



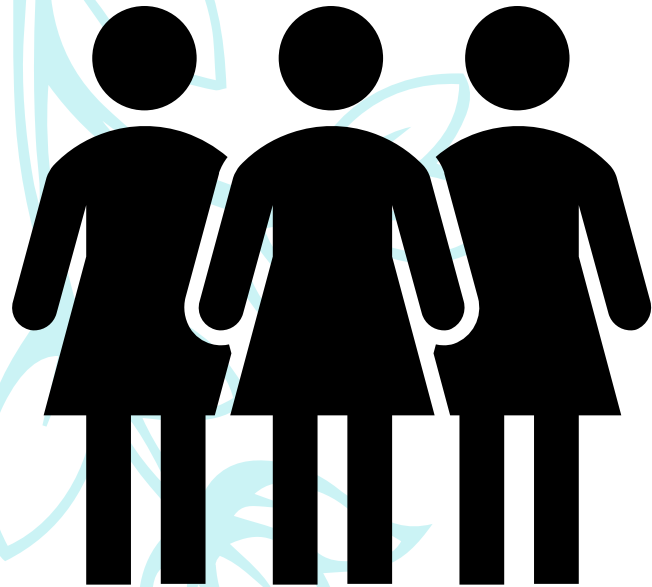
# Preparing for Freshman Year

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Your Guide to Making it Through  
Your First Year of High School

# Who is your guidance team?

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- ❖ Miss Manzano – Guidance Counselor
  - [rmanzano@ichslodi.org](mailto:rmanzano@ichslodi.org)
- ❖ Miss Koval – Dean of Academics
  - [kkoval@ichslodi.org](mailto:kkoval@ichslodi.org)
- ❖ Mrs. Beatrice – Guidance Secretary
  - [jbeatrice@ichslodi.org](mailto:jbeatrice@ichslodi.org)

# Freshman Year

The Adventure  
Begins!



# Typical Freshman Year Schedule

Full Year Religion 1

Full Year Algebra 1

Half Year of English 1

Half Year of P.E/Health 1

Half Year of World History

Half Year of Biology

Half Year of Language

Financial Literacy\*

Practical Art\*

Visual Art\*

# Schedule

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**Make sure you are CHALLENGING yourself this year!**



**Keep your grades up!**

If you are having difficulties in your classes, please reach out to your teachers immediately!

If you feel like you are in need of a tutor, please reach out to Mrs. Vallecillo.



**You are allowed to change your classes before 5 school days.**

After 5 school days of being in your class, you are not allowed to change classes.

Changing classes must be valid and up to guidance discretion. For example: You cannot switch classes because you do not like the teacher.



Collegiate  
Academy

Student  
Ambassadors

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Student  
Council

Vocal  
Ensemble

Choir

Musical  
Theatre

Activities to  
join at ICHS

# Clubs To Join at ICHS

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Art Club	Book Club	Board Game Club	Etiquette Club	Food Club
Future Nurses Club	ICTV	Knitting & Crocheting Club	Literacy Magazine	Math Club
	Photography Club	Tolkien Club	Yearbook Club	

# Honor Societies at ICHS

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Mu Alpha  
Theta – Math  
Honor Society

National  
Honor Society

National  
English Honor  
Society

National  
Spanish Honor  
Society

Rho Kappa

Tri M Music  
Honor Society



Basketball

Cheerleading

Cross  
Country

Dance

Lacrosse

Soccer

Softball

Swimming

Tennis

Track

Volleyball

Wrestling

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Sports to  
join At  
ICHS

# Standardized Testing Schedule

\*Be sure to keep up-to-date with testing dates on the IC Calendar\*



ACT Aspire Fall Testing

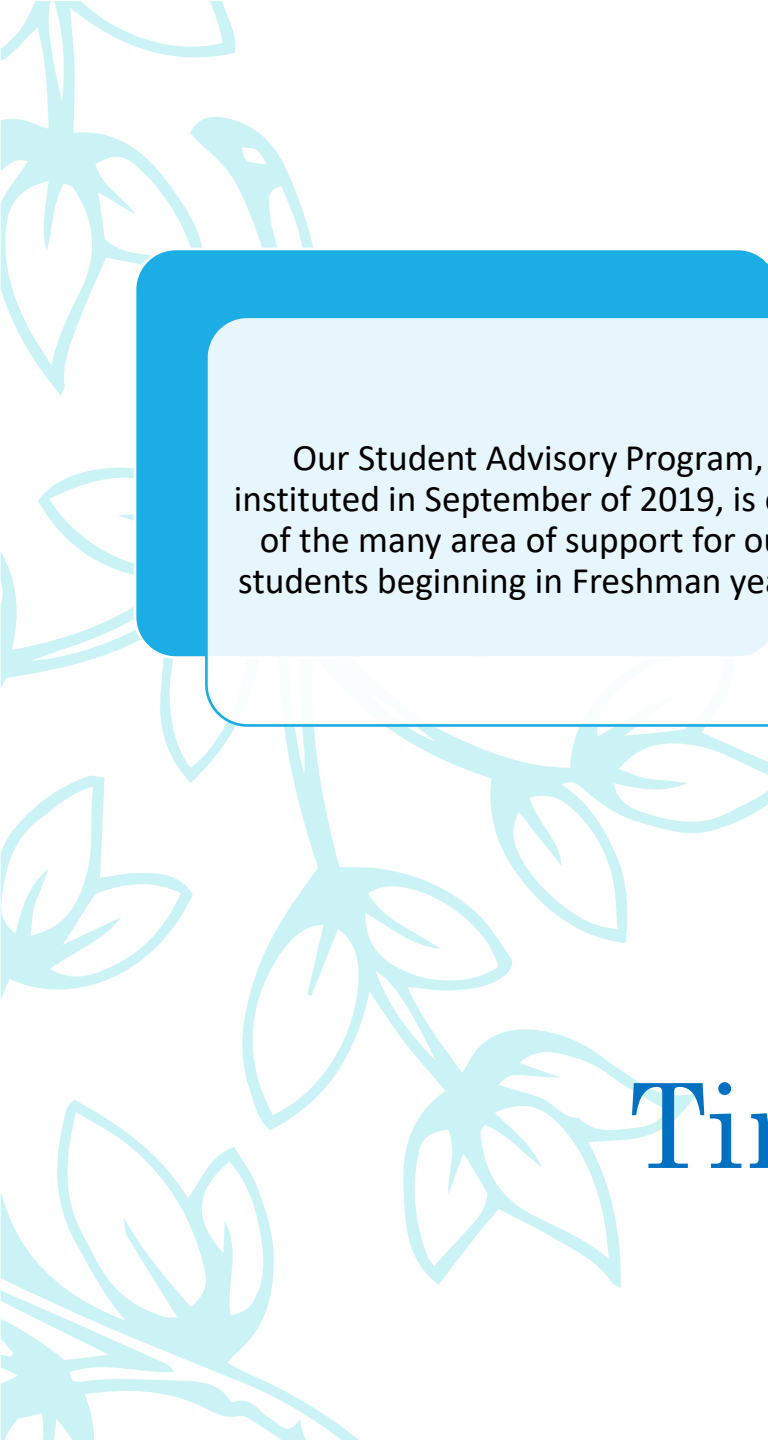


ACT Aspire Spring Testing



Test Prep:

- Khan Academy
- IXL – 20 minutes a day
- Prep for Success – Spring Time/Prepare for the SATs and ACTS



Our Student Advisory Program, instituted in September of 2019, is one of the many areas of support for our students beginning in Freshman year.

Weekly group sessions with our amazing faculty, staff, administration, speakers, and other students of various grade levels allows for a support system like no other. Topics such as mental health, self esteem, goal planning, college and career planning, and much more are discussed.

Being able to bounce ideas off of one another in a non-threatening, comfortable environment has been proven to support our students in the best possible way.

# Time for Us Tuesday's

# College Lunch time Visits

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ICHS INVITES  
VARIOUS COLLEGES  
AND UNIVERSITIES  
TO DO LUNCH TIME  
VISITS – TAKE  
ADVANTAGE OF  
THIS!



THIS IS A GREAT  
OPPORTUNITY FOR  
YOU TO LEARN  
ABOUT DIFFERENT  
SCHOOLS, WHAT  
THEY HAVE TO  
OFFER, AND ASK  
QUESTIONS TO A  
COLLEGE  
REPRESENTATIVE.



IT IS NEVER TOO  
EARLY TO START  
THINKING ABOUT  
COLLEGE AND YOUR  
FUTURE PLANS!

# Start to Build your Resume



## Sample Resume for High School Students

Jane Doe  
12 Snelling Avenue  
St. Paul, Minnesota 55116  
(651) 555-1111  
jane.doe@spps.org

Education Highland Park Senior High, class of 2008 (3.8 GPA)

### Experience

St. Paul Public Library—University Branch (June 2005-present)

- Maintained library database on checked-out materials.
- Coordinated volunteer program for Story Time.
- Organized card catalog to incorporate new materials.

### National Honor Society (2003-present)

Participated in several volunteer activities, including: building a house for Habitat for Humanity (50 hours), collecting food for the St. Paul Food Shelf (80 hours), and organizing the Honor Society Induction Ceremony.

### Activities

- National Honor Society (2003-present)
- French Club (2002-present)
- Cross Country (2002-present)
- Piano lessons (10 years)

### Awards

- A Honor Roll, 8 quarters
- Outstanding French Student, 2004
- Volunteer of the Year, 2005

### References

Available upon request.

**Contact Information:** should be at the top of your resume—include name, address, phone number, and e-mail (if you have it). Separate it out by centering it and making it bold. If you have a college address separate from a home address, use both.

**Education:** include graduation date and GPA if it is 3.0 or higher.

### Formatting Experiences: (2 options)

1. Heading line (include title and dates) followed by bulleted list—see Work Experience as example.
2. Heading line (include title and date) followed by narrative list—see Volunteer Experience as example.

### Writing About Experiences

Regardless of style, begin each phrase/sentence/ bullet with an *active verb*. See the examples to the left: maintained, coordinated, organized, participated...see back of page for more examples.

**Headings** The expected headings would be: education, experience (work or volunteer), but the others are up to you. Use the ones that work best. Other possibilities: skills, additional experience, related experience, leadership experience, research experience, writing experience, computer experience, objectives, leadership, related coursework, work experience, volunteer experience, anything that fits your particular qualities.

**General Formatting** You should have 1 inch margins, major headings (like 'Education') on the left, then indent with additional information below—for example, notice how National Honor Society is lined up below St. Paul Public Library. Use a traditional font (New York, Arial, just not cursive...) at 12 point size. It should all fit on one page. Remember, it needs to be easy to read—keep it simple and organized!

### Other things to remember:

- proofread, proofread, proofread!
- Check for punctuation and spelling.
- Check for format and style consistency.
- Show your resume to a friend.



# Start to figure out your future plans & goals at ICHS

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- ❖ Guidance Counselor – Miss Manzano has a designated college folder filled with various college information/contact information
- ❖ Your teachers – Feel free to ask them questions about their college experience!
- ❖ Internet – Explore Naviance and College Board, as well as simply googling college/university, will help you gather more information on colleges.
- ❖ College Fairs – Fairleigh Dickinson University host a wonderful college fair in September. Be on the look out for more information to follow! This is a great opportunity to expose yourself to many colleges you may have never even heard of.
- ❖ College Visits – Make sure you take advantage of college visits during the Fall and Spring.

# Collegeboard Planning Timeline

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## 9TH GRADE

- Create a four-year high school plan.** Think about what you'd like to accomplish in the next four years.
  - Make sure you know which high school courses are required by colleges, and that you're taking the right classes as early as the ninth grade. You can ask your counselor about what those "right" classes are.
  - Get to know the levels of courses offered by your school.
- Start thinking about your life after school,** including the types of jobs that might interest you. Of course, these will change — often — but it's good to start thinking about the possibilities.
  - Identify your interests — likes and dislikes — not just in classes but also in every area. This will help you focus on your goals.
  - Talk to other people, such as your school counselor, teachers, recent college graduates who are working, professionals in the community, etc., about careers you might find interesting.
- Meet with your high school counselor.** Your counselor knows how to help you get the most out of high school. Be sure to take some time during the school year to discuss post-high-school plans with him or her.
- Participate in extracurricular activities.** Academics aren't everything. Explore your interest in a sport, school club, music or drama group, or community volunteer activity.
  - Remember that colleges would rather see real involvement in one activity instead of a loose connection to several.
  - If you're interested in playing sports in college, research the National Collegiate Athletic Association (NCAA) eligibility requirements. The NCAA requires completion of certain core courses; you can find the specifics at [ncaaclearinghouse.net](http://ncaaclearinghouse.net).
- Save for college.** It's not too late to put money aside for college. Every little bit helps! Learning about financial aid early on can also help you down the road.
- Explore summer opportunities.** Look for a job, internship, or volunteer position that will help you learn about a field of interest.
- Get familiar with the PSAT-related assessments and SAT®.** Most four-year colleges consider applicants' scores on college admission test. Download the free Daily Practice for the New SAT app to get a feel for the kinds of questions you might face on test day.
- Take the PSAT™ 8/9.** If your school offers it, sign up to take the first of the College Board assessments to set a baseline. This test will help you build up your skills to take the SAT in 11th or 12th grade.



# Career & Personality Assessments

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❖ Yung Typology Test - Personality/Career  
Test

❖ Princeton Review Career Quiz



# Freshman Year

## A Whole New World of Possibilities

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Freshman year is an exciting time! A new adventure waiting to be unlocked, new transitions to adapt to, and new friends to be made. It may be scary, but you are family now and you have all of IC's love and support!



We will work hard, we will laugh hard, and we will learn together. It is so important that you know you are not alone on this journey, and that I will be there to help guide you.



Freshmen year is the year of change – Reinvent yourself and put your best foot forward.



Some advice: Enjoy this year, because it will be gone in a blink of an eye! Challenge yourself to go outside your comfort level, try and join new things, say yes to new opportunities, make **MANY** new friends, and most importantly...make memories that will last a lifetime!



Enjoy your summer and be sure to come back refreshed and ready to hit the ground running!