plug into service and leadership opportunities.

- Choose 901
- Memphis Tilth
- Indie Memphis
- Hattiloo Theatre
- Memphis Pets Alive
- New Memphis Institute
- Leadership Memphis
- Crosstown Arts
- Streets Ministries
- Oasis of Hope
- Bridges

## GPA

A student's grade point average is the cumulative average of **semester** grades from grades 9 through 12.

## Need Help?

Counseling Email:  
[counseling@hardinglions.org](mailto:counseling@hardinglions.org)

Counseling Blog:  
[hardingcounselingservices.weebly.com](http://hardingcounselingservices.weebly.com)

Counseling Phone:  
 (901) 763-3280

## College Planning Through Self Discovery

- *Academic Exploration:*
  - **Make Improvements in Grades and Study Habits** – What is working? What has not worked? What is something different that I can try? What is my learning style?
  - **Planning for Next Year's Courses** – What courses interest me? What courses are appropriately challenging for me? What courses do I need to take to prepare me for my prospective college major?
- *Career Exploration:*
  - **Consider and discuss** – What do I enjoy doing? What gifts do I have? What am I passionate about?
  - **Network** – Who do I know that works in my prospective career field? Who can I set up shadowing or interview opportunities with to learn more?
  - **Online Research** – Explore the Careers Tab in Naviance, Occupational Outlook Handbook
- *College Exploration*
  - **Learn** – Listen to counselor classroom lessons, continue building on the college knowledge you've been given since 8th grade, attend rep visits during lunch, talk to students you know who are attending various colleges.
  - **Research** – visit college websites to learn more about your academic requirements and admissions policies, use Naviance's SuperMatch College Search tool to find schools that match your needs and preferences.
  - **Discuss** – Discuss questions and thoughts about college with parents, counselors, and peers. Ask questions.
- *Self Exploration*
  - **Explore** – What are my strengths? What do I enjoy doing? What am I passionate about?
  - **Try new things** – Get involved in a new club, try out for a new sport, take an interesting class, challenge yourself.
  - **Get involved** – Find local opportunities that will allow you to serve others, meet new people, develop leadership skills, and become more self-aware.

