

IB Educating for Excellence.

What To Expect in High School

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Your First Year in High School—What To Expect

Many eighth-graders look forward to high school with great excitement, and maybe just a little bit of fear. Let's face it - it was only a few short years ago that you were the new kid on the block in middle school. Now you rule the school, and starting over at the bottom of the heap doesn't sound very appealing. But the good news is, you have been there and done that. You can look back at sixth grade and easily remember how quickly you got past the butterflies you had about getting lost in a big school, getting to your classes on time or being bothered by older students.

More Kids, More Homework, Bigger Building

What you worry about at the start of high school is not too different from what scared you on your way to sixth grade. It's just that you might be concerned about the larger scale of everything in high school. There will be even more students, even more

homework and an even bigger school to find your way around.

It might be helpful to remember that your IB Middle Years Program (MYP) experience has more than prepared you emotionally and academically for what you will experience in high school. By now, you understand how you learn best and what most interests you. You have come up with time management and study skills that work for you. You feel sure of yourself when it comes to your friendships. If you were able to get good grades, make friends and enjoy a life outside the classroom in middle school, you will have no trouble adapting to the challenges and choices that await you in high school.

Balancing it All

The MYP also has helped you to understand more about what makes you tick and what interests you. This knowledge will really come in handy when you are faced with a wide array of opportunities for extracurricular activities and social events in high school (*See the list of East and West High extracurricular offerings on the reverse of this page.*) As a high school student, you will get plenty of practice in prioritizing what needs to get done each day. You will want to make careful choices about how much you can really take on and still have time to relax and enjoy time with friends.

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Choosing Courses

In high school, students generally have more say in which classes they will take. While some courses are required, there will also be "electives." Electives are the courses you can choose to take to gain credits toward graduation beyond those you receive for required classes. They are a great opportunity for you to explore those topics that you like best and will enjoy studying. You will have more of a chance to choose electives with each passing year in high school.

When it comes to planning your course schedule, don't overlook parents and school counselors as excellent resources to help you think it through. They have had a lot of practice with planning and organizing schedules like this, so their advice will be really worthwhile. Also, beware of the temptation to take classes just because your friends are choosing them. While it might help you feel more comfortable socially, you could wind up in a class that drags you down academically simply because it was not a good fit for you in the first place.

(Continued on reverse)

Freshman Academy Smooths the Transition to High School

The District's Freshman Academy program helps make sure that 9th graders experience a smooth transition from middle school to high school so they can progress successfully through their freshman year and continue on toward graduation. West High piloted this exciting initiative in the 2005-2006 school year and East High followed suit in 2006-2007. By the 2007-2008 school year, the program will be available to all District freshman.

In the Freshman Academy model, teachers work on lessons as a team and even space out assignments so students are not overwhelmed. Resource Room teachers sit in on classes and use that insight to help students with assignments. Especially helpful and popular is a student advisory period that is built into the schedule. During this time slot, students participate in activities that reinforce positive habits and character. Intervention on poor work habits or behavior problems occurs early — before the problem affects the student's grades. The tactics to address behavior issues are positively focused on student goals for improvement.

The Freshman Academy is a tremendous success, raved about by teachers and students alike. What is more, with this program in place freshman students intentionally attend school more regularly, perform better academically and take control of their own high school success.



Visit C-PP's IB site to learn more.

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Staying On Top of Everything

Even if you choose a great mix of classes and commit to only your favorite activities, you will still have a lot to keep track of each week. There are assignments, projects, club meetings, rehearsals and practices. There might also be job schedules and community service appointments. And then there are those plans your parents have for you, over which you have zero control. Oh yeah, and, you might want to see your friends once in a while, too.

Yes, life *does* get busy and responsibilities *do* pile up in the high school years. Staying on top of everything takes some skill, but it mostly comes down to forming good hab-

its. The good news about skill is that, unlike talent, it can be learned. And forming good habits is only a matter of routinely using tools and techniques to keep track of your to-do list, be where you are supposed to be and find time to get everything done. Many people call this set of skills and habits “time management,” and even teenagers can master it.

The main tool that every C-PP freshman needs to get comfy with is the Student Handbook. Do yourself a favor and skip the day-planner aisle when you shop for school stuff! East High and West High have done all the work for you. This school-issued booklet is your assignment notebook, your

monthly and weekly planner, your school policy manual *and* your hallway passport. If for no other reason than to get you from the classroom to the... ahem... rest room, this little resource is going to come in *very* handy.

All kidding aside, if you get into the habit of using the monthly and weekly calendars in the school planner to keep track of your days, you will find that staying on top of your activities and responsibilities will be totally manageable. Also, if you specify goals early in the semester, you can use the planner to map out all of the small steps you need to take to reach them. It's a snap!

For other tools, tips and techniques on time management, visit one of these great Web sites:

<http://pbskids.org/itsmylife/parents/resources/time.html>

<http://www.organizedteens.com/school.htm>

Extracurricular Offerings at East High and West High

East High Clubs	East High Athletics	West High Clubs	West High Athletics
Bible Study Club	Boys & Girls Cross	Academic All-Stars	Boys & Girls Cross
Cheer Club	Country (V)*	Band & Jazz Band	Country (V) *
Chess Club	Football (V, JV)	Building Leadership Team	Football (V, JV)
Choice Players	Golf (V)*	Concert Choir/Mixed Chorus/Occidentals	Golf (V)*
Senior Class Council	Boys Soccer (V, JV)*	Dance Machine/Majorettes	Boys Soccer (V, JV)*
Junior Class Council	Girls Soccer (V, JV)*	Debate Club	Girls Soccer (V, JV)*
Sophomore Class Council	Girls Swimming (V)*	Fishing/Outdoors Club	Girls Swimming (V)*
Freshman Class Council	Girls Tennis (V)	Interact	Girls Tennis (V)
Dance Team (Trojettes)	Girls Volleyball (V, JV)	Junior Achievement/JSA	Girls Volleyball (V, JV)
Drama Club and Crew	Gymnastics (V) - *	Key Club	Gymnastics (V)*
Eastern Star (school newspaper)	Boys Basketball (V, JV)	Masterworks	Boys Basketball (V, JV)*
Interact (service club)	Girls Basketball (V, JV)	National Honor Society	Girls Basketball (V, JV)
Jazz Band	Boys & Girls Indoor Track (V)*	Pride & Respect	Boys & Girls Indoor Track (V)*
Key Club (service club)	Boys Swimming (V)*	Radio Club	Boys Swimming (V)*
Lacross Club	Wrestling (V, JV)*	S.A.D.D	Wrestling (V, JV)*
Literary Magazine	Baseball (V, JV)	S.A.V.A.D.	Baseball (V, JV)
Logos (Yearbook)	Boys Lacrosse (V, JV)	Student Council/Class Council	Boys Lacrosse (V, JV)
National Honor Society	Girls Lacrosse (V, JV)	Yearbook	Girls Lacrosse (V, JV)
Recycling Club	Softball (V, JV)	West Wind	Softball (V, JV)
Students Against Destructive Decisions	Boys Tennis (V)		Boys Tennis (V)
Student Council	Boys & Girls Track (V)*		Boys & Girls Track (V)*
Winter Dance Team	* denotes district team		* denotes district team

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