

# GUIDANCE FOR SOPHOMORE AND JUNIOR YEAR

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*"A goal without a plan is just a wish."  
Antoine de Saint-Exupéry*

*Updated 2/28/2025*

# GUIDANCE DEPARTMENT at LINCOLN HIGH SCHOOL



Guidance counselors  
serving Lincoln High  
School sophomores,  
juniors and seniors are  
assigned by last name.

## A-E

Andrew O'Daniel

## F-L

Emma Leigh Ramos

**Career Advisor**  
**Yvetta Ingram**

## M-R

Taylor Zornes

## S-Z

Mary Claire Brown (Medina)

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**Guidance Office**  
April Rosenau

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**Social Worker-LHS**  
Emily Lenk



## STEP #1: PLAN AHEAD FOR YOUR FUTURE

Where do you want to be this time next year?

Do you know how to get there?



# STEP #2: CONFIRM GRADUATION REQUIREMENTS: Standard Diploma – Florida DOE

ASSESSMENTS	CREDITS = 24		ONLINE	GPA
<b>MUST PASS:</b> <ul style="list-style-type: none"><li>FAST English Language Arts – Grade 10 or concordant score</li><li>Algebra 1 EOC or comparative score</li></ul>	ENGLISH (4 credits): <ul style="list-style-type: none"><li>English 1,2,3,4 or equivalent</li></ul>	MATH (4 credits): <ul style="list-style-type: none"><li>Algebra 1</li><li>Geometry</li><li>Additional two credits</li></ul>	ONE COURSE that meets the online course requirement.	MINIMUM GPA = 2.0 cumulative unweighted
PARTICIPATE & 30% FINAL GRADE: <ul style="list-style-type: none"><li>Biology EOC</li><li>Geometry EOC</li><li>U.S. History EOC</li></ul>	SCIENCE <ul style="list-style-type: none"><li>Biology</li><li>Additional credit</li></ul>	<b>Students who meet these requirements but do not pass the required assessments will receive a certificate of completion, which is <u>not</u> equivalent to a standard high school diploma.</b>		
	FINE/ELIC PRACTICAL ART (1 credit)			
	ELECTIVES (8 credits)			

## STEP #2: CONFIRM GRADUATION REQUIREMENTS: Assessments



### FSA ELA REQUIREMENT

Level 3 = Passing score

**FAST ELA**

### CONCORDANT SCORES

- 480 = SAT Evidence-Based Reading and Writing (EBRW)
- 18 = ACT English and Reading Subtest (averaged)
- 36 = CLT Verbal Reasoning + Grammar/Writing sections (sum)



### ALG 1 EOC REQUIREMENT

Level 3 = Passing score

**ALG 1 EOC**

### COMPARATIVE SCORES


- 430 = PSAT/NMSQT Math
- 420 = SAT Math
- 16 = ACT Math
- 11 = CLT Quantitative Reasoning
- Level 3 = Geometry EOC

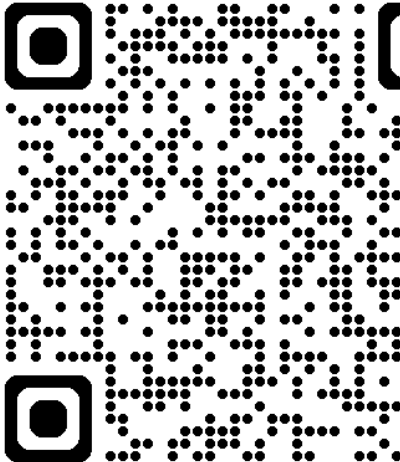
Source: Florida DOE – Graduation Requirements for Florida's Statewide Assessments August 2024

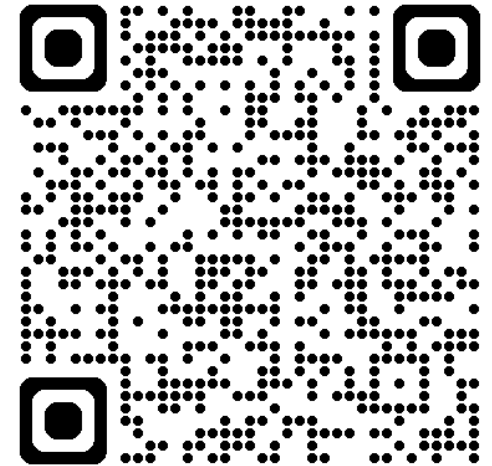
## STEP #2: CONFIRM GRADUATION REQUIREMENTS: Standard Diploma – Florida DOE

ASSESSMENTS	CREDITS = 24		ELECTIVES	GPA
MUST PASS: <ul style="list-style-type: none"><li>FSA English Language Arts – Grade 10 or concordant score</li><li>Algebra 1 EOC or comparative score</li></ul>	ENGLISH (4 credits): <ul style="list-style-type: none"><li>English 1,2,3,4 or equivalent</li></ul>	MATH (4 credits): <ul style="list-style-type: none"><li>Algebra 1</li><li>Geometry</li><li>Additional two credits</li></ul>	ELECTIVES (7.5 credits)	MINIMUM GPA = 2.0 cumulative unweighted
PARTICIPATE & 30% FINAL GRADE: <ul style="list-style-type: none"><li>Biology EOC</li><li>Geometry EOC</li><li>U.S. History EOC</li></ul>	SCIENCE (3 credits): <ul style="list-style-type: none"><li>Biology</li><li>Additional two credits</li></ul>	SOC. STUDIES (3 credits): <ul style="list-style-type: none"><li>World History</li><li>U.S. History</li><li>U.S. Govt (.50 credit)</li><li>Economics (.50 credit)</li></ul>	<div>Do you have the correct credits in the required categories?</div>	
	FINE/ELIGIBLE PRACTICAL ART (1 credit)	HOPE (1 credit)		
	PERSONAL FINANCIAL LITERACY (.5 CREDIT)			

## STEP #2: CONFIRM GRADUATION REQUIREMENTS: Standard Diploma – Florida DOE

ASSESSMENTS	CREDITS = 24		ELECTIVES	GPA
<b>MUST PASS:</b> <ul style="list-style-type: none"><li>FSA English Language Arts – Grade 10 or concordant score</li><li>Algebra 1 EOC or comparative score</li></ul>	<b>ENGLISH (4 credits):</b> <ul style="list-style-type: none"><li>English 1,2,3,4 or equivalent</li></ul>	<b>MATH (4 credits):</b> <ul style="list-style-type: none"><li>Algebra 1</li><li>Geometry</li><li>Additional two credits</li></ul>	<b>ELECTIVES (7.5 credits)</b>	<b>MINIMUM GPA = 2.0</b> cumulative unweighted
<b>PARTICIPATE &amp; 30% FINAL GRADE:</b> <ul style="list-style-type: none"><li>Biology EOC</li><li>Geometry EOC</li><li>U.S. History EOC</li></ul>	<b>SCIENCE (3 credits):</b> <ul style="list-style-type: none"><li>Biology</li><li>Additional two credits</li></ul>	<b>SOC. STUDIES (3 credits):</b> <ul style="list-style-type: none"><li>World History</li><li>U.S. History</li><li>U.S. Govt (.50 credit)</li><li>Economics (.50 credit)</li></ul>	 <b>PRO TIP:</b> The Florida DOE Standard High School Diploma Requirements handout is available- <a href="https://www.fldoe.org/core/fileparse.php/7764/urlt/aa flyer-2324thereafter.pdf">https://www.fldoe.org/core/fileparse.php/7764/urlt/aa flyer-2324thereafter.pdf</a>	
	<b>FINE/ELIGIBLE PRACTICAL ART (1 credit)</b>	<b>HOPE (1 credit)</b>		
	<b>PERSONAL FINANCIAL LITERACY (.5 CREDIT)</b>			





## STEP#3: UNDERSTAND PROMOTION AND RECOVERY



- To be a sophomore (10<sup>th</sup>) → 5 credits and a 1.0 GPA
- To be a junior (11<sup>th</sup>) → 10 credits and 1.5 GPA
- To be a senior (12<sup>th</sup>) → 17 credits and 2.0 GPA
- If a student needs to make up credits or improve GPA
  - Adult and Community Education (ACE)
  - Leon County Virtual School (LCVS)
  - Florida Virtual School (flvs.net)
- Only students who have received a D or F may retake the same course. Student must earn a C or better to replace the grade in the cumulative GPA.
- Mid-Year Promotion → Please see counselor.

## STEP#4: OPTIONS FOR CORE CLASSES AND ELECTIVES



### PLAN TIME FOR:

- Clubs / Activities / Athletics / Leadership
- Admissions and Applications
- Scholarships / Financial Aid /Bright Futures

### OPTIONS

- Advanced Placement Courses (9th-12<sup>th</sup>)
- DCT Program – On the Job Training (12)
- Externship Program (12)
- Dual Enrollment: Lively / TSC / FAMU / FSU (11/12)
- Mid-Year Graduation – see Counselor

# CLUBS & SPORTS



SEE 30+ CLUBS



SEE 20+ SPORTS



# FINE ARTS

- 2-D ART
- 3-D ART
- BAND
- CHORUS
- COLOR GUARD
- GUITAR
- ORCHESTRA
- PIANO
- ROCK ENSEMBLE





# VOCATIONAL PROGRAMS



- 
- **AGRICULTURE**
  - **CULINARY ARTS**
  - **DIGITAL DESIGN**
  - **DIGITAL INFORMATION TECHNOLOGY**
  - **DIVERSIFIED CAREER TECHNOLOGY (DCT)**
  - **EARLY CHILDHOOD EDUCATION**
  - **ENGINEERING PATHWAYS**
  - **NJROTC**
  - **TRANSPORTATION, DISTRIBUTION & LOGISTICS**
  - **EXTERNSHIP**

# ADVANCED PLACEMENT



## LINCOLN EXCELLENCE

- 1698 AP exams will be administered to over 727 students
- Meet or exceed national average for qualifying scores on AP exams
- Enrollment, Qualifying rates, and support recognized by College Board as a model in the state!
- Approved by College Board to offer the prestigious AP Capstone coursework and diploma designation.
- Offering 29 AP courses
  - Recently added AP Pre-calculus course offering



 CollegeBoard

## Sophomore Year: AP Electives

### English 2 Honors + Math, Science, and AP Electives:

- AP Art History
- AP Human Geography
- AP European History
- AP Biology
- AP Chemistry
- AP Environmental Science
- AP Precalculus

## Junior Year: AP Seminar

### AP Core and Elective Classes + AP Seminar:

- AP English Language & Composition\*\*
- AP Art History
- AP European History
- AP Human Geography
- AP US History\*\*
- AP Biology\*\*
- AP Chemistry\*\*
- AP Environmental Science
- AP Calculus AB\*\*
- AP Precalculus\*\*
- AP Statistics\*\*
- AP Psychology
- AP 2D Art

## Senior Year: AP Research

### AP Core and Elective Classes + AP Research + Externship:

- AP English Literature & Composition\*\*
- AP Art History
- AP European History
- AP Human Geography
- AP Government\*\*
- AP Macroeconomics
- AP Biology\*\*
- AP Chemistry\*\*
- AP Environmental Science
- AP Calculus AB\*\*
- AP Calculus BC\*\*
- AP Precalculus\*\*
- AP Statistics\*\*
- AP Psychology
- AP 2D Art
- AP Music Theory
- AP Spanish/French/ Chinese/ Latin

# AP Capstone Program Lincoln High School Progression

**AP Capstone  
Diploma:  
AP Seminar + AP  
Research + 4  
Additional APs**


**Honors Externship:** This pairs with AP Research, allowing students to gain off-campus, hands-on experience in their area of interest while earning honors credit.



# FINDING MORE INFORMATION ABOUT DUAL ENROLLMENT

leonschools.net/Page/57934

FLDOE Sign-onConstant ContactHP Process Automa...Liquid OfficeUF UF



Lincoln High School  
Home of the Trojans

HomeAbout UsStudentsParentsDepartmentsActivities and

Guidance

Guidance Home»

Contact Us»

Class of 2025»

Class of 2028»

Dual Enrollment»

Guidance Forms»

Helpful Links»

Scholarship Information»

Transcript Request»

WHAT IS THE BEST FIT FOR YOUR STUDENT?

Dual Enrollment vs Advanced Placement 📈📉

[TSC](#)

TSC Dual Enrollment Eligibility

TSC Learning Commons-Available Tutoring

[FAMU](#)

FAMU Dual Enrollment Eligibility Requirements

FAMU Dual Enrollment Website

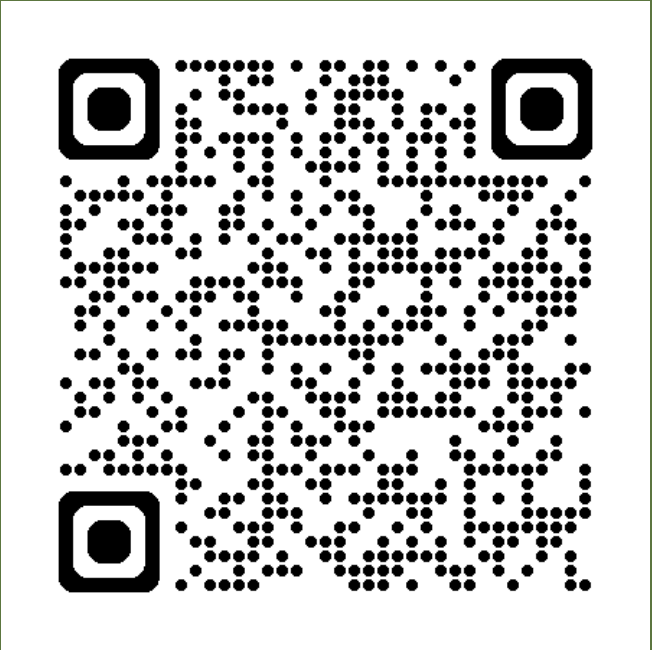
[FSU](#)

FSU Dual Enrollment Eligibility

FSU Dual Enrollment Website

[LIVELY](#)

Lively Dual Enrollment Eligibility





## DUAL ENROLLMENT VS. ADVANCED PLACEMENT

### Dual Enrollment

- Limited to students with a 3.0 unweighted gpa (3.9 weighted for FSU) and qualifying test scores.
- Specific course limitations determined by each institute

### Advanced Placement Enrollment

- Based on willingness to challenge yourself academically and teacher/counselor recommendation
- Specific course limitations vary by course

### Dual Enrollment Benefits

- No cost to the student
- Automatic college credit upon successful completion of the course
- Variety of courses and locations
- Courses can be taken in any semester
- High school and college credit awarded for each semester
- In some cases, a course may earn 1.0 high school credit for a semester course
- For State University System admission, grade will be weighted 1.0 in most cases

### Dual Enrollment Risks

- Grade counts on your college transcript and starts your college GPA
- Not as well respected nationally by college admissions departments
- College attendance and drop/add policies are strictly enforced
- Counselor and parent communication may be limited by college restrictions
- Withdrawing after drop/add will only be granted under extreme circumstances and could negatively impact college admission and financial aid

### Advanced Placement Benefits

- No cost to the student
- Respected nationally and internationally as the most rigorous courses in each subject area
- The best possible college preparation for a four- year university
- Variety of courses (more than 25 different courses available)
- Enrollment based on willingness to challenge yourself academically
- For State University System admission, grade will be weighted 1.0
- AP Capstone Diploma option
- Classes are held on Lincoln's campus

### Advanced Placement Risks

- To earn college credit, you must score a 3 or higher on the exam
- College credit will not be awarded until July
- Courses taken during the first semester, such as American Government or Economics, are concluded well in advance of the AP exam
- College credit is determined by each individual institute
- Withdrawing from the course could negatively impact college admission

## STEP#5

# CONSIDER ACT, CLT, & SAT

- Scores are required for university admissions and Bright Futures.
- Scores can be used for placement at community colleges and technical schools.
- Scores may meet FAST ELA and ALG 1 EOC concordant requirements for high school graduation.



## SAT

REGISTER: [SAT.org/Register](https://sat.org/register)



## ACT

REGISTER: [Actstudent.org](https://actstudent.org)



## CLT

REGISTER: [CLTexam.com](https://cltexam.com)

# STEP#6: SELECT YOUR INITIAL PATH AFTER GRADUATION



## WORK:

Employment  
Apprenticeships



## VOCATIONAL:

Career Training &  
Certification Prep  
*(length varies)*



## UNIVERSITY:

B.A. & B.S. Degree  
Programs *(4-year)*  
Other Undergraduate  
& Graduate Degrees  
*(varies by school)*



## MILITARY:

Enlist / Reserves  
ROTC  
Academy



## STATE COLLEGE:

A.A. & A.S. Degree  
Programs *(2-year)*  
Certificate Programs  
*(length varies)*



# STEP#6: SELECT YOUR INITIAL PATH AFTER GRADUATION



## How Do I Decide?

*Examples of questions to ask yourself and/or to research so that you have the information needed to support good decision-making.*

### SELF-KNOWLEDGE:

- What are your interests, favorite subjects, hobbies, skills or areas of expertise?
- Do you and/or your family value reaching a particular level of post-secondary education? If so, what?

### EDUCATION/OCCUPATIONAL KNOWLEDGE:

- What careers/professions do you want to know more about?
- What education/training options do my career options require?
- What is the typical academic profile needed to meet admissions requirements?
- What are the costs of each education/training option?



# STEP#6: SELECT YOUR INITIAL PATH AFTER GRADUATION

## Where Can I Learn More About Options?



### PRO TIPS:

- **Visit the campus.**
- **Participate in Guidance presentations.**
- **Talk with alumni.**
- **Find out how many freshman return after the first year.**
- **Check out employment placement rates.**

### CAREER / OCCUPATIONAL INFORMATION:

- **My Next Move** from U.S. Dept. of Labor:  
<https://www.mynextmove.org>
- **Occupational Outlook Handbook**  
from U.S. Bureau of Labor Statistics:  
<https://www.bls.gov/ooh/>

### EDUCATION / TRAINING OPTIONS:

- **FloridaShines.org** for Florida Students:  
<https://www.floridashines.org/>  
*Select "Discover Programs" under "Go to College" for Florida school search.*
- **BigFuture** from CollegeBoard.org:  
<https://bigfuture.collegeboard.org/>
- **Career & Job Training Resources** from  
Career Source Florida:  
<https://www.careersourceflorida.com/>



# STEP#6 SELECT YOUR INITIAL PATH AFTER GRADUATION



## Vocational

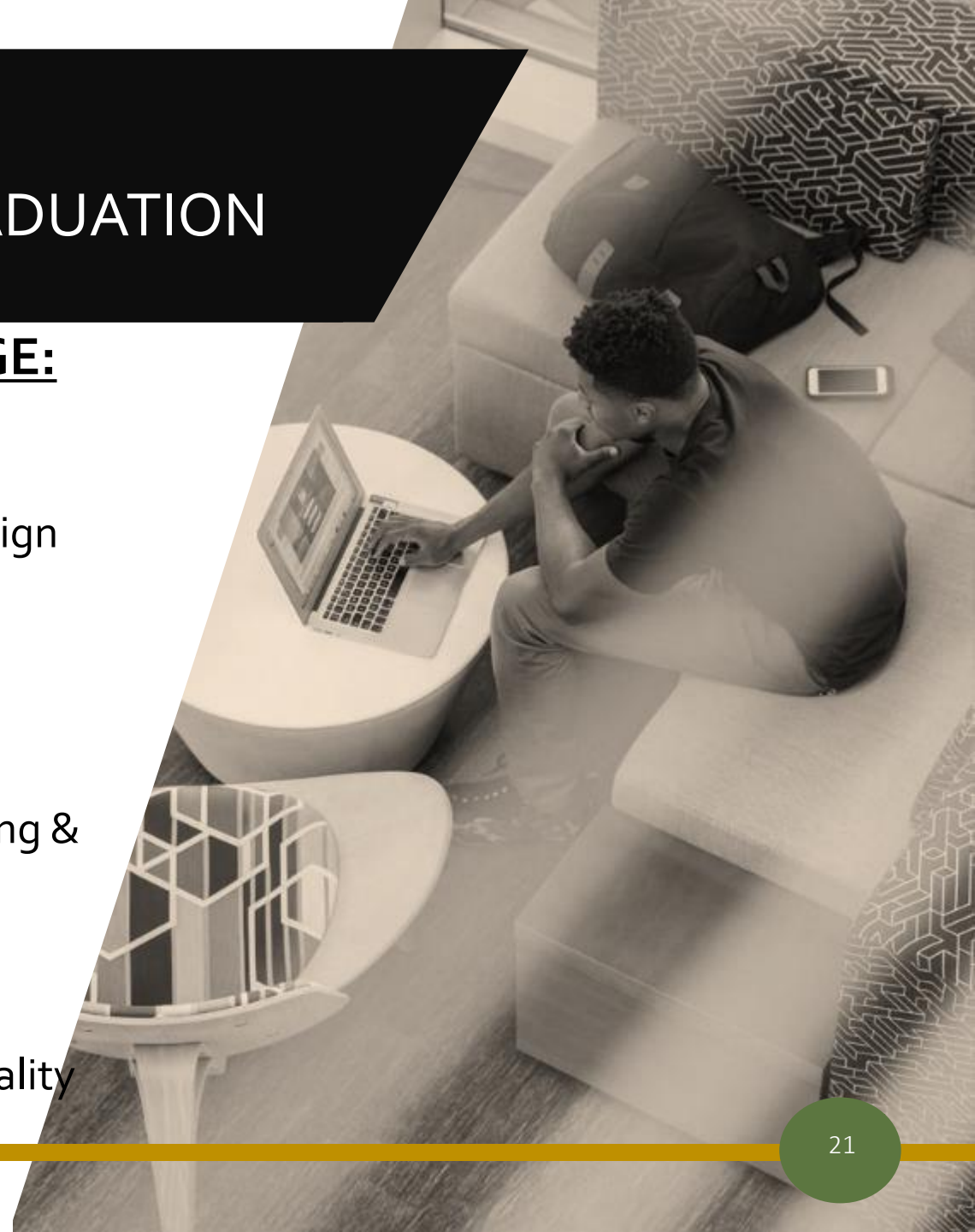
*Applied preparation  
for careers & related  
certification exams*

*Programs vary in  
length*

For more information:  
[www.livelytech.com](http://www.livelytech.com)

## LIVELY TECHNICAL COLLEGE:

Automotive Technology  
Aviation Maintenance Technology  
Building Trades & Construction Design  
Technology  
Commercial Photography  
Cosmetology/Barbering  
Digital Design & Media  
Electrical  
Heating, Ventilation, Air Conditioning &  
Refrigeration (HVAC-R)  
Medical Assisting  
Patient Care Technician / Practical  
Nursing  
Professional Culinary Arts & Hospitality  
Welding Technology



# STEP#6: SELECT YOUR INITIAL PATH AFTER GRADUATION



## The Florida College System

*2-year degree programs for career preparation and 2+2 programs for those transitioning to a Florida SUS school.*

*Some may offer Honors programs and limited 4-year degrees*

For more information:  
[www.tcc.fl.edu](http://www.tcc.fl.edu)

## TALLAHASSEE STATE COLLEGE:

### ADMISSIONS:

Application, High School Diploma, PERT/ACT/SAT test scores for placement

### EXAMPLES OF DEGREES:

Associate of Arts (A.A.) - Designed for students seeking to transfer to SUS after earning 60 credit hours & junior standing.

Associate of Science (A.S.) - Designed for students seeking career preparation programs like: -  
Business Management  
Dental Hygiene  
Graphic Design Technology  
Network Systems Technology  
Nursing (R.N.)



### PRO TIP:

Be sure to enroll in an A.A. program at a State or Community College that has a Transfer Program (2+2 Enhancement Program) specifically for the 4-year SUS College or University of your choice.

# STATE UNIVERSITY SYSTEM OF FLORIDA: [www.flbog.edu/universities/](http://www.flbog.edu/universities/)



[VIEW FIU](#)



# INDEPENDENT COLLEGES AND UNIVERSITIES OF FLORIDA: [icuf.org/our-colleges/](http://icuf.org/our-colleges/)



The Independent Colleges and Universities of Florida (ICUF) is a diverse association of 30 private, educational institutions.

- AdventHealth University
- Ave Maria University
- Barry University
- Beacon College
- Bethune – Cookman University
- Eckerd College
- Edward Waters University
- Embry-Riddle Aeronautical University
- Everglades University
- Flagler College
- Florida College
- Florida Institute of Technology
- Florida Memorial University
- Florida Southern College
- Hodges University
- Jacksonville University
- Keiser University
- Lynn University
- Nova Southeastern University
- Palm Beach Atlantic University
- Ringling College of Art and Design
- Rollins College
- Saint Leo University
- St. Thomas University
- Stetson University
- Southeastern University
- The University of Tampa
- University of Miami
- Warner University
- Webber International University

The background of the slide features a photograph of four students in a library setting. A young woman with long dark hair is on the left, looking towards the center. Next to her is a young man with dark hair, smiling. To his right is a woman with glasses and dark hair, looking at a laptop. On the far right, the back of a young man's head is visible as he looks towards the group. They are all gathered around a table with a laptop and some papers. Bookshelves filled with books are visible in the background. The image has a green color overlay and is partially obscured by dark geometric shapes that frame the text.

# FLORIDA BRIGHT FUTURES SCHOLARSHIP PROGRAM

Florida students who meet criteria receive scholarships for use at Florida public or private

- Vocational schools,
- State/community colleges, or
- Universities.

# BRIGHT FUTURES SCHOLARSHIP PROGRAM CRITERIA\*\*

TYPE	16 HIGH SCHOOL COURSE CREDITS <i>by graduation</i>	HIGH SCHOOL WEIGHTED BRIGHT FUTURES GPA* <i>by graduation</i>	ACT/SAT <i>before June 30 after graduation</i>	VOLUNTEER SERVICE <u>OR</u> PAID WORK HOURS*** <i>by graduation</i>
<b>ACADEMIC SCHOLARS AWARD</b>	<b>4 - English</b> (three must include substantial writing)  <b>4 - Mathematics</b> (at or above the Algebra I level)	3.50	2022-23 Graduates: 29/1330  2023-24 Graduates: 29/1330	100 volunteer service <u>OR</u> 100 paid work hours
<b>MEDALLION SCHOLARS AWARD</b>	<b>3 - Natural Science</b> (two must have substantial laboratory)  <b>3 - Social Science</b>  <b>2 - World Language</b> (sequential, in same language)	3.00	2022-23 Graduates: 25/1210  2023-24 Graduates: 25/1210	75 volunteer service <u>OR</u> 100 paid work hours

\*GPA RECOMPUTED; NOT LINCOLN GPA; \*\*Subject to Legislative change \*\*\*Either volunteer service OR paid work hours, not both.

# BRIGHT FUTURES SCHOLARSHIP PROGRAM CRITERIA\*\*

TYPE	16 HIGH SCHOOL COURSE CREDITS <i>by graduation</i>	HIGH SCHOOL WEIGHTED BRIGHT FUTURES GPA* <i>by graduation</i>	ADDITIONAL CREDITS/GPA	ACT/SAT/ PERT <i>by June 30 after graduation</i>	VOLUNTEER SERVICE <u>OR</u> PAID WORK HOURS***
<b>GOLD SEAL VOCATIONAL AWARD</b>	<b>4 - English</b> (three must include substantial writing)  <b>4 - Mathematics</b> (at or above the Algebra I level)  <b>3 - Natural Science</b> (two must have substantial laboratory)  <b>3 - Social Science</b>  <b>2 - World Language</b> (sequential, in same language)	<b>3.00 GPA</b> in the 16 High School Course Credits	Take 3 full credits in a single Career and Technical Education program.  <b>PLUS</b>  <b>3.50 unweighted GPA</b> in the Career and Technical Education program courses	<b>ACT:</b> Reading 19 English 17 Math 19  <b>SAT:</b> Reading 24 Writing 25 Math 24  <b>PERT:</b> Reading 106 Writing 103 Math	<b>30 volunteer service <u>OR</u> 100 paid work hours</b>

\*GPA RECOMPUTED; GPA IS NOT LINCOLN GPA ; \*\*Subject to Legislative change; \*\*\*Either volunteer service OR paid work hours, not both.

# STEP#9

## NCAA Clearinghouse



### For Aspiring College Student Athletes

#### REGISTER WITH NCAA CLEARINGHOUSE [www.eligibilitycenter.org](http://www.eligibilitycenter.org)

- Required for any student athlete aspiring to play at Division I or Division II college.
- Clearinghouse form should be sent at end of junior year or beginning of senior year.
- \$90 fee (or fee waiver if you qualify)
- 16 core courses & test scores determine eligibility
- Lincoln GPA is NOT your NCAA GPA
- See your coaches for more information.



#### PRO TIP:

See Mr. Andrew O'Daniel  
for assistance with  
NCAA Clearinghouse.



WE LOOK  
FORWARD TO  
CHEERING YOU  
ON TOWARD  
GRADUATION  
AND BEYOND!

