

If you only read one thing in this folder, let it be this!!!

This year starts a 4-year journey; it will be a record with your name on it, with the grades you earn, and it will help lead you to opportunities to move on to your college/career aspirations. You probably have heard this a million times already, but that's because it is very true!

- **YOUR GRADES MATTER!** Every single one of them. Failing a class will greatly impact next year's class options. Failing a class may also result in you needing to attend Credit Recovery or summer school ☹️. Something else to consider: not doing well in a class may prevent you from taking a class in the future. Ultimately your freshman year grades are important because they will weigh into your GPA.
- **YOUR HABITS MATTER!** Ninth grade is a "make it or break it" year. It is a pivotal time where you should be learning good study habits, organizational skills, and practicing self-care.

Tip: Be here. Your attendance is so important. Keep in mind missing a day means missing 6 classes. It can be challenging trying to make up the work of 6 classes.

ABOUT YOURSELF: This is your time to explore the things that interest you or try something new. High school will broaden your horizons more than middle school. You'll be introduced to new extracurriculars (sports, clubs, or other activities) that could lead to new passions. In your classes you'll dive deeper in to new topics, and that could spark an interest that could lead to a career choice.



Tip: Ask for help. Please talk to your teachers or me if you feel you need any help with your classes, help for improving grades, study tips, or something personal.

Please know there is someone here to help you and no conversation is off limits.

As your school counselor, I will:

- Provide a safe space for you to feel comfortable and able to talk to me.
- Listen to you.
- Encourage and assist you with keeping up with all school work and passing all your classes.
- Help you understand the importance of a strong high school transcript.
- Understand and what your GPA is and how to set goals for a solid one.
- Help you research and explore different career interests.
- Create a "Four Year Plan" that will help guide with your postsecondary plans.
- Help you discover and develop your interests and strengths.

Tip: Enjoy your Freshman year! Don't be afraid to try new things, meet new people, and challenge yourself.
