

High School 101: Blueprint for Success

Name



The purpose of this booklet is to help you prepare for high school registration & post high school by assisting you:

1. in connecting future career goals to your high school plan
2. in understanding high school credits and requirements
3. in developing your 9th grade schedule
4. by providing sample 4-year course plan forms
5. in knowing where to go for help and support

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Preparation for High School

Everett Public Schools
Cascade High

Everett Public Schools
Everett High

Everett Public Schools
Henry M. Jackson High



Everett Public Schools
Sequoia High

**“Psst...it is what you have been doing
for the past 2 plus years of your life”**

You have had a wide variety of experiences in middle school all designed to help YOU be ready for high school.

High school is about getting all the knowledge, skills, experience that will help you when you are OUT of school.

It is like having a cell phone...without a plan your phone won't work and you won't be able to call or text your friends or family ...without a solid education and a high school diploma, life is ... well like a cell phone that doesn't get coverage, it won't take you very far if you need to get a hold of someone.

This *Blueprint* was developed to help YOU plan for high school. It is not meant to take the place of your high school course planning guide. This *Blueprint* gives you GENERAL information to help prepare you for your journey. All schedules included in this booklet are samples and meant only to guide you as you create your 4-year plan. Your middle school counselor, your future high school counselor, your teachers, parents and high school websites can all help as you make decisions and preparations for high school. So make sure to use the tools available to you and to have fun as you GET READY FOR HIGH SCHOOL!

Terms to know before you go

ACT	A college entrance test by American College Testing. Most 4-year universities require either the ACT or the SAT.
Advanced Placement (AP)	Special courses and exams given for specific H.S. subjects. Many colleges will award credit or waive requirements for demonstrated proficiency through these exams.
Alternate	Additional classes that you register for just in case one of your non-core classes is full or will not fit into your schedule. For example, an alternate for Drawing & Painting might be Ceramics.
AR	“Approval Required”. Some classes are designated AR which means you must have the teacher’s permission before you can sign up for the class.
AVID	“Advancement Via Individual Determination.” AVID targets students in the academic middle who have the desire to go to college and the willingness to work hard. AVID provides an elective class that puts them on the college track.
Career and Technical Education (CTE)	Classes that prepare you for life after high school such as computer classes, marketing, or independent living. Many CTE classes offer opportunities for college credit.
Certificate of Academic Achievement (CAA)	All WA state high school students must show they have key reading writing, math & science skills by graduation. Most students will meet this requirement, & earn the CAA, by passing state exit exams.
Closed Campus	A campus where students are not allowed to leave, except in special circumstances, during the school day.
Credit	What you earn for passing a class. One semester-long class earns 0.5 credit. You must earn 22 credits in order to graduate. You must also earn credit in specific subjects to graduate, for example, English and Math.
Culminating Exhibition (CE)	Required for graduation at all Everett district high schools. A culminating demonstration of learning and college and/or career planning including the High School and Beyond Plan and Culminating Exhibition. Also called the “Sr. Project.”
Cumulative GPA	Cumulative Grade Point Average. A number indicating the average of all the grades you have earned in all your classes. If you received all “A”s, your cumulative GPA would be 4.0.
Elective	Any courses taken above the specified graduation requirements. For example: Fine Arts, Career and Technical Education, Math, Science, and World Language classes. Everyone needs electives to graduate. Select electives that interest you and fit your post-high school goals.

Fine Arts	The fields of art in which you express yourself creatively, i.e. painting, drama and music. You must take Fine Arts classes to graduate.
GPA	Grade Point Average- a number that indicates the average of the grades you receive. Most schools use a point system of 0 through 4. "A" equals 4, "B" equals 3, etc. If you took two classes and received an "A" and a "B", your GPA would be 3.5.
PLAN	The PLAN is considered a pre-ACT test. This test has both academic assessment components and an interest inventory that helps students identify possible career paths.
Prerequisite (Pre-Req.)	A beginning class you must take and pass before you can take a more advanced one.
PSAT	Preliminary Scholastic Aptitude Test. This test is good practice for the SAT. The Everett School District pays for all 11 th graders to take the PSAT. It is also used to determine National Merit Scholars.
Rigorous courses	Challenging yourself by taking higher level subject courses requiring pre-requisite skills, Advanced Placement (AP), Honors (H), and College in the High School (CHS).
SAT	Scholastic Aptitude Test. The SAT is a college entrance test (also see ACT) that most students will be required to take before they go to a 4-year college/university. These scores are one of the criteria most colleges use to accept or reject applicants.
Senior Project	See <i>Culminating Exhibition</i>
Smarter Balanced Tests	A state graduation requirement designed to ensure students have a solid foundation of reading, writing, math and science. Based on the Common Core State Standards, students are required to pass English language arts (ELA) and math exit exams, and the Biology End of Course exam.
Transcript	The official record of all your grades and credits.
Waiver	Permission to be excused from taking a particular class.
Work Based Learning (WBL)	A class allowing students to receive credit for work or volunteer experience. If you have a job and meet specific requirements set by your school, you can receive credit toward your graduation requirements.

It's Time to Check your VOCABULARY

*Directions: Fill in the blank with the correct vocabulary word.
To assist, use the definitions on pages 6 & 7.*

_____ A number that indicates the average of the grades you have earned in all of your high school classes. If you earned all "A's," this number would count as a 4.0.

_____ Preliminary Scholastic Aptitude Test. This test is good practice for the SAT. The Everett School District pays for all 11th graders to take the PSAT. It is also used to determine National Merit Scholars.

_____ The fields of art in which you express yourself creatively, i.e. painting, drama and music. You must take this type of class to graduate.

_____ A beginning class you must take and pass before you can take a more advanced one.

_____ Special courses and exams given for specific H.S. subjects. Many colleges will award credit or waive requirements for demonstrated proficiency through these exams.

_____ Any courses taken above the specified graduation requirements. For example: Fine Arts, Career and Technical Education, Math, Science, and World Language classes. It is suggested that you elect to take such courses that interest you and fit your post-high school goals.

_____ Permission to be excused from taking a particular class.

_____ Scholastic Aptitude Test. The test is a college entrance test that most students will be required to take before they go to a 4-year college/university. These scores are one of the criteria most colleges use to accept or reject applicants.

_____ The official record of all your grades and credits.

_____ A college entrance test by American College Testing. Most 4-year universities require either this exam or the SAT.

_____ A class allowing students to receive credit for work or volunteer experience. If you have a job and meet specific requirements set by your school, you can receive credit toward your graduation requirements.

_____ Classes that prepare you for life after high school such as computer classes, marketing, or independent living. Many classes offer opportunities for college credit.

_____ "Approval Required". Some classes are designed AR which means you must have the teachers' permission before you can sign up for the class.

High School Vocabulary Worksheet Continued

_____ Required for graduation at all Everett district high schools. A culminating demonstration of learning and college and/or career planning including the High School and Beyond Plan and Culminating Exhibition. Also called the "Sr. Project."

_____ A campus where students are not allowed to leave, except in special circumstances, during the school day.

_____ What you earn for passing a class. You must earn 22 of these in order to graduate. You must also earn these in specific subjects to graduate, for example, English and Math.

_____ Additional classes that you register for just in case one of your non-core classes is full or will not fit into your schedule. For example, an alternate for Drawing & Painting might be Ceramics.

_____ The practice exam is considered a pre-ACT test. This test has both academic assessment components and an interest inventory that helps students identify possible career paths.

_____ Challenging yourself by taking higher level subject courses requiring pre-requisite skills, Advanced Placement (AP), Honors (H), and College in the High School (CHS).

_____ A number that indicates the average of the grades you receive. Most schools use a point system of 0 through 4. "A" equals 4, "B" equals 3, etc. If you took two classes and received an "A" and a "B", your GPA would be 3.5.

_____ "Advancement Via Individual Determination." This program targets students in the academic middle who have the desire to go to college and the willingness to work hard. This program provides an elective class that puts students on the college track.

_____ All WA state high school students must show they have key reading writing, math & science skills by graduation. Most students will meet this requirement & earn this certificate by passing state exit exams.

_____ A state graduation requirement designed to ensure students have a solid foundation of reading, writing, math and science. Based on the Common Core State Standards, students are required to pass English language arts (ELA) and math exit exams, and the Biology End of Course exam.

Maximize your College Readiness in High School

*If you are interested in learning more about any of the below programs,
talk with your middle or high school counselor.*

Directions: Put a star “☆” next to any program(s) you would like to learn more about or take when you are in high school.

Advanced Placement (AP): The Everett Public Schools AP program was designed to develop rigorous, college-level courses and assessments for high school students. Through AP courses, students demonstrate and confirm their mastery of particular subjects through AP exams. AP exams are offered each spring, and are open, for a fee, to any student.

AVID: “Advancement Via Individual Determination.” AVID is a class designed for students who are in the academic middle and who desire to attend a four year college. Students learn a variety of study, reading, and writing strategies. Students are expected to use these strategies in their other classes and to enroll in the most challenging course of study that is suitable to their skills. Enrollment is by invitation and application. Applicants are selected based on a person interview.

Career and Technical education (CTE): Classes that prepare you for the work force after high school, and classes that give you practical skills for everyday living. These classes are offered at each high school. Some CTE classes offer opportunities to earn college credit.

College-in-the-High-School classes: The High Schools in Everett Public Schools contract with the University of Washington and area community colleges to offer courses taught by high school staff on the high school campus. To earn both high school and college credit, students pay tuition (*at a reduced rate*) and receive both high school and college credit.

Running Start: This is a program which allows high school juniors and seniors with at least 10 credits to attend community college tuition FREE. Students receive both high school and community college credits for these courses. You must provide your own transportation and purchase your books and materials. You also must take the community college entrance exam and test into college-level English.

Sno-Isle: The Sno-Isle Skills Center is a vocational school located near Paine Field and offers over 19 different career/vocational programs. Sno-Isle offers awards and scholarships for top students. Students may attend during their junior and/or senior year as part of their daily schedule of classes. Transportation is provided from each high school.

Tech Prep: Certain high school career technical education courses are aligned with the curriculum at the community colleges. By taking such courses, students can earn high school and community college credits at the same time.

Work Based Learning: This class teaches employability skills by having each student maintain a job at local work site and by meeting with the teacher each week.

Planning Backwards



High school is an opportunity for you to lay the foundation for the rest of your life. *High school is really only a continuation of what you have already been working on in elementary and middle school.*

Step #1

Think about the Career interest survey (<http://www.wois.org>) you took earlier this year. After you completed the survey, you were given a list of careers that you might enjoy based on the way you answered the questions. Having investigated at least 3 of the careers that were either suggested by WOIS, or those that you absolutely KNOW what you'd like to do, ask yourself: *Do these careers still interest you?* Then, star (☆) the career that most interests you.

	<i>Still interested?</i>	
	Yes	No
Career #1 _____		
Career #2 _____		
Career #3 _____		

Step #2

Based on your reflection...

In one sentence, state how you feel about the career you marked with a star (☆).

EXAMPLE: I enjoyed learning that I should get a job working with people, because I enjoy helping others.

EXAMPLE: I was surprised to learn that I would be good in science related careers, because I haven't thought about such careers before.

Step #3

Thinking about your starred (☆) career, what types of high school classes do you think would be helpful for you as you prepare for this career?

EXAMPLE: to be a math teacher, I'll need to take math classes.

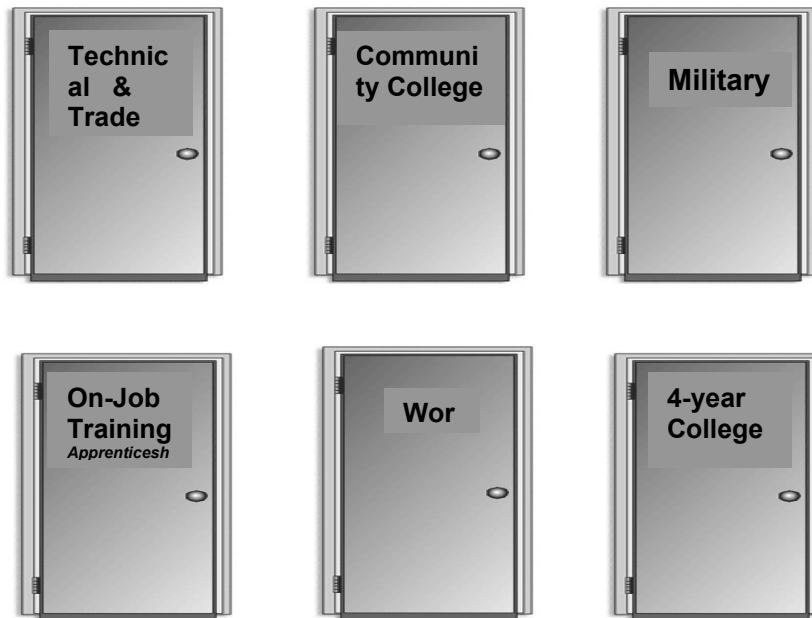
EXAMPLE: to work with computers I'll want to take several computer classes.

If you aren't sure what you want to do (or do not even have an idea) you can think about it this way...what OPPORTUNITIES would you like to have after high school?

EXAMPLES: I would like to travel. I would like to work with animals.

**Step
#4**

There are a number of “**doors you can walk through**” once you finish high school.



Each door offers YOU valuable opportunities. It is important to know that each door has certain requirements to open it. Considering (or knowing) which door you want to open will help you use your high school years for preparation. It is always a smart idea to aim high. If you are not entirely sure what you would like to do after high school, no problem. It is smart to have many opportunities or “doors” available to you, so plan to take *rigorous* classes. If you take the requirements that will make you eligible to go to a 4-year college, you will very likely be able to go through any of the doors shown above.

Which “door” would you like to be able to open after high school?

Why?

If you don’t know exactly which door looks most inviting, what might you do or who might you talk to, to explore this question further?

Who do you know who has a career that interests you? You should interview that person about their career path. Talking to people is an EXCELLENT way to find out more about the path you need to take.

Who could you interview? _____

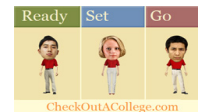
Post HS opportunities

Technical & Trade Colleges



- 1 to 2 year programs
- There is a huge need for skilled high tech workers in the United States and many people decide to attend a technical school, technical institute, or technical college to prepare for a high paying job in the high tech industry.
- Examples: ITT tech in Everett, Lake Washington Institute of Technology in Kirkland

Community Colleges



- 3 types of degrees & certificates: academic transfer degrees, professional-technical degrees, and certificates of achievement.
- Earning an *academic transfer degree* is basically the same thing as completing the first 2 years at a 4-year college/university.
- Majors are offered in many academic, scientific, and technical fields. In most fields, if you plan to transfer to a 4-year college/univ., you work toward an Associate in Arts (A.A.) or Associate in Arts & Sciences (A.A.S.) degree, which requires 90 college-

Military Service



There are a number of ways you can be involved with military service after high school. Benefits include:

- Educational opportunities include up to 90% tuition assistance for college courses taken during off-duty time
- Free technical training in over 200 skill areas
- G.I. Bill-Tuition for any school

Requirements: Entrance requirements are high for all branches of the service, but do differ among the individual branches. Each service has its own recruiters who will determine eligibility of applicants for specific training and assignments. Eligibility basics:

- Be a high school graduate
- Be at least 17 years of age (under 18 requires permission of parents)
- Be physically qualified
- Be of good moral character

Four-Year Colleges & Universities



- 4-year colleges & universities offer you the widest variety of class subjects and levels, from art to zoology and from introductory to advanced.
- The degrees available from a 4-year college or university are: Bachelor of Arts degree (B.A.) in many fields of study. The Bachelor of Arts in Business Administration (B.A.B.A.) is also available. Bachelor of Science degrees (B.S.) are offered in technical fields such as computer science, forestry, medical technology, engineering, and nursing.
- A university (as opposed to a college) also offers master's degrees (M.A., M.S.) and doctorates (Ph.D.) for

Internship



- An intern is an advanced student or a recent graduate undergoing supervised practical training.
- Internships motivate students to select the right courses, and make learning in high school a priority. Students benefit from seeing real-life applications of the skills they are learning in school.
- An internship is a fantastic way to “try on a job” before deciding on a career.
- Internships may be offered in any field, including business, education, and the arts.

Apprenticeship



- An apprenticeship is a training program where you earn wages while learning a skilled profession in a specific field.
- Examples: construction (*carpenters, electricians, plumbers, sheet metal workers, etc.*), culinary arts, health care
- Apprenticeships are supervised by a trade professional and combine both classroom studies and on-the-job training.
- It can take several years to become fully trained in the occupation. As an apprentice you earn a salary

Consider this- if you are a high school student thinking about college: Someone with a bachelor's degree earns nearly \$1 million more over his or her lifetime than a high school graduate. A Census Bureau survey shows a full-time worker (who works what demographers call a typical work-life period, between ages 25 – 64) will expect to earn:

College graduate	Master's degree	Professional degree, (Such as a doctor or lawyer)
\$2.1 million	\$2.5 million	\$4.4 million



It's Time to Check your Understanding of POST-H.S. OPTIONS

Directions: Answer each question. To assist, use the information covered on pages 10 - 14.

1. Identify 6 post high school opportunities:

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

2. An _____ is a fantastic way to “try on a job” before deciding on a career.
3. The _____ Center is a vocational school located near Paine Field and offers over 25 different career/vocational programs.
4. Earning an _____ degree is basically the same thing as completing the first 2 years at a 4-year college/university.
5. _____ is a program which allows juniors & seniors with at least 10 credits to attend community college tuition FREE.
6. You must be a high school graduate in order to join the military? True False
7. What are two options for earning college credit during high school?
- 1.
- 2.
8. An apprenticeship is a training program where you earn wages while learning a skilled profession in a specific field. Name 2 apprenticeship program examples:
- 1.
- 2.
9. Name the 3 types of degrees & certificates offered through a community college:
- 1.
- 2.
- 3.
10. Name two of our local Technical & Trade Schools:
- 1.

2.

Why go to college?



Can't I get a good job now? Yes, maybe you could, but a college degree will make your chances even better. Check out the earnings and unemployment rates for people 25 years and older with different levels of education:

Level of education completed	Mean (average) earnings in 2011	Unemployment rate in 2011
Less than a high school diploma	\$29,848	14.1%
High school graduate, no college	\$41,288	9.4%
Some college, no degree	\$46,288	8.7%
Occupational program (career school)	\$49,920	6.6%
<i>Associate degree</i> (academic program)	\$52,988	6.9%
Bachelor's degree	\$71,552	4.9%
Master's degree	\$84,448	3.6%
Doctoral degree (e.g., Ph.D.)	\$102,648	2.5%
Professional degree (e.g., M.D., J.D.)	\$121,212	2.4%

Source: Bureau of Labor Statistics, Current Population Survey, unpublished tables, 2012.

Just in case you were wondering

Career Preparation

All jobs require some sort of preparation. Below are some popular job titles and the preparation/training they require (along with the average wage earned per year).

Abbreviations:

OJT =	On the Job Training	CC =	Community
College		4 =	4 year
HS =	High school diploma or equivalent	4+ =	Masters or
college/university		4++ =	professional degree
T =	Tech program or trade school		
Ph.D.			
App =	Apprenticeship		
plus certification			

Little Preparation *(Less than one month OJT through CC)*

<u>Occupation Title</u>	<u>Training</u>	<u>Mean Wages</u>
Combined food service workers, including fast food \$25,500	OJT	
Cashiers, except gaming	OJT, HS	\$27,000
Retail sales	OJT	\$32,000
Waiter, waitress \$30,000	OJT	
General office clerk	OJT, HS, CC	\$35,500
Child care workers	OJT, HS, CC	\$22,000
Laborers and freight/stock handlers \$32,500	OJT, HS	
Counter and rental clerks	OJT	\$27,000
Janitors and cleaners, except maids \$28,500	OJT, HS	
Maids and house cleaners	OJT	\$25,000
Receptionists and information clerks \$33,000	OJT, HS, CC	
Counter attendants, cafeteria and food concessions \$23,000	OJT	
Landscaping and grounds keeping workers \$35,000	OJT, HS, T	
Stock clerks	OJT, HS	\$31,000
Teachers Assistants \$29,000	OJT, HS, CC	

Short Preparation *(1 to 12 months OJT, plus some tech, CC, or App)*

<u>Occupation Title</u>	<u>Training</u>	<u>Mean Wages</u>
Sales representatives, non-tech or non-science manufacturing \$60,000	OJT, HS, 4	

Painters, construction and maintenance \$40,500	OJT, HS, App, CC, T	
Bookkeeping, accounting and audit clerks \$42,000	OJT, HS, CC, 4	
Secretaries, general office	OJT, HS, CC	\$40,000
Customer service representatives	OJT, HS	\$37,000
Sales representatives, tech and science manufacturing \$70,000	OJT, HS, 4+	
Executive secretaries and administrative assistants \$45,000	OJT, HS, CC, 4	
Medical assistants	OJT, HS, CC, 4	\$32,500
Bus drivers, city transit	OJT, HS	\$39,000
Dental assistants	OJT, HS, CC, T	\$45,500
General farm, fishing and forestry laborers	OJT, HS, CC, T, 4	<i>varies</i>
Truck drivers, tractor-trailer	OJT, HS, T	\$42,500
Team assemblers	OJT, HS, T, CC	\$33,000
Construction laborers \$47,000	OJT, HS, T, CC	

Career Preparation Continued

Middle-Level Preparation *(1 to 4 years training through employer, CC or 4-year degree, or*

combinations of these. All require high school graduation and OJT.)

<u>Occupation Title</u>	<u>Training</u>	<u>Mean Wages</u>
Registered Nurses	4+	\$66,000
Hairdressers, stylists, cosmetologists	CC, T	\$42,000
Managers of construction trades, first-line managers	CC, App, 4+	\$70,500
Carpenters	CC+, App, T	\$52,500
Automotive service mechanics	CC, T	\$45,000
Managers of office and Admin support workers	CC, T	\$55,500
Managers of retail sales workers	CC+	\$49,500
Medical secretaries	CC+	\$35,500
Real estate sales agents \$55,500	CC, 4+	
Managers of food preparation workers \$42,000	CC, 4+	
Cooks, restaurant	CC+	\$30,000
Maintenance and repair workers	CC, T	\$42,000
Electricians	CC, App, T	\$60,000
All other managers	CC+, 4+	\$85,000
Licensed practical Nurses and vocational nurses \$43,500	CC+, 4	

More preparation *(Completion of 4-year college degree or higher. May require additional professional*

degree or license, plus work experience)

<u>Occupation Title</u>	<u>Training</u>	<u>Mean Wages</u>
Business operations specialists	4+	\$67,000
College professors	4++	\$69,500
Aerospace engineers	4++	\$81,000
Elementary teachers	4+	\$49,000
Insurance sales agents	4+	\$60,000
General operations managers	4+	\$107,000
Accountants and auditors	4+	\$70,000
Management analysts	4+	\$75,000
Physician and surgeons	4++	\$125,000
Secondary teachers	4+	\$52,500
Stock agents (securities and financial sales)	4+	\$80,000
Computer systems analysts	4+	\$75,500
All other teachers	4	\$45,500
Middle school teachers	4+	\$45,500
Construction managers	4	\$80,000



**Now, that you have considered career opportunities,
let's take a CL  SER look at the next 4 years of your life, & how it impacts future opportunities**

There are 4 high schools in the Everett Public School system: Cascade High School, Everett High School, Henry M. Jackson High School, and Sequoia High School. Each one has the same requirements; however, it is important that you know each high school has varying course options.

To plan for your high school education, it is important for you to understand...

- ❑ What you plan to do **after** high school
- ❑ How many **credits** you need to graduate
- ❑ Which **classes** you are required to take to graduate
- ❑ Other graduation requirements
- ❑ How to calculate your **GPA**

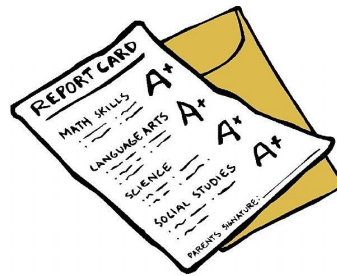
- ❑ How to meet standard on the Reading, Writing, Math and Science portions of the Smarter Balanced Tests & Exit Exams

Earning credits

You must earn 22 credits to graduate from an Everett Public High School. You get these credits by passing classes. A semester class equals 0.5 credit ($\frac{1}{2}$ credit). By passing a whole year class (*for example, English*) you will earn a total of one credit (1.0 credit).

It is important that you keep up with your assignments, **prepare** for tests and quizzes and **ask for help** before you get behind. If you fail a class you *will not* earn credit and you will have to retake the class if it is a graduation requirement.

EARNING CREDITS IS CRITICAL!



Graduation Requirements [Required Classes]

CLASSES REQUIRED TO GRADUATE
FROM HIGH SCHOOL

CLASSES REQUIRED TO
GRADUATE AND

ATTEND A 4 YEAR COLLEGE

The required classes for you to take in order to graduate from high school are:

- 4.0 English credits
- 3.0 Social Studies credits
 - ✓ 1.0 World History
 - ✓ 1.0 U.S. History
 - ✓ 0.5 Government
 - ✓ 0.5 Washington State History credit or Soc. Studies Elective *(If you passed WSH in middle school)*
- 1.0 Fine Arts credit
- 1.5 Physical Education credits
- 0.5 Health credit
- 3.0 Math credits
- 1.0 Career & Technical Education credit
- 2.0 Science credits
- 0.5 Senior Seminar credit
- 5.5 Elective credits
- Senior Quantitative Elective**

Total 22.0 credits

The required classes for you to take in order to graduate & attend a 4-year college are:

- **4.0 English credits**
- 3.0 Social Studies
 - ✓ 1.0 World History
 - ✓ 1.0 U.S. History
 - ✓ 0.5 Government
 - ✓ 0.5 Washington State History credit or another Social Studies* credit
- 1.0 Fine Arts credit
- 1.5 Physical Education credits
- 0.5 Health credit
- **4.0 Math credits/Alg-Trig level or higher**
- 1.0 Career & Technical Education credit
- **3.0 – 4.0 Science credits**
- 0.5 Senior Seminar credit
- **2.0 or more Elective credits**
- **2.0 or more World Language credits**

Total 22.0 credits

*Check your high school Planning Guide to find out what social studies classes they offer.

** To align with the Washington State Student Achievement Council College Admission Standards, students must earn 1.0 credit in a mathematics-based quantitative course during the senior year of high school. This requirement may be met by earning credit in one of the three required mathematics courses; or earning credit in a mathematics-based quantitative course like Statistics, Applied Mathematics, or appropriate career and technical courses; or by earning credit in an Algebra-based Science course taken during the senior year. Completion of higher-level mathematics prior to the senior year fulfills this requirement (e.g., Pre-Calculus, Mathematics Analysis, or Calculus).

The course Planning Guide for each high school will explain the **SPECIFIC REQUIREMENTS** for that school and how to account for your credits.

Graduation requirements in addition to classes

- ✓ Meet standard on the Smarter Balanced Tests in English Language Arts, Math & Science

✓ Meet standard on your Culminating Exhibition

1

Smarter Balanced Tests and Exit Exams

A state graduation requirement designed to ensure students have a solid foundation of reading, writing, math and science. Based on the Common Core State Standards, students are required to pass English Language Arts (ELA) exit exam, one of two math exit exams, and the Biology End of Course (EOC) exam, or a state-approved alternative.

A Certificate of Academic Achievement (CAA): is earned by meeting standard on:

- (1) the English Language Arts Exit Exam or 11th-grade Smarter Balanced ELA Test,
- (2) the Algebra 1 or Geometry EOC Exit Exam or 11th-grade Smarter Balanced Math Test,
- (3) and the Biology EOC or Comprehensive Next Generation Science Standards (NGSS) Test.

State approved assessments are required for high school graduation.



For more information, please review the OSPI website:

www.k12.wa.us/assessment/Smarter/default.aspx

2

Culminating Exhibition and the High School & Beyond Plan

(also called: “Senior Project” or “CE”)

The Culminating Exhibition is required for graduation from all of the high schools in this district. Students have an opportunity develop a project that demonstrates application of knowledge and may include research, learning a new skill, writing a paper, and presenting the project to a review panel. This is an opportunity to have support and mentorship as you explore a topic, a career or a personal interest. It is also through this class that students complete their required High School and Beyond Plan.



For more information, please review the EPS website:

<http://everettce.com/>

It's Time to Check your Understanding of GRADUATION REQUIREMENTS

Directions: Answer each question. To assist, use the information covered on pages 16 - 21.

1. In addition to earning credits, name two other things you need to pass in order to graduate from high school:
 - 1.
 - 2.
2. Name one high school graduation requirement you can complete in middle school:
3. If you fail a class, you will still earn credit for the course. True False
4. From the list on pages 17 & 18, name a job that interests you: _____
What type of training is needed? _____
What is the average wage? _____
5. Do you need a world language...

... to graduate from high school?	Yes	No
... to enter a 4-year college/university?	Yes	No
6. You need to earn _____ credits to graduate from a high school in the Everett School District.
7. You need to earn _____ English credits to graduate from high school.
8. You need to earn _____ math credits to graduate from high school.
9. You need to earn _____ fine arts credits to graduate from high school.
10. To enter a 4-year College/University, a student needs to complete
_____ World Language credits, _____ English credits,
_____ Math credits, and _____ Social Studies credits.

Things to know before you go



1

Grades:

Freshmen grades DO count!

- Your grades throughout high school impact your future options.
- **Your GPA does not start over each year.**
- If you fail a class, you don't get any credit and it doesn't count toward your graduation. That failure **will affect** your transcript during your entire high school career, even if you take the class over and get a better grade.
- **Note: When you apply to college, the GPA you submit is often based on your first 3 years - 9th, 10th and 11th grade of high school. 9th grade or your freshman year is 1/3 of your GPA used when applying to college. Colleges will see your senior transcript and GPA as well, so senior year is also extremely important.**

2

Attendance:

There are important reasons to attend your classes. Too many absences can cause the following:

- Potential loss of credit
- Inability to take electives
- Inability to participate in sports, Sno-Isle, Running Start, etc.
- Inability to qualify for open campus

You need to be IN class to LEARN. Get a pre-arranged absence form from the school website or Attendance Office, fill it out, and turn it in to the Attendance Office before any planned absences. A parent/guardian must excuse your absence with the school attendance office within 2 days of the absence.

3

Changing your Schedule:

- You may make changes to your schedule ONLY during the first 10 days of a semester, and ONLY if you have an error on your schedule. *See your school's schedule change policy for more information.*
- If you drop a class AFTER 10 days you will receive an F for that class.
- Make sure to talk to your counselor if there is a problem with your schedule.
- **You may not drop a class that is a requirement for graduation.**
- You cannot change your schedule based on teacher preference, your lunch, or to get into a class with a friend.

How to calculate your GPA



Your Grade Point Average (GPA) is the average of all your class grades that reflects your academic performance. GPAs are used in determining athletic and academic scholarships, college admissions, entrance to special programs, and work opportunities.

The grade you get for each class has a point value. The point value follows the point system:

A	=	4.0 points
A-	=	3.7 points
B+	=	3.3 points
B	=	3.0 points
B-	=	2.7 points
C+	=	2.3 points
C	=	2.0 points
C-	=	1.7 points
D+	=	1.3 points
D	=	1.0 points
F	=	0.0 points*

**“F” indicates a failing grade and is included in your GPA*

To calculate your GPA, take the total number of points you have earned and divide those points by the number of classes you’ve taken.

Just for fun, calculate your CURRENT GPA!

What is your CURRENT GPA for this semester? _____

Is this the GPA you want to earn? YES NO

If “yes”, what are you doing to earn it? _____

If “no”, what could you do to earn a higher GPA? _____

**The High School Transcript used by all
Public Washington State High Schools**

A transcript is a paper that summarizes your classes, grades and cumulative GPA. Colleges use your transcript to review your academic career and potential. Employers may use it to get a sense of what kind of employee you will be. The National College Athletic Association (NCAA) uses it to determine recruitment eligibility. Your transcript reports your classes and your grades.

Your name, student ID,
& parent/guardian name

Grade
Point Table

The high school
name & address

STUDENT INFORMATION

LEGAL NAME (LAST, FIRST MIDDLE) (and other names as desired)

DISTRICT IDENTIFICATION NUMBER

WASHINGTON STATE HIGH SCHOOL
TRANSCRIPT

REPORT DATE: 06/24/2010

GRADUATION DATE

Grade Point Table

A = 4.0
A- = 3.7
B+ = 3.3
B = 3.0
B- = 2.7
C+ = 2.3
C = 2.0
C- = 1.7
D+ = 1.3
D = 1.0
D- = 0.7
F = 0.0

SCHOOL OF RECORD

SCHOOL NAME, ADDRESS, PHONE NUMBER

HM JACKSON HIGH

1508, 136TH ST SE
MILL CREEK, WA 98012

425-385-7000

SCHOOL DISTRICT NAME
EVERETT SCHOOL DISTRICT

*** SCHOOLS ATTENDED ***

Entry	Exit	School	City, State
09/2009		HM JACKSON HIGH	MILL CREEK, WA

***** COURSE DESIGNATION KEY *****

= INTL BACCALAUREATE A = ADVANCE PLACEMENT
= COLLEGE IN THE HS R = RUNNING START
= TECH PREP B = HECH CORE
= HONORS OPTION

***** ACADEMIC RECORD *****

Course	Description	Ltr	Cred	Grd	Earn	Attp	Design
MO/YR: 02/2010	GRD LEV: 09						
TE111	FAMILY HEALTH	B-	0.50	0.50			B
ENG151	ENGLISH 1 HONOR	D+	0.50	0.50			HB
ITH301	ALG 2 TRIG	C	0.50	0.50			B
ITH301	ALG 2 TRIG	A	1.00	1.00			B
ITH301	ALG 2 TRIG	B	1.00	1.00			B
PE101	PE 1	B	0.50	0.50			
SCI151	COORD SCI HON	C+	0.50	0.50			HB
FLA111	FRENCH 1	C+	0.50	0.50			B
MO/YR: 06/2010	GRD LEV: 09						
TE125	CHILD DEV	F	0.00	0.50			
ENG152	ENGLISH 1 HONOR	D+	0.50	0.50			HB
INT101	INTRO ART	B	0.50	0.50			B
ITH302	ALG 2 TRIG	C	0.50	0.50			B
SCI152	COORD SCI HON	C	0.50	0.50			HB
FLA112	FRENCH 1	D	0.50	0.50			B
***** REPORT PERIOD AND CUMULATIVE SUMMARY *****							
Yr	Mo/Yr	Earn	Attp	GPA	GPA	GPA	
09	02/2010	5.00	5.00	5.00	5.00	1.80	2.760
09	06/2010	2.50	3.00	2.50	3.00	4.55	1.550
Cumulative:		7.50	8.00	7.50	8.00	18.35	2.306
***** ADDITIONAL STATE REQUIREMENTS *****							
High Sch & Beyond Plan				MET MET			
Culminating Project				MET MET			
***** END OF TRANSCRIPT RECORD *****							

Middle
School Alg. 1,
Geom. &
Coordinated
Science can
be added to
your H.S.
Transcript

1st semester classes,
grades & credits earned

2nd semester classes,
grades & credits earned

Cumulative
GPA

Cumulative
credits earned

NOTICE: If you fail a class,
you won't earn credit

For information about the State of Washington High School Transcript please visit the official website of the Washington State Board of Education.

OSPI FORM VERSION 1003 (rev. October 2006)

AUTHORIZED SIGNATURE

DATE

PAGE 1 of 1

Creating YOUR 4-year High School Plan

Use the charts on the following pages, along with your **future high school** (*Cascade, Everett, Jackson, or Sequoia High School*) **Planning Guide** to create your 4-year high school plan for high school graduation. On pages 27 – 32 you will find sample 4-year plans for college, college with band or choir, vocational prep, and vocational tech 4-year college plan. Remember, this is a “living” document; you should make updates to it throughout your high school career.

9 th grade, Semester 1		9 th grade, Semester 2	
1.	English 1	1.	English 1
2.	Science	2.	Science
3.	Mathematics	3.	Mathematics
4.	PE	4.	Health
5.		5.	
6.		6.	

10 th grade, Semester 1		10 th grade, Semester 2	
1.	English 2	1.	English 2
2.	Science	2.	Science
3.	Mathematics	3.	Mathematics
4.	World History	4.	World History
5.		5.	
6.		6.	

11 th grade, Semester 1		11 th grade, Semester 2	
1.	English 3	1.	English 3
2.	U.S. History	2.	U.S. History
3.	Mathematics	3.	Mathematics
4.		4.	
5.		5.	
6.		6.	

12 th grade, Semester 1		12 th grade, Semester 2	
1.	English	1.	English
2.	WA State <i>(unless you passed this in M.S.)</i> or another Social Studies	2.	Government
3.	Senior Seminar (CE)	3.	
4.		4.	
5.		5.	
6.		6.	

My 4-year High School Schedule - College

What Career are you currently considering?	What training/education will you need in order to obtain this position?	What qualifications (HS classes, etc) will you need to get into this training/education?	What classes should you take in HS to make sure you are qualified to enter this training/education institution?	What other activities should you include in order to prepare you for your future?

9th grade, Semester 1

1.	English 1 or Honors
2.	Coordinated Science or Honors
3.	Algebra, Geometry, or Alg. 2
4.	PE
5.	Fine Arts
6.	World Language

9th grade, Semester 2

1.	English 1 or Honors
2.	Coordinated Science or Honors
3.	Algebra, Geometry, or Alg. 2
4.	Health
5.	Career & Technical Education
6.	World Language

10th grade, Semester 1

1.	English 2 or Honors
2.	Biology or Honors
3.	Geometry, Algebra 2, or Pre-Cal
4.	World History or AP
5.	Career & Technical Education
6.	World Language

10th grade, Semester 2

1.	English 2 or Honors
2.	Biology or Honors
3.	Geometry, Algebra 2, or Pre-Cal
4.	World History or AP
5.	Fine Arts
6.	World Language

11th grade, Semester 1

1.	English 3 or AP
2.	U.S. History or AP
3.	Algebra 2, Pre-Cal, or Calculus
4.	Chemistry
5.	PE
6.	World Language

11th grade, Semester 2

1.	English 3 or AP
2.	U.S. History or AP
3.	Algebra 2, Pre-Cal, or Calculus
4.	Chemistry
5.	Elective
6.	World Language

12th grade, Semester 1

1.	English – <i>English 4, UW, AP, etc.</i>
2.	WSH or other Social Studies
3.	Pre-C, Stats, Cal, AP Stats, or AP Cal
4.	Physics, AP Bio, AP Chem, AP Physics
5.	Sr. Seminar (CE)
6.	PE

12th grade, Semester 2

1.	English - <i>UW, AP, Myth/Legend, etc.</i>
2.	Government or AP
3.	Pre-C, Stats, Cal, AP Stats, or AP Cal
4.	Physics, AP Bio, AP Chem, AP Physics
5.	Elective
6.	Elective

My 4-year High School Schedule - with Band, Choir or AVID

What Career are you currently considering?	What training/education will you need in order to obtain this position?	What qualifications (HS classes, etc) will you need to get into this training/education?	What classes should you take in HS to make sure you are qualified to enter this training/education institution?	What other activities should you include in order to prepare you for your future?

9th grade, Semester 1

1.	English 1 or Honors
2.	Coordinated Science or Honors
3.	Algebra, Geometry, or Algebra 2
4.	PE
5.	Band/Choir/AVID
6.	World Language

9th grade, Semester 2

1.	English 1 or Honors
2.	Coordinated Science or Honors
3.	Algebra, Geometry, or Algebra 2
4.	Health
5.	Band/Choir/AVID
6.	World Language

10th grade, Semester 1

1.	English 2 or Honors
2.	Biology or Honors
3.	Geometry, Alg. 2, or Pre-Calculus
4.	World History or AP
5.	Band/Choir/AVID
6.	World Language

10th grade, Semester 2

1.	English 2 or Honors
2.	Biology or Honors
3.	Geometry, Alg. 2, or Pre-Calculus
4.	World History or AP
5.	Band/Choir/AVID
6.	World Language

11th grade, Semester 1

1.	English 3 or AP
2.	U.S. History or AP
3.	Algebra 2, Pre-Cal, or Calculus
4.	Chemistry
5.	Band/Choir/AVID
6.	World Language

11th grade, Semester 2

1.	English 3 or AP
2.	US History or AP
3.	Algebra 2, Pre-Cal, or Calculus
4.	Chemistry
5.	Band/Choir/AVID
6.	World Language

12th grade, Semester 1

1.	English – <i>English 4, UW, AP, etc.</i>
2.	WSH or Social Studies Elective
3.	Pre-C, Stats, Cal, AP Stats, or AP Cal
4.	Physics, AP Bio, AP Chem, AP Physics
5.	Band/Choir/AVID
6.	Senior Seminar (CE)

12th grade, Semester 2

1.	English - <i>UW, AP, Myth/Legend, etc.</i>
2.	Government or AP
3.	Pre-C, Stats, Cal, AP Stats, or AP Cal
4.	Physics, AP Bio, AP Chem, AP Physics
5.	Band/Choir/AVID
6.	PE **

**** To complete this option, a student will need to discuss options to complete the final 0.5 PE outside of normal school day with his/her counselor**

My 4-year High School Schedule - Community College

What Career are you currently considering?	What training/education will you need in order to obtain this position?	What qualifications (HS classes, etc) will you need to get into this training/education?	What classes should you take in HS to make sure you are qualified to enter this training/education institution?	What other activities should you include in order to prepare you for your future?

9th grade, Semester 1

1.	English 1 or Honors
2.	Coordinated Science or Honors
3.	Algebra, Geometry, or Algebra 2
4.	PE
5.	Fine Art
6.	World Language

9th grade, Semester 2

1.	English 1 or Honors
2.	Coordinated Science or Honors
3.	Algebra, Geometry, or Algebra 2
4.	Health
5.	Career & Technical Education
6.	World Language

10th grade, Semester 1

1.	English 2 or Honors
2.	Biology or Honors
3.	Geometry, Alg. 2, or Pre-Calculus
4.	World History or AP
5.	Career & Technical Education
6.	World Language

10th grade, Semester 2

1.	English 2 or Honors
2.	Biology or Honors
3.	Geometry, Alg. 2, or Pre-Calculus
4.	World History or AP
5.	Fine Art
6.	World Language

11th grade, Semester 1

1.	English 3 or AP
2.	U.S. History or AP
3.	Mathematics
4.	PE
5.	Elective
6.	Elective

11th grade, Semester 2

1.	English 3 or AP
2.	U.S. History or AP
3.	Mathematics
4.	PE
5.	Elective
6.	Elective

12th grade, Semester 1

1.	English – <i>English 4, UW, AP, etc.</i>
2.	WSH or Social Studies Elective
3.	Mathematics
4.	Sr. Seminar
5.	Elective
6.	Elective

12th grade, Semester 2

1.	English - <i>UW, AP, Myth/Legend, etc.</i>
2.	Government or AP
3.	Mathematics
4.	Elective
5.	Elective
6.	Elective

What Career are you currently considering?	What training/education will you need in order to obtain this position?	What qualifications (HS classes, etc) will you need to get into this training/education?	What classes should you take in HS to make sure you are qualified to enter this training/education institution?	What other activities should you include in order to prepare you for your future?

9th grade, Semester 1

1. English 1
2. Coordinated Science
3. Mathematics
4. PE
5. Fine Arts
6. Elective or Support Class

9th grade, Semester 2

1. English 1
2. Coordinated Science
3. Mathematics
4. Health
5. Career & Technical Education
6. Elective or Support Class

10th grade, Semester 1

1. English 2
2. Biology
3. Mathematics
4. World History
5. PE
6. Career & Technical Education

10th grade, Semester 2

1. English 2
2. Biology
3. Mathematics
4. World History
5. PE
6. Fine Arts

11th grade, Semester 1

1. English 3
2. US History
3. Mathematics
4. Sno-Isle or CTE or Elective
5. Sno-Isle or CTE or Elective
6. Sno-Isle or CTE or Elective

11th grade, Semester 2

1. English 3
2. US History
3. Mathematics
4. Sno-Isle or CTE or Elective
5. Sno-Isle or CTE or Elective
6. Sno-Isle or CTE or Elective

12th grade, Semester 1

1. English – <i>English 4, UW, AP, etc.</i>
2. WSH or other Social Studies
3. Sr. Seminar (CE)
4. Sr. Quantitative Elective
5. Sno-Isle or CTE or Elective
6. Sno-Isle or CTE or Elective

12th grade, Semester 2

1. English - <i>UW, AP, Myth/Legend, etc.</i>
2. Government
3. Elective
4. Sr. Quantitative Elective
5. Sno-Isle or CTE or Elective
6. Sno-Isle or CTE or Elective

My 4-year High School Schedule - Vocational/4 yr. College

What Career are you currently considering?	What training/education will you need in order to obtain this position?	What qualifications (HS classes, etc) will you need to get into this training/education?	What classes should you take in HS to make sure you are qualified to enter this training/education institution?	What other activities should you include in order to prepare you for your future?

9th grade, Semester 1

1.	English 1 or Honors
2.	Coordinated Science or Honors
3.	Algebra, Geometry, or Algebra 2
4.	PE
5.	Fine Arts
6.	World Language

9th grade, Semester 2

1.	English 1 or Honors
2.	Coordinated Science or Honors
3.	Algebra, Geometry, or Algebra 2
4.	Health
5.	Career & Technical Education
6.	World Language

10th grade, Semester 1

1.	English 2 or Honors
2.	Biology or Honors
3.	Geometry, Alg 2, or Pre-Calculus
4.	World History or AP
5.	PE
6.	World Language

10th grade, Semester 2

1.	English 2 or Honors
2.	Biology or Honors
3.	Geometry, Alg 2, or Pre-Calculus
4.	World History or AP
5.	PE
6.	World Language

11th grade, Semester 1

1.	English 3 or AP
2.	U.S. History or AP
3.	Algebra 2, Pre-Cal, or Calculus
4.	Chemistry or Sno-Isle
5.	World Language or Sno-Isle
6.	Elective or Sno-Isle

11th grade, Semester 2

1.	English 3 or AP
2.	U.S. History or AP
3.	Alg 2, Pre-Cal, or Cal
4.	Chemistry or Sno-Isle
5.	World Language or Sno-Isle
6.	Elective or Sno-Isle

12th grade, Semester 1

1.	English – <i>English 4, UW, AP, etc.</i>
2.	WSH or other Social Studies
3.	Sr. Seminar **
4.	Sr. Quantitative Elective
5.	Sno-Isle or CTE or Elective
6.	Sno-Isle or CTE or Elective

12th grade, Semester 2

1.	English - <i>UW, AP, Myth/Legend, etc.</i>
2.	Government or AP
3.	Elective
4.	Sr. Quantitative Elective
5.	Sno-Isle or CTE or Elective
6.	Sno-Isle or CTE or Elective

**** Talk with your counselor if you need to learn about options to complete 0.5 credit of WA State History, Social Studies, or CTE outside of school day**

Sample Freshman Schedules

Generic Schedule



	9 th grade Fall Semester	9 th grade Spring Semester
1	Coordinated Science	Coordinated Science
2	English 1	English 1
3	Math	Math
4	Health	PE
5	Social Studies, Fine Art, or CTE	CTE or Fine Art
6	Fine Art or CTE	CTE or Fine Art

Schedule with World Language



	9 th grade Fall Semester	9 th grade Spring Semester
1	Coordinated Science	Coordinated Science
2	English 1	English 1
3	Math	Math
4	Health	PE
5	Social Studies, Fine Art, or CTE	CTE or Fine Art
6	World Language	World Language

Schedule with Band, Choir or AVID



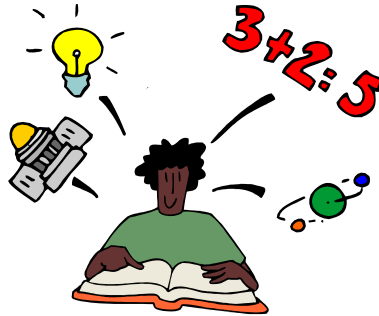
	9 th grade Fall Semester	9 th grade Spring Semester
1	Coordinated Science	Coordinated Science
2	English 1	English 1
3	Math	Math
4	Health	PE
5	Social Studies or CTE	CTE
6	Band, Choir or AVID	Band, Choir or AVID

Schedule with Band or Choir AND World Language



	9 th grade Fall Semester	9 th grade Spring Semester
1	Coordinated Science	Coordinated Science
2	English 1	English 1
3	Math	Math
4	Band or Choir	Band or Choir
5	Health	PE
6	World Language	World Language

TIPS for making your classes count



- ❖ Pick friends who will help you graduate. We behave like the people we spend time with.
- ❖ Sit close to the front of the classroom when possible.
- ❖ Ask questions! If you don't understand something, chances are others in the class don't understand either.
- ❖ Use the after school academic support time. Teachers are available to help before & after school. The library is another perfect place to study.
- ❖ Learn to take good class notes.
- ❖ Learn to proofread, correct, and rewrite your written work.
- ❖ Study for tests.
- ❖ Turn off all electronic devices (TV, cell phones, social networking sites, video games, etc)! Students who engage in more than an hour or so of these activities a day put themselves at higher risk for failure.
- ❖ Find helpful adults. Find caring adults outside your immediate family to have as mentors. Students who have responsible adults, in addition to parents to support them, do better in school.

It's Time to Check your STUDY SKILLS

Study Skills – Do you have them? (circle “yes” or “no”)

Study Plan:

- | | | |
|---|-----|----|
| 1. Do you have a daily study schedule? | Yes | No |
| 2. Do you have a good study area? | Yes | No |
| 3. Do you review what you have studied? | Yes | No |
| 4. Do you study/recall the main points from each class? | Yes | No |
| 5. Do you take good class/study notes? | Yes | No |

Review Techniques:

- | | | |
|--|-----|----|
| 1. Do you have time scheduled to study/review before tests? | Yes | No |
| 2. Do you plan your review systematically? | Yes | No |
| 3. Do you summarize your notes? | Yes | No |
| 4. Do you self-test yourself on material covered in your notes? | Yes | No |
| 5. Do you ask the teacher what to study the most? | Yes | No |
| 6. Do you try to predict the questions? | Yes | No |
| 7. Do you review with other students? | Yes | No |
| 8. Do you give yourself time to study for tests (versus cramming)? | Yes | No |

Attitude:

- | | | |
|---|-----|----|
| 1. Do you think/feel you test well?
(versus feeling like you have failed before taking a test) | Yes | No |
| 2. Do you see tests as a way to show how much you know? | Yes | No |

Organize:

- | | | |
|---|-----|----|
| 1. Do you study/review the day before a test? | Yes | No |
| 2. Do you eat and sleep well before a test? | Yes | No |
| 3. Do you stay calm before a test? | Yes | No |
| 4. Do you have all the supplies needed before a test? | Yes | No |
| 5. Do you question yourself as you study? | Yes | No |

Pace yourself:

- | | | |
|--|-----|----|
| 1. Do you listen carefully to the test instructions? | Yes | No |
| 2. Do you read the entire test first? | Yes | No |
| 3. Do you organize your thoughts before answering? | Yes | No |
| 4. Do you budget time for each question? | Yes | No |
| 5. Do you think carefully about one question at a time? | Yes | No |
| 6. Do you write down key words? | Yes | No |
| 7. Do you write legibly? | Yes | No |
| 8. Do you avoid leaving blank answers? | Yes | No |
| 9. Do you answer short questions specifically and with details? | Yes | No |
| 10. Do you organize & express yourself clearly on essay questions? | Yes | No |
| 11. Do you reread your answers when you finish? | Yes | No |

A “**Yes**” answer will show that you have the study skills in that area. A “**No**” answer will show that you need improvement in those areas. Please look at each “**No**” answer and apply techniques to change it to a “**Yes**.” The following is a self-help

study skills website that may provide additional guidance:
www.ucc.vt.edu/stdysk/stdyhelp.html

Additional options

See your H.S. Counselor and school counseling website for more information.

Sequoia High School

Sequoia High School (SHS) was built on three major principles:

- (1) personalizing,
- (2) performance
- (3) choice

Any student between the ages of 15-21, who is a high school student (grades 9-12), and will be able to complete all high school credits and requirements by the time s/he turns 21 is welcome to enroll at Sequoia High School.

Sequoia is a high school of only 200+ students. It is a school of choice. Students give up the broad course offerings and extracurricular activities of a traditional school for this more personal, individualized approach.

Online High School

Students take online classes for a variety of reasons, which include: making up credits, accelerating credit acquisition, scheduling difficulties, fulfill prerequisites for advanced classes at their school, and more!

For more information, visit www.onlinehs.net or talk to your counselor



Summer School

Classes are offered during the summer at different sites and via Online HS.

Visit: The Everett Public Schools webpage or check with the Counseling Office.



Sno-Isle Skills Center

Sno-Isle Skills Center often has exciting summer classes.

Check www.snoisletech.com for more details.



Get a JUMP start on High School



Hey!! There's still plenty of time to make sure you are ready

For the remainder of your 8th grade year:

Make the rest of your 8th grade year count. Start building your H. S. muscles now by:

- ❖ Completing work, participating in class, meeting due dates and deadlines, and using a calendar
- ❖ Setting and achieving goals. The skills you acquire by merely working on goals will help you prepare for the rigor of high school.
- ❖ Joining a club or volunteer to help with a dance, sporting event, or become a peer mentor in a class.
- ❖ Asking for help in your classes. The skills you are learning in 8th grade are a foundation for your 9th grade year.
- ❖ Talking to your counselor and teachers about registering for upper level or honor classes in 9th grade.
- ❖ Visiting the high school you will attend next year. Attend any functions that the high school offers for incoming freshmen.
- ❖ Taking summer classes to polish up on your writing, reading and math skills. You will use these skills in every class.
- ❖ Getting a summer job and begin saving for activities in high school i.e. homecoming, prom, college (it is NOT too early to start saving!)

List 3 things you WILL do to make sure you are prepared for high school:

1. _____
2. _____
3. _____



It's Time to Check your TIME MANAGEMENT

Time flies when you're...

#1

How do you spend your time? Fill in this worksheet with what you do in a normal school week. Use the results to figure out where you might have some extra time. Then, set a goal focused on how you can improve your schedule.

How many hours do you:	Daily Total	Frequency	Weekly total
Sleep (include naps)?		x 7 days	
Spend in school?		x 7 days	
Study or do homework?		x 7 days	
Watch TV?		x 7 days	
Spend online or on the computer?		x 7 days	
Talk on the phone?		x 7 days	
Work at a job?		x 7 days	
Commute to and from school?		x 7 days	
Participate in extracurricular activities (e.g. sports)?		x 7 days	
Prepare and eat meals?		x 7 days	
Other:		x 7 days	
Other:		x 7 days	
Other:		x 7 days	
Total Hours			

#2

Read the information on page 38

#3

One goal I have to improve my schedule is:

Time Management

Adapted from www.collegeboard.com

It's 9 pm ~ Do you know where your homework is and what you need to get done?

Do you ever feel like you're always running late, or do you continually have late or missing assignments? Does it seem like your day goes too fast and you run out of time to get everything completed? Here are a few tips on how to take control of your time and organize your life.

1. **Every day make a "to do" list** ~ whether it be on paper or by using your cell phone calendar, list your most important tasks first.
2. **Use spare time wisely.** Waiting for your parent to pick you up? Have extra time during lunch? Use any spare time to read or study your notes from the day.
3. **It's okay to say "No."** If you have an exam on Friday and have been invited to attend the basketball game the night before, you may need to stay home if you haven't already studied for your exam.
4. **Find the right time.** Most people have a "best time" to study ~ find your right time. For example, if you feel the most awake in the afternoon, do your studying then versus in the late evening.
5. **Every day review your notes.** This helps to reinforce what you've learned, so you'll need less time to study. This will also help if your teacher calls on you the next day or if there is a pop quiz.
6. **Get a good night's sleep.** If you are tired your day will seem longer and your tasks will feel more difficult.
7. **Communicate your schedule with others.** If your friends know you study from 4 – 5:30 pm, they'll know to hold off on calling you until after you're done working.
8. **Track your tasks.** Figure out your free time, budget your time and plan activities accordingly.
9. **Don't waste time agonizing.** Have you ever worried about an assignment or project all night long? Was it worth it? Instead of agonizing and procrastinating, just do it.
10. **Keep things in perspective.** Set realistic goals – unrealistic goals will set you up for failure. Set goals that are challenging but reachable.

Now the FUN Stuff

Extra Curricular opportunities at High School



A great way to ensure your success and to meet new friends in high school is to get INVOLVED. If you are actively involved in your school, it is more likely that you will enjoy being there and be successful. Along with being fun, activities help to build your leadership skills.

Some options include:

- Sports
- Clubs
- Band or Choir
- ASB (*class officer elections are held the 1st month of 9th grade*)

Check out what your future high school has to offer by looking in the Planning Guide, talking to coaches and teachers, searching the high school webpage, making an appointment to talk to your counselor, or joining a student leadership group (they know what is going on because they plan school functions).

See your high school's Planning Guide or website to find specific information about extracurricular activities.

**It's Time to Check your Understanding of
More KEY HIGH SCHOOL CONCEPTS**

Directions: Answer each question. To assist, use the information covered on pages 23 - 39.

1. Name one reason a student would take an online class: _____
2. A parent/guardian must excuse your absence with the school attendance office within _____ days of the absence.
3. Will your freshman year grades count toward your cumulative GPA? YES NO
4. What are the 3 major principles at Sequoia High School?
1. _____ 2. _____ 3. _____
5. Name 3 things you should know about changing your class schedule once school has started:
1.
2.
3.
6. What is the webpage for the Online HS program? www._____
7. Figure out the grade point average for the following grades and then figure out what the cumulative GPA will be:

A	C	B	
A	B	B	
B	B	A	
A	D	F	<u>Cumulative GPA</u>
8. Your grade point average (_____. P. _____) is a number (the _____ of all your grades) that reflects your academic performance.
9. Name 1 extracurricular school activity you are interested in joining: _____
10. From the list on page 33, name 3 things you can do now to make sure you are ready for high school?
1.
2.
3.

The High School Cyber Hunt

Directions: Access your high school website to answer the following questions!

1. The name of my high school is: _____
2. My high school mascot is: _____
3. My high school colors are: _____
4. My high school day starts at this time: _____
5. My high school day is over at this time: _____
6. My high school principal's name is: _____
7. My high school counselor's name is: _____
8. My high school is located in this town: _____
9. My HS's High School & Beyond family night is being held on: _____
(enter date)
10. I look forward to getting more information about and/or joining the following two activities, sports teams and/or clubs:
 - a. _____
 - b. _____
11. The exam that WA State requires me to pass is called the: _____
12. The 2 college entry exams & their websites are:

Name _____	Website _____
Name _____	Website _____
13. The most interesting thing about my high school is: _____

14. I need _____ of credits to graduate.
(number)
15. I **WILL** graduate in the year of: _____!

Webpage Resources

High School Websites:

Cascade High School: www.everettsd.org/Domain/8

CHS Counseling Dept: www.everettsd.org/domain/2025

Everett High School: www.everettsd.org/Domain/9

EHS Counseling Dept: www.everettsd.org/domain/2026

H. M. Jackson High School: www.everettsd.org/Domain/10

JHS Counseling Dept.: www.everettsd.org/domain/2027

Sequoia High School: www.everettsd.org/Domain/11

SHS Counseling Dept: www.everettsd.org/domain/2028

Online High School: www.onlinehs.net

High School Resource Websites:

Athletics: www.everettsd.org/Page/199

AVID: www.avid.org

Career & Technical Education: www.everettsd.org/Page/5958

Food & Nutrition: www.everettsd.org/Page/4827

Everett School District H.S. Graduation requirements

Policies: <http://docushare.everett.k12.wa.us/docushare/dsweb/Get/Document-412/2410%20High%20School%20Graduation%20Requirements.pdf>

Procedures: <http://docushare.everett.k12.wa.us/docushare/dsweb/Get/Document-441/2410P%20High%20School%20Graduation%20Requirements.pdf>

State Testing: www.k12.wa.us/assessment

Post High School Planning Websites:

ACT: www.act.org

Apprenticeships: www.lni.wa.gov/tradeslicensing/apprenticeship/programs/

Career Search: www.wois.org, www.myfuture.com

College Planning: See the *College & Career Readiness* link on each High School Counseling Webpage

College Board (SAT, AP, etc.): www.collegeboard.org

College Searches: www.collegeboard.org, www.fastweb.com, www.checkoutacollege.com,
www.questbridge.org/, www.projectopportunity.net/

Gap Year Fairs: www.usagapyearfairs.org/

Military: www.military.com

NCAA Clearinghouse: http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp

Scholarships: www.thewashboard.org. Also, under the *College & Career Readiness* link (on each High School Counseling Webpage), click on "Scholarships"