

A Student's Guide to the Freshmen Year

The following information was written by a 9th grade student to help peers successfully navigate their first year at Collegiate Academy.

I. Managing A and B day workload

A. Procrastination

Procrastination is a common impulse many students fall back on. Do not be one of them! When doing your homework regularly, you can ask questions before the next class.

Balancing out the workload is one challenge, but managing both A and B day schedules is another task to conquer. In order to refrain from procrastinating about your work, try to get in a consistent habit of doing the homework the day it is assigned. However, read over the material the next day so you can refresh the lesson.

Starting off ninth grade year strong will help you juggle high school better. In Collegiate you will not have the same classes every day. There will be a total of eight different classes, rotating as A and B day, with four classes a day. Each class is regularly 86 minutes long.

II. Extracurricular activities

A. Why should I get involved?

Getting involved with extracurricular activities in your freshmen year is a way to open up your options for the next couple years of high school. Start by asking teachers and students about clubs. Walking into your first meeting alone might be petrifying, but you will meet new people and further develop your interests in the activity. Plus, it's a great way to explore careers!

Keep in mind that to be in the National Honor Society you will need at least 25 service hours by your junior year. Certain clubs offered at Collegiate will help you begin to obtain service hours. The Community Service Club will offer many opportunities to get involved in Collegiate and the community. Other clubs also offer many more service hours. Opportunities are everywhere, you just have to get up and grab them! Some volunteer opportunities are offered at

hospitals, libraries, and religious organizations. Listen to KING TV for more information.

Clubs that focus on science and math, such as Math Club, Chemistry Club, TEAMS, Robotics Team, and the Ocean Bowl will prepare you for certain majors and will be a great benefit to you when college application time arrives on only three short years.

B. Try a sport

If you would like to join a sport, you need to register to play for a home school. You must play for that school, but if you decide to switch you may run into problems and will probably have to skip a year of playing. Mr. Luthringer, the sports advisor, and your coach are the ideal people to contact. However, if the sport will be starting soon, listen to King TV announcements for conditioning and practice days. It would also be helpful to contact the coach ASAP, so that you may get a schedule. When it comes to the day of the tryouts, do not be afraid!

Remember: Collegiate Academy has a rigorous schedule that can take time to get used to. Do not take on so much all at once; begin slowly so that you may get accustomed to your schedule.

Do not be reluctant to ask for assistance when not knowing where to sign up for a certain club, activity, or sport! It is important to ask around and to keep yourself updated on any changes. It's all about staying organized!

Tip: Bulletin boards in and outside of the cafeteria, as well as posters around the school, help remind you of certain upcoming events. Make sure to check them often and to also pay attention to King TV to help keep you aware of what is going on.

III. Explore

A. Continue the Search

Use Naviance and other search engines and sources (such as colleges' websites) to help you look at different college programs that have exciting assets you might be interested. DO NOT be overwhelmed if you still do not know what you want to do! This year it is just important to start thinking

about it, so that you know what colleges you really want to focus on throughout high school, and what you need to do to get accepted in them.

IV. Course selection for 10th grade

A. What can I take?

In ninth grade there are certain required classes you must take; this is the same in 10th grade as well. However, there are a wide variety of courses you are now eligible to take. There will be scheduling days where you may ask questions about certain courses before signing up for them.

Keep in mind that you do need three AP course to graduate when scheduling. Be sure to choose courses wisely, because sophomore year is a critical year to make sure that you are continuously forming a foundation of success that you began in your freshmen year. Colleges will look at the courses you chose when you apply.

Remember: Challenge yourself!

V. Summer time

A. Be aware of what is coming ahead

The summer is not only a time to relax after a year of hard work but it is also a time to get ahead. There are many volunteer opportunities available that will help broaden your interests and set you apart from other college applicants.

Community service is a way to give back. The more volunteer work you do the more service hours you earn. This is very important for your resume and NHS qualification in junior year.

It is also a good idea to begin to look into other summer workshops for certain courses you are interested in. Begin to look at opportunities that will help give you a strong foundation into your future career.

At Collegiate Academy summer courses are offered to provide students with different courses to take that may not be offered during the school year., and to complete requirements that free up space next year for academic classes you want. Furthermore, each course taken over the summer does count as a credit on your transcript.

Remember: Always document your service hours!

Remember: Always update Naviance!

B. PSAT/NMSQT prep and awareness

In the beginning of tenth grade you will take the PSAT/NMSQT exam. This test will not count for a grade, and the score will neither hurt nor benefit you in any way. This is a practice PSAT/NMSQT test; when you take it again in your junior year you might qualify to be a National Merit Scholar.

Over the summer, go over practice tests and review basic material that will help you on the test. There may be a SAT prep class over the summer which will benefit you as well. However, do NOT stress over it, just get used to the feeling of the test next year.

C. Summer reading

Every summer you will be given a reading assignment from your language arts teacher. Here are some tips to help you surmount this mission:

- Start early! Don't wait until August! Do not procrastinate on this important assignment.
- Read every day (make a schedule).
- Take notes as you read.
- Highlight/underline/annotate the text-have a conversation with the book!
- Keep in mind any questions and/or essay prompts you are given as you read.
- Email your language arts teacher and attend Barnes and Noble sessions if you have any questions.
- Be sure to do your own work and make it authentic and original. This assignment is to help you improve your writing and reading skills.
- Do your best! It might seem hard, but if you take advantage of *all* the resources you are open to use, you can do it!
- When working on your assignment, start becoming in a habit of doing it in a scheduled place with no distractions. It is important to focus so that you can do more and better!

- Make sure **all** assignments are turned in **BY THE DUE DATE!**
- Enjoy reading!