



Elkins High School

Counseling Department
Room 402



Mrs. Carter-McClain
CCR Advisor, Rm.
447 (Next to Dance
Room on 2nd Floor)



Its A Great Day...To Be A Knight!!

Freshmen Year Survival Guide

Stop by our offices to get
answers to your questions.

Important websites:

www.satpractice.org

www.act.org

www.collegeboard.org

www.connection.naviance.com/leehs

Elkins HS

Freshmen Survival Guide

Counseling Areas of Focus – Pages 1-9

.....Pages 1-6 Graduation & Endorsement Plans

.....Pages 7-8 Student Success Tips, Including Note Taking Example

.....Page 9 Tips for Parents of Freshmen

College & Career Readiness Areas of Focus – Pages 10-14

.....Pages 10-11 Naviance log-in instructions and step by step procedures

.....Page 12 SAT & ACT Exam Dates & Registration info.

.....Pages 13-14 FREE PSAT, SAT, & ACT Prep

Fort Bend Independent School District

Distinguished Level of Achievement Graduation Plan – 26 credits

Student must fulfill the Graduation requirements of at least one of the five Endorsements below and successfully complete Algebra II.

*Foundation + Endorsement Graduation Plan – 26 credits

STEM	Business & Industry	Public Service	Arts & Humanities	Multidisciplinary Studies
4 English – ELA I, II, III & one advanced English	4 English – ELA I, II, III & one advanced English	4 English – ELA I, II, III & one advanced English	4 English – ELA I, II, III & one advanced English	4 English – ELA I, II, III & one advanced English
4 Math - Algebra I, Geometry, Algebra II & one advanced math	4 Math - Algebra I, Geometry & two advanced math	4 Math - Algebra I, Geometry & two advanced math	4 Math - Algebra I, Geometry & two advanced math	4 Math - Algebra I, Geometry & two advanced math
4 Science - Biology, Chemistry, Physics & one advanced science	4 Science - Biology, IPC or Chemistry or Physics & two advanced science	4 Science - Biology, IPC or Chemistry or Physics & two advanced science	4 Science - Biology, IPC or Chemistry or Physics & two advanced science	4 Science - Biology, IPC or Chemistry or Physics & two advanced science
3 Social Studies - World Geo or World Hist, US Hist, Gov't (.5) & Eco (.5)	3 Social Studies - World Geo or World Hist, US Hist, Gov't (.5) & Eco (.5)	3 Social Studies - World Geo or World Hist, US Hist, Gov't (.5) & Eco (.5)	3 Social Studies - World Geo or World Hist, US Hist, Gov't (.5) & Eco (.5)	3 Social Studies - World Geo or World Hist, US Hist, Gov't (.5) & Eco (.5)
2 LOTE, 1 PE, 1 Fine Art, .5 health/.5 speech, 6 electives*	2 LOTE, 1 PE, 1 Fine Art, .5 health/.5 speech, 6 electives *	2 LOTE, 1 PE, 1 Fine Art, .5 health/.5 speech, 6 electives *	2 LOTE, 1 PE, 1 Fine Art, .5 health/.5 speech, 6 electives*	2 LOTE, 1 PE, 1 Fine Art, .5 health/.5 speech, 6 electives*

* Specific elective requirements vary by endorsement.

Foundation Graduation Plan – 22 credits

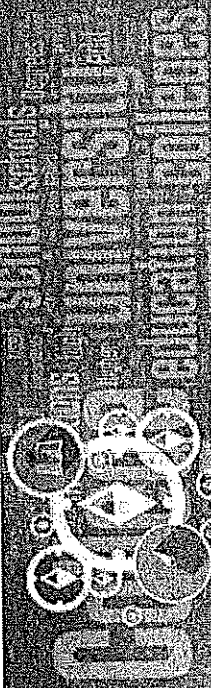
- | | |
|---|--------------------------------|
| 4 English – ELA I - III & one advanced | 2 LOTE or Computer Programming |
| 3 Science - Biology, IPC or Chem. or Physics & one advanced | 1 Physical Education |
| 3 Math - Algebra I, Geometry & one advanced | 1 Fine Arts |
| 3 Social Studies - World Geography or World History, US History, Government (.5) & Economics (.5) | .5 Health / .5 Speech |
| | 4 Elective Credits |

*This is an overview of the Foundation + Endorsement Graduation Plans. Please see next page(s) for the specific requirements of each Endorsement.

STEM Endorsement Pathways (page 23)

SAMPLE STEM PATHWAYS

STEM MATH	STEM SCIENCE	STEM TECH APPS	STEM CTE
Algebra I	Biology	PAP Computer Sci I	Project Lead the Way: Introduction to Engineering
Geometry	Chemistry	AP Computer Sci	PLW: Principles of Engineering
Algebra II	Physics	Computer Sci III	Civil & Architectural Engineering
Pre-Calculus	Environmental Science	Game Programming	Engineering Design and Development
Calculus	Chemistry AP		



Business and Industry Endorsement Pathways (pg.25)

SAMPLE BUSINESS AND INDUSTRY PATHWAYS

Business & Industry	Business & Industry	Business & Industry	Business & Industry
Animal Science	Interior Design	Video Prod.	Sports Market. Automotive
Principles of Agriculture	Principles of Architecture	Principles of Arts and A/V	Principles of Business, Marketing, & Finance
Livestock Prod.	Architectural Design	Digital Media	Business Information Management
Floral Design	Interior Design	A/V Production	Business Information Management
Vet Med Application	Architectural Design II	Graphic Design and Illustration	Sports & Entert. Market/Adv Sal Promotion
			Automotive Tech
			Automotive Tech II
			Entrepreneurship

Public Service Endorsement Pathways (page 27)

SAMPLE PUBLIC SERVICE PATHWAYS

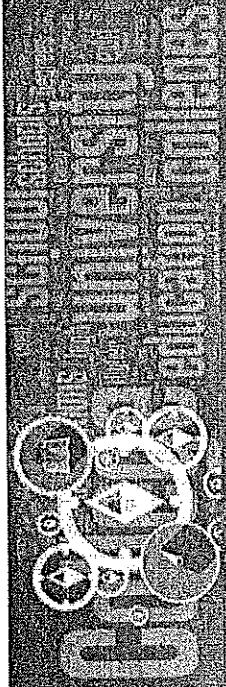
Public Service JROTC	Public Service Clinical Medicine	Public Service Cosmetology	Public Service Nutrition
JROTC I	Principles of Health Science	Principles of Human Services	Principles of Human Services
JROTC II	Medical Terminology	Lifetime Nut. & Wellness AND Prof Comm.	Lifetime Nut. & Wellness AND Prof Comm.
JROTC III	Anatomy and Physiology	Cosmetology 1	Human Growth & Development
JROTC IV	Health Science Theory	Cosmetology 2	Practicum in Human Service



Arts and Humanities Endorsement Pathways (pg. 28)

SAMPLE ARTS AND HUMANITIES ENDORSEMENT PATHWAYS

Arts & Humanities Social Studies	Arts & Humanities World Lang.	Arts & Humanities Band	Arts & Humanities Theater	Arts & Humanities English
World Geography	Spanish 1	Band I	Theater 1	Photojournalism
World History	Spanish 2	Band II	Theater 2	Yearbook
U.S. History	Spanish 3 Pre-AP	Band III	Theater 3	Yearbook 2
Government	Spanish 4 AP	Band IV	Theater 4	Yearbook 3
Economics				
European History				



Multidisciplinary Endorsement Pathways (pg. 29)

SAMPLE MULTIDISCIPLINARY PATHWAYS

Multidisciplinary Core AP	Multidisciplinary Core 4x4	Multidisciplinary Advanced CTE Mix and Match
English IV AP	4 English credits (must include English 4)	Architecture Design
Spanish IV AP	4 Math credits	Lifetime Nutrition & Wellness AND Prof Comm.
Statistics AP	4 Science credits (must include Chemistry or Physics)	Digital Interactive Media
World History AP	Social Studies – 4 credits	Anatomy and Physiology

6 Tips To Make the MOST of Freshman Year

High school probably feels very different from middle school. Following these six tips will help you have a better freshman year.

1. **GO TO SCHOOL** News flash—Attendance in high school counts. And for three very good reasons:
 - You'll get better grades. You can't learn if you're not there.
 - Missing classes in high school may cause you to lose credits, which you need to graduate on time.
 - A good attendance record shows future employers that you are dependable.
2. **GET ORGANIZED** The first step toward organization is having the right equipment. It doesn't have to be fancy or high tech. A different color folder (neatly labeled) for each class and a calendar or planner should do it. *Keep your notes, tests, quizzes and homework* in the folder for each class so you can refer back to them as needed.
3. **DO YOUR HOMEWORK** Some students blow off homework by either not doing it at all or not putting enough effort into it. *Blow it off and your grades will suffer.* High school teachers expect you to spend more time on homework.
4. **DON'T WAIT TO GET HELP** If you're worried about your grades or test scores, *ask for help right away.* Whether you are struggling with homework or aren't doing well on quizzes, ask your teacher or school counselor for specific ways to improve. Speak up if you think you're falling behind, and be sure to take advantage of extra help sessions, resource time, or tutoring.
5. **WORK HARD** Make it a personal goal to *do more than just get by.* Colleges advise students to take the most challenging classes they can which means it's more important to stretch yourself than to take easier classes. Make a commitment to complete the Core 40 with Academic Honors or Core 40 with Technical Honors diploma. Students who go the extra mile have more job opportunities and more college choices.
6. **KNOW HOW TO GO TO COLLEGE** It's time to focus even more on planning for college and careers. Remember, graduation will be here before you know it. Take these 4 steps to make sure you have the opportunity to go to college and get the future you want:
 - Push Yourself
 - Find the Right Fit
 - Put Your Hands on Some Cash
 - Ask for Help

SOURCE: ONTRACK-Your Guide to High School Success, 9th Grade, Indiana Dept of Education and Indiana Commission for Higher Education

For more information, please call 1-800-992-2076 or go to www.learnmoreindiana.org

THE CORNELL NOTES

<Notetaking Column>

1. RECORD: DURING THE LECTURE, RECORD THE LECTURE USING CONCISE SENTENCES & KEYWORDS, IN THIS COLUMN.

2. QUESTIONS:

AFTER LECTURE, FORMULATE Qs BASED ON NOTES ON RHS COLUMN.

QUESTIONS HELP:

- CLARIFY MEANING
- REVEAL RELATIONSHIP
- ESTABLISH CONTINUITY
- STRENGTHEN MEMORY

3. RECITE: COVER THIS COLUMN WITH A PIECE OF PAPER. THEN LOOK AT THE QUESTIONS FROM 2 & TRY TO ANSWER THEM FROM MEMORY, IN YOUR OWN WORDS.

4. REFLECT: REFLECT BY ASKING YOURSELF:

- WHAT'S THE SIGNIFICANCE OF THIS FACT?
- WHAT PRINCIPLE ARE THEY BASED ON?
- HOW CAN I APPLY THEM?
- HOW DO THEY FIT IN WITH WHAT I KNOW ALREADY?
- WHAT'S BEYOND THEM?

5. REVIEW: SPEND TIME REVIEWING ALL YOUR PREVIOUS NOTES AT THE END OF EACH WEEK.

ADAPTED FROM
"HOW TO STUDY IN COLLEGE"
(7th ed.) BY W. PAUK

PENSANDMACHINE

[SUMMARY]

AFTER CLASS, SUMMARIZE THE NOTES ON THIS PAGE.

Parenting Tips for High School Freshman

1. **Help Your Child Get Organized.** Make sure your child has the necessary classroom materials such as a backpack, pens, pencils, paper, binders, calculator, etc. One of the most important items that will help your child get organized is an agenda. These can be purchased at the school for \$6.00 while supplies last, or you could purchase one at most retail stores.
2. **Establish Daily Routines.** This tip is easier said than done, but establishing daily routines such as meals, homework time, bedtime, etc. help students with time management. This can be challenging when your child is involved in extracurricular activities, so there are times when routines must be altered.
3. **Encourage Your Child to Be a Self-Advocate.** If your child has a question about something covered in class, hold your child accountable for asking. It's ok to be involved and communicate with teachers, but the more your child learns to be a self-advocate, the better prepared your child will be for college.
4. **Check Your Child's Grades Weekly & Give Feedback.** If you have not already set up an account with Parent Connection, the form can be found on the school's website. Return the form to the front office so that an account can be set up. Give your child feedback on his or her progress and use this information to set goals for each grading period.
5. **Encourage Your Child to Get Involved in at Least One Extracurricular Activity or Club.** Involvement in school activities enables students to develop a sense of school pride and ownership. Friendships are established, and students feel a sense of community by getting involved.
6. **Discuss Career Options with Your Child.** Many high school freshmen have no idea what they want to do after graduation. Observe your child's strengths and weaknesses and talk about the possibilities. Explore the elective focus areas offered at your child's high school and talk to the school counselor about these opportunities.
7. **Know That There is Always Homework to Do.** If your child does not appear to have anything to do at homework time, check out the teacher sharepoint pages for dates on projects, tests, homework, etc. If nothing else, your child can read during homework time. When checking grades, look to see whether or not your child is turning in his or her homework.
8. **Make Sure Your Child Arrives On Time Each Day.** Minutes missed in class can add up to days. Not only does your child miss out on information covered in class, but the rest of the class is interrupted when your child enters the classroom late.
9. **Post a Copy of the School Calendar in Your Home or Office.** Knowing essential dates such as grading periods, holidays, testing, etc. are important in planning.
10. **Know What Your Kids are Doing and the Types of Friends They Associate With.** Teenagers can often get caught up in disputes that interfere with their learning. Know who your children are spending time with and get to know their families. Peer groups can make or break kids. Encourage your kids to avoid drama that would interrupt their success. Sometimes being "nosy" is good for your child. They will thank you for it one day.

Elkins High School - CCR Guide for Naviance & SAT/ACT Practice Narietha D. Carter-McClain



Naviance is a college and success planning tool designed to help high school students plan their college search, communicate with their guidance counselors, and stay on top of tasks and assignments related to their learning plan and college application process.


Getting started:

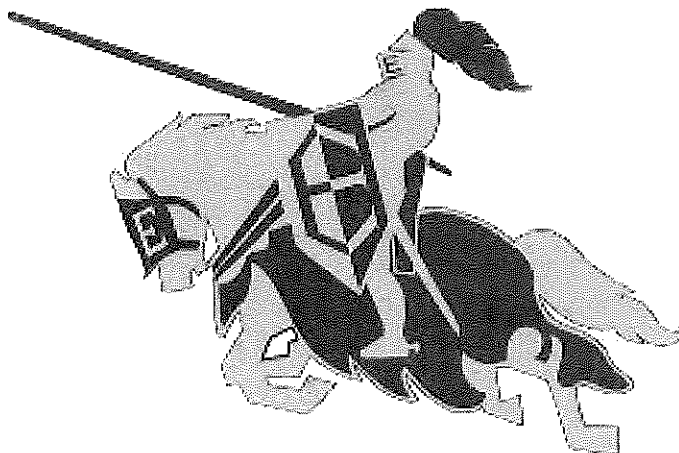
Student signs on to Naviance "Family Connection": www.connection.naviance.com/leehs

User Name: **Network Login (first name.last name.1)**

Password: **Student ID # (123456 – password cannot be changed)**

Student must enter a personal email in "Family Connection" **(Please be thoughtful about the email address you are using. This will be the same email you will use on your college applications.)**

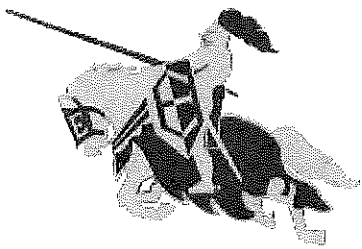
- 1) Top tool bar click on "Manage My Account"
- 2) Click on "Manage My Profile"
- 3) Click on the pencil  next to email
- 4) Enter personal email
- 5) Confirm by entering email again
- 6) Click on update



ACTIVITIES: (see tabs under “family connection”)

- 1) Colleges: this allows you to explore different colleges
 - At Super Match College Search you can select criteria on the left that fits what type of college you are looking for
 - At College Lookup you can look at specific information about an individual college
 - At Colleges I'm Thinking About you can enter schools that you are considering
- 2) Careers: this is where you can explore different careers. This is great to do after you complete the Career Interest Profiler
- 3) About Me: this is where students record information about themselves, college plans, thoughts and interests. Here you will find: Resume, Portfolio, Personality Type and Career Interest Profiler
- 4) My Planner: this is where students will get an overview of what is coming up on their calendar, as well as, be reminded of goals they should be working on, their to-do list, and any tasks assigned to them by Academy

Feature	Description	How to Access
Resume	*Record your high school activities, awards, volunteer experiences, etc. *Rearrange your information into multiple printable versions of your resume to present to potential employers and colleges.	1. Click on the About Me tab. 2. Click on the Resume hyperlink under Interesting Things About Me section.
College Searches	*Set search criteria to yield a list of colleges to explore. Save your search to access/modify. *Click on various tabs of individual college profiles to learn more about financial aid, majors, degrees, and campus life. *Add colleges you are interested in to your My Colleges list.	1. Click on the Colleges tab at the top of the page. 2. Go to any link under College Research if you are seeking ideas about colleges to consider based on your interests, locations, or funding.
Personality Survey	*Completion of the assessment will generate a report that will provide you with important information about your personality characteristics. You will learn about careers matched to you, your personal strengths, how you negotiate your daily life, and a host of other useful information.	1. Click on the About Me tab. 2. Click on the Personality Type hyperlink under Interesting Things About Me section.
Career Interest Profiler	*A career interest survey. Use the results to explore suggested occupations; examine the education, training, and skills required, as well as wages typical for these occupations. *The information is also useful when exploring possible college majors.	1. Click on the Careers tab. 2. Click the Career Interest Profiler hyperlink under What Are My Interests? section.
Adding Colleges to your List	*After using your specific search criteria to explore colleges that may fit your needs, you may have other colleges in mind based on family history, personal preferences, or scholarship opportunities. You can always add these colleges to your list.	1. Add more colleges to your college list by clicking the link under My Colleges called “Colleges I’m Thinking About”. 2. Click the “Add colleges to this list” link and search the alphabetical directory of options to add one or several choices.
Test Scores	*All tests taken throughout high school will be uploaded to Naviance so you can see your scores at any time	1. Click on the Careers tab. 2. Look on left side and click Test Scores link.
Scholarships	*Once your personal information is completed in the About Me tab and your college interests are searched, you are ready to look for scholarships. *Local and national scholarship opportunities are posted to give you the maximum options.	1. Click under the Careers tab. 2. Look in the Scholarship and Money section at the bottom. - Scholarship Match will give results the more information you include in About Me and your college preferences - Scholarship List is a list of current and upcoming local scholarships that may match you - Scholarship Applications are available for you to complete online - National Scholarship Search gives you opportunities for scholarships on a national level



ACT & SAT Exams

2017-2018

Register for the SAT exam at www.Collegeboard.org

Test Date (bold dates administered at EHS)	Registration Date Deadline (\$46; \$60 with Essay)	Late Registration Deadline (add \$29)	Online Score Release (approximate)
August 26, 2017	July 28, 2017	August 15, 2017	September 15, 2017
October 7, 2017	September 8, 2017	September 27, 2017	October 20, 2017
November 4, 2017	October 5, 2017	October 25, 2017	November 17, 2017
December 2, 2017	November 2, 2017	November 21, 2017	December 15, 2017
March 10, 2018	February 9, 2018	February 28, 2018	March 23, 2018
May 5, 2018	April 6, 2018	April 25, 2018	May 18, 2018
June 2, 2018	May 3, 2018	May 23, 2018	July 11, 2108

Register for the ACT exam at www.ACTStudent.org

Test Date (bold dates administered at EHS)	Registration Date Deadline (\$46; \$62.50 with writing)	Late Registration Deadline (add \$29.50)	Online Score Release (approximate)
September 9, 2017	August 4, 2017	August 18, 2017	September 19, 2017
October 28, 2017	September 22, 2017	October 6, 2017	November 14, 2017
December 9, 2017	November 3, 2017	November 17, 2017	December 19, 2076
February 2, 2018	January 12, 2018	January 19, 2018	February 21, 2018
April 14, 2018	March 9, 2018	March 23, 2018	April 24, 2018
June 9, 2018	May 4, 2018	May 18, 2018	June 19, 2018
July 14, 2018	June 5, 2018	June 22, 2018	July 24, 2018

FREE

Online Testing Prep

Khan Academy (FREE PSAT & SAT prep)

[www..Prepfactory.com](http://www.Prepfactory.com) (FREE ACT prep)

SCHOOL INFO

School CEEB code: **446782**

Address: **7007 Knights Court
Missouri City, TX 77459**

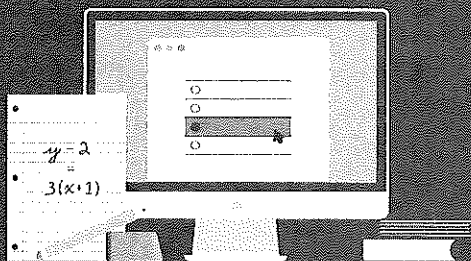
Fee Waiver request link is available on the student Naviance home page.

Prepare for
the New SAT[®]
with

Official SAT Practice

 CollegeBoard +  KHANACADEMY

Get personalized
practice
recommendations
based on your
PSAT/NMSQT[®] or
PSAT[®] 8/9 results.



Take these steps to link
your College Board and
Khan Academy[®] accounts.

1

Visit **satpractice.org**

This takes you to Khan Academy,
where you should
log in or create an account.

2

Link Your Accounts

When prompted, agree to
link your Khan Academy
and College Board accounts.

3

Send Your Test Results

At College Board, sign in or create
an account and hit "Send" to send your
test results to Khan Academy.

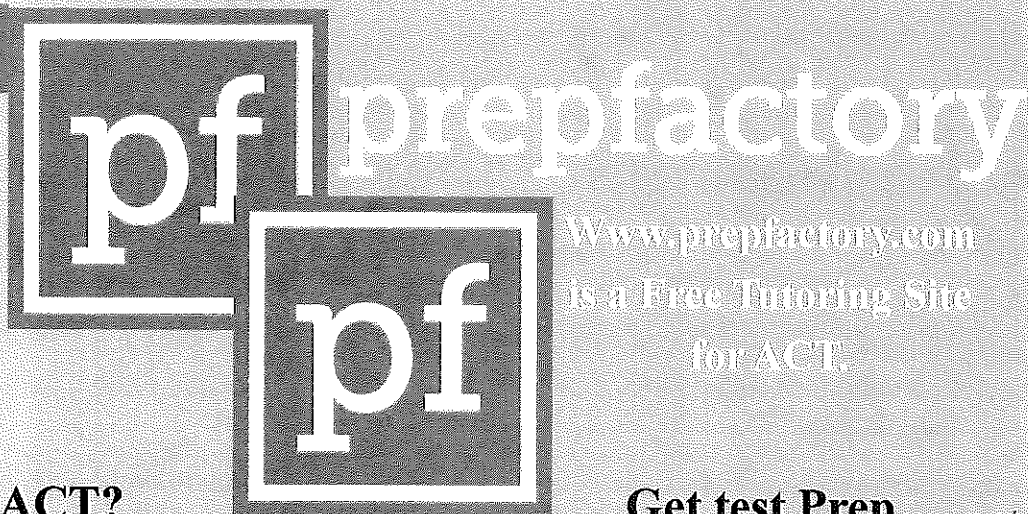
Sign up. Link up.
Get practicing.

satpractice.org

What is Prep Factory?

An interactive and accessible resource to provide top-quality ACT and SAT prep that's completely FREE!

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www.prepfactory.com
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for ACT.

Want to Ace the ACT?

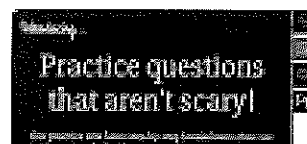
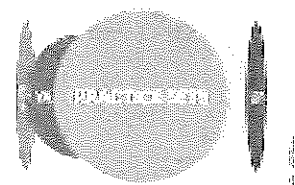
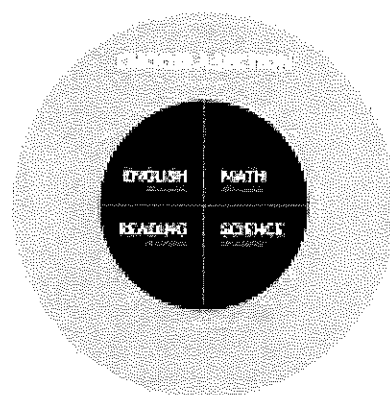
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IF WE DIDN'T GIVE IT AWAY FOR FREE!

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TEACHER

STUDENT

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