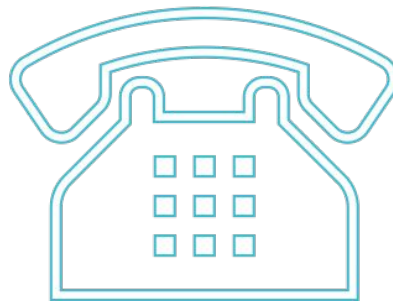


**ERHS –
Sophomore Year
Class of 2026**



-Curriculum & Counseling Team-

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What do school counselors do?

- ▶ Our role as school counselors falls into three main categories: **academic, social/emotional, and postsecondary planning.**



To support academic excellence, counselors assist students in selecting classes that meet ASD graduation requirements and prepare them for life after high school. We also assist students in developing strategies to improve their academic performance. In collaboration with teachers and parents, we are happy to host conferences to bring everyone to the same table. We acknowledge that all students are different, and we are happy to support those who need alternative programming.



In an effort to create a healthy community, we are available to help students navigate the tricky and sometimes challenging parts of life. As school counselors, it is within our scope of practice to offer short term counseling often related to personal struggles, mental health concerns, and peer issues. If further therapeutic services are needed, we can provide referrals to community resources. Furthermore, we can connect families experiencing other types of hardship with additional support. At ERHS, we play an integral role in crisis intervention and response.



Lastly, we are committed to helping students identify options for life after high school. The four years of high school can certainly zoom by, and our goal is to help students create a plan for pursuing their aspirations. It can be overwhelming to navigate applications, financial considerations, and the many pathways available. Counselors can assist students in this process by providing guidance and referrals.

Credit Tracker Example

Eagle River High School Credit Tracker

Write the grade earned for each class in its corresponding box. Each box is worth .5 (semester) credit.

English – 4 credits required

Eng I Eng II Eng III (or AP) Eng IV (or AP/Eng elective)

A			
A			

Math – 3 credits required

Algebra Math Elective Math Elective

A		
A		

Science – 3 credits required

Physical Sci Life Sci Sci Elective

A		
A		

Social Studies – 4 credits required

AK/Soc Elective World Hist US Hist. US Gov/Econ

A			
A			

PE – 1.5 credits required

*Each season of a school sport gives a .25 PE Waiver. Two PE waivers are needed to check off one .5 credit box. If PE waivers are used, the same number of boxes will need to be added in the elective rows. PE waivers do not grant credit, but rather waive the PE requirement.

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Elective – 7 credits required

If you take more than the required credits for Eng, math, sci, soc, or PE, add those credits to the elective boxes.

A	A						
A	A						

22.5 total credits are required for graduation



[Click here for
ERHS Credit Tracker Form
\(look under Student Tools\)](#)

ASD Grad Requirements

GRADUATION REQUIREMENTS

Students must complete 22.5 credits to receive a high school diploma.

- English Language Arts (ELA)** **4 credits**
Four years of ELA are required: English I and II, and English III and IV or their equivalents
- Social Studies** **4 credits**
World History, U.S. History, one semester of Alaska Studies, one semester of Economics, one semester of United States Government, one semester of a Social Studies elective. Students may waive the .5 credit social studies requirement by completion of Level III of a world language (ASL, Chinese, French, German, Japanese, Latin, Russian, or Spanish); immersion students may waive the .5 social studies requirement by completion of any one high school immersion course in the required immersion continuum.
- Mathematics** **3 credits**
Six semesters of Mathematics electives. In order to satisfy the algebra requirements, students must complete one of the following options: Algebra I, semester 1 and 2; **or** Survey of Algebra I and 2; **or** Credit-by-Choice Challenge by Examination.
- Sciences** **3 credits**
Three years (six semesters) of science credit are required. Two semesters must be life science. Two semesters must be physical science.
- Physical Education/Health Education** **1.5 credits**
Three semesters of physical/health education are required. A wide variety of courses are offered at each school. Elective credit must be earned to replace a Physical Education/Health Education requirement that is waived.
 - Students may obtain a waiver of .25 of the physical education graduation requirement for each full season of ASAA-sanctioned sports participation within the Anchorage School District.
 - Students may also waive comparable physical education requirements through Credit By Choice, correspondence, or college coursework in Physical Education/Health.
 - A maximum of 1.0 waiver of the physical education requirement is available upon successful completion of 2 years (four semesters) of JROTC.
- Electives** **7 credits**
Fourteen semester courses have not been specified so as to provide students an opportunity to pursue individual educational goals. Electives may include additional courses in Language Arts, Social Studies, Mathematics, Science, Technology, Fine Arts, World Languages, Physical Education and Career Technology.

Total 22.5 credits

- A student may be considered for graduation when he or she has acquired a minimum of 22.5 credits after grade 8 in required and elective subjects.
- Seniors entering the ASD for the first time may graduate by meeting requirements of their previous school when the ASD requirements create hardship.

-How to find and request your transcript-



- You can view your unofficial transcript through Q/parent/student connect.
- If you have questions or concerns about your transcript, please talk with your counselor.
- To request an official transcript you will need to input your request at the link below.

This link is for official transcripts for personal use or to be sent to colleges, scholarships, or other institutions.

<https://anchorageak.scriborder.com/>

Thinking ahead...

- AKCIS - Great place to check out options for college, careers, and scholarships
 - ERHS Username - **eagleriver**
 - Password - **4Student**
 - Students can set up their own profile after the initial login
- Start creating a list of schools/programs you may want to apply to
 - Consider location, size, cost, intended field of study
 - If you are not able to visit prospective schools in person, check out the many virtual tours available online!
- There are many ways to pay for college/post- secondary training
 - Scholarships, work study, grants, loans, employment, military

ASVAB & Practice SAT/ACT



- ASVAB at ERHS will be Friday, 10/27 and Friday, 2/23
 - ASVAB results give career options that might be a good fit based on your strengths.
 - Starts at 7:30am with interpretation immediately after.
 - Students should plan to be here for about 3 hours.
 - To sign up for the ASVAB, please see Ms. Witte in the Curriculum Office.
- Frontier Tutoring will offer FREE practice SAT and ACT tests virtually
 - Practice ACT - 9/2, 9/23, 10/20, 11/4
 - Practice SAT - 9/23, 9/30, 10/27, 11/10
 - To sign up for a practice SAT and/or ACT, go to the Frontier Tutoring Website.
 - Spring 2024 dates TBD
- Consider taking the Pre-SAT (PSAT) as a Junior at ERHS

-AK Performance Scholarship-

*Math & Science Option

All Scholarship Levels

4 units math

4 units science

4 units language arts

4 units social studies

*Social Studies & Language Option

All Scholarship Levels

4 units language arts

4 units social studies

2 units of the same world language

3 units math

3 units science

	Level 1	Level 2	Level 3
Amount	Up to \$4,755	\$3,566	\$2,378
GPA	At least 3.5	At least 3.0	At least 2.5
ACT or SAT	25 / 1210	23 / 1130	21 / 1060
or WorkKeys	13 or higher, no sub-score lower than 4, only good for tech school		

*For more details please check the APS website at

<https://acpe.alaska.gov/>

*Specific course requirements apply. Please see your counselor for more details



- If you are planning to play a division I or II college sport, please make sure you have completed the requirements of the [NCAA Clearing House](#).
- Contact your counselor, if you have any questions and/or concerns.

Division I
Academic
Requirements

Division II
Academic
Requirements

Initial
Eligibility
Brochure

Registration
Checklist

Guide for the
College-Boun
d Athlete

DI & DII
Course
Planning
Worksheets

ASD Options To Consider

- ▶ [Alaska Middle College School](#) (11th & 12th graders - college credit)
- ▶ [Business Academy](#) (11th & 12th graders - college credit)
- ▶ [King Tech High School](#) (Part time/Full time/3rd Session)
- ▶ [Benny Benson/SAVE](#) (credit recovery)
- ▶ [AKChoice](#) (full-time virtual/homeschool)



10th Grade Checklist



- ☐ Take challenging classes and check grades often on Student Connect/Canvas
- ☐ Review Transcript (check and review with parents)
- ☐ Alaska Performance Scholarship (APS) review/checklist
- ☐ AKCIS www.akcis.org - Career Interest Inventory, school sort, financial aid sort
- ☐ Consider doing practice SAT and ACT with Frontier Tutoring - FREE!
- ☐ Listen to announcements and/or check them on the school website daily
- ☐ NCAA Clearinghouse (if planning to participate in Div. 1 or Div. 2 college sports)
- ☐ Get involved! (sports, clubs, volunteer, leadership opportunities)
- ☐ Attend college visits at ERHS (see Curriculum Office for dates and schools)
- ☐ Research potential postsecondary training options (college, military, apprenticeships, etc.)
- ☐ If you are interested in a military academy, now is the time to start researching and planning
- ☐ Apply to Summer Programs and/or Summer School if needed
- ☐ If you have any Ds or Fs on your transcript, consider credit recovery
- ☐ Get a job and begin saving money for college/tech school

-Reminders-



Check the ERHS daily announcements

<https://www.asdk12.org/domain/3310>



To be eligible for sports/activities, you must be enrolled in and pass at least 5 classes a semester and have a 2.0 GPA.



Counselors will visit your classes again in Feb/March to gather course requests for next school year.



Contact your counselor and/or curriculum department if you have any additional questions and/or concerns - we are here to help!

Send a text to

81010

Text this message

@erhsco2025

SOPHOMORES

Local Contacts

University of Alaska
Anchorage

University of Alaska
Southeast

University of Alaska
Fairbanks

Northern Industrial
Training

Alaska Pacific
University

Alaska Vocational
Technical Center
(AVTEC)

Alaska Commission on
Post-Secondary Ed

Alaska Career College

Charter College

Alaska Laborers
Training School

Recruiters:

Air National Guard -Kristina Elliot. kristina.elliott@us.af.mil

Navy - Rico Velacruz, CE2, rico.h.velacruz1@navy.mil

Army - Matthew R. Kuhl, SFC, matthew.r.kuhl.mil@mail.mil

Other Useful Resources

Admissions
Timeline for
11th/12th grade

Quick Guide to
Financial Aid

Evaluating
Financial Aid
Award Letters

Financial Aid
Tips

Scholarship
Application Tips

More
Scholarship
Application Tips

Choosing a
College Tips

College Essay
Tips

More Web
Resources