



Hempfield High School

Sophomore Planning Calendar & Guide

SEPTEMBER/OCTOBER

CTC INFO SESSION

October 17: Presentation on the CTC half-day programs at CTC's Mount Joy campus. Return permission form to Buchanan Counseling Office to attend tour (see November)

COLLEGE REP VISITS

WIN periods throughout the fall: Reps from numerous schools will visit the high school throughout the fall semester to meet with students! Sign up in the Class of 2026 Schoology page's calendar

BEHAVIORAL HEALTH SCREENING

October 12: The Behavioral Health Screen is a validated program developed by Children's Hospital of Philadelphia to identify risk for mental health concerns. This optional 10th grade screener happens annually in the fall. Consent forms to register are mailed home.

HEALTH CLASS COUNSELING LESSONS

Counselors will visit Health classes during mental health units

NOVEMBER/DECEMBER

COUNTY COLLEGE FAIR

Conestoga Valley High School hosts the county's largest college fair annually in November. Students and families from all districts are invited to participate. Registration is not required.

CTC

- **November 7:** CTC Half-Day Programs Tour will be held during the school day for all students who would like to learn more about the offerings. *Students must sign up in advance and turn in a permission slip.*
- **November 15:** CTC Mount Joy Campus Open House is offered in the evening for students and families who would like to learn more. Advance registration is not required.
- **December 19:** Application help session during WIN period

JANUARY/FEBRUARY

HEALTH CLASS COUNSELING LESSONS

Counselors will visit Health classes during mental health units.

ASVAB (Armed Services Vocational Aptitude Battery)

January 5: Students interested in potential military enlistment, as well as anyone looking for career guidance and feedback, are encouraged to take the ASVAB. Signups will be posted in the Class of 2026 Schoology page. (Note: There is no military obligation to take the test.)



CTC APPLICATIONS

- **January 9:** Application help session during WIN period
- **Mid-January:** Applications due

WINTER KEYSTONE EXAMS

Any student enrolled in Algebra 1B, Biology, or English 10 will take a Keystone Exam. If a student must re-take an exam from a previous test administration will be contacted directly.

COURSE PLANNING & SELECTION

Plan a challenging, yet manageable course load that aligns with your goals. Counselors will meet with all students individually to confirm that course choices align with graduation requirements.

PROSPECTIVE COLLEGE ATHLETES

All student-athletes considering playing a sport in college should register with the NCAA Eligibility Center (link below). A high school transcript sent to them at the end of 11th grade.

MARCH/APRIL

DUAL ENROLLMENT PRESENTATION

A representative from a local college will be invited to present to students on their options for dual enrollment courses.

PSAT10

Date TBD: All sophomores will have the option to take the PSAT10. This exam is administered electronically and students will use their iPads to access it. Preparation for this exam is not required as it will serve as a baseline for future standardized testing.

AP EXAM REGISTRATION

If you're taking an AP exam(s), make sure you have registered and paid for the exam(s) in Total Registration.

ASVAB (Armed Services Vocational Aptitude Battery)

March 15: Students interested in potential military enlistment as well as anyone looking for career guidance and feedback are encouraged to take the ASVAB. Signups will be posted in the Class of 2026 Schoology page. (Note: There is no military obligation to take the test.)

FUTURE PLANNING FAIR

Representatives from colleges, employers, the military, and other post-secondary options will visit the Buchanan Gym to meet with interested students.

MAY

AP EXAMS

All students registered for AP exams will take them in the first two weeks of May. Schedule can be accessed at the College Board website.



WINTER KEYSTONE EXAMS

Any student enrolled in Algebra 1B, Biology, or English 10 will take a Keystone Exam. If a student must retake an exam from a previous test administration they will be contacted directly.

COURSE SCHEDULES

Schedules for the next academic year are typically released to students in early May. Students should review their schedules and ensure that they are correct. Students will have one window of time over the summer where they are permitted to change their schedules.



10th Grade Guide

GOAL SETTING

- Explore programming available to you in high school
 - CTC
 - Dual Enrollment
 - School to Work/Internship
 - Career Panels
 - College/Military Rep Visits
- Determine what your goals are for after high school graduation
 - College (4-year, 2-year, or trade school)
 - If you're a student-athlete, register with the NCAA (see resources below)
 - If you're interested in a military academy, contact your counselor
 - Workforce
 - Military
 - Gap Year

POST-SECONDARY PLANNING

- Update your resume in Xello
 - Save a copy in your personal files or Google Drive, so you have access to it after you graduate.
- Plan a challenging, yet manageable course load that aligns with your goals.
- Consider finding a job, internship, or volunteer opportunity in an area of interest.
- Get involved! Find a club or activity at school and consider a leadership position.
- Consider visiting college campuses
- Think about your testing plans
 - PSAT10
 - ASVAB
 - Junior year will include: PSAT, SAT, ACT



Future Planning Resources

[Class of 2026 Schoology Page](#)

[Xello](#) (login is your student email and password)

- College searches
- Update resume
- Scholarship searches
- Career exploration and inventories

ADDITIONAL RESOURCES

- [College Board](#)
- [ACT](#)
- [Big Future](#)
- [Occupational Outlook Handbook](#)

CTC

- [CTC Half-Day Intro Programs](#)
- [CTC application](#) - Available in November

FINANCIAL AID AND SCHOLARSHIPS

- [Free Application for Federal Student Aid](#)
- [PA Higher Education Assistance Agency](#)
- [Fastweb](#)

NCAA CLEARINGHOUSE

- [NCAA Eligibility Center](#)

CONTACTS

- ❖ Mrs. Lindsey Bauer, School Counselor (last names A-L): lindsey_bauer@hempfieldsd.org
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- ❖ Ms. Terri Powers, Counseling Secretary: terri_powers@hempfieldsd.org
- ❖ Mr. Patrick Conrad, 10th Grade Principal: patrick_conrad@hempfieldsd.org
- ❖ Ms. Kristi Smith, 10th Grade Secretary: kristi_smith@hempfieldsd.org
- ❖ Mrs. Deb Krantz, School Nurse: deb_krantz@hempfieldsd.org