



Rochester Adams High School



Freshman Year Guide

Counselors

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Credit Check

22 total credits are needed for graduation

Minimum Credits

- 4 – English
- 4 – Math (through Algebra 2; must have senior year math)
- 3 – Social Studies (World/Big History, US History, Government and Econ)
- 3 – Science (Physical Science, Biology, and Chemistry, Physics or .5 Earth & Space Sci paired with a .5 Science Elective)
- 2 - World Language
- 1 – VPAA
- 1 – PE/Health
- 4 – Elective credits

***Individual course history information is available for viewing on your StudentVue account.

Important Dates

November 3rd – 5th – Meetings with counselors

January 5th & 6th – 9th grade survey meetings

January 12th – 14th – 1st semester exams

January 25th – 27th – 9th grade schedule input

April 12th – PSAT 9

Links & Resources

Do What You Are:

<https://center.humanesources.com/> (access key: C9KB2P3)

Khan Academy:

<https://khanacademy.org>

College Board:

<https://collegeboard.org>

Xello:

<https://auth.xello.world/Google/Student/55277b54-e241-4e2a-b631-c83dcfe92b9b> (link under RCS bookmarks on Chromebooks and on Counseling Website)

Okay2Say: 855.565.2729 or Text 652729

National Suicide Prevention Lifeline: 800.273.TALK

9th Grade Matters

- Classes taken in 9th grade count towards graduation and college entrance. This means...Grades matter right from the start!!
- If you get an “E” in a class that is required for graduation, you must make it up.
- Focus on academics and do your very best. Learn to study well, stay organized, and manage time.
- Attendance is extremely important to the success of any high school student.
- Develop a 4-year academic plan to make sure you are meeting prerequisites and grad requirements.
- Get involved (Adams Clubs and Activities website: <https://ahs.rochester.k12.mi.us/student-life/clubs-activities>). Colleges pay attention to your life both inside and outside the classroom. Your activities reveal a great deal about you, such as:
 - How you've made a meaningful contribution to something
 - What your non-academic interests are
 - Whether you can maintain a long-term commitment
 - Whether you can manage your time and priorities
 - What diversity you'd bring to the student body
- Practice for the ACT & SAT
 - SAT question of the day (www.collegeboard.com)
 - Khan Academy (www.khanacademy.org)
 - ACT (www.actstudent.org)

BE PREPARED

- Bring a textbook, paper, pencil, notebook, and highlighter, etc. to class.
- Notebooks/folders should be organized.
- Establish strong study habits and time management skills early on.
- Do homework daily.
- Use a planner to be organized.
- Begin developing a resume now. Keep a log of activities or volunteer hours so that you can easily access the information when you need it.

SKILLS FOR SUCCESS

- Be well-organized.
- Prioritize.
- Establish/focus on your objectives.
- Make a daily “To Do” list.
- Don't procrastinate.
- Do hardest projects first.
- Set realistic timelines.
- Do homework at the same time every day.
- Establish a routine.
- Limit cell phone/computer use.

ASK

- Don't be afraid to ask questions.
- Teachers are there to help you.
- If you don't ask questions, they don't know you need the help.

STUDENT LEARNING LOUNGE

- Available to all students before and after school
 - Room 145
 - 7:00a-7:30a
 - 2:30p – 3:30p
- Great place to get homework help or a quiet place to organize
- Bring a friend – study partners are great!



Ten Tips for Talking to Teachers

1. **Make an appointment to meet and talk.** By setting a specific time to meet with a teacher, it shows that you are serious about advocating for yourself. It also shows that you have respect for your teacher's busy schedule. Make sure to be on time to your set appointment.
2. **If you know other students who feel the way you do, consider approaching the teacher as a team.** Don't think of this step as "ganging-up" on the teacher because you will handle your issue with maturity. A teacher is more likely to change her classroom habits if more than one student is affected.
3. **Plan what you would like to say before you go to your meeting.** Write down all of your questions and concerns. You may even want to pull out the list of your concerns during the meeting, and you and your teacher can consult the list during your meeting – or you could even give the list to your teacher before the meeting so you both know what will be discussed.
4. **Choose your words.** Try not to be offensive when discussing your concerns. Instead of saying, "The assignments are boring and take too much time," think about saying, "Is there another way I could satisfy this homework requirement?" Avoid saying class and work are "boring" or a "waste of time." Don't offend a teacher if you want them to work with you.
5. **Don't expect the teacher to do all of the work or propose all of the solutions.** Be prepared ahead of time to make suggestions or recommend what you think could be done to solve the issue. Your teacher will appreciate your willingness to help with the resolution.
6. **Be tactful and respectful.** Teachers also have feelings. The purpose of your meeting is not confrontation. Consider your meeting more like a cordial conversation. Try not to approach the meeting feeling angry because that will only block any progress to be made between you and your teacher.
7. **Focus on your needs, not what the teacher is doing wrong.** The more the teacher knows about you and what you think you need, the more willing she will be to help. The more defensive and attacked a teacher feels, the less willing she will be to help you. Instead of saying, "Your lectures are confusing and boring," you might say, "I am a visual learner. Are there ways that your lectures could be accompanied by images that may help me understand what you are saying?"
8. **Don't forget to listen.** Teachers may also have some suggestions and insight about what you could do to improve your understanding in the class. You must be willing to meet the teacher half way.
9. **Bring your sense of humor.** Oftentimes there are misunderstandings in the classroom. If you and your teacher can communicate openly, you may find that part of the issue was just miscommunication.
10. **If your meeting isn't satisfactory, get help from another adult.** It's important to discuss your needs with your teacher **BEFORE** you go to a counselor or principal. When you are willing to advocate for yourself, it shows your teacher that you are an adult that takes your education seriously. If you have discussed your needs with your teacher and you still find yourself struggling, then it may be time to get support from another resource.



Tips and Tools!

20 QUICK TIPS FOR BETTER TIME MANAGEMENT

01. Create a daily plan
02. Peg a time limit to each task
03. Use a calendar
04. Use an organizer
05. Know your deadlines
06. Learn to say "NO"
07. Target to be early
08. Time box your activities
09. Have a clock visibly placed before you
10. Set reminders 15 minutes before
11. Focus
12. Block out distractions
13. Track your time spent
14. Don't fuss about unimportant details
15. Prioritize
16. Delegate
17. Batch similar tasks together
18. Eliminate your time wasters
19. Cut off when you need to
20. Leave buffer time in-between

You're 50% more likely to remember something if you speak it out loud instead of simply reading it over and over.

PINK = DUE DATE
PURPLE = 1 & 2 DAYS AHEAD
BLUE = 3-5 DAYS AHEAD
GREEN = 6-9 DAYS AHEAD
ORANGE = 10-14 DAYS AHEAD

Use this system to create a color-coded timeline in your planner

YOUR TOP 10 TIPS FOR STUDY SKILLS

1. FIND THE BEST STUDY METHOD FOR YOU
2. EAT WELL
3. EXERCISE REGULARLY
4. STAY POSITIVE
5. GET ENOUGH SLEEP
6. TAKE BREAKS
7. SET GOALS
8. FIND THE BEST STUDY TIME FOR YOU
9. EXAMS CAN BE GOOD!
10. SLEEP ON IT



5 Simple Ways To Practice Mindfulness In Daily Life

1. Focus intently on the task at hand.
2. Observe your thoughts and feelings without judging them.
3. Take 5 minutes several times a day to close your eyes and breath.
4. Walk outside, close your eyes, and listen to the sounds of nature.
5. Notice when your mind is in the past or future, and gently return to the present.