

# Preparing Your Freshman For High School Success

*Troy High School  
Counseling Department  
August 2019*



# Presentation Agenda

- Overview of the Counseling Department
- Review graduation and college entrance requirements
- Family strategies to foster academic success & student health
- Troy counseling website resources



# **Counseling Department Overview**

- Students are assigned a counselor that will work with them for their high school career. The counselor to student ratio is 1:540.
- Counseling activities cover academic planning, college/career planning, and social/emotional health. Activities include classroom-based, small group, and some individual events.
- Freshmen will receive a classroom-based workshop for academic and college planning. This will take place in late August. Following this will be pre-scheduled freshman student-parent/guardian appointments. Appointment notification letters will be mailed home with your scheduled date and time.

# Counseling Department Overview

- Students may drop-in to see their counselor any school day at break, lunch, before or after-school.
- Parents/Guardians may call or email their student's counselor with questions.
- If there is a student emergency (i.e, suicide concern, student safety issue), counselors have someone available during school hours.



# Counseling Department Staff

*Mrs. Lisa Avila, School Counselor*

*Ms. Sonia Diaz, School Counselor*

*Mrs. Dionne Evans, School Counselor*

*Mrs. Jacquie Morck, School Counselor*

*Mrs. Sarah Saleen, School Counselor*

*Mr. Carlos Aldaco, Guidance Technician*

*Ms. Katy Hoehn, Special Projects Coordinator*

*Ms. Erin Black, Guidance Secretary*

*Mrs. Stephanie Rosner, Registrar*



# FJUHSD Graduation Requirements

Subject	Years	Credits/Units
English	4 years (English 1, 2, 3, and CSU ERWC)	40
Social Science	3 Years (World History, U.S. History, Government & Economics)	30
Mathematics	3 years (1 year must be earned in Algebra 1 or higher course)	30
Science	2 years (1 year of biological science & 1 year of a physical science)	20
World Language, Visual/Performing Art, or CTE (Career Technical Education)	1 year	10
Health	1 quarter (half a semester)	2.5
Physical Education	4 semesters	20
Electives		65
TOTAL UNITS REQUIRED		217.5

*The minimum passing grade to earn the credits for a diploma is a D-. To move onto the next course level, the minimum grade in many subjects is a C- or higher both semesters.*

# UC/CSU Entrance Requirements: The a-g list

Category	Subject	Years Required Recommended
A	History/Social Science	2 years
B	English	4 years
C	Math (Algebra 1, Geometry, Algebra 2...)	3 years (4 recommended for UCs)
D	Laboratory Science	2 years (3 recommended for UCs)
E	World Language/LOTE (Language other than English)	2 years (3 recommended for UCs)
F	Visual and Performing Arts (VAPA)	1 year (or 2 semesters in the same discipline with some sequentiality)
G	College Preparatory Elective	1 year (any subject)

*Students must earn a C- minimum to meet these requirements; higher grades are often needed for admission. In addition to this coursework, most students must also take a college admissions exam (i.e., SAT, ACT, and possibly SAT subject tests). The a-g list is a minimum list of required courses. Students are encouraged to exceed the requirements in subjects they are strong in and/or enjoy.*

# **Starting at Troy: The Basics**

- Troy operates on a semester schedule. Students will earn a cumulative grade both fall and spring semesters. These are the grades that appear on the transcript and are the grades that colleges will see.
- Freshmen have either a 6-period or 7-period day. For periods 1-6 students attend classes from 8:02 AM to 2:59 PM. For periods 0-6 students attend classes from 7:00 AM to 2:59 PM. The majority of courses are year-long (two semesters).
- Students should be prepared for a minimum of 30 minutes of homework and/or studying per academic class per school night. Students in honors or AP level courses should prepare for more time each night to complete homework and/or studying.



# Campus Academic Resources

- *Troy Central* is our free on-campus tutoring. *Troy Central* runs Monday-Thursday with specific subjects offered on certain days. Tutoring information will be published once finalized.
- Teachers are available at various times during the school week for additional support. Students may ask their teachers about available times.
- Troy Library: Open to all students from 6:30 AM to 6:00 PM Monday through Thursday and from 6:30 AM to 5:00 PM on Fridays.
- The Peer Tutoring Club (PTC) are volunteer student tutors that tutor in various subjects. PTC information will be published once finalized.

# Family Strategies For Success

- Ensure your student has an appropriate study environment including a location free from distractions (TV, phone, etc.) with ample light and supplies.
- Have your student create a daily study schedule and post it so you can see what they are working on. Have your student write down their homework. Check both daily.
- Ask your student to show you their Google classrooms.
- Monitor social media and electronic device usage for student health and safety as well as time to complete homework and study.



# Family Strategies for Success

- Attend *Back-to-School Night* on September 12th to meet teachers, review course expectations, and obtain teacher contact information.
- Communicate to your student your expectations for grades, work habits, and behavior you expect to see.
- Encourage healthy habits like adequate sleep, healthy eating patterns, and exercise.



# Family Strategies For Success

- When you have a question or concern about a class, contact the teacher directly. Teacher contact information can be found on the Aeries account.
- Your student needs to maintain good attendance and not miss school unless necessary. They need to be in class on time daily to maintain their grades.
- Monitor grades and academic progress using the student Aeries gradebook feature. You may also use a Weekly Progress Report Form (available to download from the Troy counseling webpage).

# Family Strategies For Success

- Demonstrate Interest - Show your child that their schooling is a priority to you by:
  - Attending *Back-to-School Night*, *College Fair*, *Open House* and other regular school events.
  - Use the Troy High School webpages regularly (daily announcements, calendar, programs, and so much more).
  - Regularly monitor report cards/grades (progress/quarter/semester) and academic progress/gradebooks on Aeries accounts.
  - NOTE: If a student is earning a D or F grade, report cards will be *mailed* home. Otherwise, grades and gradebook progress can be checked on Aeries student accounts.

# **Family Strategies For Success**

- Monitor homework completion and study time.
- Encourage campus involvement: students who are involved in school generally have better school performance and outcomes. This can include sports, clubs, the arts, NJROTC, and so much more.
- Work with the Troy staff: we are here to help! Please let us know when there are home or personal issues that may affect your child's school performance and/or academic progress.

# **Downloadable Resources**

This presentation, along with related resources, will be posted shortly the Troy Counseling website section.

# Exploring the Counseling Website

- *Next we will visit the Troy counseling webpage for resources and information....*

