Presented by the Newport Counselors

NEWPORT HIGH SCHOOL

REGISTRATION FOR 2020-2021

10TH GRADE (FOR CURRENT 9TH GRADE STUDENTS & PARENTS)
TOPICS COVERED

- The Packet
- Academic Courses
- Electives
- Graduation Requirements
- College Considerations
- Online Registration
Balancing Your Time and Priorities

- College Apps
- Sports, Clubs & Activities, Work
- Sleep
- Eat
- Community Service
- Self Care – exercise, friends, family

Where does homework fit in??

Use the Scheduling Planner Worksheet
**Planning Your Schedule**

**Daily planning: Do I have enough time?**  Note: plan for your hardest semester/day of the week

<table>
<thead>
<tr>
<th>Activity</th>
<th>Amount of Time Required</th>
<th>Time Remaining</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours in a day</td>
<td>----</td>
<td>24 hours</td>
</tr>
<tr>
<td><strong>School, including Tutorial (8:00 – 3:30)</strong></td>
<td>7.5 hours</td>
<td>16.5 hours</td>
</tr>
<tr>
<td><strong>Sleep</strong> (American Pediatric Guideline is 9 hours a night for teenagers)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Extracurriculars</strong> (sports, music, clubs, church, volunteering, work)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>College Planning for 11th &amp; 12th gr</strong> (applications, SAT/ACT prep, etc.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Personal &amp; Social time</strong> (family, friends, recreation, computer use)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meals</strong> (not including at school)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Other</strong> (Travel time, getting ready, etc.)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**How much time is left??**

**Homework**  Note: every student is different.
(Guideline: 2 hours per day plus incremental 30 minutes per AP class)

In choosing which classes to take, consider what subjects you enjoy the most and have a passion for studying. Keep in mind that the majority of college freshman take three college classes per quarter. This is equal to three AP classes here.

<table>
<thead>
<tr>
<th>Subject Area</th>
<th>Course Name</th>
<th>Difficulty</th>
<th>Homework time (average daily amt)</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Math</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social Studies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>World Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Science</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electives</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total Average**  Daily Homework
THE PACKET

- Cover sheet with due dates
- Online Registration instructions
- Course selection form and elective options (Purple)
- Planning Your Schedule
SOPHOMORE ENGLISH

- Honors Sophomore Comp and Literature
- American Lit or AP Lang & Comp (Pre-req Sophomore Comp & Lit)
- Special Programs: Students will be placed in correct class based on level
  - English Language Learners
  - Individual Education Plan (Learning Disability Support)
Options:
  • Modern World History
  • AP Modern World History
  • US History or AP US History (World History pre-req)

Students select level based on:
✓ Interest in subject
✓ Balance of overall course load
✓ Strength of reading & writing ability
MATH

Algebra

Geometry

Algebra 2

Pre-Calculus

Business Pre-Calculus

AP Calc AB or AP Stats

Business Calculus or AP Stats or Pre-Calculus

Advanced Calculus

Further Topics (new)
SCIENCE

Biology → Chemistry → Physics

Additional Course Options (pre-reqs)
AP Biology (Biology, Chemistry)
AP Chemistry (Chemistry, concurrent PreCalc recommended)
AP Physics 1 (Algebra II); AP Physics 2 (AP Phys 1)
AP Physics C (Concurrent AP Calc)
AP Environmental Science (Chemistry)
Marine Science (Chemistry, HS Physics recommended)
Anatomy and Physiology (Chemistry, H.S. Physics recommended)
Biotechnology (Biology, Chemistry)*
Auto Tech at BHS (3 credit class)**
* CTE credit option
**science and CTE credit
# WORLD LANGUAGE

<table>
<thead>
<tr>
<th>Graduation Requirement: 2 credits (years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>College Pathway</td>
</tr>
<tr>
<td>• 2 years of same language required, 3-4 recommended</td>
</tr>
<tr>
<td>Personal Pathway option</td>
</tr>
<tr>
<td>Spanish Immersion: Honors Hispanic Studies</td>
</tr>
<tr>
<td>Competency Test</td>
</tr>
<tr>
<td>• Receive World Language credit</td>
</tr>
<tr>
<td>• Check specific college recommendations (make sure your university accepts it)</td>
</tr>
<tr>
<td>• Register online and pay the school accountant</td>
</tr>
<tr>
<td>• Details on BSD website</td>
</tr>
</tbody>
</table>
HEALTH AND PE

**Health** – 10th grade required course

**Physical Education**

- 1 Semester after 9th Grade PE
- Can be completed any year (10 – 12th)
- Sport for PE Credit (hours log and exam)
ELECTIVES

Course Descriptions at bsd405.org

- **Elective Fairs** – Thursday 2/27 & Monday 3/2
- **AP Capstone 1** (Interdisciplinary exploration based on concepts/issues from other AP courses, student interests, local/civic issues, & global or international topics)
- **Application Courses:**
  - Yearbook – (see Ms. Driscoll)
  - Knightlife – (see Mr. Glowacki)
  - Theatre Production (see Mr. Nonis or Ms. Klekas)
  - Leadership (see Ms. Landau Walter)

**Leadership** - REQUIRED class for ASB Officers

**NCAA requirements** – See Mr. Snyder
Music Ensembles

CHOIR
- Concert Choir
- Chorale Choir
- Chamber Choir
- Vocal Jazz Ensemble

BAND
- Intro to Band
- Concert Band
- Symphonic Band
- Wind Ensemble

ORCHESTRA
- Intro to Orchestra
- Concert Orchestra
- Sinfonia
- Chamber Orchestra

*Open to all students
Copies of all handouts!!

On-line course selection detailed instructions

BSD Course Catalog

Elective Fair Forms
<table>
<thead>
<tr>
<th>Subject</th>
<th>Credits</th>
<th>Semesters</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Social Studies</td>
<td>3.5</td>
<td>7</td>
</tr>
<tr>
<td>Math</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Science</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Physical Education</td>
<td>1.5</td>
<td>3</td>
</tr>
<tr>
<td>Fine Arts</td>
<td>2*</td>
<td>4</td>
</tr>
<tr>
<td>Career and Technical Ed.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Health</td>
<td>.5</td>
<td>1</td>
</tr>
<tr>
<td>Electives</td>
<td>3.5</td>
<td>7</td>
</tr>
<tr>
<td>World Language</td>
<td>2*</td>
<td>4</td>
</tr>
<tr>
<td><strong>Total Credits</strong></td>
<td><strong>24</strong></td>
<td><strong>48</strong></td>
</tr>
</tbody>
</table>

*Personal Pathway alternative options
GRADUATION REQUIREMENTS

- 24 Credits
- 2.0 GPA
- Graduation Pathways (new State options)
  - Smarter Balanced Tests
  - Other options (CTE, SAT/ACT, Dual Credit, etc.)
- Washington State History (if new to BSD)
- Community Service – 40 hours (x2Vol in Naviance)
- High School and Beyond Plan (via Naviance)
Colleges want to see **Rigor and Balance**

Try something **new** or **pursue a passion**

4 Years **Math and Science** (recommended)

**World Language** (2-3 years of same language)

**Fine Art** (UC = 1 year of same type of art)

UC schools and many others (**No “D” grades**)

**Get involved** and build **leadership skills**

Many courses offer optional college credit
CLASS CHOICES

- **Choose carefully!** Our schedule is built on student requests. Students are committing to take the courses chooses

- **Alternates** are considered requests

- Check **descriptions** and **pre-requisites** in BSD Course Catalog

- **Elective Fairs** – opportunity to learn more

- Considering **AP**?
  - Consult with teacher
  - **Aim for balance** – Planning Your Schedule
  - Choose what is best for you and resist peer pressure

- **Retaking** a failed class?? See your Counselor for options

- Counselors will meet with **each student** this month to provide guidance and answer questions!
ONLINE COURSE SELECTION

- Select courses online by March 23rd
- StudentVue course request tab is live as of 2/25
- Complete directions available on NHS website
- Parents/Guardians and students should discuss courses
- Form with family signature is required
- Counselors will be able to correct selections when meeting with students
- If you make a mistake – no need to panic, counselors will fix problems
- Counselors will be able to correct selections when meeting with students
- If you make a mistake – no need to panic, counselors will fix problems
- If you make a mistake – no need to panic, counselors will fix problems
Online Course Selection

Instructions

Course Request tab will be active beginning February 25th
• Choose Request or Alternate
• .3 = semester-only class
• After you select, click to move to Selected or Alternate Requests
Online Course Request tab will be active until March 23rd.
Counselors can fix any mistakes when we meet with students beginning March 24th.
TIPS

Communicate

• Prioritize relationship
• Allow space and time for open sharing
• Discuss values and goals

Support

• Provide resources
• Non-anxious presence

Expect and accept imperfection

• Failure is essential to learning and success
• Strong sense of self = confidence in ability to overcome barriers
Course Selection & Registration Process for 2020-2021 School Year

Family Preparations
Family discussions of scheduling, commitments, and goals to ensure students plan a balanced and realistic course load.

Student Presentations
9th-11th graders attended information sessions with our counselors to receive all registration materials and instructions on 2/25/2020.

Elective Fair
Lunchtime booths where students explore options for elective courses, which make up 20% of high school courses.

Teacher Visits
February thru March Deadlines
Students speak to teachers about appropriate courses and challenges.

Research & Plan
Students research options through the course catalog and other resources and then select courses for next year.

PowerPoint
Counselor Presentations
posted to NHS website for family reference.

Monday, 3/2/2020 6:30 PM
Parent Information Night
Current 9th Grade – PAC
Current 10th Grade – Main Gym
Current 11th Grade – Library

Monday, 3/2/2020
Elective Class Visits
9th-11th graders choose 4 electives to learn about; attend 10-minute presentations on those.
Students received e-mail instructions and forms or see our Counseling page.

Drop-In Q&A Sessions
with Counselors During Tutorial
Thursday 2/27/2020 3:00 – 3:30
Tuesday 3/3/2020 3:00 – 3:30
Thursday 3/5/2020 3:00 – 3:30

Counselor Meetings
In March, each student meets individually with their counselor to review selections, graduation requirements, and college/career plans and answer questions.

Parent-Signed
Course Selections Forms Due
Current Freshmen-3/23/2020
Current Sophomores-3/16/2020
Current Juniors-3/11/2020
NEWPORT COUNSELING TEAM

Laura Klein, A-Cl  
kleinl@bsd405.org

Heather Erickson, Co-Hs  
ericksonh@bsd405.org

Christine Nutters, Hu-Li  
nuttersc@bsd405.org

Tania Maxfield, Lia-Pa  
maxfieldt@bsd405.org

Karen Schulz, Pe-Te  
schulzk@bsd405.org

Emilie Bosone, Th-Z  
bosonee@bsd405.org