

LYME-OLD LYME HIGH SCHOOL

Regional School District #18

A Private School Experience



in a Public School Setting

SCHOOL COUNSELING DEPARTMENT

Welcome Back to LOLHS! Sophomore year is an exciting one!!

Last fall, you focused on adjusting to high school life, learning where to seek help and how to manage your greater independence. Now it is time to explore your own interests and abilities and how they can relate to your future career paths. Through class presentations and expanding your knowledge of the Naviance Student Program, the School Counseling Department will help you make connections to how your personality, interests and abilities influence your future plans and potential careers.

We hope you find the following information helpful as you navigate through Sophomore year.

SOPHOMORE PARENT NIGHT: Please join Mrs. Christie Williams-Kahn, at **Sophomore Parent Night on Thursday, October 16, 2025 at 6:30pm in the Library Media Center.** She will discuss topics such as PSAT preparation, goals for sophomore year, benefits of extracurricular involvement and provide a demonstration of the Naviance: Student program.

NAVIANCE Student: During class presentations in February, we will reintroduce students to our comprehensive future planning site, **NAVIANCE Student.** This program enables you to learn about your personality type and understand how personality traits can influence your potential career and/or college choices.

PLEASE NOTE: Each parent/guardian has an individual registration code that provides access to the **Naviance Student** site. The parent(s)/guardian(s) received this registration code at the Freshman Picnic last year. If you do not have the registration code, please email the School Counseling Administrative Assistant, Ms. Tiffany Goss, at gosst@region18.org and she will send you your registration code.

Hugh O'Brien Youth Leadership Seminar (HOBY): *What is HOBY?* Every sophomore in the United States is eligible to apply for a nomination to the Hugh O'Brien Youth Leadership Program for Outstanding Sophomores. Each high school chooses one representative and one alternate to represent the school at the state-level conference. Lyme-Old Lyme High School makes the program available to the selected representative at no cost. HOBY's purpose is to bring together a select group of high school sophomores who have demonstrated leadership ability. Selected sophomores interact with groups of distinguished leaders in business, government, education and other professions to discuss current and future issues.

COUNSELORS *Tracy A. Lenz, M.Ed., Director of School Counseling,*

Joanna Williams, M.A., Christie Williams-Kahn, M.S.

SCHOOL PSYCHOLOGIST *Marci Kania C.A.S*

DEPT. ADMIN. ASSISTANT *Tiffany Goss; CEEB CODE: 070600*

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Selection Process: All sophomores are encouraged to apply. The first step is to complete the essay: In 300 words or less, please describe the most rewarding and challenging aspect of being a leader in your school and community. Your essays will be judged by a selection committee, who will base their decision on your leadership ability, sensitivity to others and desire to communicate your knowledge to your peers. The emphasis is on personal incentive and leadership potential. ***Submit your essay to Ms. Goss in the School Counseling Office by the end of the day on Friday, October 24, 2025.***

In the fall, the School Counselors will visit Sophomore English classes to share information about how to make the most of their Sophomore year. This includes the ***DIGITAL Preliminary Scholastic Aptitude Test (PSAT) offered at LOLHS on Wednesday, October 22, 2025.*** The digital PSAT/NMSQT is substantially shorter than its paper and pencil predecessor—lasting 2 hours and 14 minutes instead of almost 3 hours. You'll have more time on average to answer each question, so more than ever before, the digital PSAT/NMSQT measures your skills and knowledge, not test-taking speed. There will be shorter reading passages and a built-in calculator that can be used on the entire Math section.

The digital SAT Suite of Assessments uses multistage adaptive testing. Each test section (Reading and Writing, Math) is divided into two equal-length, separately timed parts, called modules. Students answer a set of questions in the first module before moving on to the next. The questions that students are given in the second module depend on how they performed on the first module. This type of adaptive testing allows for a much shorter, but just as reliable, assessment that delivers accurate scores more efficiently.

Students should get a good night's sleep on the Tuesday evening before the test as well as charge their Chromebooks and put their charger in their backpack. Remember, **cellphones, Apple Watches, earbuds, fitness trackers are NOT ALLOWED** in the testing room so please leave them in your car or locker. PSAT Rosters will be posted in the Commons on Friday, October 17th.

To access PSAT resources or to see the types of questions you will experience on the test, please follow this link: <https://satsuite.collegeboard.org/sat-suite-benefits-students-parents/why-take-psat/why-take-psat-nmsqt>

The PSAT Student Guide can be accessed at:

chrome-extension://efaidnbmnnnibpcajpcgclefindmkaj/https://satsuite.collegeboard.org/media/pdf/psat-nmsqt-student-guide.pdf

Extracurricular Involvement: It is never too late to join a club or to start playing a sport here at LOLHS. Remember that colleges, scholarship committees, employers and various Honor Society applications are looking for demonstrated commitment beyond the classroom. You can exhibit this level of commitment through your involvement in after-school jobs, volunteer work, clubs, or sports. Many students find their passion outside the classroom; and, in fact, involvement in extracurricular activities often enhances a student's academic profile. The busier you are, the more organized you need to become! Give it a chance and get involved! You can follow this link to see a summary of the clubs, activities and sports offered at LOLHS: <http://lolhsnews.region18.org/get-involved.html>

If you have any questions or concerns, please do not hesitate to contact your School Counselor. We assign student caseloads alphabetically: Ms. Tracy Lenz has last names beginning with A-F; Ms. Joanna Williams has last names G-Pa and Mrs. Christie Williams-Kahn has last names Pe-Z.

**We look forward to working with you
throughout this important year.**