**3 steps to prepare for SMU-Senior High School**

**STEP 1.**
Know thy **TRACK**: Decide what you want to do after grade 12: Negosyo, Trabaho o Kolehiyo. While all the tracks lead to college, the ACADEMIC TRACK is specialized to prepare a student for higher education or to the University.

**STEP 2.**
Know thy **STRAND**: The strand refers to the curriculum offered in each track:

- **HUMSS**: Humanities and Social Sciences
- **STEM**: Science, Technology, Engineering, and Mathematics
- **ABM**: Accountancy, Business, and Management
- **GAS**: General Academic Subjects
- **HOME ECONOMICS**, Information AND Communications TECHNOLOGY (ICT)

**STEP 3.**
Talk to thy Career Counselor:
Discuss your (initial) decision with your CAREER Counselor: At SMU we have 7 Registered Guidance Counselors ready to assist you. Visit us at A: 201; for appointment call us (078) 321 2221 loc 101.

**Take the Academic TRACK if you plan to proceed to the University after Senior High School.**

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**TRACK vs. STRAND:** What is the difference? There are only four TRACKS but there are numerous strands. NOW, a track is composed of many strand. The four tracks are: 1. Academic Track 2. Technical Vocational Livelihood Track 3. Arts and design track 4. Sports Track.