

Freshman Parent Workshop

September 2016



Direction of Intention

Lord Jesus, give me the grace to perform this action with you and through love for you. I offer to you all the good that I may do, and accept all the difficulty I may meet therein. Amen.

St. Francis de Sales, **Pray for us**

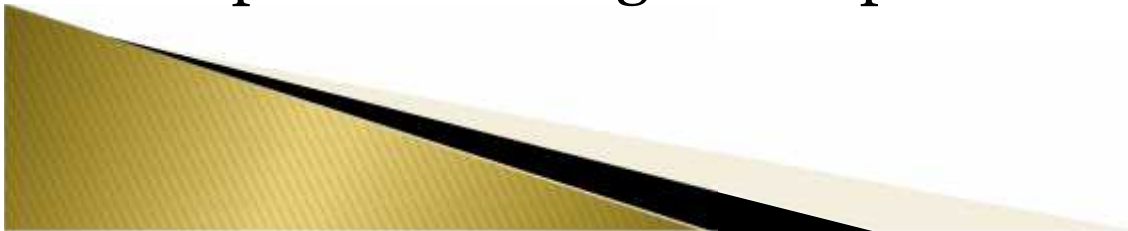
St. Jane de Chantal, **Pray for us**

Live Jesus in our hearts, **Forever**

Purpose of Workshop

- To learn what to expect and how to assist your child through high school.
- To better understand the college admissions process.

Students need the support and guidance of their parents during this important transition period!



9th Grade

- Improve study skills & monitor academic progress
- Get involved in extracurricular activities
- Begin keeping a resume in Naviance
- Choose meaningful activities/volunteer work for the summer
- Select appropriate courses for sophomore year
- Visit the Guidance Office
- Learn to ADVOCATE for themselves



Guidance Activities & Presentations

- ▶ PSAT Testing
- ▶ Career Day
- ▶ Goal Setting
- ▶ Importance of getting off to a good start/getting involved
- ▶ Calculating your GPA
- ▶ Strengths Explorer (personality)
- ▶ Learning Style Inventory
- ▶ Career Interest Profiler
- ▶ Starting your resume
- ▶ Picking courses for Sophomore year
- ▶ Freshman year wrap-up



Choice of Curriculum

- Incoming Freshmen- determined by middle school records, standardized testing, and freshmen placement exam
- Upperclassmen- Academic courses determined by teacher recommendation; electives are selected by the student



Choice of curriculum at Verot will have direct impact on college opportunities and scholarship programs such as Bright Futures.

- special talents – music, art, theater, computer technology
- competitive colleges and universities
- two year colleges such as FSW (Edison)
- meeting **minimum** standards for State University admissions
 - GPA, SAT/ACT
 - Does not guarantee admission ex) FGCU

PolicyNote: Grade Forgiveness



4-Year Plan

A listing of the courses a student plans to take during all 4 years of high school

- Take Personal Fitness, Health, and Art electives (2) as early as possible!
- Keep in mind graduation requirements, college admission criteria, career plans, eligibility, etc.
- The 4-year plan worksheet can be downloaded from the Guidance website
- Guidance will review with students each Spring, prior to Registration



Preparation counts...



**Take Academic Courses to prepare for college;
take the toughest courses you can!**

Minimum student will need in Academic Core:

- 4 yrs. of English
- 4 yrs. of Math (Alg.I & II, and Geometry & above)
- 3 yrs. of Science (at least two lab courses incl. Bio. and Chemistry OR Physics or comparable class)
- 3 yrs. of History (World; American; Govt/Econ)
- 2 yrs. of World Language

Grades & GPA

- Quarter GPA ~ reflects quarter grades only; does NOT include exam grade
- Semester GPA ~
 1^{st} Quarter (2/5)
 + 2^{nd} Quarter (2/5)
 + Exam (1/5)
 = Semester Grade (*same process for 2nd semester*)

Example: Q1 = 82, Q2 = 78, Exam = 80

$$82 + 82 + 78 + 78 + 80 = 400 / 5 = 80$$

- Cumulative GPA ~ the average of the student's semester grades, starting with freshman year



GPA Sample

Grade 9: (1.64)

English	B-/B-
Spanish	C-/C-
Fitness/Health	C+/B
Biology	C-/C-
Algebra	F/F
Religion	C+/C+
History Hon	C-/C-

Grade 10: (3.11)

English	B/B
Spanish II	B+/B+
Art/Dr. Educ	A-/A
Chemistry	B-/B-
Algebra	B-/B-
Religion	B+/B


Grade 11: (3.0)

English	B-/B-
Spanish III	B+/B+
History	B/B
Geometry	B/B
Physics	B/B
Religion	B+/B+
Business	B/B

Cum. GPA: 2.56

All B's 12th Gr: 2.67

All A's 12th Gr: 2.93



Programs to help monitor progress

Canvas

- Check grades online 24/7
- Learning Management System
- Parent access to monitor when assignments are due, daily homework, upcoming tests, etc.
- Students submit assignments to teachers through this site

Naviance Family Connection

- College, Career and Success Planning
- Administered through Guidance



Standardized Testing

- ▶ PSAT– a practice test for the SAT; also used to determine National Merit semi-finalists Jr. year.
 - ▶ Taken each October; grades 9-11
 - ▶ Critical Reading and Writing, Math
 - ▶ This year: October 19th, 2016
 - ***Students receive results in early spring***



Bright Futures

Type	High School Weighted GPA	ACT/SAT Scores Needed	Service Hours Needed
Florida Academic Scholar	3.50	29/1290	100 hours
Florida Medallion Scholar	3.00	26/1170	75 hours

Computed using:

4 English

4 Math

3 best Science

3 best Social Studies (History)

2 best World Language (same language)

+3 additional “academic” courses if it helps boost GPA

Scholarships

Never **pay** money for a scholarship search or for help in finding scholarships!!


Many FREE websites will do the searching for you...

- Check out the Guidance website and Naviance homepage
- Fastweb.com and many more FREE search engines

Raise.me Micro-scholarships- get started now!



College Trends

- ▶ Admission standards increasing
 - ▶ Want to see above & beyond minimum requirements
 - More than 2 years of World Language
 - 4 years of every “Academic” Area (Eng., Math, Sci., History & Lang. if possible)
 - ▶ More competitive colleges/universities want to see “something extra” (*ex: Research; consistent involvement*)
 - ▶ Coalition Application for Access, Affordability and Success <http://www.coalitionforcollegeaccess.org/>
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College Admissions Criteria

- ▶ Performance in curriculum (Grades)
- ▶ Strength of curriculum
- ▶ SAT/ACT Scores
- ▶ Extracurricular involvement & achievements
- ▶ Meaningful and dedicated community service
- ▶ Essays; Letters of Recommendation



College Entrance Exams

- ▶ SAT I– Students receive a Critical Reading & Writing, Math, and optional essay score
- ▶ ACT– Students receive scores in English, Reading, Math, and Science Reasoning, as well as a Composite score.
- ▶ SAT II: Subject Tests – measure a student’s knowledge of specific subjects. Only required for some schools; mainly competitive.

- **Best time to test: Spring of junior year**
- **We recommend taking both the SAT & ACT**
- **Should test a minimum of 3 times**



Test Prep Opportunities

- ▶ SARA App
- ▶ Khan Academy (PSAT scores can be uploaded giving student a tailored online prep course)
- ▶ Register for FREE Question of the Day on the SAT and ACT websites

Other Opportunities:

- ▶ BVHS SAT Prep Course (junior/senior year)
- ▶ Individual Tutors – see Guidance



Naviance

- ▶ www.connection.naviance.com/bishopverot
- ▶ Fully integrated platform to help raise student accountability and performance across a number of indicators
- ▶ Increase student engagement in the college admissions process, career awareness and assessment
- ▶ Heighten college readiness



Key Naviance Components

- Success Planning: keep track of tasks, planning and goal setting
- Career Planning: discover interests, research careers and link careers to post-secondary requirements
 - Road Trip Nation video archive
- College Planning: research schools and manage college application process



Guidance Website & Naviance

- College Information
 - College Search
 - College Visits; College Rep Visits
 - Weekly College Updates; Important dates
- Career Exploration
- Grade Level Services
- Parent Information
- Study Skills & Tutors
- Summer Programs
- Testing & Test Prep (ACT/SAT)



Thank you for coming!

