

For Freshmen Only

Now that grades are out, you are getting your first look at how your child is performing academically in high school. If your child is not earning the marks you feel s/he is capable of, you have many resources to turn to and options available to you.

Resources

***Teachers** - If you have a question about your child's performance in a class or the grade they have received, your best resource is the teacher of that class. You can contact any of your child's teachers by voice mail or email. All voice mail extensions and email addresses are listed in the beginning pages of your child's planner and on our web site, www.hpregonal.org. You can also use the automated voice mail directory when calling 973-875-3101. As long as students are doing their homework and doing their part in class, teachers are available to assist them after school if they are struggling with the material or an assignment. Arrangements can be made between the student and teacher.

***Department Supervisors** - If you have a concern about the level of class your child is in, in any given academic discipline, or you want to know more about what is covered in a particular program, the supervisor of that department is available to you. Their contact information can also be found in the student planner, on our website, or through our automated staff directory.

***Guidance Counselor** - If you see a pattern that extends beyond one class or would like to know how your child's current program fits into graduation requirements and/or post-high school plans, I can discuss these things with you at any time. I can be reached at ext. 1224. In June, all freshmen will be assigned to the guidance counselor they will have for the remainder of their stay at High Point. That counselor will assume the scheduling and college/career planning process with you and your child, as well as address academic concerns.

Academic Support

If your child needs assistance beyond the classroom teacher, there are several avenues you can explore.

****In-house" tutoring** – The National Honor Society and Foreign Language National Honor Society students can work with underclassmen, on a limited basis, to assist them in understanding concepts and test preparation.

***Class study groups** – Joining together with several students from the same class and meeting in the library once or twice a week after school can be study strategy that benefits the entire group, as long as they stay on task and do not spend the entire session socializing. The library is open every day until 5:00pm for this purpose, or for individual, quiet study time.

***Upperclassmen** – Successful, older classmates, team mates, or their Peer Counseling group leader, can all be good resources for help in a particular subject or for study support.

Academic Strategies

In order to come up with a comprehensive and effective list of strategies for you and your child, I turned to the experts. Below is what resulted from a brainstorming session with some of our most successful upperclassmen. These ideas were shared with all freshmen during our Peer Connections Program, an hour and a half event in which our Peer Counselors ran small group sessions on academic success and transitioning to high school. Discuss with your child these specific words of advice from our Peer Counselors:

Use your planner *Use your planner for organizing your assignments. There are many different styles in doing this but the main idea is that you keep track, daily, of what is due and when. (I suggest you check your child's planner to be sure they are using it in this way).*

Make the most of your classes *Develop relationships with your teachers - Relax and enjoy class - Pay attention - Ask questions.*

Stay on top of your work *Pick a "class buddy" to get missed work - Don't wait until the last minute to do assignments - If you have no written assignment that night, STUDY for homework - Especially if you are not a good test taker - HOMEWORK will save your grade.*

Establish YOUR best study habits, find what works best for YOU *create a place where you will not be distracted - music/quiet. Try study cards - outlining - reading notes aloud - hi-lighting.*

Take care of yourself *Get enough sleep, eat breakfast.*

Make decisions with a Four Year Plan in mind *View this as a fresh start - It all starts here for you to have options later - Get involved from the start - Pay attention to pre-requisites for classes you want later - Plan for National Honor Society if you are interested.*

Get involved *Make this your place - Listen to announcements - Read bulletin boards - join clubs-go to school events with your friends.*

As far as that advice, I couldn't have said it better myself...

Lisa Frisbie, Freshman Transition Counselor