

CHIEF SEALTH HIGH SCHOOL

9th Grade Handbook



Dear Student,

Welcome! What comes to mind when you think about starting high school? It may seem exciting, or a bit scary, or a combination of the two. One thing's for sure: it will bring a lot of changes. You are part of a new community now, and your school counselor, teachers, administrators (principals, assistant principals) and other school staff are here to help as you explore this exciting new world!

One of the biggest changes you'll notice is your classes. The subjects will be more advanced. There may be more homework, more tests and more projects to do. In high school, you'll have to think harder and work harder. High school also brings new pressures. There's academic pressure, because the grades you get will affect what colleges or other programs you can get into after high school. There are other pressures, too. There might be pressure to fit in with a certain group of people, or peer pressure: people trying to get you to do things that may not be in your best interest and could get you into trouble. At times it will be hard to do what you think is right, or even to decide what is right.

Highschool is full of challenges, but it will also open up many new possibilities for you! Your classes will be more challenging, but you'll be able to make choices based on your interests. You may discover a favorite subject. The classes you take may lead you to a job or career path. You'll meet a lot of new people in high school, and have the opportunity to make new friends.

Some of the people you meet may become an important part of your life. You can also pursue some of your favorite interests and activities in high school; there are many different clubs and organizations you can join, or you can try out for sports. Your high school years will also be a time when you start to become more independent. You'll have more freedom, and also more responsibilities. In this guide, you will learn how things work in high school – everything from how credits are earned and what tests you will be taking, to how to make friends and how to study.

You will get a better idea of what to expect and how to plan for success in high school and beyond. Your high school counselor will help clarify and supplement this information by meeting with you individually, in groups, and in classroom presentations.

Your counselor's goal is to help you meet your academic, personal/social and career needs. Please contact your counselor with any questions or concerns. Your counselor is looking forward to working with you!

WELCOME TO HIGH SCHOOL AND HAVE A GREAT YEAR!

WHAT CAN YOUR SCHOOL COUNSELOR DO FOR YOU?

Seattle Public Schools professional school counselors provide school counseling programs, which address the academic, career and personal/social development and needs of all students. Our goal is to help students explore their skills, abilities and interests, so they can plan and prepare for the future, and set goals to reach their educational, personal and career aspirations. Counselors also work with parents and guardians to keep them aware of and involved in their student's school success.

In other words, your counselor is there to help, guide and support you and your family as you navigate high school and plan for what lies beyond. School counselors are not just there for helping students deal with crises or major personal issues, although that is one service they provide. Get to know your counselor at the start of your freshman year and begin building a relationship, so that he or she can get to know you and help ensure that your high school years are the best they can be!

Here are some ways your counselor can help you:

- Help you deal with problems in social and emotional areas*;
- Suggest resources for academic difficulties, career exploration, and post-high school education;
- Suggest courses to help you reach your goals, help you stay on track of credits needed for graduation, and help prepare you for post-high school education;
- Be a resource for financial aid and funding for postsecondary education;
- Write recommendations for scholarships, college and summer programs;
- Help your family to understand and support your high school experience, and access additional resources if needed.

*Students can talk with their counselors about issues such as dating, peer pressure, substance abuse, depression and many more topics.

Keep in mind that as you go through high school, you will probably run into some challenges; everyone does. But there are plenty of people who can help you. Don't be afraid to ask for help if you need it. In addition to your counselor, you can talk to your parent/guardian, teachers, advisor, social worker, librarian, nurse, or any other adult school staff you can trust. If something is bothering you – anything! – Talk to somebody about it. Nothing gets better by keeping it all inside.

Remember: you are not alone!

FREQUENTLY ASKED QUESTIONS

1. What is a GPA?

Your Grade Point Average is the average of ALL your semester grades during high school; it is recalculated each time a semester ends and you get new final grades. Your GPA reflects your academic performance and determines where you rank in your class. (The student with the highest GPA is #1 in that class; all others follow). Both GPA and rank are important factors in college admissions and many scholarship decisions.

2. What is my class rank?

Class rank is the comparison of your GPA against all other students in your class at your school. The student with the #1 rank in the class at graduation will be that year's valedictorian. The #2 student will be salutatorian.

3. Is there a limit on the number of honors and IB classes I can take?

No. Students may take as many IB and honors classes as they like, and there is no limit to how much a student's G.P.A. can be weighted by these classes. (I.e., 4.0 is not the highest GPA possible.)

4. How are classes weighted, and what exactly does that mean?

Because of the added academic challenge they present, IB, Running Start and Honors courses are "weighted", meaning they carry more value than a regular class in calculating a student's GPA.

5. How many credits do I have?

You should keep a record of all classes taken and grades and credits earned. Each semester class you pass (for example, September - January or February - June) earns you ½ credit. You must pass with a D- or above to earn credit. You can request a copy of your transcript from the school registrar or from your counselor.

6. What is dual credit?

Dual credit is when a high school student simultaneously earns high school and college credit by taking an approved class at a participating college or university, like South Seattle or Seattle Central, or IB. Classes are free to participating high school students. Talk to your counselor about the dual credit options open to you starting your sophomore year of high school.

7. Do I have to take a foreign language to graduate from high school?

SPS graduation requirements do not include a foreign language at this time, and languages are considered electives. However, many colleges and universities DO require 2 years of the same language as an admission requirement. Check with the college or university of your choice for their language requirements. If it is an admission requirement, don't wait till the last minute to "cram in" two full years of a language!

8. I'm already fluent in another language because I spoke it growing up. Will colleges count that?

Some universities will accept fluency in a language (proven by student demonstration and documentation by staff) in lieu of language classes. Contact the school of your choice to find out their requirements. SPS offers exams, which can earn your World Language credit for your transcripts. Check the counseling office for flyers.

9. How do I get help if I want to know more about career planning?

Talk with your school counselor and visit your school's career/college center, if available. Participate actively in your Next Step planning with your advisor, and take all the career and interest inventories your school offers. Take online career and interest inventories. Arrange to shadow people whose jobs you find interesting.

10. Why should I take the PSAT as a sophomore?

The PSAT is good practice for taking the SAT in your Junior year, when you can potentially qualify for the prestigious National Merit Scholarship Competition. It will also help prepare you for the SAT.

11. What do I Need to Graduate?

4 years of Language arts, 3 Years of History, 2 years of science, 3 years of Math, 1.5 occupational education classes, 1.5 P.E. credits, .5 Health, 1.0 Art credits, Service Learning hours, High School and Beyond plan, Washington State History and you LA, Math and Science State Exams. If you fail a class be sure to register for summer school because most of your core classes are required for graduation.

SETTING GOALS

Setting goals can help you achieve more, figure out what you want in life, make plans and take action! Meeting goals in different parts of your life can help you feel good about yourself and help you reach your potential. It's one thing to decide you want to do something, but setting goals and making a plan to reach them will help you get more done. When you set goals for yourself, you'll see what it takes to reach those goals. Other people can help, but getting what you want is ultimately up to you!

As you set goals, try to keep them realistic, but don't be afraid to reach and challenge yourself. For example, having a goal of playing professional sports is probably not realistic; instead, focus on trying out for the school basketball team. You can set goals for yourself based on when you want to achieve them. Goals can be:

- **Short-term:** These are things you'd like to accomplish by tomorrow, next week, or next month. Some examples are: get an "A" on a test or have a conversation with someone you'd like to meet.
- **Medium-term:** These are things you'd like to accomplish in the next 6 months or year. Some examples are: Get an "A" on your report card or make the basketball team.
- **Long-term:** These are things you'd like to accomplish in the next few years. Some examples are: go to college or get a lead role in the school play by senior year.

Academic Goals: Ask yourself: what do I want to achieve in my school career? Start with the short-term goal of getting an "A" on your next test. Now you need a time by which you want to reach that goal. If your test is next Friday, that's when you plan on reaching the goal. Next, you need a plan. What are you going to do to help you get an

"A" on that test? You can plan on studying for the test 1 hour each day, and plan on having a friend quiz you next Thursday. A medium-term academic goal can be to get an "A" on your next report card for that class. You'll want to achieve that by the time the grading period ends. Your plan can be to complete all homework assignments, study for tests and ask for help if you need it. A long-term academic goal might be going to college. Your long-term plan will be to study hard, get good grades and apply to several colleges.

Personal Goals: Apply the same principles of short- through long-term planning and setting time lines for your personal goals: everything from learning to play an instrument to getting a summer job to deciding what kind of person you want to be. There's no limit to what you can do, as long as you set realistic goals and make a sensible plan to reach them!

STUDY AND HOMEWORK TIPS

Why should I study?

The more you know, the more you can do. Good study habits can help you succeed in school and in the future. Many skills that make you a success in school can also help you succeed on the job and in many areas of life.

Studying is not the same as homework. Studying is re-reading, re-thinking, and reorganizing, all in order to learn the material.

Here are some great ideas that will help you take control of your homework and studies:

- Create a study routine.
- Complete your homework at the same time each day. Schedule other activities around study time. Choose a time of day when you have lots of energy.
- Create a “Study Zone” in your home. Study in this “zone” each day. Make sure your study zone is free of distractions like TV, phone, music, your siblings, or a window view. Keep the top of your work area free of clutter, and be sure that your zone has good lighting. NOTE: If you don’t have a quiet place at home, try staying after school or visiting a public library.
- Be sure you have good study tools in your study zone. These include your textbooks, pens and pencils, paper, your assignment folder or agenda, and a dictionary.
- Think of school attendance and homework as your job.
- Successful adults treat their jobs as one of their top priorities; you must do the same.
- Get comfortable, but not too comfortable! Avoid studying in your bed. It’s time to study, not sleep!
- Record assignments daily and keep all assignments together in one notebook.
- If you don’t understand an assignment, ask your teacher for clarification. When preparing to study, review all of your assignments for the day. Make estimates about the length of time each assignment will take and make a study schedule. Tackle the most difficult subject first; you’ll be fresher, and it’s downhill from there! Allow extra time for learning new material or for more difficult subjects.
- Don’t procrastinate! Work steadily on major assignments, like term papers, over several weeks. Divide large assignments into small parts and attack them one at a time. Set goals for completion of these small sections and work steadily toward them. It is also easier to do the next assignment as soon as possible after a class while the subject and your interest are still fresh.

- Take breaks during your study period. Perhaps between subjects, and reward yourself for your efforts. Eat a snack, call a friend, listen to music, or do something physical, like shooting hoops or taking a walk.
- Maximize in-class learning. Attend class regularly and be on time. Sit near the front of the class so you can hear and see. Participate in classroom discussions and listen carefully. Take good notes and review them as soon after class as possible, adding any missing information and writing down any questions you may have. Don't try to write down every word (unless it's a quote, rule or law) – listen for key words. If your teacher emphasizes a point, such as by writing it on the board, put it in your notes. If your class discusses a topic, note any major conclusions.
- When you study, experience the information in as many ways as possible. Read the information aloud, write it down, and explain it to a friend or family member. Consider creating and using index cards as an extra way to review the material.
- Organize the information. People process information in different ways. Some people like to draw pictures or charts to digest information; others like to read aloud, make detailed outlines or create index cards. Do whatever works for you.
- Take advantage of any free time. If you have a study period or a long bus ride, use the time to review notes, prepare for an upcoming class, or start your homework.
- Study with a friend. Unless it's too distracting, get together with friends and classmates to quiz yourselves, compare notes, and predict test questions.
- Eat healthy. Good nutrition can lead to good grades. Making smart food choices will give you sustained energy and boost your brainpower. Low energy and poor concentration can mean it's been too long since your last meal. Be sure to eat three meals a day (don't skip breakfast!) and try limiting sugar, sodas, junk food and fast foods. Eat lean protein and fiber, drink plenty of water, and choose "power foods" (blueberries, walnuts, salmon) whenever possible to keep your brain and body happy and functioning at their peak!
- Get plenty of sleep! Teenagers often go to bed too late and have to be up early. Lack of sleep can make your mind dull and keep you from functioning effectively. • Exercise regularly Try to get at least 60 minutes of physical activity on most days of the week. As well as keeping your body healthy, it will boost your mood, energy and focus

PROBLEMS IN CLASS

Try these suggestions at the first sign of trouble with your classes, schoolwork, homework or tests. You are not the only student having trouble, and you are absolutely capable of succeeding!

- Make an appointment to talk with your teacher. Calmly state your concerns about your work/grades, and that you want to improve. Ask for your teacher's advice on what to do to improve your grades, and be willing to do what it takes.
- Whenever you're having trouble understanding the material, don't hesitate to ask your teacher for clarification. Ask questions during class, or if you're not comfortable with this, write down questions to ask your teacher outside of class time.
- Be in class, on time, every day. Bring the materials you need, and pay attention. Take good notes and review them that evening to make sure you understand what you wrote down, while it's still fresh in your head.
- Cut back on work hours if you have an out-of-school job. School is your #1 job right now. Consider this an investment in really good job when you graduate.
- Get the name and number of someone in your class who's a good student. If you're absent, you can call them to find out what you missed and get any homework assignments.
- Turn in every homework assignment! A 0 on even one assignment will mess with your average. (A 100 and a 0 average out to 50, which is a failing grade.) If you're turning in your homework and still not doing well on it, see your teacher to make sure you understand what you are doing wrong.
- Ask your counselor for suggestions on study skills
- Find out what resources are available at your school and in your community, such as tutoring, homework help, mentoring, and librarian assistance.
- Teach your lesson to someone else. This will let you know if you really understand the material.

ACADEMIC EXPECTATIONS

- Attend class every day— Be in all your classes every day! Studies show us that those who do well in classes most often miss very few classes each semester.
- Bring materials to class— Always take proper materials to class with you. Your teacher will tell you what you need for that class. A builder does not go to his job without a hammer, nails, lumber, a tape measure, and numerous other tools. You are building your educational background; so you need to take your tools to the job!
- Complete all make-up work on time. There is NO second chance— Keep up with homework assignments and turn in projects and assignments on time. Being prompt will really impress your peers and allow you to stay on task. Semester grades are based on tests, homework, and special projects accomplished during a semester.
- Demonstrate personal organizational skills, such as record keeping, time-management, homework habits/responsibilities, note-taking skills, and basic listening skills. You should have a notebook/school planner to write down your assignments and to take notes from what the teacher says. If you have a notebook, the notebook should be divided into sections for each class. This could be a 3-ring binder, or a spiral notebook for each class. With either method you can keep all assignments and notes for a class together. Staying organized will help you complete all your assignments on time.

The following are areas that you need to develop to be successful in school and life after high school.

- Read additional books and/or magazines outside of school to supplement vocabulary.
- Apply knowledge to new situations.
- Use concentration powers.
- Increase library skills.
- Increase basic keyboarding skills.
- Strengthen math skills- such as the ability to work with fractions, percentage, decimals, algebra and geometry, and averaging. Review all materials to prepare for special projects or tests.

If you feel any of these may be problems for you, contact your school counselor so we can work on any areas where you need help. You may also need to go see teachers before or after school for some extra help. They will see that you are serious about learning when you come in on your own time!



AFTER HIGH SCHOOL OPTIONS

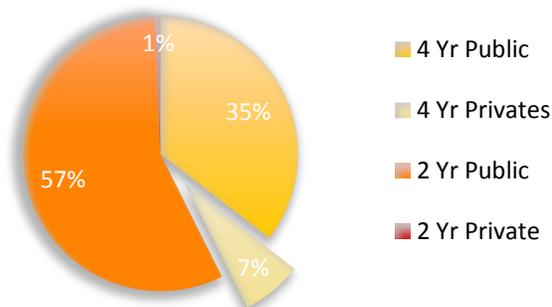
- Attend a 4-year college or university
- Participate in a 2-year/technical certificate or degree program
- The Military
- Full time work Internships/Apprenticeships Self-Employment Entrepreneurship

Whichever route you take, be certain what you are doing in high school will get you where you want to be when you leave high school!

CAREERS EXPLORATION

It may seem like its to soon to start thinking about picking a career, but it's never to early and it's never to late. Deciding on a path now will help you develop your 5-year plan for high school and beyond. Check the school website for career interest quizzes to see what might be a good fit. Then research what it takes to get there. Here is a list of the fastest growing careers nationwide.

Chief Sealth Seniors
Attending College



Fastest Growing Occupations 2/Year Degree	2014 Employment	2024 Employment	Annual Earnings
Occupational Therapy Assistants	33,000	47,100	\$51,580+
Web Developers	78,700	110,700	\$32,900+
Diagnostic Medical Sonographers	60,700	76,700	\$51,580+
Cardiovascular Technologists	52,000	63,500	\$32,900+
Dental Hygienists	200,500	237,900	\$51,580+
Medical Technician	163,400	192,400	\$32,900+
Fastest Growing Occupations 4/Year Degree	2014 Employment	2024 Employment	Annual Earnings
Operations Research Analysts	91,300	118,900	\$51,580+
Personal Financial Advisors	249,400	323,200	\$51,580+
Registered Nurses	2,751,000	3,190,300	\$51,580+
Interpreters and Translators	61,000	78,500	\$32,900+
Forensic Science Technicians	14,400	18,200	\$32,900+
Biomedical Engineers	163,400	192,400	\$51,580+

IMPORTANT DEFINITIONS

Semester: At all high schools this is $\frac{1}{2}$ a school year.

- 1st Semester is September to January.
- 2nd Semester is February to June.
- Students earn $\frac{1}{2}$ or .5 credits upon completion of each semester course.

Credit: A credit is earned when you have completed and passed a class.

- Credits are given for a semester

Incomplete: Failure to COMPLETE work or assignments for a class may result in an "Incomplete." You then have limited time to complete the work in order to change your grade. Not completing work will result in receiving an E.

G.P.A.: This is your Grade Point Average, the cumulative average of all a student's grades.

Core Classes: Classes or curriculum that are considered major areas of study including Math, Science, English and Social Studies.

Crisis: Is a situation that requires immediate attention. Something you consider a danger to yourself or someone else. See your counselor or an assistant principal.

Confidentiality: This is privileged communication, which is not disclosed unless it does or should involve the court or legal system.

Transcript: A complete record of classes and grades that you have earned with credits listed, GPA and class rank.

Portfolio: This is collection of your academic work, goals stated, awards, resumes and information gathered to assist with scholarships, employment and letters of recommendation.

COLLEGE ACCESS PROVIDERS

TRIO - The South Seattle Community College Trio Talent Search offers services to any student in fulfilling graduation and postsecondary plans. Students meet with a specialist who provides them resources in preparing for state exams, financial aid, connections to tutorial assistance and more. Specialists also coordinate with the high schools and provide opportunities for college tours and visits.

Staff: Sarijana Clark

Hours: Tuesdays and Thursday 8:00 AM – 4:30 PM

Enrollment: Typically, at the beginning of the year. Can enroll throughout year

Contact Information: (206)934-5871

College Access Now - CAN's High School Program walks students step-by-step through a curriculum for career and college exploration and preparation. CAN's AmeriCorps College Coaches provide support in weekly after school sessions to groups of approximately 35 students each. CAN staff and volunteers provide additional individualized and group support to CAN students during their junior and senior years of high school.

Staff: Alexis Sullivan, Ali Jimenez

Hours: Typically Monday – Thursday 9AM – 5PM in room 252Q

Enrollment: Students fill out an application and are typically enrolled during the end of their sophomore year to the beginning of their junior year.

Contact Information: (206)379-6846

Upward Bound (UW) - Upward Bound (UB) assists students through a year-round program structured in two components. Support provided during the academic year includes tutoring, advising, writing instruction, test preparation and career exploration. The summer components Upward Bound students spend six weeks on the UW campus to experience the academic and social atmosphere of a major university.

Staff: Fina Marino (Counselor), Donna Bolima (Writing Instruc.), Willie Pirrie (Math Instruc.)

Hours: Tuesdays 9-4

Enrollment: Recruiting begins November – March via hard copy application

Turn in to program staff or school counselor by deadline

Contact Info:

Office: 543-9288

Upward Bound (Seattle) - Student participants are eligible to participate in a six-week non-residential summer program held on the campus of South Seattle Community College. Students are offered an integrated curriculum on core academic subjects like science, language arts, foreign language, math, humanities, and computer technology. Learning Specialists teach daily UB classes at the target schools. The class curriculum covers various academic development subjects and college preparation topics.

Staff: Jimmy Brown

Hours: 8:30 AM – 5:00 PM

Enrollment: Begins Spring to previous year to Dec 31st of current year.

Contact Info: 2062762782 and jimmy.brown@seattle.gov

Upward Bound Math-Science - The mission of UW STEM (Math Science Upward Bound) is to help low income and potential first generation college students succeed in high school and prepare them to enter higher education and receive a college degree, especially in a Science, Technology, Engineering, and Math (STEM) field.

Staff: Sharon Primm-Dayot, Michael Coats

Hours: At least one staff member is present library from 9-4

Enrollment: Students apply during their Sophomore Year and remain until Graduation

Contact Info: spd@uw.edu and mtcoats@uw.edu

Dream Project - provides students support in their post-secondary plans. Connects University students with high school students. Hosts events at the school and UW in promoting college to students. University students act as mentors in which contact students outside of school as well in any general help.

Staff: HSL's Colton Colwell, Madison Moreno, Jon Formantes (Until Summer)

Hours: Dream Project visits happen Wednesdays during advisory period, Jon (CCRA) Tuesdays 12 – 4:30, Thursdays 1:30 – 4:30.

Enrollment: Begins in the Spring where students are ending their junior year. Students are selected based off the advisory in which they belong to.

Contact Information: Madison Moreno madisonkmoreno@gmail.com

Jon Formantes (206)919-2106, jonformantes@gmail.com

Colton Colwell (425)344-5799 coltoncolwell@gmail.com

El Centro – College Readiness: El Centro provides students enrolled in the Proyecto Saber class with support and guidance as they create their post-secondary plan. The coaches lead workshops and provided one-on-one support in subjects such as selecting and applying to schools, understanding financial aid and applying to scholarships. They are also available for drop-in advisement in the youth services of El Centro de la Raza.

Staff: Andy Gorvetzian

Hours: Proyecto Saber Classroom Room 257 – Wednesday and Thursday

Contact Info: a.gorvetzian@gmail.com

Enrollment: Intake process that occurs at the beginning of each semester. All seniors in the Proyecto Classroom complete the Intake Youth Services Form from El Centro.

FOR PARENTS

ATTENDANCE

When your student is absent, you must call the attendance line that day to give the reason for the absence or sign a note for your student to take to the attendance window. Absences not called in within two days will automatically be change to unexcused.

The following are considered excused absences:

- Illness of student
- Death in the family
- Medical or dental appointment
- Observance of religious holidays
- Suspensions (in most cases)

Important: Car trouble, missed bus, pupil placement transportation problems, and oversleeping are not excused.

Students cannot leave the school grounds for any reason during the school day, including breaks and lunch periods, without a Lunch Pass or parent permission. If yours student must leave school, they must bring a note, signed by you, the parent/guardian, to the office before school. The note should include; your name, date, time for checkout, reason, and a daytime phone number where the parent/guardian can be reached. You then show the pass to your teacher when it's time to leave, then report to the main office for check-out. You need to meet your parent in the front of the school. If you leave school without a check-out pass, your absence from the classes you miss will be unexcused.

DANCES/GUESTS

Students wanting to bring a guest from another school to any school dance need to turn in a completed guest dance form by the due date assigned by the building. A "guest" is defined as anyone that does not attend the school hosting the dance. Each school will determine the exact procedures for guests to attend school dances. Rules and regulations will be developed and announced ahead of time. Students are held responsible for the actions of their guests. Student ID's are required of anyone attending a dance. Re-entry is not allowed for anyone once they have left the dance.

CELL PHONES

Students may not use cell phones in class unless directed by a teacher. Students may be referred to detention or community service for using cell phones without express permission in class.

DAILY BULLETIN

Students and parent/guardians may access CSIHS's daily bulletin at:
<http://chiefsealthhs.seattleschools.org/>