

High School 101

Why Is This Important Now?

- 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.

Vocabulary

- **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.

Vocabulary

- **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). Honors and AP classes are worth more. 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.

Vocabulary

- **First-generation college student:** a student who goes to college and whose parents did not go to college. This is important to know for the Early Colleges.
- **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 receive college credit.

How to Calculate Your GPA

- A=4.0
 - B=3.0
 - C=2.0
 - D=1.0
 - F=0
- Figure out what your grades are worth.
 - Add them all together.
 - Divide by the number of classes you have to get the average.

GPA Example 1

- Susie has:
 - Math=75=C=2.0
 - ELA=81=B=3.0
 - Science=90=A=4.0
 - Social Studies=64=D=1.0
 - Health/PE=59=F=0
 - Band=95=A=4.0
- $2.0+3.0+4.0+1.0+0+4.0=14$
- 14 divided by 6=2.3
- Susie has a 2.3 GPA, or a C-average GPA.

GPA Example 2

- Rudy has:
 - Math=69=D=1.0
 - ELA=73=C=2.0
 - Science=79=C=2.0
 - Social Studies=61=D=1.0
 - Health/PE=79=C=2.0
 - Computer=64=D=1.0
- $1.0+2.0+2.0+1.0+2.0+1.0=9$
- 9 divided by 6=1.5 GPA
- Rudy has a D-average GPA

Your Turn

- Felicia
 - Math=79
 - ELA=85
 - Science=65
 - Social Studies=45
 - Health/PE=75
 - Art=82
- Calculate what each of her grades is worth, then calculate her GPA.
- Remember:
 - A=4.0
 - B=3.0
 - C=2.0
 - D=1.0
 - F=0

Your Turn 2

- Jake
 - Math=90
 - ELA=88
 - Science=79
 - Social Studies=95
 - Health/PE=80
 - Theatre=78
- Calculate what each of his grades is worth, then calculate his GPA.
- Remember:
 - A=4.0
 - B=3.0
 - C=2.0
 - D=1.0
 - F=0

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.

How is High School Different from Middle School?

- 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.

Credits **Required** to Graduate from a Traditional High School—16 Credits

- English – 4 credits (English I, II, III, IV=1 English class each year)
- Mathematics – 4 credits (Common Core Math 1,2, & 3 and one course beyond Math 3)
- Science – 3 credits (Earth/Environmental, Physics OR Chemistry, and Biology)
- Social Studies – 4 credits (World History, American History I, American History II, and American History: Founding Principles, Civics & Economics)
- Healthful Living Education – 1 credit

Elective Credits—10 Credits

- Career and Technical Education (CTE)
- Arts Education (dance, music, theatre, visual art)
- Second Languages. ***Not required for graduation, but a 2 credit minimum is required for admission to any college in the UNC system. At Millbrook, 9th & 10th graders take Language B
- JROTC
- Or a core area (math, science, history, English)
- It is recommended that you take 4 of your electives in the same subject area to create a concentration

Credits Continued

- All of that equals 26 credits total (basically 16 required classes and 10 electives).
- If you fail a required class, you have to take it until you pass it. Pass your classes the first time, that way you don't waste your time taking classes again.

Sample High School Schedule

- **Fall Semester**

- Math 1
- Earth and Environmental Science
- Band
- Spanish 1

- **Spring Semester**

- World History
- English 1
- Band
- PE/Health

High School Options in Wake County

- **Traditional High Schools**

- Sanderson, Heritage, Knightdale, Leesville, Wakefield, Rolesville, Wake Forest, East Wake, Middle Creek, Panther Creek

- **Magnet High Schools (you must apply if you are not zoned for that school)**

- Millbrook (IB), Broughton (IB), Crossroads Flex, Enloe (Gifted/Talented, IB), Garner (IB), Southeast Raleigh (Design, Art, & Engineering), Athens Drive (Medical & Health Sciences)

- **Early Colleges (you must apply)**

- Wake Early College of Health & Sciences, Wake STEM Early College, Vernon Malone College & Career Academy, Wake Young Men's Leadership Academy, Wake Young Women's Leadership Academy, North Wake College & Career Academy

Traditional High Schools vs. Early Colleges

Traditional/Magnet High Schools

- You can also take college classes while you are in high school, and you can take honors and AP classes (take a test to get college credit).
- Magnet Schools have themes (IB, Gifted/Talented, Medical Sciences, Art/Design/Engineering)

Early Colleges

- Can do 4 years of high school credit and 2 years of college credit in 4 or 5 years.
- Free college credit!
- Each one has a theme (College & Career, Leadership, Health & Science, STEM)

Traditional High Schools vs. Early Colleges

Traditional High Schools

- After high school, you can go on to a 4 year college, a 2 year college, the military, or the workforce.

Early Colleges

- You can earn 2 years of college credit while in high school. You can continue to a 2 year college to finish your certificate, to a 4 year college to finish your bachelor's degree, join the military, or join the workforce.
- Students at Early Colleges can participate in sports teams from schools near their Early College.

Traditional High Schools vs. Early Colleges

Traditional/Magnet High Schools

- You can take regular, honors, AP, or college courses (called dual-enrollment courses).

The Early Colleges

- Are geared for students who are self-motivated, independent, hard-working, committed to attending school (rarely miss school), and who have good behavior. You don't have to be a straight-A student.
- Early Colleges want to help students who are first-generation college students, which means students whose parents did not attend college.

Early Colleges in Wake County

Wake Young Men's Leadership Academy

- Young men only
- Focus on leadership, collaboration, empowerment, and innovation to have a positive impact on the community.

Wake Young Women's Leadership Academy

- Young women only
- Focus on leadership, collaboration, empowerment, and innovation to have a positive impact on the community.

Early Colleges in Wake County

Vernon Malone College and Career Academy

- Focus on getting ready for a career, with work-based field experiences.
- Take classes in one of the following areas: Biopharmaceutical Technology, Collision Repair, Cosmetology, Multi-Trades Technology, Nurse Aide, Simulation and Game Development, and Welding.

North Wake College and Career Academy

- Focus on getting ready for a career, with work-based field experiences.
- Take classes in one of the following areas: Culinary, Business Administration, IT/Tech Support, Early Childhood Education and Emergency Medical Science

Early Colleges in Wake County

Wake Early College of Health and Sciences

- Focus on exploring careers in the medical/health field.
- Students take 2 years of high school honors courses, then take classes at Wake Tech Community College for their remaining years.

Wake STEM Early College

- Focus on exploring careers and learning in the STEM and engineering fields.
- Students take high school courses and college classes at NC State.

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 Can You 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.

How Can You Set Yourself Up for Success in 8th Grade and Beyond?

- 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

- **Parent Nights/School Fairs**

- **Early College Fair:** Oct. 13th, 9-11 a.m. at Vernon Malone College & Career Academy
- **Wake Early College of Health Sciences and North Wake College and Career Academy** on campus during 8th grade lunch Oct. 15th. North Wake will return and meet with interested students on Oct. 18th during their guided study period. Health and Sciences will return and meet with interested students on Oct. 30th during their guided study period.
- **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 Oct. 18th
- **Magnet/Early College Fair:** Nov. 3rd, 9 a.m.-12 noon at Southeast Garner HS

Up Coming Events Continued

- **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)

Resources

- Mrs. Kimel's Website
 - High School Registration
 - Resources
 - Bullying Reporting Link
- Wake County Website
 - Magnet/Early College Information
- 2018-2019 School Counseling Needs Assessment

Before You Leave...

- If you are interested in one of the Early Colleges, sign up on the sign up sheet to learn more about that Early College.