How to Navigate High School

Important People to Know

Principal

Dr. Carrie Geiger

Director of Student and Family Services

Dr. Ashley Pennypacker Hill

School Counselors

Mrs. Ireland
School Counselor
Grades: 6, 7, 8
Location: Main Office
Email: sireland@pky.ufl.edu

Mrs. Theiss
School Counselor
Grades: 9, 10, 11
Location: Main Office
Email: stheiss@pky.ufl.edu

Ms. Bryen
School Counselor
Grade: 12
Location: Main Office
Email: mbryen@pky.ufl.edu

What Do School Counselors Do?

- Address all students’ academic, career, and personal/social developmental needs
- Provide direct and indirect services to all students
  - Classroom guidance and curriculum
  - Individual planning and personal goal setting
  - Responsive services e.g. Crisis response, counseling
  - Consult and collaborate with teachers, parents, administrators, support team members
  - Work with students individually, in small groups and in classroom settings
How to Navigate High School

Counseling Communications

P.K. Yonge Website > Academics > School Counseling
http://pkyonge.ufl.edu/academics/school-counseling/

In elementary school, our counselor collaborates with parents and teachers and empowers age and stage appropriate development for students K-5 across academic, personal growth, career awareness and interpersonal domains. | Becca Anteis | banteis@pky.ufl.edu

In middle school, our counselor facilitates the development of academic, personal, social, health and career development. Through this work, students are supported as they transition from elementary school to middle school and from middle school to high school. | Sue Insanai | siansanai@pky.ufl.edu

In high school our counselors focus on academic and career planning, and emotional health. This work supports post-secondary transitions and career goals. | Sara Theiss (9-11) | stheiss@pky.ufl.edu | Molie Bryan (12) | mbryan@pky.ufl.edu

Twitter
@KeepCalmPKY
How to Navigate High School

What do you need to succeed?

1. Know your graduation requirements
2. Get involved. Colleges and future employees want to know you have contributed and know how you’ve distinguished yourself
3. Keep your options open for your future
4. Strive for the best grades/scores possible
5. Stay organized!! – Use your planner! It’s free!
6. Schedule adequate time for HW completion & study
7. Know your Skyward login and password. Check grades and assignments frequently.
8. Communicate with your teachers and school counselor

Graduation Requirements

IN BRIEF

- 4 Credits English Language Arts: I, II, III, IV
- 4 Credits Mathematics: Algebra I, Geometry + two others
- 3 Credits Science: Biology I, two equally rigorous, two with lab component
- 3 Credits Social Studies: World History (1), U.S. History (1), U.S. Government (.5), Economics with Financial Literacy (.5)
- 1 Credit: Fine & Performing Arts/Speech & Debate/Practical Arts
- 1 Credit Physical Education: Includes Health
- 8 Elective Credits
- 1 Online Course: Biology, Geometry, Spanish II, HOPE courses at P.K. Yonge fulfill this requirement

Students must earn a 2.0 grade point average on a 4.0 scale

DETAILS

4 Credits English Language Arts (ELA)

- ELA I, II III, IV
- ELA Honors, Advanced Placement (AP), Advanced International Certificate of Education (AICE), International Baccalaureate (IB) and dual enrollment courses may satisfy this requirement

4 Credits Mathematics

- One of which must be Algebra I and one of which must be Geometry
- Industry certifications that lead to college credit may substitute for up to two mathematics credits (except for Algebra I and Geometry)

3 Credits Science

- One of which must be Biology I, two of which must be equally rigorous science courses.
- Two of the three required credits must have a laboratory component.
- An industry certification that leads to college credit substitutes for up to one science credit (except for Biology I)
How to Navigate High School

3 Credits Social Studies
- 1 credit in World History
- 1 credit in U.S. History
- .5 credit in U.S. Government
- .5 credit in Economics with Financial Literacy

1 Credit Fine & Performing Arts, Speech & Debate, or Practical Arts

1 Credit Physical Education - to include the integration of health

8 Elective Credits
- 1 Online Course (PK Biology, Geometry, Spanish II, HOPE courses fulfill this requirement)

Students must earn 2.0 grade point average on 4.0 scale

P.K. Yonge Graduation Requirements
In addition to state graduation requirements, P.K. Yonge has a few local graduation requirements.

World Cultural Geography or AP Human Geography

75 hours of community service
Must be completed at a non-profit agency
We recommend that students complete 20 hours in each 9th, 10th, 11th grades and complete the remaining 15 hours in 12th grade

Senior Project
The goal of the senior project is to allow students to design and pursue a project of interest during their final year at PKY. Typical projects fall into one of the following categories: creative, academic, career, or service. To earn a passing grade for the senior project and receive credit, students must meet deadlines, closely follow the CANVAS class page and attend any required meetings.

High School Diploma Designations
In addition to the standard diploma requirements:

- Scholar Designation
  - Pass all EOCs
  - Take rigorous, advanced level courses (specifically; Chemistry, or Physics, Algebra 2, and Statistics or equally rigorous math class)
  - Earn 2 credits in the same world language
  - Earn at least one credit in AP, IB or Dual enrollment

- Merit Designation
  - Must attain one or more industry certification certificates
How to Navigate High School

Virtual School

- Florida Virtual School is the virtual school option at P.K. Yonge.
- Students may take a Florida Virtual School course as one or more of their required six courses each school year.
- During the school year, students are added to Florida Virtual School courses only if there are extreme circumstances or if they agree to take the course outside of the regular school day.
- Florida Virtual School courses are also available to take outside of the regular school day. See your school counselor if you are interested in this option.

For the 2019-2020 school year, the recommended deadline to register for a Florida Virtual course during the school day is July 12, 2019.

AP - Advanced Placement

- Students experience rigorous college-level courses with the support of a High School environment
- Students can earn college credit
- 17 AP Courses at P.K. Yonge
- AP Human Geography is an option for 9th grade students at P.K. Yonge

Learn More: www.collegeboard.org/apstudents

Qualities to Succeed in AP

- Ability to read for at least 30 minutes each day outside of school
- Keeps up with/prepares for upcoming tests/quizzes
- Well organized, Manages time well

Visit www.collegeboard.org/apstudents for detailed information about each of the AP courses and exams.

World Cultural Geography vs AP Human Geography

- AP Human Geography
  - In-depth look at why the world is the way it is
  - Fast-paced, test-focused
  - Chance to earn college credit

- World Cultural Geography
  - Similar content to AP, but a little more general
  - Slower pace than AP, More time for group and solo projects
  - No college credit
How to Navigate High School

Typical 9th Grade Course Schedule

- Science = Biology Honors
- Math = Geometry Honors or Algebra 1
- English = 9th Grade Language Arts Honors
- Social Studies = AP Human Geography or World Cultural Geography
- Languages = Spanish 1, Spanish 2 or Portuguese 1 or Physical Education = HOPE
- Electives = Performing Arts, Fine Arts, Engineering, Yearbook, Technology, P.E

Chromebooks
All secondary students receive a Chromebook at P.K. Yonge.
A Chromebook is a computer that accesses online tools and uses the Google Suite.
Students bring their Chromebooks to school fully charged every day.
Chromebooks are issued at Orientation (or the first week of school).
Students return their Chromebooks at the end of the school year.

PSAT 8/9
8th grade students at P.K. Yonge during the 2018-19 school year took the PSAT 8/9 to help with high school and college planning.
- Similar to the PSAT/NMSQT
- Length: 2 hours, 25 minutes
- Scale score: 240-1440, Section Score 120-720
- Another way to practice for PSAT/NMSQT and SAT
- Opportunity for students to see and respond to types of questions found on high-stakes tests
- Provides information to support academic planning for high school
- No associated scholarship

Create a College Board account and sign in to access PSAT 8/9 scores.
Scores available online in April, College Board formal score reports available in May.

4 Year Planning
Students meet individually with a school counselor to develop a 4-year plan. Developing their 4-year plans helps students become familiar with their graduation requirements and provides a clear path to graduation. These plans are updated yearly through individual meetings with the school counselor.
# How to Navigate High School

**P.K. Yonge Developmental Research School**

**High School Four-Year Academic and Career Plan**

| Name: | Date: | High School Name: | Grade Level: | Diploma Option (Check One):
<table>
<thead>
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<td>4-Year/24 Credit Standard Diploma</td>
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<td>3-Year/18 Credit ACCEL Option</td>
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<tr>
<th>Diploma Designation:</th>
<th>Post-Graduation Plans:</th>
<th>Career Cluster of Interest:</th>
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<tbody>
<tr>
<td>Scholar</td>
<td>Merit</td>
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<td></td>
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<td>Financial Services</td>
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<td></td>
<td>Government &amp; Public Administration</td>
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<td></td>
<td>Health Science</td>
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<td>Hospitality &amp; Tourism</td>
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<td>Human Services</td>
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<td>Information Technology</td>
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<td>Law, Public Safety &amp; Service</td>
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<td>Manufacturing</td>
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<td>Marketing, Sales &amp; Service</td>
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<td>Transportation, Distribution &amp; Logistics</td>
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<td>Other:</td>
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## Grade 9

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<tr>
<th>English (4 credits)</th>
<th>Mathematics (4 credits)</th>
<th>Science (3 credits)</th>
<th>Social Studies (3 credits)</th>
<th>F/P Art (1 credit)</th>
<th>PE (1 credit)</th>
<th>Electives</th>
<th>World Language</th>
</tr>
</thead>
<tbody>
<tr>
<td>English 1 Honors</td>
<td>Algebra 1 Honors</td>
<td>Biology Honors</td>
<td>World Cultural Geography</td>
<td>HOPE Personal Fitness + 1 semester of Band Waiver</td>
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<tr>
<td>English 2 Honors</td>
<td>Geometry Honors</td>
<td>Chemistry 1 Honors</td>
<td>World History Honors</td>
<td>HOPE Personal Fitness + 1 semester of Band Waiver</td>
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</tr>
<tr>
<td>English 3 Honors</td>
<td>Algebra 2 Honors</td>
<td>AP Chemistry</td>
<td>U.S. History Honors</td>
<td>HOPE Personal Fitness + 1 semester of Band Waiver</td>
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<tr>
<td>AP Lang &amp; Comp</td>
<td></td>
<td>Anatomy &amp; Physiology Honors</td>
<td>U.S. History</td>
<td>HOPE Personal Fitness + 1 semester of Band Waiver</td>
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<td>Math for College Readiness</td>
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<td>Pre-Calculus Honors</td>
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<td>Statistics Honors</td>
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## Grade 10

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<th>English 1 Honors</th>
<th>Mathematics (4 credits)</th>
<th>Science (3 credits)</th>
<th>Social Studies (3 credits)</th>
<th>F/P Art (1 credit)</th>
<th>PE (1 credit)</th>
<th>Electives</th>
<th>World Language</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Algebra 1 Honors</td>
<td>Chemistry 1 Honors</td>
<td>World Cultural Geography</td>
<td>HOPE Personal Fitness + 1 semester of Band Waiver</td>
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<tr>
<td></td>
<td>Geometry Honors</td>
<td>AP Chemistry</td>
<td>World History Honors</td>
<td>HOPE Personal Fitness + 1 semester of Band Waiver</td>
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<td></td>
<td>Algebra 2 Honors</td>
<td>Anatomy &amp; Physiology Honors</td>
<td>U.S. History</td>
<td>HOPE Personal Fitness + 1 semester of Band Waiver</td>
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## Grade 11

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<th>Science (3 credits)</th>
<th>Social Studies (3 credits)</th>
<th>F/P Art (1 credit)</th>
<th>PE (1 credit)</th>
<th>Electives</th>
<th>World Language</th>
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<tbody>
<tr>
<td></td>
<td>Algebra 1 Honors</td>
<td>Chemistry 1 Honors</td>
<td>World Cultural Geography</td>
<td>HOPE Personal Fitness + 1 semester of Band Waiver</td>
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<td></td>
<td>Geometry Honors</td>
<td>AP Chemistry</td>
<td>World History Honors</td>
<td>HOPE Personal Fitness + 1 semester of Band Waiver</td>
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<td></td>
<td>Algebra 2 Honors</td>
<td>Anatomy &amp; Physiology Honors</td>
<td>U.S. History</td>
<td>HOPE Personal Fitness + 1 semester of Band Waiver</td>
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## Grade 12

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<tr>
<th>English 1 Honors</th>
<th>Mathematics (4 credits)</th>
<th>Science (3 credits)</th>
<th>Social Studies (3 credits)</th>
<th>F/P Art (1 credit)</th>
<th>PE (1 credit)</th>
<th>Electives</th>
<th>World Language</th>
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<tbody>
<tr>
<td></td>
<td>Algebra 1 Honors</td>
<td>Chemistry 1 Honors</td>
<td>World Cultural Geography</td>
<td>HOPE Personal Fitness + 1 semester of Band Waiver</td>
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<tr>
<td></td>
<td>Geometry Honors</td>
<td>AP Chemistry</td>
<td>World History Honors</td>
<td>HOPE Personal Fitness + 1 semester of Band Waiver</td>
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<td>Algebra 2 Honors</td>
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How to Navigate High School

Course Registration

1. Review course offerings.  
   The Student Handbook and Course Description Guide is posted on the website www.pkyonge.ufl.edu > Academics
2. Complete course request sheet with Mrs. Ireland or Mrs. Theiss
3. Course registration forms sent home during mid-April
4. Discuss with parents, obtain parent signatures, return signed course registration form to Dr. Mundorf
5. Teachers review course requests
6. Course Verification Forms go home early May
7. Schedules ready the Friday before school, via Skyward
8. If you are new to P.K., sign up for course registration appointment between May 28 and June 7. Email: stheiss@pky.ufl.edu

More Advising Help

Florida Shines:
- Information about Florida’s college and university offerings
- Resources to help students go to and succeed in college
- Financial aid information
- Apply for admission to colleges/universities

MyCareerShines (part of Florida Shines):
- Free online college and career guidance (middle and high school)
- Career-matching assessments, academic planning for careers
- P.K. 8th graders take career assessments and research careers of interest

High School Sports

High School Sports foster self-discipline, promote team work, build character & they’re FUN!!
http://pkyonge.ufl.edu/extracurricular/athletics/

<table>
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<tr>
<th>ALL SPORTS</th>
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<tbody>
<tr>
<td>FALL SPORTS</td>
</tr>
<tr>
<td>Cheer (FB)</td>
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<tr>
<td>Cheer (JVFB)</td>
</tr>
<tr>
<td>Cross Country</td>
</tr>
<tr>
<td>Football</td>
</tr>
<tr>
<td>Golf</td>
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<tr>
<td>Swimming/Diving</td>
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<tr>
<td>Volleyball</td>
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</table>

A physical is required for all sports!
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Clubs and Activities
There are more than 40 clubs and activities for high school students
http://pkyonge.ufl.edu/extracurricular/clubs/

International Activities
http://pkyonge.ufl.edu/extracurricular/international-activities/
With a growing focus on global awareness and cultural competence for today’s and tomorrow’s students, P.K. Yonge offers numerous ways for students to engage in internationally focused activities:

- P.K. Yonge China Exchange Program
- Spanish Language + Culture | Rosa Rabell Scholarship
- On Campus Activities | Global Awareness Club
- Awards | P.K. Yonge Global Scholars Program
Building a Partnership for 9th Grade Transition Success

- Check planners
- Check class pages / CANVAS
- Monitor SKYWARD (gradebook)
- Ask to see assignments
- Use planners
- Complete assignments with quality & on time
- Prepare for assessments
- Seek help

www.pk Yonge.ufl.edu
How to Navigate High School
College Planning

Standardized Tests

PSAT/NMQST
PSAT/NMQST is the Preliminary SAT/National Merit Scholarship Qualifying Test. Students in 9th-11th grade can take the PSAT in October each year. It is a standardized test that provides firsthand practice for the SAT® and provides the opportunity for students to enter National Merit Scholarship Corporation programs for scholarships and to gain access to college and career planning tools.

The PSAT/NMSQT measures:
- Evidence-Based Reading
- Writing and Language
- Math
- Heart of Algebra - mastery of linear equations and systems
- Problem Solving and Data Analysis, - quantitative literacy
- Passport to Advanced Math, - questions that require the manipulation of complex equations

SAT and ACT
The SAT (Scholastic Aptitude Test) and the ACT (American College Testing) are college entrance exams.

SAT
- Globally recognized college admission test that lets you show colleges what you know and how well you can apply that knowledge
- Tests knowledge of reading, writing, and math — subjects that are taught every day in high school classrooms
- Is usually taken junior and senior year of high school
- Used by almost all colleges and universities to make admissions decisions
- Takes 3 hours and 45 minutes to complete excluding breaks

ACT
- National college admissions examination
- Consists of subject area tests in: Reading, Math, Science, English.
- Accepted by all four-year colleges/universities in the U.S
- Includes 215 multiple-choice questions
- Takes 3 hours and 30 minutes to complete including breaks (longer if you are taking the ACT plus writing test)
Scholarships

NCAA for Student Athletes
The National Collegiate Athletic Association (NCAA) is a non-profit association which regulates athletes of 1,281 institutions, conferences, and organizations. NCAA also organizes the athletic programs of many colleges and universities in the United States and Canada, and helps more than 450,000 college student-athletes who compete annually in college sports.

Under NCAA rules, Division I and Division II schools can offer scholarships to athletes for playing a sport. Division III schools may not offer any athletic scholarships. Generally, larger schools compete in Division I and smaller schools in Divisions II and III.

Register with the NCAA Eligibility Center during Sophomore year for DIV I or II.

Learn more: www.eligibilitycenter.org

Florida Bright Futures
Students must APPLY for the scholarship by submitting the Florida Financial Aid Application (FFAA) beginning October 1 of their senior year and by no later than August 31 after high school graduation.

FAS – Florida Academic Scholars  |  FMS - Florida Medallion Scholars
https://www.floridastudentfinancialaidsg.org/PDF/BFHandbookChapter1.pdf
Image below borrowed from the Bright Futures Handbook

<table>
<thead>
<tr>
<th>Type</th>
<th>16 High School Course Credits</th>
<th>High School Weighted Bright Futures GPA</th>
<th>College Entrance Exams (ACT®/SAT®)</th>
<th>Service Hours</th>
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<tbody>
<tr>
<td>FAS</td>
<td>4 - English (three must include substantial writing) 4 - Mathematics (at or above the Algebra I level) 3 - Natural Science (two must have substantial laboratory)</td>
<td>3.50</td>
<td>29/1290</td>
<td>100 hours</td>
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<tr>
<td>FMS</td>
<td>3 - Social Science 2 - World Language (sequential, in same language)</td>
<td>3.00</td>
<td>26/1170</td>
<td>75 hours</td>
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The required coursework aligns with the State University System admission requirements found in regulation 6A02.

SAT® score requirement is applicable to both the former SAT® and the redesigned SAT® introduced in 2016.
Universities and Colleges
Florida has 40 public colleges and universities that offer a range of degrees and experiences.

State Universities
State Universities have a competitive selection process.

Eligibility requirements:
- Earn a standard high school diploma with a minimum 2.5 GPA in 18 core academic courses which are:
  - 4 courses in English (at least three with substantial writing)
  - 4 courses in math (Algebra I and higher-level courses)
  - 3 courses in natural science (at least two with a lab)
  - 3 courses in social studies
  - 2 courses in the same foreign language
  - 2 electives
- Earn minimum scores in reading, math and writing on one of two nationally-recognized college entrance exams:
  - SAT: 460 in both Reading and Math, and 440 in Writing
  - ACT: 19 in both Reading and Math, and 18 in Writing

Academic profiles of freshman students at each university provides GPA and test score ranges for admitted students. In addition to GPA, test scores and special talents, many colleges and universities consider other factors including leadership, community service, extracurricular activities, an essay, honors and awards.

Admission is not guaranteed to all students who meet state university eligibility requirements due to limited space.
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State Colleges

State colleges have an "open door" admissions process.

Eligibility requirements:
- Earn a standard high school diploma or its equivalent (General Educational Development – GED – or adult high school diploma) or demonstrate success in college coursework.
- Students may earn an Associate of Arts degree at a state college and transfer to a 4-year college to complete a Bachelor’s degree
- Some state colleges offer 4-year programs

Questions About Transitioning to High School and College Planning

Mrs. Ireland  
School Counselor  
Grades: 6, 7, 8  
Location: Main Office  
Email: saireland@pkyon.ufl.edu

Mrs. Theiss  
School Counselor  
Grades: 9, 10, 11  
Location: Main Office  
Email: stheiss@pkyon.ufl.edu