

Sherando Warriors

Information for Freshmen

Class of 2026

Meet the Sherando Counseling Staff

The Counselors

- Ms. Longoria
- Ms. Blum
- Ms. Thompson
- Mrs. Jeran
- Mrs. Mungavin

- TBD
- Ms. Noel
- Mrs. White
- Ms. Lodge

A-Divittorio
Dodrill-Jones
Jordan-Ouk
Owens-Taveras
Taylor-Z

Career Coach
Testing Coordinator
Registrar
Secretary

Signing-up to See Your Counselor

- Sign up on the Sherando website under the “school counseling” link. Look under Counseling Assignments for the link.
- Be sure to utilize our Career Coach. They will be working Mondays-Thursdays in the counseling office. They work with students on dual enrollment, career planning and assessments, college pathways, employment opportunities, etc.

Graduation Requirements

Standard Diploma – 22 credits

- 4 English
- 4 Social Studies
- 3 Math
- 3 Science
- 2 Health (1/2 credit each)
- 2 PE (1/2 credit each)
- Economics & Finance
- 2 World Lang or Fine Arts or CTE
- 3 Electives (2 in a sequence)
- 5 verified units or SOL tests
- 1 CTE credential, Honors, AP
Course, Dual Enrollment

Advanced Studies Diploma – 26 credits

- 4 English
- 4 Social Studies
- 4 Math
- 4 Science
- 2 Health (1/2 credit each)
- 2 PE (1/2 credit each)
- Economics & Finance
- 1 Fine Arts or CTE
- 3 Electives
- 3 World Language (or 2+2)
- 5 verified units or SOL test
- 1 CTE credential, Honors, AP
Course, Dual Enrollment

What is a Transcript ?

- List of all high school credits including classes taken in middle school for high school credit
- Includes attendance, grade point average (GPA), and class rank.
- It is sent to colleges, scholarship committees, military, and possibly employers as requested.

So, what is a Grade Point Average GPA?

- Your GPA is a numerical representation of all of your classes
- Every high school class you have taken or will take will be part of your GPA
- GPA is based on a 4 point scale
- An “A” is worth 4 points, “B” 3 points, “C” 2 points, “D” 1 point, and an “F” is 0.

FCPS Grading Scale

A+: 96.50 - 100.00

A: 93.50 - 96.49

A-: 89.50 - 93.49

B+: 86.50 - 89.49

B: 83.50 - 86.49

B-: 79.50 - 83.49

C+: 76.50 - 79.49

C: 73.50 - 76.49

C-: 69.50 - 73.49

D+: 66.50 - 69.49

D: 63.50 - 66.49

D-: 59.50 - 63.49

F: 0.00 - 59.49

Time Management

- Use a planner or calendar to keep yourself organized: sports, youth group, club meetings, chores and **SCHOOL WORK!**
- Choose a consistent time to do your school work after school, evenings, weekends.
- Break your work up into “chunks” of work to complete.
- Reward yourself when you complete things and turn them in.

Just How Important are grades and GPAs?

Average GPA Requirements for Popular Virginia Colleges

JMU: 3.56

VT: 3.96

VCU: 3.65

Radford: 3.25

George Mason: 3.70

GPA Required to become a College Athlete

Division 1 Athletic Programs - 2.3

Division 2 Athletic Programs - 2.2

Both divisions base GPA on 16 "core" subjects. Most electives do not count.

-Many Scholarships, Grants, Awards, and entrance into Honors Programs or Societies are determined by your GPA

-Some colleges/universities/programs will not offer a student acceptance if their GPA is not high enough, even if they meet all other criteria

Resources Available to All Students

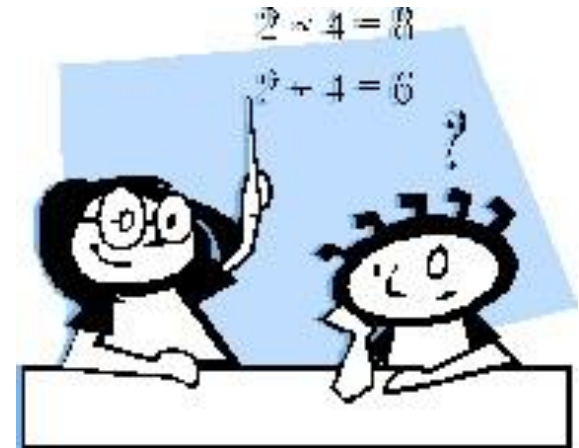


Math Tutorial

Available during study hall for students in Rm. 704

Friday Night School

Library 2:30-5:00



Peer Tutoring

Takes place during study hall. To request a tutor, visit the library for a form.

Getting Involved - Something for Everyone!



VHSL Eligibility

ELIGIBILITY RULE-The student shall be enrolled in no fewer than **five classes**, and have passed **five classes**, in the preceding the semester.

This means that you must be passing at least 5 classes each semester to be eligible to play any high school sport or compete with any club / organization within the school!

If you are interested in playing at a Division I or Division II school, you will need to register in your junior year with the NCAA at the following website:

[NCAA Eligibility Center Website](#)

You have started on your high school path.

Finish the year

STRONG