

WELCOME TO DHS



2022-23
AAC/AP
Symposium

AAC Courses



Are you ready?

Benefits of Taking AAC Courses in 9th Grade

**Get Ready for AP Courses in
Upper Grades.**

**Earn College Credit from AP
Exams**

Prepare for College Success

Are you ready for high school AAC?

- Are you able to stay focused on a task for an extended period of time?
- Are you an enthusiastic reader?
- Do you have **several hours each week** outside of school to devote to each AAC class on your schedule?

News Flash

AAC High school courses are much more difficult and time consuming than Middle School AAC Courses.



Students and their parents should carefully consider the **time outside of school and the **dedication** required for **success** in AAC courses.**

Students who are used to making A's in AAC classes in Middle School may make their first B or C in a High School AAC class.

A



is considered

successful in a High School AAC or AP Course.

**Each AAC and AP Course
requires at least **4 hours** of
preparation outside of
school.....**

Per Class

Per Week

**If you take 5 AAC or AP courses,
you will spend at least **20 hours**
each week outside of school to
be successful.**

**Remember that you will also
have to**

Do work for other classes

Participate in activities

Have family time

Eat

Socialize

Sleep

**Are you
identified as
a Gifted and
Talented
Student?**

If you are identified as **GT in
ELA and Social Studies,**

**you will need to sign up for
both**

AAC English I

and

AAC or AP World Geography

for next year.

If you are identified as **GT in
Math and Science,**

you will need to sign up for both

**AAC Math and
AAC Science**

for next year.

You may elect to take **on-level** courses in your GT identification area instead of AAC courses.

To do that, you will need to have a **furlough waiver** signed.

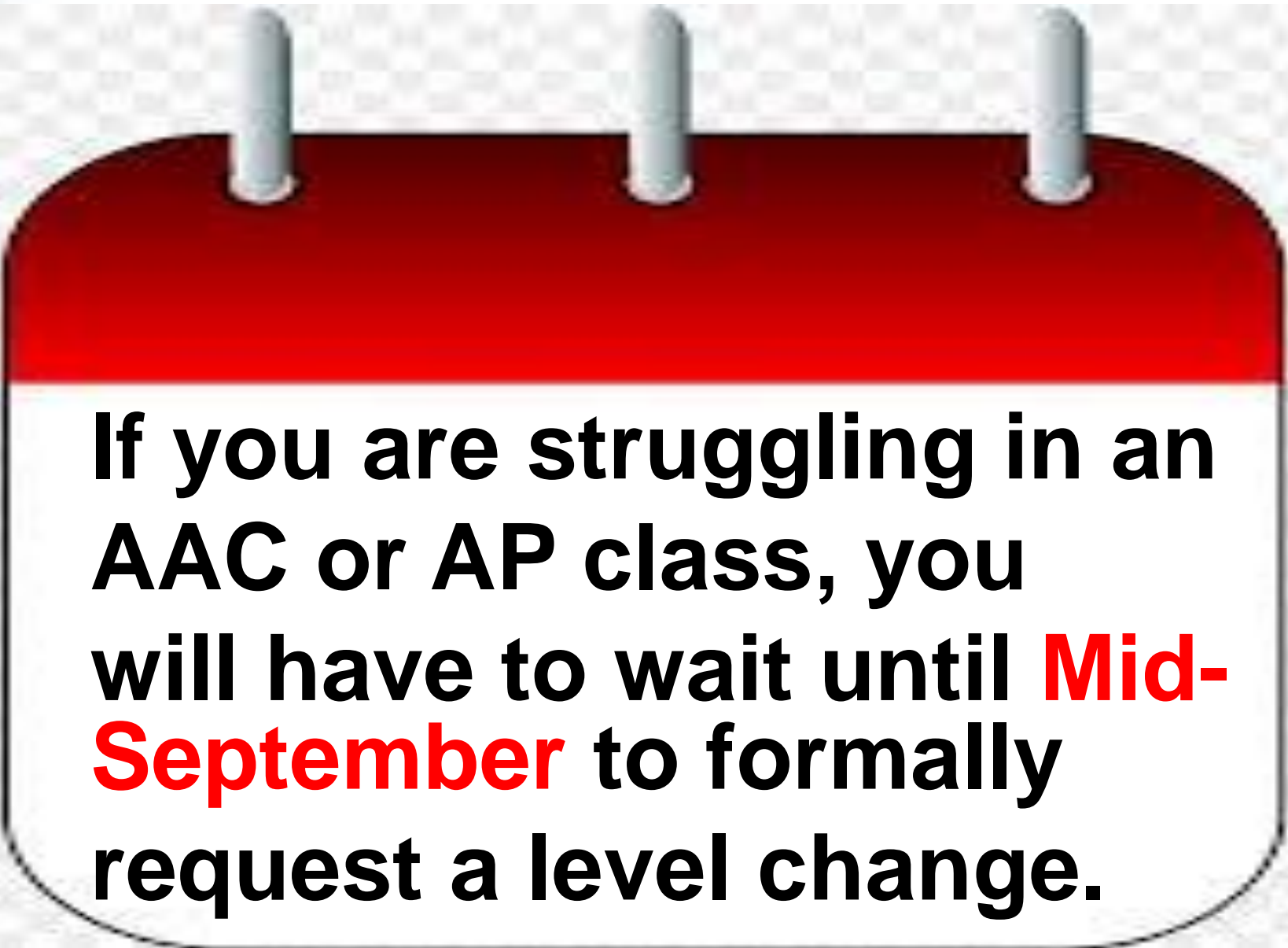
If you choose to take on-level courses in your GT identification area in subsequent years, you will be **exited from GT**.

**Let's talk about keeping
everything in**

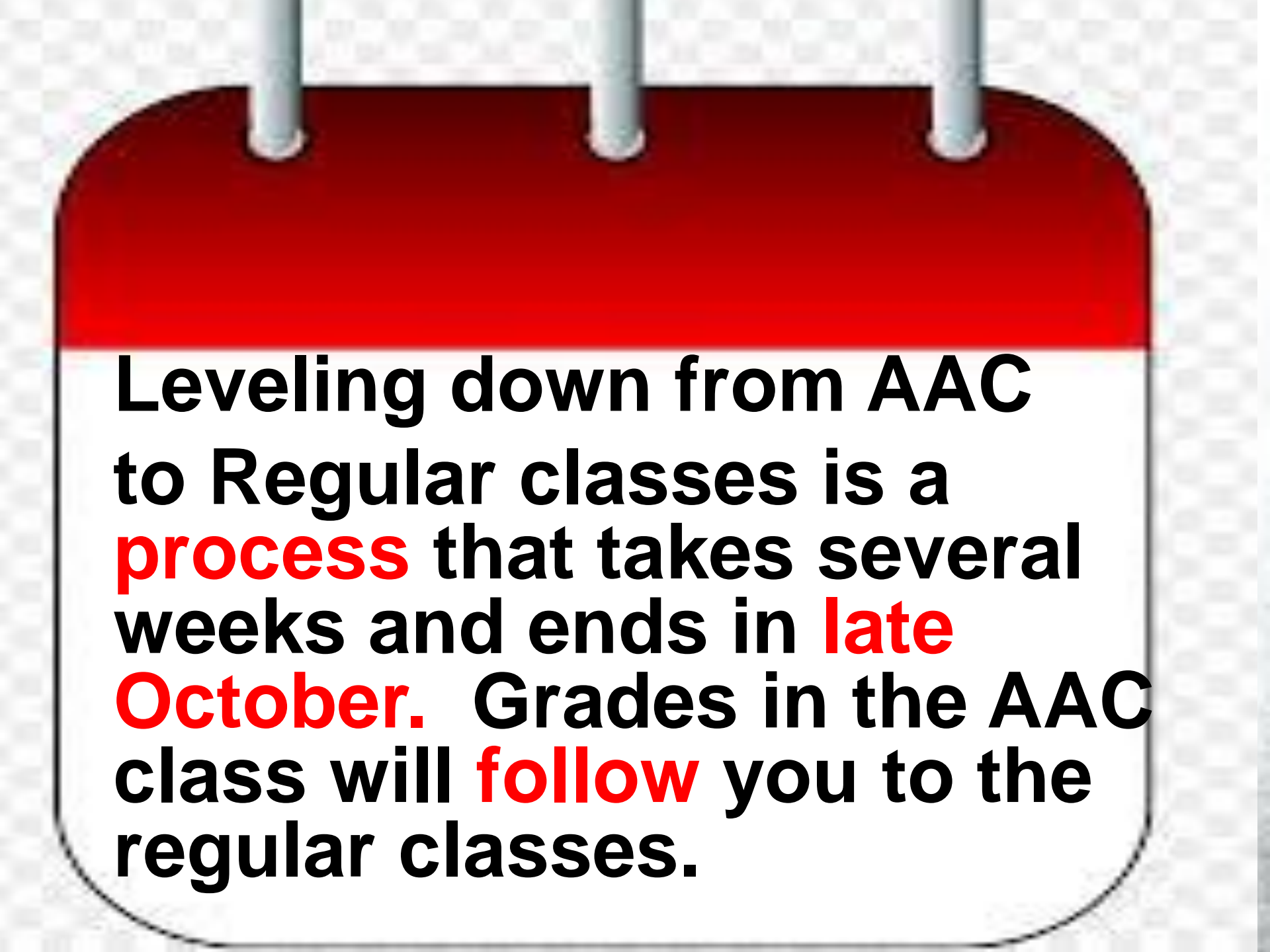
Perspective

Many 9th graders take on too many AAC Courses and find that they **do not** have **enough time** during the week to keep up and make good grades.





If you are struggling in an AAC or AP class, you will have to wait until **Mid-September to formally request a level change.**



Leveling down from AAC to Regular classes is a **process that takes several weeks and ends in **late October**. Grades in the AAC class will **follow** you to the regular classes.**

**Be careful! It is easy to
overload yourself.**

Instead of

Stress and Anxiety

Strive for

**Academic Enjoyment
and Health**

Mental Health among America's youth is an

“...urgent public health crisis.”



Surgeon General
Dr. Vivek Murthy

What is contributing to this crisis?

Stress and Anxiety

Unrealistic
Expectations

Peer Pressure

Parental Pressure

Lack of Sleep

All or Nothing
Thinking

COVID

Social Media

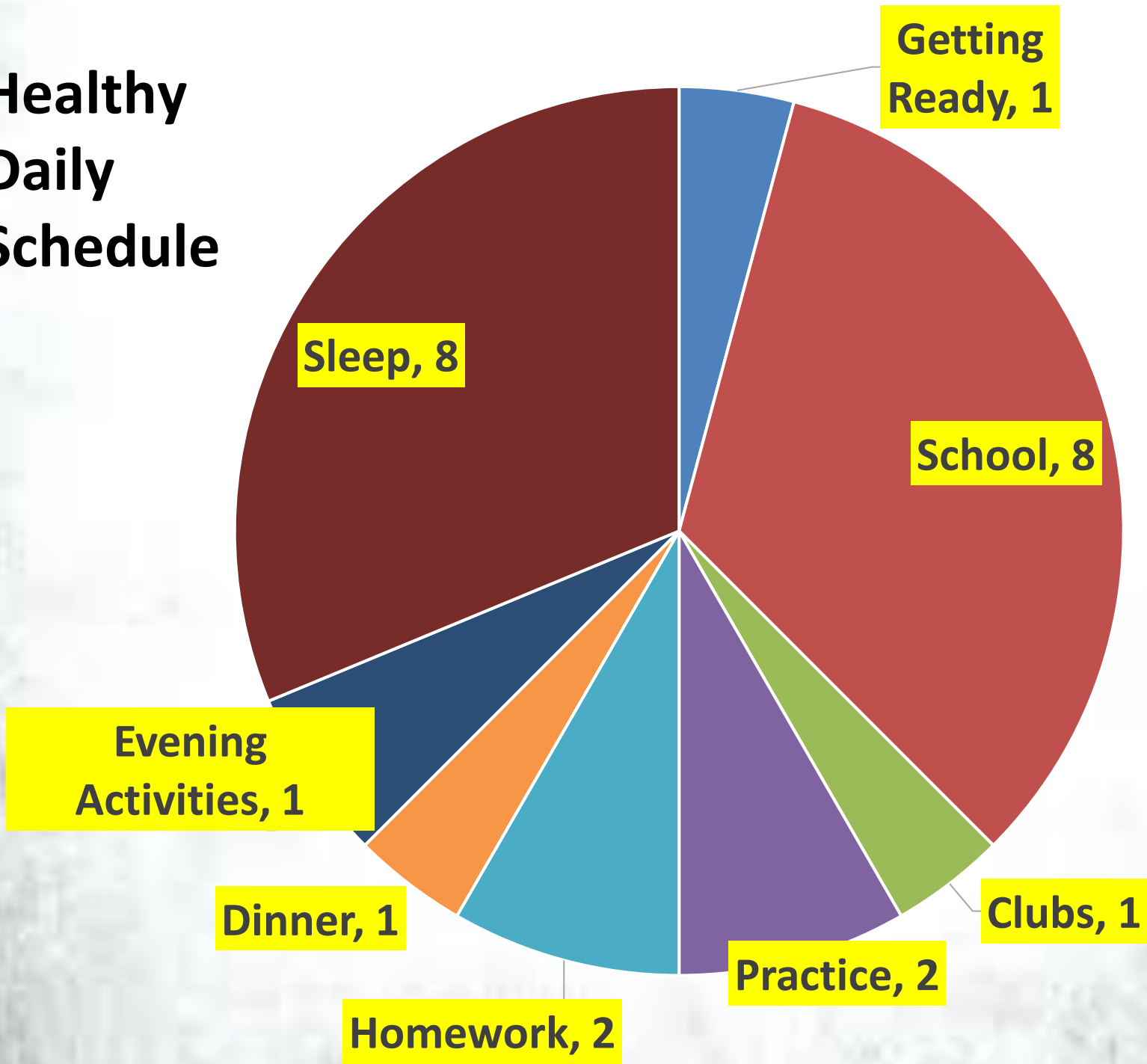
Isolation

Surgeon General Youth Mental Health Advisory

Dec. 7, 2021

- **Stick to a schedule**
- **Eat well**
- **Stay physically active**
- **Get quality sleep**
- **Spend time outside**
- **Be intentional about social media, video games, and other online activities**
- **Talk to family, friends, or trusted adults**
- **Volunteer**
- **Get involved in group activities**
- **Ask for help**
- **Be supportive of others**

Healthy Daily Schedule



Choose to be Healthy

- **Don't deprive yourself of sleep.**
- **Limit social media and electronics in the evenings.**
- **Don't overdo it at school.**

AAC Classes in 9th Grade?



Take as many AAC classes as you feel that you can handle successfully.

We recommend 1 or 2.

Choose your Path!



**Choose classes that fit your
personality,
interests,
and future plans.**