

GO-NYC



High School In NYC: Overview

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**Congratulations! Your child is going to
high school!**





The Next Four Years



The Countdown Begins...What Comes Next?

Four more years until they go to college (or an alternative) and maybe move out!

Four more years until they are young adults - but not yet grownups...

The Countdown Begins...What Comes Next?

At what age does adolescence end and adulthood begin? Drop it in the chat or unmute.

Society says...

- You are a legal adult at 18
- You are ready to live away from home at 18
- You can fight in a war at age 18

Your brain says...

- You aren't done with adolescence until age 24

Adolescent Development

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STAGES OF HEALTHY ADOLESCENT DEVELOPMENT			
Stage with Age Range(Approx)	Early Adolescence (ages 10-14 years)	Middle Adolescence (ages 15-17 years)	Late Adolescence (ages 18-21 years)
Characteristic Developmental Milestones and Tasks			
Physical Growth	<ul style="list-style-type: none"> * Puberty: Rapid growth period * Secondary sexual characteristics appear * Shift in sleep patterns; stay up and sleep later. Need 9+ hours of sleep/day. 	<ul style="list-style-type: none"> * Secondary sexual characteristics advanced * 95% of adult height reached 	<ul style="list-style-type: none"> * Physical maturity and reproductive growth leveling off and ending
Intellectual/ Cognition	<ul style="list-style-type: none"> * Concrete thought dominates "here and now" * Cause-effect relationships underdeveloped * Stronger "self" than "social awareness" * Reacts emotionally rather than logically under stress. 	<ul style="list-style-type: none"> * Growth in abstract thought; reverts to concrete thought under stress * Cause-effect relationships better understood * Very self-absorbed 	<ul style="list-style-type: none"> * Abstract thought established * Future oriented; able to understand, plan and pursue long range goals * Philosophical and idealistic
Autonomy	<ul style="list-style-type: none"> * Challenge authority, family; anti-parent * Loneliness * Wide mood swings * Things of childhood rejected * Argumentative and disobedient 	<ul style="list-style-type: none"> * Conflict with family predominates due to ambivalence about emerging independence 	<ul style="list-style-type: none"> * Emancipation: <ul style="list-style-type: none"> -- vocational/technical/college and/or work -- adult lifestyle
Body Image	<ul style="list-style-type: none"> * Pre-occupation with physical changes and critical of appearance * Anxieties about secondary sexual characteristic changes * Peers used as a standard for normal appearance (comparison of self to 	<ul style="list-style-type: none"> * Less concern about physical changes but increased interest in personal attractiveness * Excessive physical activity alternating with lethargy 	<ul style="list-style-type: none"> * Usually comfortable with body image



The research shows that during big developmental changes, the brain prioritizes. Gradually it all comes together. This is normal!

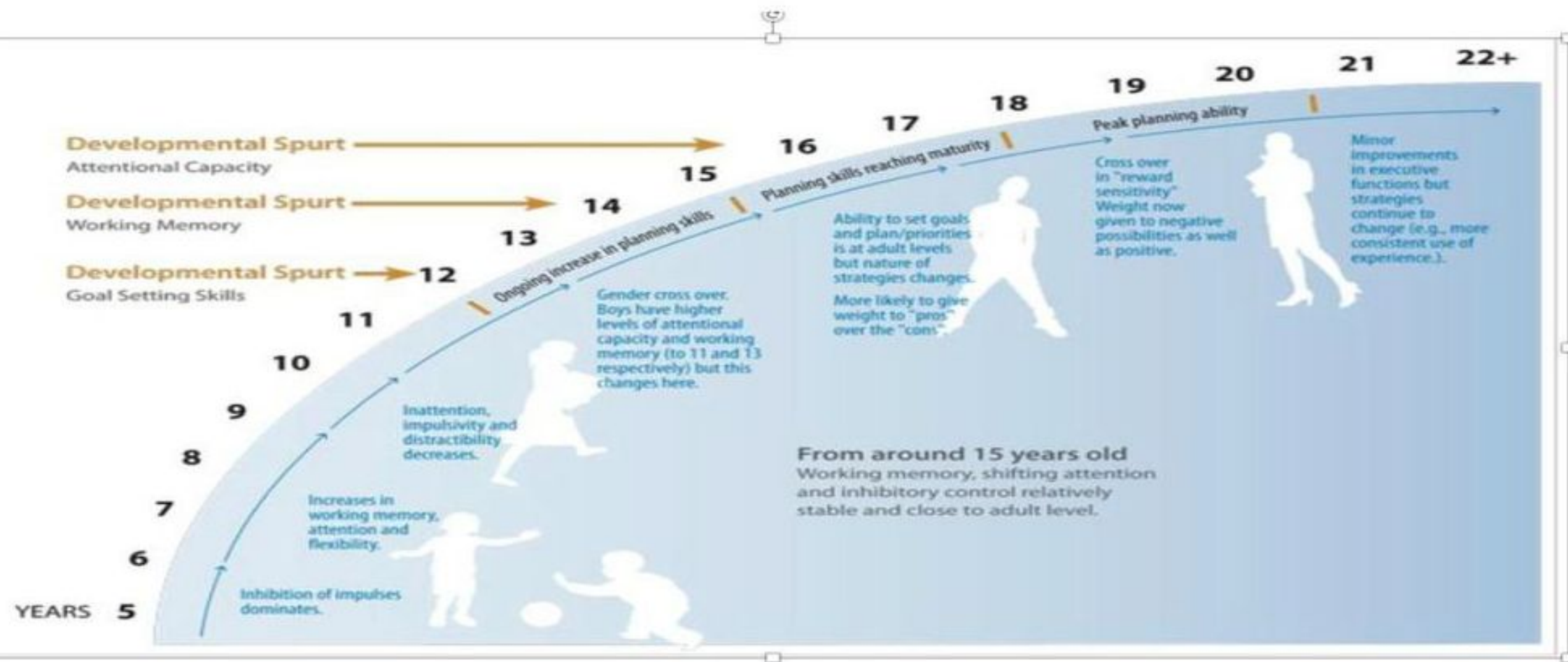
In young children, you may remember:

- learning to walk often came before learning to talk
- potty training worked...until it didn't...and then did again
- sleeping through the night worked...until it didn't...and then did again
- tantrums when toddlers could not express themselves properly, "No!"

In adolescence, be prepared for:

- big ideas! big ambitions!
- needing to be different from the parent
- extreme self-consciousness
- new levels of disorganization
- depression or anxiety
- forgetfulness
- anger/outbursts ("tantrums")
- loneliness/neediness
- feeling overwhelmed

Executive Functioning Development Chart



Your Work is Not Done: Parents Still Matter More Than Ever!

You may find that your 9th grader:

- insists that they have everything taken care of...but they don't
- may be embarrassed to ask for help...because they think they should already have mastered things
- remembers everything you say...but forgets the smallest, simplest things
- takes every reminder personally and is defensive...but really wants you to do things for them and show that you will still take care of them
- worries about death, adult responsibilities, and the state of the world...but does not feel ready to handle them
- has tons of energy one day, but often can sleep until noon if allowed

They need support and structure while their brain catches up.



Top 100 Goals After High School



Questions to Start Asking

1

Do you want to go to college? What kind of college? Two or four year? What else do you want to do after high school?



Make a list

2

What are you most interested in right now? What would you like to learn more about?



Make a list and talk about it often, look for opportunities at school and in the city

3

How do you know you are doing well in school? What kinds of grades do you want to get? What do colleges require for admission?



Keep up with their grades, offer support, research college admission requirements

4

What do you need from me, your parent/family?



Keep asking, even when they say they don't know yet





Diploma Types



Diploma Types in New York

01 Regents Diploma

02 Advanced Regents Diploma

03 Local Diploma or CTE Diploma

Diplomas and Life Right After High School

- ✓ A Regents Diploma prepares you for two and four year colleges (think CUNY, SUNY, or private colleges)
- ✓ An Advanced Regents Diploma prepares you for competitive four year colleges (think SUNY or private universities like NYU or Columbia)
- ✓ A Local Diploma prepares you for two year colleges and certificate programs (think CUNY or workforce training)
- ✓ A Career and Technical Education Diploma prepares you for two or four year colleges in technical fields or the workforce (think Computer Science, Culinary, Automotive, etc.)



Great Oaks Charter Schools



Credits and Courses

Subject		Credits
English		4
Social Studies	Global History	2
	U.S. History	1
	Participation in Government	.5
	Economics	.5
Math	Algebra I	1
	Advanced math: Geometry or Algebra II	1 (2 for Advanced Regents diploma)
Science	Life Science, e.g., Living Environment	1
	1 physical science	1
	1 life science or physical science	1
LOTE	Language Other Than English	1 (3 for Advanced Regents diploma)
Physical Education		2
Health		.5
Arts		1
Electives		3.5 (1.5 for Advanced Regents diploma)
TOTAL CREDITS		22

Regents Exams

Regents Exam	Graduation Score	CUNY Proficiency Score	Competitive College Score
English Language Arts (ELA)	65	75	85+
Any math (Algebra I, Geometry, or Algebra II/Trigonometry)	65	70	85+
Social Studies (Global History and Geography or U.S. History and Government)	65	65	85+
Science (Living Environment, Chemistry, Earth Science, or Physics)	65	70	85+
Additional Regents exam, or option approved by the State	65	65	85+

- Regents Diploma: 4 + 1 (ELA, Algebra I, Living Environment, U.S. History + any other exam or CDOS (working credential))
- Advanced Regents Diploma: 9: (ELA, Algebra I, Algebra II, Geometry, Living Environment, one other science, LOTE, any other exam)

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GRAND ADMISSIONS



CUNY Community College Admission Profile: Freshman Fall 2020

Community Colleges (Two Year Colleges)	General Admission High School Average ¹	SEEK/College Discovery High School Average ²
Borough of Manhattan Community College	78.5	73.0
Bronx Community College	77.5	73.1
Guttman Community College ³	77.0	—
Hostos Community College	76.8	72.9
Kingsborough Community College	77.9	72.5
LaGuardia Community College	77.7	73.1
Queensborough Community College	78.2	73.2



CUNY Four-Year College Admission Profile: Freshman Fall 2020

Four-Year Colleges	General Admission High School Average ¹	SEEK/College Discovery High School Average ²
Baruch College	90.8	87.3
Brooklyn College	89.0	81.8
The City College of New York	89.8	85.3
The Sophie Davis Biomedical Education Program/CUNY School of Medicine	95.0	—
College of Staten Island	88.4	77.2
Hunter College	90.9	90.5
John Jay College of Criminal Justice	88.3	82.6
Lehman College	88.4	83.0
Macaulay Honors College	94.7	—
Medgar Evers College ⁴	79.3	79.0
New York City College of Technology ⁴	81.7	76.4
Queens College	89.2	85.6
York College	85.9	79.0

Private Colleges in New York City

Private Colleges in NYC	General Admission High School <i>Minimum</i> :
Columbia University	100% (4.12 GPA) A+
Fordham University	89-90 (3.64 GPA) A-
New York University	87-89 (3.50 GPA) B+

Planning It Out: What To Do

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- Earn all credits with high grades
- Pass two Regents exams with high scores
- Visit at least two college campuses; research others
- Practice for the PSAT
- Participate in extracurricular activities

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- Earn all credits with high grades
- Pass one or two Regents exams with high scores
- Visit at least two college campuses; research others
- Prepare for the PSAT or take the PSAT
- Participate in extracurricular activities

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- Earn all credits with high grades
- Pass two or three Regents exams with high scores
- Visit at least two college campuses; research others; draft post-secondary plan
- Take the PSAT
- Participate in extracurricular activities
- Do a summer internship in an area of interest

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- Earn all credits with high grades
- Pass one or two Regents exams with high scores
- Visit at least two college campuses; make college list or post-secondary plan
- Take the SAT or ACT
- Participate in extracurricular activities
- Apply to colleges, apply for financial aid, and apply for scholarships



A&D





Questions?

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Thank You

