Mary Schmich in her 1997 Chicago Trib column titled, “Advice, like youth, probably just wasted on the young,” offered the following…suggestions (that later became part of a well-known song seemingly about sunscreen):

Enjoy the power and beauty of your youth. Oh, never mind. You will not understand the power and beauty of your youth until they've faded. But trust me, in 20 years, you'll look back at photos of yourself and recall in a way you can't grasp now how much possibility lay before you and how fabulous you really looked. You are not as fat as you imagine.

Don't worry about the future. Or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubble gum. The real troubles in your life are apt to be things that never crossed your worried mind, the kind that blindside you at 4 pm on some idle Tuesday.

Do one thing every day that scares you. Sing. Don't be reckless with other people's hearts. Don't put up with people who are reckless with yours. Floss. Don't waste your time on jealousy. Sometimes you're ahead, sometimes you're behind. The race is long and, in the end, it's only with yourself. Remember compliments you receive. Forget the insults. If you succeed in doing this, tell me how. Keep your old love letters. Throw away your old bank statements. Stretch. Don't feel guilty if you don't know what you want to do with your life. The most interesting people I know didn't know at 22 what they wanted to do with their lives. Some of the most interesting 40-year-olds I know still don't. Get plenty of calcium. Be kind to your knees. You'll miss them when they're gone. Maybe you'll marry, maybe you won't. Maybe you'll have children, maybe you won't. Maybe you'll divorce at 40, maybe you'll dance the funky chicken on your 75th wedding anniversary. Whatever you do, don't congratulate yourself too much, or berate yourself either. Your choices are half chance. So are everybody else's. Enjoy your body. Use it every way you can. Don't be afraid of it or of what other people think of it. It's the greatest instrument you'll ever own. Dance, even if you have nowhere to do it but your living room. Read the directions, even if you don't follow them. Do not read beauty magazines. They will only make you feel ugly. Get to know your parents. You never know when they'll be gone. Be nice to your siblings. They're your best link to your past and the people most likely to stick with you in the future. Understand that friends come and go, but with a precious few you should hold on. Work hard to bridge the gaps in geography and lifestyle, because the older you get, the more you need the people who knew you when you were young. . . Don't expect anyone else to support you. Maybe you have a trust fund. Maybe you'll have a wealthy spouse. But you never know when either one might run out. Don't mess too much with your hair or by the time you're 40 it will look 85. Be careful whose advice you buy, but be patient with those who supply it. Advice is a form of nostalgia. Dispensing it is a way of fishing the past from the disposal, wiping it off, painting over the ugly parts and recycling it for more than it's worth. But trust me on the sunscreen.
Welcome, parents!

Let’s get ready for junior year!

This presentation will be made available on the LN Guidance webpage.
Your LN Counselors

9th grade:
- Shelia Patterson Allen (co-chair)
- Brandon Jackson
- Virginia Abrego-Hernandez (ENL)

10th – 12th grade:
- Connie Sivertson (co-chair)
- Jill Arbuckle
- Kari Bordner
- Elaine Bush (all IB)
- Brad Cangany (AVID)
- Virginia Abrego-Hernandez (ENL)
- Tracy Gilbert
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What is your student’s goal?

- Core 40 (44 credits) – minimum required for admission to a 4-year college/university

- Core 40 with Academic Honors (47 credits)

- Core 40 with Technical Honors (47 credits)

- IB Diploma (stick around at the end)
INDIANA CORE 40

- English – 8 credits / 4 years
- Math – 6 credits, including Algebra I, Geometry and Algebra II (must take a math or quantitative reasoning course each year in high school)
- Science – 6 credits
  - Biology I
  - Integrated Chem/Physics OR Chemistry OR Physics
  - 2 more credits in Core 40 science
- Social Studies - 6 credits
  - 2 in World studies (9th or 10th) like Geography or AP World
  - 2 in US History (junior year)
  - 1 in Government & 1 in Economics
- PE - 2 credits; Health – 1 credit
CORE 40
with ACADEMIC HONORS

• English – same as C40 (8 credits)
• Math – 8 credits total:
  six credits in Alg I, Algebra II, Geometry then
  2 credits in
  PreCalculus/Trigonometry
  Finite Math (1 or 2 cr)
  Probability & Statistics (1 cr)
  Trigonometry (1 cr)
  AP Statistics

• Science – same as Core 40 (Bio + Physical + 2)
• No grades below a C-
• Cumulative GPA of 3.0 or better
CORE 40
with ACADEMIC HONORS, con’t

• Social Studies – same 6 as Core 40
• World Language –
  3 years of one language
  OR
  2 years each of 2 different languages
• Fine Art – 2 credits (Music, Drama, Visual Art)
• PE - 2 credits       Health – 1 credit
• Additional requirement (includes AP, IB, dual credit, high SAT or ACT score)
CORE 40 with TECHNICAL HONORS

Same core course requirements as C40:

- No grades below a C-
- Cumulative GPA of 3.0 or better
- Additional testing requirement (includes AP, IB, dual credit, high SAT or ACT score)
- In addition students need 8 to 10 credits in career-technical sequence and/or industry certification(s)
  
  for example: 2 year culinary arts program or 4 year PLTW sequence
Opportunities for College Credit

**Advanced Placement**
- Students enroll in courses to prepare for subject exams
- Students are expected to take the subject AP exams in May of that school year

**Dual Credit Courses**
Advance College Project: credit offered through IU-Bloomington
(other options available for credit through Vincennes and Ivy Tech)

**International Baccalaureate**
One or two year sequence of course(s) prepares students for IB exams offered in May of junior and senior year
Each junior takes an **English** course:
- English 11;
- English 11 Honors
- AP English Language & Composition

and a **Social Studies** course:
- US History
- AP US History
- ACP US History (dual credit)

OR a combination of the two:
- **Interdisciplinary Studies**: AP English & AP US History (meets daily)
Required Classes – Math

Sequence of math courses:
Algebra I → Algebra II (or H) + Geometry (or H)

Precal/Trig (H or reg) → Trig → Finite Math
Prob/Stats → AP Statistics

AP Calculus AB → AP Calculus BC

Course selection depends on academic goals (Core 40 or Honors Diploma)
Required Courses--Science

All diplomas require SIX credits:

Biology AND Integrated Chemistry/Physics

OR

Chemistry I Core 40 or Chemistry I ACP (dual credit)

OR

AP Physics I or Physics I Core 40

AND 2 Additional Core 40 Science credits

< Vertebrate Zoology; Invertebrate Zoology; AP Chem, AP Physics; Anatomy & Physiology; AP Environmental Science; Astronomy; Earth & Space Science; IB Biology; IB Sport/Health/Exercise Science; AP Biology
Electives...

- Visual Arts
- Business
- English
- Family & Consumer Sciences
- Performing Arts
- Communication
- World Language
- Physical Education
- Mathematics
- Science
- Social Studies
- Multidisciplinary
- MCIT Courses
Scheduling Procedures

- Curriculum presentations in English classes today and tomorrow
- Students choose classes from blue Course Offerings sheet & input through Skyward
- Students have access to “edit” via Skyward through February 1
- 7 classes per semester* or 14 total credits
- Parents can go online to check courses
- Counselors will meet individually with all students between February and April.

*May be fewer if taking a multi-block class
Scheduling Aids and Tools:

• The LNHS Curriculum Guide online
  https://lawrencenorth.ltschools.org
  (from home page select Academics~Guidance~Curriculum Guide (coming soon))
• Prior grades and courses/transcript
• PSAT performance (all sophomores take it!)
  • Scores are expected back before Winter Break
• Course Selection Sheet
• College Admissions Requirements
• Your student’s current teachers’ recommendations/suggestions
Future Plans...  

College admissions based on:

- GPA
- Class rank
- SAT / ACT scores
- Rigor of course selection (all 4 years)
- Individual course grades / trends

For some colleges/universities:

- Essay or personal statement
- Extracurricular activities
- Sports participation
- Teacher recommendation
College bound students should take the SAT or the ACT in the spring of junior year.

Register ONLINE:
SAT - $46 without essay  
$60 with essay  
Tests given once each in March, May and June  
(and again in August)

ACT - $46 (no essay)  
$62.50 with essay  
Tests given once each in February, April & June
Three college visit absences are excused each year during 11th & 12th grade.
Visiting prospective campuses is often the best way to get a feel for the school’s atmosphere and culture; it’s never too early to start looking.
Process: parent calls attendance line, college admissions office provides a school excuse letter (like a Dr. office), student returns the letter to LN’s front office.

College representatives visit LN – students sign up to meet with them through Naviance.

College Preview days in Fall and Spring.

College Fairs (northeast Indy, National, etc.)
We welcome your questions at this time!

IB questions?
Mrs. Bush will stay after

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