



# FRESHMAN PRESENTATION



# TODAY:

- Learn about the counseling department
- Explore your class options at NHS
- Gain understanding about what the next four years will look like!
  - Getting involved
  - Getting support
  - Grad requirements
  - College/Career, etc.



# TA BREAKDOWN

## Singer

Carter

Hoang

Penrod

Sewell

Wroe

## West

Banks

Landeis

Parr

Rhodarmer

Stuart, M

## Kim

Matsuda

Mullen

Olivares

Quigley

## Loup

Di Antonio

Dickson

Nguyen

Petrosian

Tyo

## Ostovarpour

Champion

Comtois

Ennis

Ortiz Jaime  
(Cali)

Sim

Yu



# NHS COUNSELORS



**MS. LOUP**

kelseyloup@iusd.org



**MS. SINGER**

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**MS. PHENICIE**

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Located in the upstairs 900 building!

Located in the front office!



**MS. KIM**

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**MS. OSTOVARPOUR**

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**MS. WEST**

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Located in the upstairs 1000 building!

# WHAT DO YOU THINK A COUNSELOR DOES?



# How can counselors help?

Am I on track for college?

I'm feeling anxious at school.

I'm having trouble in one of my classes.

I just need somebody to talk to.

I feel stressed out - what should I do?

**Confidentiality Limits:**

- ✓ Danger to yourself
- ✓ Danger to others
- ✓ Someone is a danger to you
- ✓ You give me permission to share

I am having a hard time at home.

Am I on track for graduation?

# TA VERSUS COUNSELOR

## TA

- Interacts with you weekly
- Informational: Bulletin and school announcements
- Fall Conference: Get to know you and check in
- Spring Conference: Schedule your classes for the following year

## COUNSELOR

- **All 4 years:** source of support for academic, college and career and social-emotional concerns
- **9<sup>th</sup> grade:** Freshmen presentations in the fall
- **10<sup>th</sup> grade:** Individual planning conferences with you and your parent(s)/guardian(s)
- **11<sup>th</sup> grade:** Junior Jumpstart - classroom presentations, college app workshop
- **12<sup>th</sup> grade:** Senior meetings, college presentations and application assistance

# HEALTH & WELLNESS

- Balance
- Stress Management
  - Stress is normal
  - Stress is different for everyone
  - Find healthy ways to cope
- Sleep
- Mental Health
  - Sadness vs. Depression
- The Well - Room 926

Breathe in

**Reach out to your counselor. We can help!**



# HOW TO CONTACT YOUR COUNSELOR

## OFFICE

### Come see us

Visit our office during break, lunch, or before/after school and we will do our best to see you

## Schedule an Appointment



### Ask Quick Questions

Academics, social-emotional support, college/career

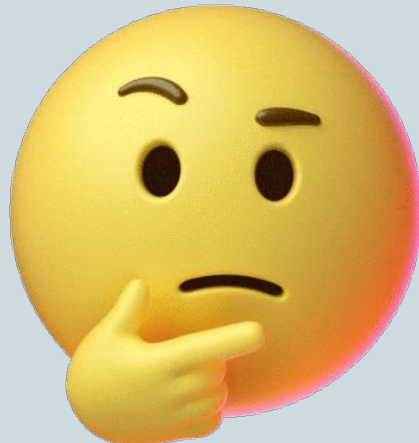
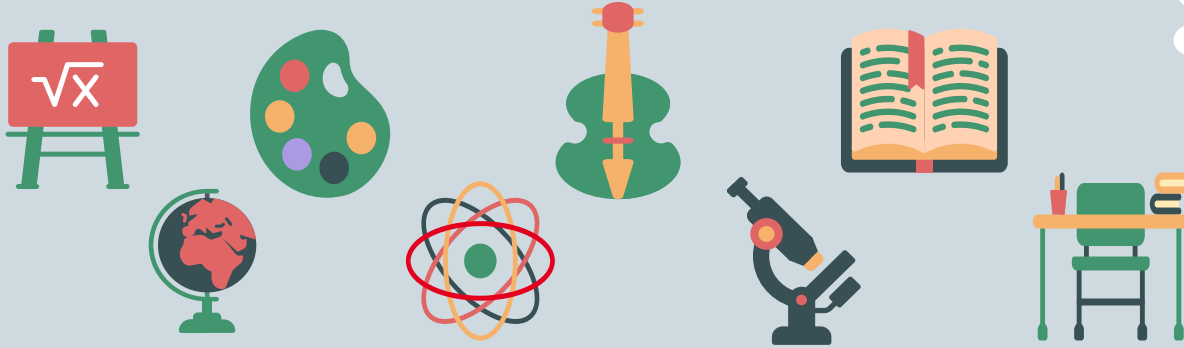
## EMAIL

# Guided Meditation Break



**Morning MeditOcean**  
with the Open Sea

# HOW DO I KNOW WHAT CLASSES TO TAKE?



# CLASSES AT NHS

## 3 TYPES OF CLASSES

```
graph TD; A(3 TYPES OF CLASSES) --- B[GRADUATION REQUIREMENT/ NON COLLEGE PREP (Health & PE)]; A --- C[COLLEGE PREP]; A --- D[HONORS/ ADVANCED PLACEMENT (AP)];
```

**GRADUATION REQUIREMENT/ NON COLLEGE PREP (Health & PE)**

**COLLEGE PREP**

**HONORS/ ADVANCED PLACEMENT (AP)**

- Placement is determined by grades, work habits, and teacher recommendation.
- For Honors/AP-level courses, there are prerequisites that you have to meet- these are listed in the Program of Studies (on NHS website).
- Helpful resources: Course Sequencing sheet & Courses that meet A-G

# GRADUATION REQUIREMENTS

- Credits required for graduation
  - Total of 225 credits
  - Subject requirements
  - 1 semester course = 5 credits
- Minimum course load
  - 6 classes per semester (9th-11th)
  - 5 classes per semester (12th)
- Minimum passing grade vs. grade needed for college eligibility
  - **C - for College**
  - **D - for Diploma**

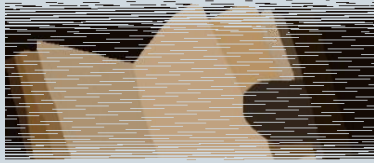


# GRADUATION REQUIREMENTS

CONTENT AREA	HS DIPLOMA REQUIREMENTS
<b>Grade Requirement</b>	<i>D- or better</i>
<b>English</b>	4 years
<b>Mathematics</b>	3 years <i>Must include Math 2</i>
<b>Science</b>	3 years
<b>Social Science</b>	3 years
<i>World History</i>	(1 year)
<i>US History</i>	(1 year)
<i>Economics</i>	(1 semester)
<i>Government</i>	(1 semester)
<b>Foreign Language / Fine Arts / CTE</b>	1 year
<b>Physical Education</b>	2 years
<b>Health</b>	1 semester
<b>Electives</b>	60 additional credits = 225 total



# 10TH GRADE CLASSES

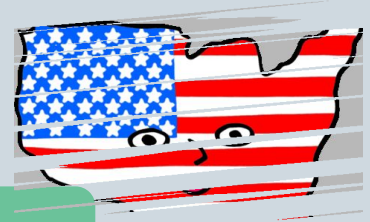


English:

US Literature

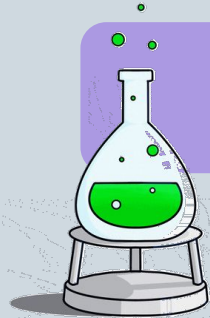
History:

US History



Science:

Integrated  
Science 2



Math:

Based on Math pathway  
and teacher  
recommendation



Minimum 2 Other  
Classes!



## UC/CSU - Approved Courses Northwood High School | 2023-2024

Courses in BOLD are weighted.

Most ROP Courses are approved; see your counselor for details.  
This list is specific to the school year listed above; for previous years, see the [UC/CSU A-G Course List](#).

### a - HISTORY / SOCIAL SCIENCE

2 years required, including 1 year of World History and 1 year of US History, or 1 semester of US History and 1 semester of American Government

- Humanities World History
- Honors Humanities World History
- World History Sheltered
- Humanities US History
- Honors Humanities US History
- American Government (semester)
- **AP World History**
- **AP US History**
- **AP American Government (semester)**

### b - ENGLISH

4 years required

- Humanities World Literature
- Honors Humanities World Literature
- Humanities US Literature
- Honors Humanities US Literature
- European Literature
- **Honors European Literature**
- Contemporary Literature
- **AP English Literature & Composition**
- **Honors Critical Theory and Literature**

### c - MATHEMATICS

3 years required, including completion of Algebra II or Math III;  
4 years recommended

- Math I
- Math II or Enhanced Math II
- Math III or **Enhanced Math III**
- Math 4
- **AP Statistics**
- **AP Computer Science A**

### d - LABORATORY SCIENCE

2 years required; 3 years recommended

- Integrated Science 1
- Honors Int. Science 1
- Integrated Science 2
- Honors Int. Science 2
- Integrated Science 3
- **Honors Int. Science 3**
- Anatomy & Physiology
- Marine Science
- Principles of Engineering
- Geology
- **Honors Forensic Science**
- **Honors Interdisciplinary Climate Explorations (ICE)**
- **AP Biology**
- **AP Chemistry**
- **AP Physics 1**
- **AP Environmental Science**
- **AP Computer Science Principles**

### e - LANGUAGE OTHER THAN ENGLISH

2 years required; 3 years recommended

- American Sign Language 1, 2, & 3
- French 1, 2, & 3
- **Honors French 4**
- Korean 1, 2, & 3
- Spanish 1, 2, & 3
- **Honors Spanish 4**
- **AP Spanish Language and Culture**

### f - VISUAL & PERFORMING ARTS

1 year required; can be 2 different semester courses from the same discipline

#### DANCE

- Dance Tech 1, 2, & 3
- Dance Theater

#### MUSIC

- Bass Clef
- Bel Canto
- Chamber Singers
- Concert Band
- Concert Chorus
- Concert Orchestra
- Guitar Studio
- Guitar 2
- Jazz Ensemble 1, 2, 3, & 4
- Music Theory
- **AP Music Theory**
- Philharmonic Orchestra
- String Orchestra
- Symphonic Band
- Symphonic Orchestra
- Treble Clef
- Viva Cantor
- Wind Ensemble
- Wind Symphony

#### THEATER

- Creative Drama
- Intermediate Drama
- Advanced Drama
- Technical Theater
- Advanced Technical Theater

#### VISUAL ARTS

- Introduction to Art
- Painting/Drawing
- Art Portfolio Prep
- **AP Studio Art-Drawing**
- **AP Art History**
- Beginning Ceramics
- Intermediate Ceramics
- Advanced Ceramics
- Computer Graphic Art
- **AP Studio Art-2-D Design**
- Beginning Screen Printing & Design
- Video Production
- Art of TV/Video
- Visual Imagery (Photography)
- Advanced Visual Imagery

#### INTERDISCIPLINARY

##### ARTS

- ROP Broadcast News (NTV)

### g - COLLEGE PREPARATORY ELECTIVE

1 year; can be chosen from a-f or from these courses

- Anthropology (semester)
- Business Communication
- Intermediate Computer Graphics
- 3-D Animation & Design
- Creative Writing 1 & 2
- Advanced Creative Writing
- Culinary Arts 1
- Advanced Culinary Arts & Management
- Economics (semester)
- Economics of Business (semester)
- Honors Political Economy (semester)
- Beginning Journalism
- NHS Newspaper (Howler)
- Psychology (semester)
- **Honors Forensic Psychology**
- Speech & Debate
- World Religions (semester)

### OFF-SITE ROP CLASSES (through Coastline)

For a list of courses see: [UC/CSU A-G Course List](#)



# List of a-g approved courses at NHS

[Click here to access this document](#)

# Career Technical Education (CTE) and Visual Art Pathways

art

Intro to Art

Paint and Draw

Art Portfolio Prep

AP Studio Art:  
Drawing



Computer  
Graphics

Intermediate  
Computer Graphics

Advanced Computer  
Graphics

3D Computer  
Animation & Design



video  
production

Video  
Production

Art of TV & Film

NTV (ROP Broadcast  
News)



visual  
imagery

Visual Imagery

Advanced Visual  
Imagery

AP Studio Art:  
2D Design



computer  
graphics

# ACTIVITY: Big Future Career Quiz

Please get out your  
device!



# BIG FUTURE ACTIVITY

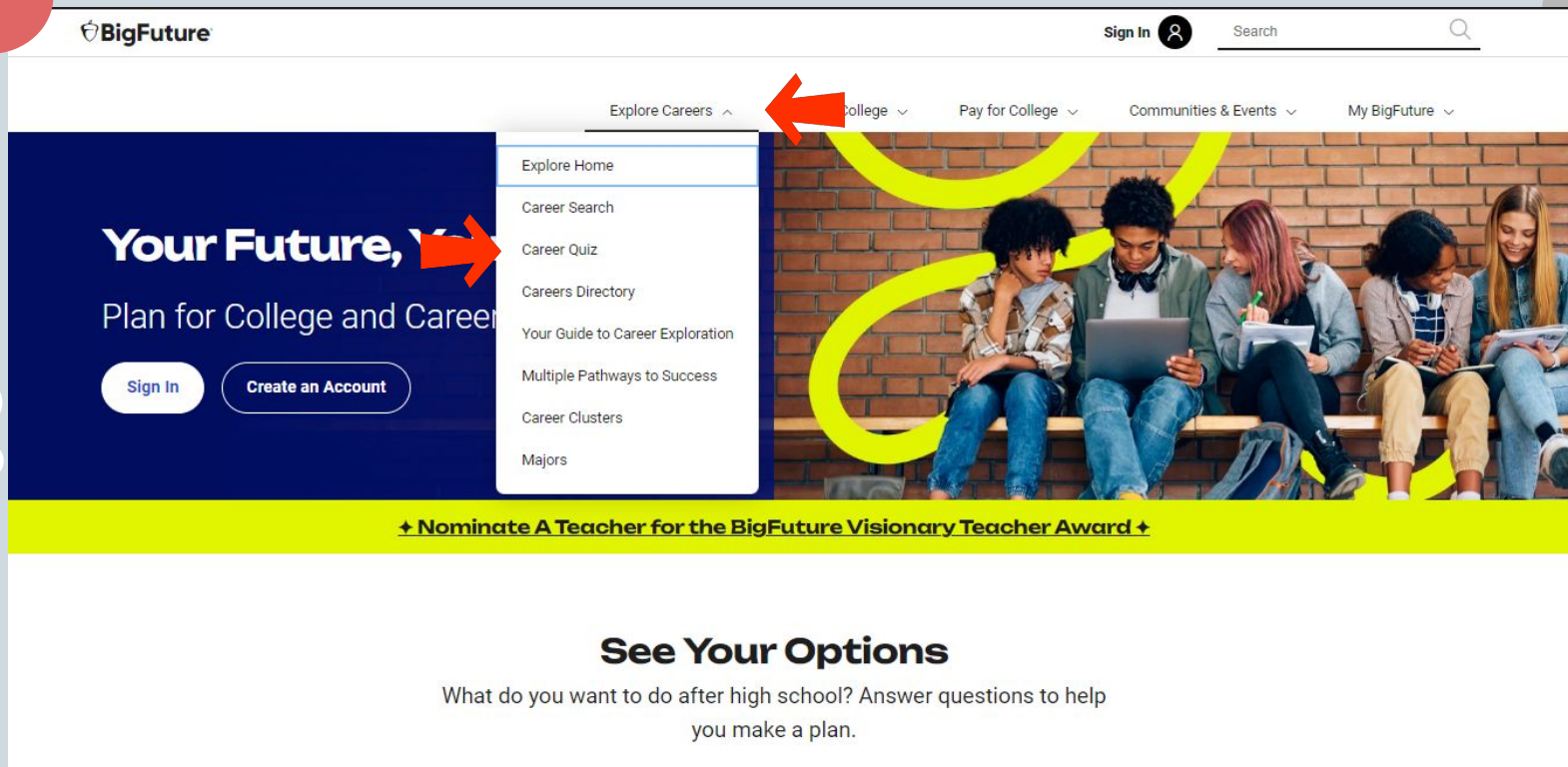
Please go to [bigfuture.collegeboard.org](https://bigfuture.collegeboard.org)

The screenshot shows the BigFuture website interface. At the top left is the BigFuture logo. To the right are links for 'Sign In' and a search bar. Below the navigation bar are several menu items: 'Explore Careers', 'Plan for College', 'Pay for College', 'Communities & Events', and 'My BigFuture'. The main content area features a dark blue banner with the text 'Your Future, Your Way®' and 'Plan for College and Career.' Below this are two buttons: 'Sign In' and 'Create an Account'. To the right of the text is a photograph of five diverse students sitting on a bench, looking at a laptop. A yellow graphic element consisting of two overlapping circles is overlaid on the photo. Below the banner is a yellow bar with the text '+ Nominate A Teacher for the BigFuture Visionary Teacher Award +'. Below this is a section titled 'See Your Options' with the subtitle 'What do you want to do after high school? Answer questions to help you make a plan.' At the bottom of this section are three icons: a pair of glasses, an open book with a question mark, and a calculator.

This is what you should see!  
Don't do anything else yet.

# 1. Click on “Explore Careers”, then click “Career Quiz”

1



The screenshot shows the BigFuture website interface. At the top left is the BigFuture logo. To the right are links for "Sign In" and a search bar. Below the navigation bar are several menu items: "Explore Careers", "College", "Pay for College", "Communities & Events", and "My BigFuture". A red arrow points to the "Explore Careers" menu item. A dropdown menu is open under "Explore Careers", listing several options: "Explore Home", "Career Search", "Career Quiz", "Careers Directory", "Your Guide to Career Exploration", "Multiple Pathways to Success", "Career Clusters", and "Majors". A red arrow points to the "Career Quiz" option in the dropdown. Below the navigation bar is a large banner with the text "Your Future, Your Plan for College and Career" and buttons for "Sign In" and "Create an Account". A yellow banner below the main banner contains the text "Nominate A Teacher for the BigFuture Visionary Teacher Award". At the bottom of the page, there is a section titled "See Your Options" with the text "What do you want to do after high school? Answer questions to help you make a plan."

BigFuture

Sign In Search

Explore Careers College Pay for College Communities & Events My BigFuture

Explore Home  
Career Search  
Career Quiz  
Careers Directory  
Your Guide to Career Exploration  
Multiple Pathways to Success  
Career Clusters  
Majors

**Your Future, Your Plan for College and Career**

Sign In Create an Account

**Nominate A Teacher for the BigFuture Visionary Teacher Award**


## See Your Options

What do you want to do after high school? Answer questions to help you make a plan.

## 2. Click on “Continue Without Signing In” Do not click on Sign In to Begin

Explore Careers ▾ Plan for College ▾ Pay for College ▾ Comm

# Career Quiz




### Personalized career suggestions in just minutes.

You're more likely to be happy and successful in your work when your job matches your interest areas.

Take this easy, 15-minute quiz to get matched with careers based on your likes and dislikes.

Sign in to your account to save your career matches after taking the quiz.

[Sign In to Begin](#)

 [Continue Without Signing In](#)

When you use the career quiz, we survey your interest areas so we can suggest careers to you. You can save this information to your account, but we do not use it for other purposes.

## 3. Read the instructions and then begin!






# Career Quiz

### Before we start!

The Career Quiz can help you find out what your interests are and how they relate to the world of work. You can find out what you like to do. This Career Quiz helps you decide what kinds of careers you might want to explore. The Career Quiz has 60 questions about work activities that some people do on their jobs.

Read each question carefully. Decide how you would feel about doing each type of work:

Strongly Dislike    Dislike    Unsure    Like    Strongly Like


    

### As you answer the questions

Try not to think about if you have enough education or training to do the work, or how much money you would make doing the work. Just think about if you would like or dislike doing the work.

This is not a test! There are no right or wrong answers!

Please take your time answering the questions. There is no need to rush! You are learning about your interests, so that you can explore work you might like and find rewarding!

 [Start Career Quiz](#)

# When you are finished...

- Explore your Career Quiz Matches.
- Write down at least 3 Occupations that seem interesting to you.
- Think about ways you can start exploring these careers now.

## Your Interest Areas and Careers

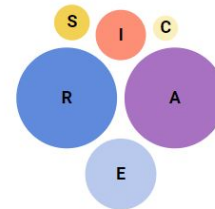


Explore Your Career Quiz Matches

Based on the quiz, this chart shows your interest areas, or the types of work you might like to do right now. Remember, your interests and career goals can change.

1. **Realistic** and **Artistic** (Tied)    2. **Enterprising**

Your top interest areas are represented by larger bubbles. Use these interest areas to explore careers.



● R Realistic ● I Investigative ● A Artistic ● S Social ● E Enterprising ● C Conventional

# COLLEGE & CAREER CENTER

Mrs. Smith, College & Career Coordinator

- Scholarship Information
- Career Presentations
- College Visits
- Job Search & Work Permits
- Volunteer Opportunities



**Read the College & Career Center  
Newsletter each week for  
up-to-date information!**

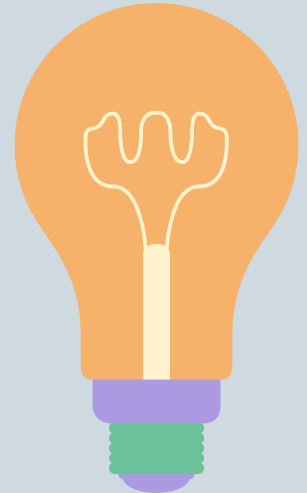






# CONSIDER THIS!

<p><b>SUCCESS</b></p>  <p><b>WHAT PEOPLE THINK IT LOOKS LIKE</b></p>	<p><b>SUCCESS</b></p>  <p><b>WHAT IT REALLY LOOKS LIKE</b></p>
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# DIFFERENT PATHWAYS EXPLAINED: WHICH ONE IS RIGHT FOR YOU?

**64%\***

4-year  
college

**35%\***

Community  
College

## Other Pathways:

Military

Work/Trade School

Gap Year

\*based on NHS Class of 2023

# College Readiness Requirements

What do you need to do to be college ready?

UNIVERSITY  
OF  
CALIFORNIA



**CSU** The California State University

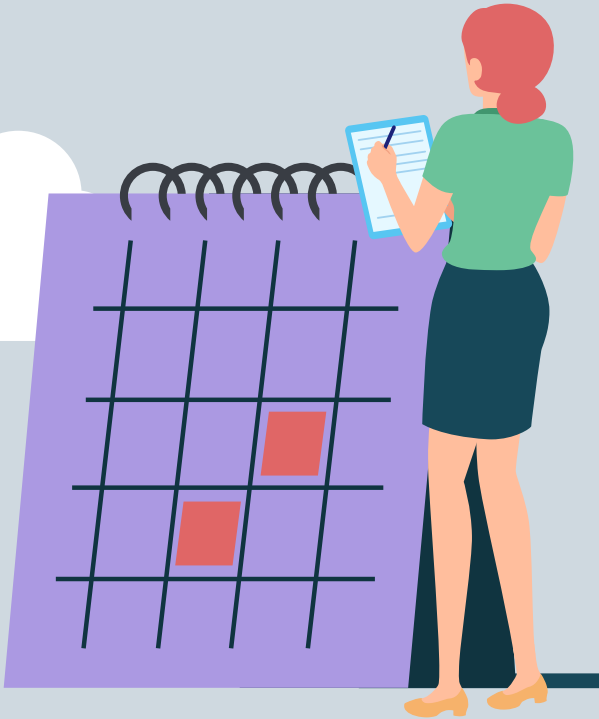


# COMMUNITY COLLEGE

- Admission Requirement: high school diploma
- Certificate Programs
- Associate's Degree
- Transfer Programs
- Benefits of Community College



# 4-YEAR COLLEGE REQUIREMENTS



- College entrance requirements for:
  - University of California (UC)
  - California State University (CSU)
- Minimum grade is **C-**
  - Minimum GPA for UC: 3.0
  - Minimum GPA for CSU: 2.5
- At UC's, other components are also considered for admission:
  - Rigor of courses
  - Extracurricular activities
  - Personal Insight Questions
- Private colleges might have different requirements
  - SAT or ACT
    - Not accepted by UC/CSU

# A-G REQUIREMENTS

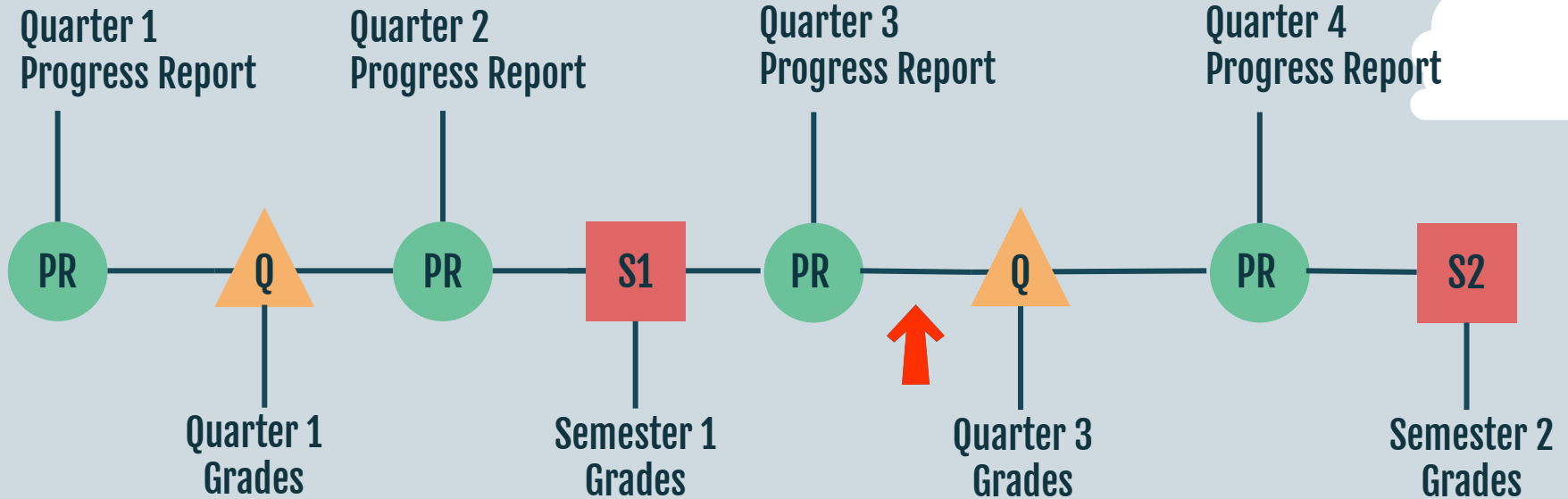
CONTENT AREA	A-G REQUIREMENTS
<b>Grade Requirement</b>	<i>C- or better</i>
<b>A. History</b>	2 years
<i>World History &amp; US History</i>	
<b>B. English</b>	4 years
<b>C. Math</b>	3 years required, 4 years recommended <i>Must complete Math 3 or above</i>
<b>D. Science</b>	2 years, 3 years recommended
<b>E. Foreign Language</b>	2 years, 3 years recommended
<b>F. Fine Arts</b>	1 Year
<b>G. Electives</b>	1 year <i>from approved a-g course list</i>

# WHY DO I KEEP GETTING PROGRESS REPORTS?





# GRADING PERIODS



**Progress Reports** are the halfway mark for the quarter. Progress Report grades **ARE NOT** permanent.



**Quarter Grades** are the halfway mark for the semester. Quarter grades are used to determine athletic eligibility and give you an idea of where you are before grades are final.



**Semester Grades** are **FINAL** grades. Semester grades go on your permanent transcript. Repeat courses if needed.

# Sample Northwood Transcript

How to calculate GPA:

1. Give points to every letter grade using this breakdown: A=4; B=3; C=2; D=1; F=0
2. Add up all the points
3. Divide Sum by # of classes

Student Name	Student ID	Grade	Birthdate	Counselor	Transcript of Student Progress WASC ACCREDITED SCHOOL			
Parent/guardian name, address, telephone					February 24, 2024 Northwood High School 4515 Portola Parkway Irvine, CA 92620 (949) 936-7200   Fax (949) 936-7209			
Crs-ID	Course Title	Mark Att/Cmp	Crs-ID	Course Title	Mark Att/Cmp	Crs-ID	Course Title	Mark Att/Cmp
Grd 9 Fall 23-24 Northwood High School								
p 10008	Hum Wrld/LA	B 5.00 5.00						
p 2312	Spanish 1A	A 5.00 5.00						
p 3047	Math IA	B+ 5.00 5.00						
* 4013	PE Coed A	A+ 5.00 5.00						
p 5274	H Int Sci-1 A	A+ 5.00 5.00						
p 62000	Hum Wrld/His A	B+ 5.00 5.00						
p 7098	Video Prod A	A- 5.00 5.00						
Credit Att: 35.00 Cmp: 35.00 AGPA: 3.5000								
Work in Progress-- Northwood High School								
p 10009	Hum Wrld/LB	5.00 0.00						
p 2313	Spanish 1B	5.00 0.00						
p 3048	Math IB	5.00 0.00						
p 4444	Dance Tech 2B	5.00 0.00						
p 5273	Int Science-1B	5.00 0.00						
p 62001	Hum Wrld/His B	5.00 0.00						
p 7099	Video Prod B	5.00 0.00						
* 9811	Advisement	0.00 0.00						
* 9904	No Per 7/8 SA	0.00 0.00						
Total Credit: 35.00								

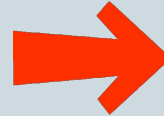
Course Tags:	* = Non Academic	+ = Honors (weighted)	p = College Prep	r = Repeated	CREDIT SUMMARY				
Academic GPA	3.5000	3.5000			Subject Area	Credit	Reqs	Compl	Needed
Total GPA	3.5714	3.5714			English	40.00	5.00	5.00	35.00
Credit Attempted:	35.00				Mathematics 1	10.00	5.00	5.00	
Credit Completed:	35.00				Mathematics 2	10.00	-	10.00	
					Mathematics Elective	10.00	-	10.00	
					Life Science	10.00	5.00	5.00	
					Physical Science	10.00	-	10.00	
					Sci Yr3 Physics-based	-	-	-	
					Science Electives	10.00	-	10.00	
					American Govt.	5.00	-	5.00	
					U.S. History	10.00	-	10.00	
					Health	5.00	-	5.00	
					Physical Education	20.00	5.00	15.00	
					Lang Fine Arts CTE	10.00	10.00	-	
					World Cultures	10.00	5.00	5.00	
					Economics	5.00	-	5.00	
					General Electives	60.00	-	60.00	
					* TOTALS *	225.00	35.00	190.00	

This transcript is unofficial unless signed by a school official.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# GPA Calculation Example

Grd 9 Fall 23-24 Northwood High School					
p	10010	H Hum WrldLitA	B-	5.00	5.00
p	2312	Spanish 1A	A-	5.00	5.00
p	3047	Math IA	B	5.00	5.00
*	4622	TS B Soccer	A+	5.00	5.00
p	5272	Int Science 1A	C+	5.00	5.00
p	62002	H Hum WrldHis A C	C	5.00	5.00
Credit Att: 30.00 Cmp: 30.00 AGPA: 2.8000					



B- = 3

A- = 4

B = 3

A+ = 4 (non-academic)

C+ = 2

C = 2

$$\frac{3+4+3+4+2+2}{6} = 3.0$$

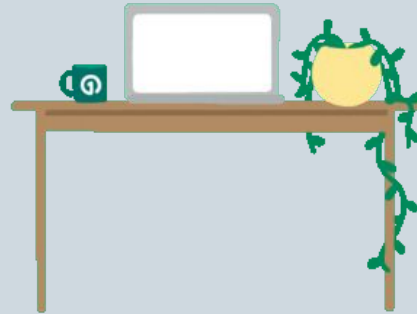
Total GPA

$$\frac{3+4+3+2+2}{5} = 2.8$$

Academic GPA

# STUDY TIPS FOR FRESHMEN

- Use a planner/organizer to keep track of assignments and due dates
- Have a quiet, organized place to study - don't study in bed
- Set aside time to do homework and to study (yes, both!)
- Eliminate distractions
- Work on homework the day it was assigned
- Engage in active studying
  - Chunking
  - Pomodoro (25 min on / 5 min off)



# SUPPORT



Work with your teacher



Tutorial



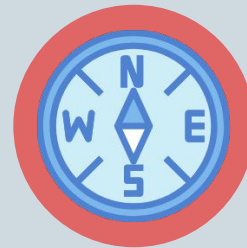
Counselor



Link Crew  
(in Advisement)



Tutor Center



Teacher Advisement



# HOW CAN I BE INVOLVED ON CAMPUS AND STAY INFORMED?



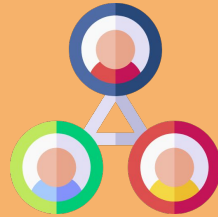
# Involvement Opportunities



**ATHLETICS**



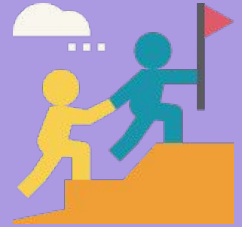
**VISUAL &  
PERFORMING  
ARTS**



**CLUBS**



**COMMUNITY  
SERVICE**



**LEADERSHIP/  
ASB**

**\*Community service is  
NOT required for  
graduation!**

# STAY INFORMED

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WEEKLY BULLETIN



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COLLEGE & CAREER CENTER  
NEWSLETTER

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NHS WEBSITE  
COUNSELING PAGE

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PARENT PORTAL



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CANVAS  
Class of 2027  
Page

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CCGI

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ASB  
Integral App

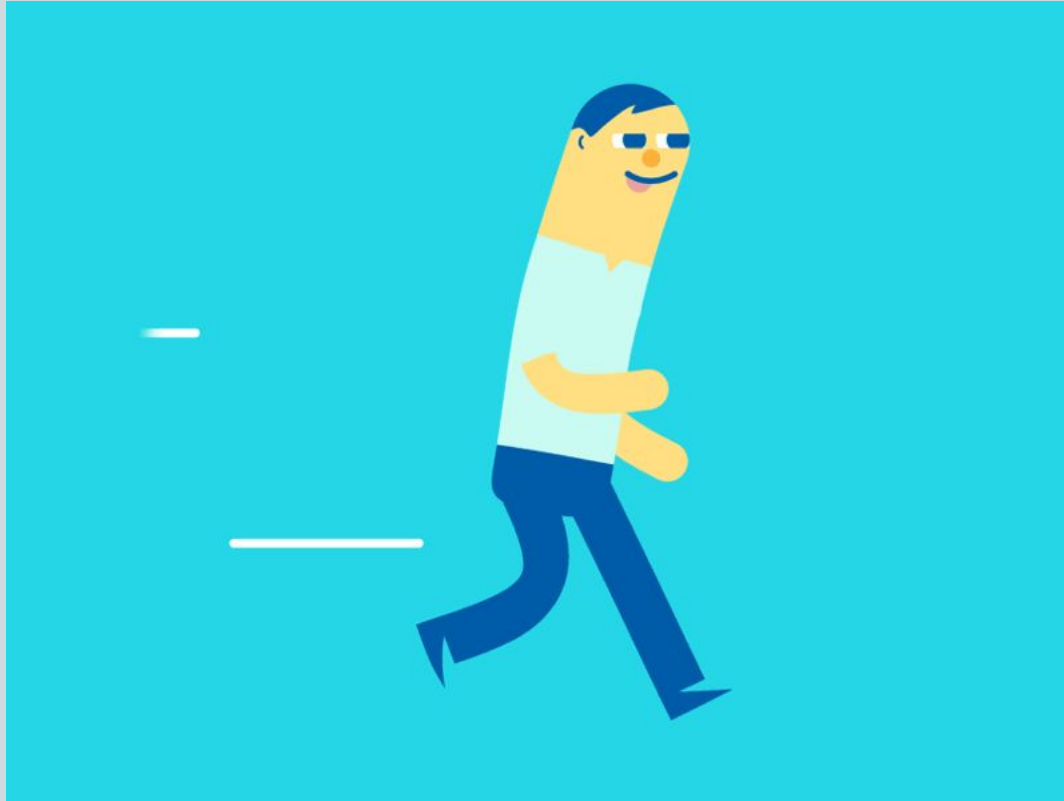
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INSTAGRAM  
@northwoodhs\_counseling  
@nhstwolves





# WHAT CAN I EXPECT MOVING FORWARD AT NHS?



# LOOKING FORWARD

## Spring Conferences

- Course selection for next school year
- Conferences will be done with your TA

## Sophomore Conferences

- Student, Parent(s) and Counselor
- Plan for 11th and 12th grade classes
- Talk about post-NHS plans
- December to April of 10th grade



# ACTIVITY:

## What to include in an email...

Please take a look at the  
worksheet with 2 blank  
email templates.

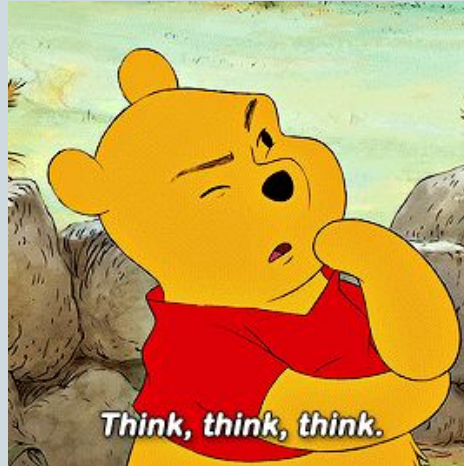


# LET'S TALK ABOUT EMAILS

How do I write one?

What do I include in an email?

When may I need to write an email?



# EMAIL SCENARIO #1

You've been out sick for the past few days and want to let your teachers know.  
What would your email look like?



Where can you find your teacher's emails?  
What do your teachers need to know about you?



# EMAIL SCENARIO #1 EXAMPLE

Teacher emails

To

Q Insert or Select Names



Subject

Make up U4 Skills Check?

Introduce yourself

Address who you are emailing

Dear \_\_\_\_\_,

Explain why you are emailing

My name is \_\_\_\_ and I am from your \_\_\_\_ period. I have been out sick the past few days and wanted to see what I should focus on to catch up. It looks like I am missing 2 assignments and the unit 4 skills check. Once I get the assignments in, would I be able to come into tutorial and take the skills check? Thank you for your help.

Sincerely,

Sign off

Be nice

Relevant and concise subject

## EMAIL SCENARIO #2

You didn't get the grade you wanted on a recent assessment and want to ask what you did wrong.  
What would your email look like?



What is the assessment called?  
When would you want to review the assessment?  
What have you done to review the assessment?



# EMAIL SCENARIO #2 EXAMPLE

Teacher emails

Relevant and concise subject

To

Q Insert or Select Names



Subject

Question on U4 Exam

Address who you are emailing

Dear \_\_\_\_\_,

Introduce yourself

I am \_\_\_ from your \_\_\_ period. I just reviewed my grade from our recent assessment and noticed I got a 1 on the \_\_\_ section. I looked over the assignments that I studied for the Unit 4 exam, but I am still feeling confused about what I missed. Is there a time we could look over where I went wrong together? Thank you in advance for your help!

Explain why you are emailing

Sincerely,

Sign off

Be nice



# EMAIL TIPS

Be concise and include relevant information. Make sure to ask and not demand!

Avoid using texting language or emojis.

Include a formal salutation and a polite sign off. Make sure to thank them for their time!

**Examples:**  
Formal Salutation: "Dear Mrs./Mr. \_\_\_\_\_"  
Polite Sign Off: "Sincerely," OR "Best regards," OR "Thank you,"

Include your full name and ID number in your email!

Have an appropriate personal email & make sure to check it often!

**Suggestions:**  
Make sure it includes your first & last name.  
Check your email in Aeries to make sure it is the one you use the most.

Have a concise subject line (don't put your email in the subject line).

Review your email before sending to avoid any silly mistakes.





# Freshman Parent Night

**When: Thursday, 3/14 from 5:30–6:30 PM**

**Where: NHS Theater**

**Who is invited: You and your parents/guardians!**

# Q & A

What questions do you have?

**Exit Ticket Review!**

