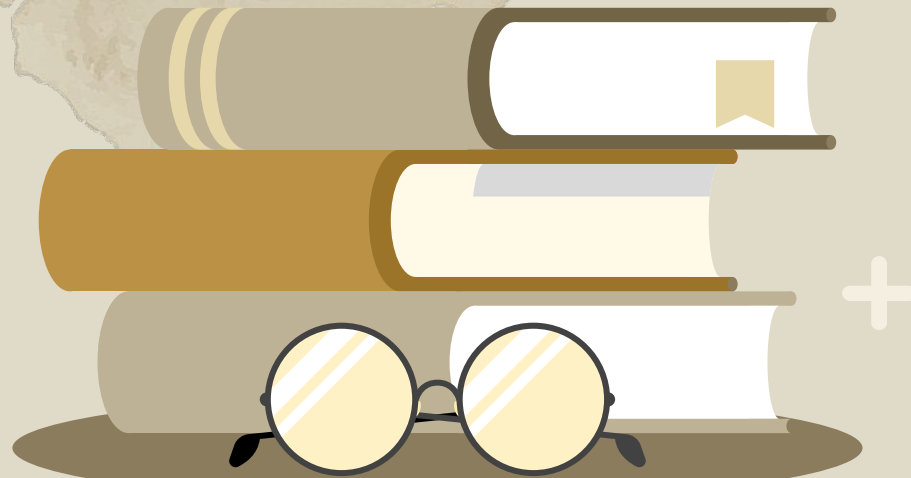


Introduction To Freshman Year

A presentation by the
Waubonsie Valley
Counseling
Department



Welcome Class of 2027

- What is the House?
- Grades
- Final Exams
- Academic Expectations/Supports
- Academic Planning
- Career Exploration



ACCESSING SUPPORTS AT WAUBONSIE VALLEY



What is the House?



- The House is your child's homebase!
 - Students can make appointments with counselors and staff when more support is needed
- Wrap-Around Support
 - Social workers, deans, psychologist, school counselors, and secretaries



Pride House

A-E

1st Floor Atrium



Mr. Jacobs
Dean



Mrs. Gustafson
School Counselor
Fr&So A-BI
Jr&Sn A-Cal



Mrs. Ratchev
School Counselor
Fr&So Bm-Dar
Jr&Sn Cam-E



Mrs. Campbell
School Counselor
Fr&So Das-Gol



Mrs. Pawola
Social Worker



Mrs. Kot
Psychologist



Mrs. Larounis
Dean's Secretary



Mrs. Moreno
Guidance Secretary

Be Here. Be You. Be 

Tradition House

F-L

Cafeteria Hallway



Mr. Steele
Dean



Mrs. Campbell
School Counselor
Fr&So Das-Gol



Mr. Graske
School Counselor
Fr&So Gom-Joh
Jr&Sn F-H



Mrs. Kuhlman
School Counselor
Fr&So Jol-L
Jr&Sn I-L



Dr. Bogin
Social Worker



Mrs. Kot
Psychologist



Mrs. Tardif
Dean's Secretary



Mrs. Small
Guidance Secretary

Be Here. Be You. Be 

Spirit House

M-Rod

Main Office



Mrs. Reible
Dean



Mrs. Lewis-Rogers
School Counselor
M-Nek



Mr. Doyle
School Counselor
Nel-Pr



Ms. Putman
School Counselor
Ps-Sem



Mr. Karmik
Social Worker



Dr. Koopmann
Psychologist



Mrs. Badie
Dean's Secretary



Mrs. Cast
Guidance Secretary

Be Here. Be You. Be 

Warrior House

Roe-Z

2nd Floor Atrium



Mr. Dobbertin
Dean



Ms. Putman
School Counselor
Ps-Sem



Mr. Walker
School Counselor
Sen-Tn



Mrs. Sein
School Counselor
To-Z



Ms. Gianakopoulos
Social Worker



Dr. Koopmann
Psychologist



Mrs. Skurka
Dean's Secretary



Mrs. Bormann
Guidance Secretary

Be Here. Be You. Be 

House Roles

Dean

Attendance,
Student Safety,
Transportation



School Counselor

Academic,
College/Career &
Social Emotional



Social Worker

Social emotional
care, IEP services



Psychologist

IEP Services,
Academic testing



Nurse

Student Health
Services



Mental Health Coordinator

Hospital/Homebound
mental health
coordination



ACADEMIC RESOURCES AT WVHS

- **Academic Resource Center (ARC) - located in Library**
 - English, Math, Science, Social Studies & World Language teachers available to assist students with re-teaching, homework, and questions. Open all lunch periods.
- **Testing Center - Located in ARC**
 - If you need to retake or make-up a test or quiz.
- **Teacher Appointments**
 - Teachers are available before/after school for one-on-one sessions with students. Your teacher should be the first line of support for academics.
- **Tribe Time!**
 - 30 minutes on Wednesdays for students to access supports during the school day



What Does Freshman Advisory Cover?



- 1st semester- half the lunch period
- Introduction to Waubonsie Valley
 - What is the House
 - Academic Supports
 - Promote Self-Advocacy
- Tribe Day - extracurricular activities
- Link Crew / Team Building
- Course Planning
- Post-Secondary Exploration (SchoolLinks)



Understanding High School Grades, Credits and Transcripts



Why Does Freshman Year Matter?



Study and work habits that carry through high school and beyond



Course recommendations for sophomore year



Freshman year accounts for 33% of the GPA reported to colleges when applying fall of senior year



Grades & the Grading Scale

- Grades are the letter equivalent to a point value given for an assignment, project, or assessment.
- Please be advised that percentages are not rounded up
- Colleges are most concerned with students appropriately challenging themselves academically

POINTS	LETTER GRADE	DEMONSTRATES	UNWEIGHTED POINTS	WEIGHTED POINTS
100-90	A	Outstanding Progress	4	5
89-80	B	Above Average Progress	3	4
79-70	C	Average Progress	2	3
69-60	D	Minimum Acceptable Progress	1	2
59-0	F	Unacceptable Progress	0	0



SAMPLE TRANSCRIPT

School Year & Semester

Grade earned

Yr	2020-2021	Term: S2	Grade	09
Drawing 1			B	0.500
Eng 1 Lit Lng & Comp			B	0.500
Culinary Arts 1			B	0.500
PE Wellness			A	0.500
Hon Biology			B	0.500
World Geography			D	0.500
Spanish 2			B	0.500
Cred Comp: 3.500			GPA: 3.1429	

Grade level when the class was taken

Credits earned for the semester



HOW TO CALCULATE GRADE POINT AVERAGE (GPA)

Yr: 2020-2021	Term: S2	Grade: 09	
Drawing 1		A	0.500
Eng 1 Lit Lng & Comp		B	0.500
Culinary Arts 1		B	0.500
PE Wellness		A	0.500
Hon Biology	4 points =	B	0.500
World Geography		D	0.500
Spanish 2		B	0.500
Cred Cmp: 3.500		GPA: 3.1429	

22 / 7 classes = **weighted** 3.14 GPA

21 / 7 classes = **unweighted** 3.00 GPA

1. Give point value to each letter grade
2. Add up all the points
3. Divide the total point value by the number of classes taken



Graduation Requirements at Waubonsie Valley



High School Graduation Requirements

The 24 Credits Needed to Graduate

- 4 credits of English
- 3 credits of Math
- 3 credits of Science
- 1 credit of US History
- 1 credit Human Geography (AP)
- 3.5 PE
- 0.5 Health
- 0.5 credit of Government
- 0.5 credit of Consumer Economics
- 1 credit of either Music/Art/World Languages/ Business/Vocational
- 6 credits of electives



GENERAL COLLEGE ENTRANCE REQUIREMENTS

(start planning now)



4 Years English



3 Years Math



3 Years Science



3 Years Social Studies



2 Years World Languages / Fine Arts



Final Exams & Standardized Exams in High School



FINAL EXAMS

- Final Exams are the culmination of a semester's worth of work.
 - These assessments are **MANDATORY**.
- Assessment of a student's knowledge can take the form of a test, an essay or a project and could be worth up to 20% of a student's grade.
- Assessments should be taken at the scheduled time.
- Per the Student Handbook, "Absences during final exam periods are to be avoided at all costs. Absences during final exams may result in an incomplete grade."





Waubonsie Valley HS

Semester I Exam Schedule - 2022

Tuesday, December 20		Wednesday, December 21		Thursday, December 22	
7:25 - 9:00	Period 1 Final Exam	7:25 - 9:00	Period 3 Final Exam	7:25 - 9:00	Period 4 Final Exam
9:10 - 10:45	Period 2 Final Exam	9:10 - 10:45	Period 8 Final Exam	9:10 - 10:45	Period 7 Final Exam
10:55 - 12:30	Period 5 Final Exam	10:55 - 12:30	Period 6 Final Exam	10:55 - 12:30	Make-Up Exam
Busses at 12:35		Busses at 12:35		Busses at 10:55	
1:15 - 2:50	Make-Up Exam			1:15 - 2:20	Make-Up Exam



Test and Stress

- Final exam testing – All testing really! – can be stressful for students.
- Help your student combat test stress by urging them to follow these simple steps:
 - Study effectively throughout the semester
 - Ask questions in class as they arise
 - Join a study group
 - Don't CRAM! This never works. Neither does cheating.
 - Get a good night of sleep before the test
 - Eat a good breakfast and limit caffeine (it can make you jittery)
 - **PARENTS:** Reiterate to your child that you only expect their best effort – no one is perfect. Remember that stress is contagious and it is helpful for your student to set realistic goals



Testing At A Glance

Freshman: PSAT 8/9 - April 2024

Sophomore: PSAT 10 - April 2024

Junior: SAT - April 2024

Optional Testing: PSAT October (All Juniors)

ASVAB- TBD (Soph, Jr, Sr)

AP Testing May 2024

State Testing: Illinois Science Assessment (spring)



A Four Year Overview Of Post-Secondary Planning at Waubonsie Valley





Career Readiness: Freshman Year


- Schoolinks Freshman Advisory
 - Find Your Path Assessment
- Career Panels
- Career Fair
- Introducing 4 year plans
- Meet with counselor during course registration to discuss courses for the following year



Career Readiness: Sophomore Year

- Meet with counselor during course registration to discuss courses for the following year
- Continue to utilize 4 year plans for course planning - elective focus
- SchoolLinks Assessments for further discovery
 - Would You Rather (Career)
 - Top Skills (and improvement areas)
 - Learning Style





Career Readiness: Junior Year

- Spring Counselor Presentations in English Classrooms
- College and Career Center for College Visits
- Counselor post-secondary planning meetings in the spring- optional
- Campus Lifestyle Assessment (SchoolLinks)
- Meet with counselor during course registration to discuss courses
- JR. English courses work on college essays
- Start creating college interest list





Career Readiness: Senior Year

- Senior Parent Presentation- Fall
- Counselors Presentations in Senior English Classrooms
- One-on-one individual fall meeting → post-secondary planning
- College Visits in the College & Career Center
- Continual counselor support



General Tips for Freshman

01. Encourage your child to check grade book once a week

03. Encourage child to contact teachers as concerns arise, to seek out help, and to ask questions

02. Set aside a structured study time each day in a distraction free environment

04. Ask your student about their classes and encourage them to attend ARC



Waubonsie Valley High School
Counseling Department

Pride | Tradition | Spirit | Warrior



Any Questions?

Please provide
feedback on the
sessions you attended
this evening

(can be completed after each session or once
at the end of the evening)

