

High School 101: An Introduction to High School

Why is this important? You are about to make choices that will impact the trajectory of your life. These choices about where you go to high school and what kinds of classes you take will impact where you go in life. The habits you have now or start now can set you up for future success or future failure. The choice is yours.

- **Vocabulary You Need to Know**

- **Semester:** Like 2 quarters in middle school. Most high schools have 4 block classes per semester, which equals 8 classes per year. Millbrook HS does 8 classes per year on an A/B day schedule.
- **Credit:** You have to have 26 credits earned to graduate, and each of your classes is worth 1 credit. If you fail a class, you will not get credit for it, and if it is a required class, you will have to retake it.
- **Required class:** Classes that you must take in order to graduate, things like English, math, science, social studies, and health/PE.
- **Elective class:** Classes that you can take that are of interest to you and that help you earn credits; a good way to explore different career areas (art, music, foods, childcare, construction, mechanics, technology, athletics, JROTC). You are required to take a certain amount of electives, but you have freedom to choose what you're interested in.
- **CTE:** Career and Technical Education classes (computer, technology).
- **GPA:** Grade Point Average; the grades you make in high school will be averaged together to make your GPA. Each grade is worth a different number of points (A=4.0 points, B=3.0 points, C=2.0 points, D=1.0 points, and F=0 points). You want to keep your GPA as high as you can because that means you are making good grades. Your acceptance to college and scholarships are partly based on your GPA. It's really important to get a high GPA in 9th grade because if you mess it up from the beginning, it's harder to bring it back up.
 - How to calculate your GPA.
 1. Figure out what each of your grades is worth.
 2. Add the worth of each grade together.
 3. Divide the total by the number of grades you have.
- **First-Generation College Student:** A student who goes to college and whose parents have not gone to college.
- **Dual Enrollment:** Classes that you can take at a local college or community college as a high school student at a regular high school and earn college credit.

- **How is High School Different from Middle School?**

- At most high schools, you have 4 classes per semester.
- You have to earn a certain amount of credits to go to the next grade level (freshman, sophomore, junior, senior) and to graduate, and if you fail a class, you do not receive credit for it and you have to take it over.
- You have more independence, which means you really have to be responsible for yourself and your work, but you also have more freedom to choose classes that interest you.
- Your teachers will not "hold your hand" and you really have to be on top of things and keep yourself organized.

- Your attendance is very important: you can fail a class if you miss a certain amount of days. Then you have to retake that class.
- You can get involved in a lot more ways: clubs, student organizations, sports, music programs, etc.
- **Driver's License Laws**
 - Drop out or fail classes, lose your license. If you drop out of school or if you are not passing 70% of your classes, you will lose your driver's license.
 - Lose control, lose your license. If you are suspended (ALC or out of school suspension) for 10 or more days in a row, you can lose your license for a year.
- **How to Set Yourself Up for Success in 8th Grade and Beyond:**
 - Stay organized:
 - Keep your stuff organized. Use a binder with dividers. Use folders.
 - Organize your time. Use an agenda. Make a calendar and to-do lists. Prioritize.
 - Take good notes. Date your notes. Review your notes every night.
 - Do all of your work and turn it in.
 - Study in advance. Use your notes to make study guides/flash cards.
 - Ask for help when you need it. Make a friend in each class so you can help each other and study together.
 - Treat everyone (teachers, students, parents) with respect, even if you disagree or don't like them.
 - Do what your teachers tell you to do and don't talk back.
 - Make friends with people who accept the real you.
 - Stay out of drama. Don't care about what others think about you.
 - Do the right thing, even if it's hard or not cool.
 - If you are struggling with strong feelings of sadness, anger, or suicidal thoughts, ask for help from an adult right away. There's nothing wrong with asking for help.
- **Upcoming Events:**
 - Early College Fair: Oct. 13th, 9-11 a.m. at Vernon Malone College & Career Academy
 - Wake Early College of Health and Sciences and North Wake College and Career Academy on campus during 8th grade lunch Monday Oct. 15th. North Wake will return to meet with interested students during guided study on Oct. 18th. Health and Sciences will return to meet with interested students during guided study on Oct. 30th.
 - Wake STEM Early College Parent Night at West Millbrook: Oct. 16th, 6:30-8:00 pm
 - Wake Young Women's Leadership Academy on campus during 8th grade lunch on Oct. 18th.
 - Magnet/Early College Fair: Nov. 3rd, 9 a.m. - 12 noon at Southeast Garner HS
 - **Magnet/Early College Application Windows:**
 - Early Colleges Application Window: Oct. 13th– Nov. 30th
 - Magnet Application Window: Jan. 4th – Jan. 30th
 - **High School Registration:**
 - Spring 2019 (February and March)