

# SHEPHERD HILL REGIONAL HIGH SCHOOL



*COMMITTED TO EXCELLENCE  
with  
PRIDE AND UNITY*

## FIRST YEAR FACTS

### **Guidance Counselors**

Mr. Laliberte

Miss Swidrak

Ms. Incutto

Mr. Gendron

Mrs. Cabral  
Director of Student Resources



### ***Where do I get help?***

#### **Guidance: For any reason, issue, time...**

1. Know who your Guidance Counselor is... circle their name on this brochure
2. Sign up on their clipboard in the guidance office
3. Your counselor will call you out of a directed study

#### **Teachers: For extra help and concerns about the classroom environment**

Most teachers usually stay after school at least one day a week... talk to your teacher!

- ✓ Some will tell you the day of the week that they stay and you can just drop in
- ✓ Some will need you to make an appointment: You can speak to the teacher to make an appointment before class, after class, or during the last few minutes of class if the teacher is available

#### **Assistant Principals:**

Please see an Assistant Principal for any personal or safety concerns you may have for yourself or a friend.

Ask a secretary in the Main Office to speak to an Assistant Principal

### *What are credits and why are they important?*

Students are promoted to the next grade (10, 11, 12) by earning credit totals.

Each class in your schedule (except Directed Study) has a credit value. If you pass the class for the year, you earn the credit.

If you do not pass a class for the year, you do not earn the credit and you most likely will have to take the class over again, or attend summer school if you are eligible.

Beginning with YOG 2014, you must accumulate **22.00** credits to graduate from Shepherd Hill Regional High School. Of the 22 credits, the following totals of credits are required in each of the following content areas:

English	4
Mathematics	4
Science	3
Social Studies	3 (Including U.S. History 2)
Physical Ed	.75

#### ***Promotion requirements***

The following totals of credits are necessary for grade promotion:

5.00	credits to become a sophomore
10.00	credits to become a junior
15.75	credits to become a senior

## **What is a GPA?**

Let's talk about GPA (Grade Point Average) ... it is important.

Each class that you take has a GPA value assigned.

The better your grade in a class, the higher the GPA value it earns.

Your GPA is used to determine your class rank and by colleges to determine your readiness for college.

Different colleges look for different GPAs.

***So always, always ...***

**TRY TO DO YOUR PERSONAL BEST!**



***Am I preparing for college if I am in Level 2 classes?***

**YES!**

If you are a mostly A's with some B's student in Level 2 classes you can attain a 3.0 GPA.

Most Massachusetts State Colleges and Universities look for a GPA from 2.0 to 3.0.

Private colleges vary greatly in the GPA ranges.

## **What are Mid Term and Final Exams?**



Mid Term and Final Exams are tests that cover large amounts of information and will count for a significant part of your final grade for the course.

KEEP your notes and any assignments that teachers return to you.

Your Mid-Term Exams are in January and will cover the information that you learned in the first half of the year.

The Final Exams are in June and may cover the information that you learned all year long.

It will be important to review all of the material so that you can do well on your Exams. Take advantage of ALL of the help that your teachers will provide to assist you to prepare.

## **Use a system to keep track of assignments!**

This is a strategy used by busy and successful adults!

Write down what you need to do and when you need to have things done and check them off as you complete them.

You can use an agenda book, a calendar or weekly sheets.

## **What should I be planning each year?**

Course selection for each year will begin around March. Please review ***the Course Description Catalog*** on the SHRHS Guidance webpage to see what classes you may be interested in taking.

### **Sophomore year:**

You may want to take the PSAT test in October (Practice SAT) – many students wait until their Junior year.

Your guidance counselor will administer a Career Interest Inventory to help you identify what field you may want to enter.

You will take the English Language Arts, Mathematics and Biology MCAS tests.

### **Junior year:**

You will take the PSAT test in the fall and SAT in the spring.

You will begin researching colleges that may be a good fit for you.

You will begin to visit colleges that interest you. April vacation is a great time to do this.

### **Senior year:**

You will take the SAT in the fall.

You will participate in the college application process.