

FRESHMAN PARENT NIGHT

Class of 2027





WELCOME!

- Important NHS Information
- Course Selection Spring Conferences
- Getting Support and Getting Involved
- Maintaining Balance
- Life After High School
- Upcoming Events
- Questions



Scan for
Presentation



IMPORTANT INFORMATION





Counselor Introductions



MJ Kim



Kelsey Loup



Megan Ostovarpour



Allison Singer



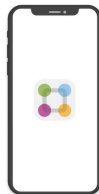
Bailey Phenicie



Kate West



Parent Resources



Download the ParentSquare Mobile App



bit.ly/NHS-ParentSquare
(scroll down)

- All NHS communication in one place
- Translated messages for families
- For parents, students, and staff

"FOR THE GOOD OF THE PACK"

Helpful Highlights

Aeries	Attendance	Bell Schedules
 <p>Students & parents can check attendance, grades, etc. https://bit.ly/NHS-Aeries</p>	 <p>Call 949.936.7201 to verify absences within 3 days! bit.ly/NHS-Absences</p>	 <p>Odd/Even calendar & different bell schedules bit.ly/NHSbells</p>
Canvas for Parents	Canvas for Students	College & Career Center
 <p>https://bit.ly/NHS-Canvas-Parent</p>	 <p>https://bit.ly/NHS-Canvas</p>	 <p>Keep up with employment, scholarship & volunteer opportunities bit.ly/NHS-CollegeCareer</p>
Email Setup	Free/Reduced Price Meal Program	Integral
 <p>Access your IUSD email account bit.ly/NHSOutlook</p>	 <p>Get a free ASB card & planner, discounts on school events, & more! bit.ly/NHSMealProgram</p>	 <p>Know the schedule for each day, what events are happening on campus, & clubs you can join!</p>
IUSD Login Information	Parent Square	Tutoring
<p>Find your IUSD Login in Aeries https://bit.ly/NHS-Login</p> <p>How to reset your password (student) https://bit.ly/NHS-Reset</p> <p>IUSD Tech Support helpdesk@iUSD.org</p>	 <p>Download the app, enable text alerts & get NHS updates in your home language https://bit.ly/NHS-ParentSquare</p>	 <p>Different types of NHS support are offered including 24/7 online tutoring through Paper bit.ly/NHS-Tutoring</p>

Northwood High School | northwoodhigh.iUSD.org | 949.936.7200

Click on the image(s) for more information!



Attendance Matters!

WERE YOU ABSENT?

- Parent/guardian calls attendance line each day of absence OR bring a written note
- Please include the following info:
 - Student's full name with ID#
 - Date(s) of absence
 - Reason for absence
 - Parent/guardian name & signature with daytime phone #
- Absences must be verified within 3 days to avoid a "cut"

ACCIDENTALLY MARKED ABSENT?

- Go to the Attendance Office and get a pink "Attendance Correction Form"
- Take the form to your teacher
- Return the form to the Attendance Office
- This is a student's responsibility

A pink form titled "ATTENDANCE CORRECTION FORM" with fields for Student Name, Date(s) of Absence, Reason for Absence, Parent/Guardian Name, and Daytime Phone #.

ATTENDANCE PROCEDURES



NHS 24-Hour Attendance Line:
(949) 936-7201

NEED TO LEAVE SCHOOL EARLY?

- Bring a note to the attendance office before school with the following info to get an Early Release Form:
 - Dismissal time
 - Date and reason for absence
 - Parent/Guardian name & signature
- Give the Early Release Form to your teacher
- Go to the Attendance office to sign out before leaving campus
- If you leave school without signing out, you will receive a "Cut" for the period/day

A yellow form titled "EARLY RELEASE FORM" with fields for Student Name, Date, Dismissal Time, Reason for Absence, and Parent/Guardian Name and Signature.

WHAT TYPES OF ABSENCES ARE THERE?

All verified absences fall into two categories: excused or unexcused.

- Excused absences = illness, medical/dental appts, etc.
- Unexcused absences = trips, family business, etc.

Unverified absences will result in "cuts" and possible disciplinary action

- Chronic absenteeism = missing 2+ days/month
- Tardies can accumulate and lead to unverified absences

Click on the image(s) for more information!



Other NHS Resources

- [NHS Website](#) and [Counseling Website](#)
- [Weekly Bulletin](#)
- [Program of Studies](#)
- [College/Career Center Newsletter](#)
- [Integral App](#)
- [ParentSquare](#)



**COURSE
SELECTION
AND
SPRING
CONFERENCES**





What is a spring conference?

The primary purpose of the spring conference is to request your courses for sophomore year!

- 20-minute individual conference with your student's advisement teacher
 - Parent/guardian attendance is expected!
- During conference week
 - Your teacher will let you know how to choose your conference day/time
- Topics include:
 - General student check in
 - Review of 10th grade requestor
 - Inputting class requests for 10th grade!



2023-24 SOPHOMORE COURSE REQUESTOR



Name: _____
Advisor: _____

INSTRUCTIONS

- Take this sheet to your current teachers for placement recommendations and teacher signatures for all academic courses.
- CIRCLE the names of courses you have chosen for sophomore year.
- Recommendations are due back to your advisor by April 14.
- Enter these course names on the **PLANNING WORKSHEET** at your upcoming Spring Conference with your advisor.

CODES: * = UC/CSU Approved A = Fall Semester B = Spring Semester BOLD = Open Enrollment

ENGLISH
11213/11214 Hum Core: US Literature A/B* (& Honors) _____

ENGLISH ELECTIVES
1006/1016 Read/Write _____
1599/1600 Journalism A/B* _____
1065/1066 Creative Writing A/B* _____
1604/1605 NHS Howler A/B* _____

MATH
3047/3048 Math I A/B* _____
3049/3050 Math II A/B* _____
3053/3052 Enhanced Math II A/B* _____
3053/3054 Math III A/B* _____
3064/3065 AP Precalculus* NEW! _____
3061/3062 Math 4 A/B* _____

CAREER TECH EDUCATION (CTE)

7270/7271 Computer Graphics A/B* _____
7288/7289 Intermediate Comp. Graph A/B _____
7159/7154 Video Production A/B* (Beg) _____
7784/7785 The Art of Television/Film A/B* (Int) _____
9071/9072 ROP Broadcast News A/B* (Adv) _____
(See Mr. Sellwood for approval)
8820 Foods (semester) _____
7073/7074 Introduction to Culinary Arts A/B* _____
9371/9372 Advanced Culinary Arts A/B* _____
5436/5437 IVC Bio Tech 70, 70L, Bio 10 – UC Transferable _____
(Please note: class is Tuesdays from 4:15-6:30pm)

9077 IVC Business & Entrepreneurship _____
9816 IVC 107 - Design Psych Child/Adol (B Portual) _____
9817 IVC 101S - Socialization of the Child (B Portual) _____

Date of Conference: _____

Parent Approval of Course Requests: (TA Initials) _____

In-Person: _____ Virtual: _____

HISTORY
62004/62005 Hum Core: US History A/B* (& Honors) _____

SCIENCE
5176/5277 Integrated Science 2 A/B* (& Honors) _____

WORLD LANGUAGES

2012/2013 French 1 A/B* _____
2022/2023 French 2 A/B* _____
2042/2043 French 3 A/B* _____
2312/2313 Spanish 1 A/B* _____
2322/2323 Spanish 2 A/B* _____
2342/2343 Spanish 3 A/B* _____
2371/2372 Spanish 4 A/B* _____
2611/2612 American Sign Lang. 1 A/B* _____
2700/2701 American Sign Lang. 2 A/B* _____
2410/2412 Korean 1 A/B* _____
20000/20001 Korean 2 A/B* _____
2417/2418 Korean 3 A/B* _____

GENERAL ELECTIVES

8005 Health (semester) _____
2348 Language, Culture & Identity (semester) _____
8991/8992 Leadership A/B _____
9709/9710 Tech Staff A/B _____
(See Mr. Patazun in the Library)
9746/9747 Teaching Assistant _____
(See Mr. Green in Room 1401)

9000/9001 COASTLINE ROP FALL/SPRING

All **ROP** classes are Open Enrollment. Submit an interest form at uicwyo2023.us and our ROP coordinator will contact you!

Course offerings include, but are not limited to:

Animal Healthcare	CSI: Crime Scene Investigation	Nursing
Automotive	Emergency Medical Responder	Pharmacy Tech
Construction	Fire Science	Sports Medicine
Dental Assistant	Administration of Justice	Careers with Children

Due to recent funding, additional Arts courses are now open enrollment but will remain subject to availability based upon class size and schedule space.

ARTS

7547 Jewelry and Metal Arts (semester) _____
7007/7008 Introduction to Art A/B* _____
Drawing A/B* _____
Print Design A/B* _____
Print & Design A/B _____
Arts A/B* _____
Ceramics A/B* _____
Pottery* _____
Alternatives in case class is full: _____

Imagery A/B* (photo) _____
Visual Imagery A/B* _____
Theory A/B* _____
Theory A/B* _____
Alternatives in case class is full: _____

Band 1 A/B* _____
Band 2 A/B* _____
Band 3 A/B* _____
Band 4 A/B* _____
Band 5 A/B* _____
Band 6 A/B* _____
Band 7 A/B* _____
Band 8 A/B* _____
Band 9 A/B* _____
Band 10 A/B* _____
Band 11 A/B* _____
Band 12 A/B* _____
Band 13 A/B* _____
Band 14 A/B* _____
Band 15 A/B* _____
Band 16 A/B* _____
Band 17 A/B* _____
Band 18 A/B* _____
Band 19 A/B* _____
Band 20 A/B* _____
Band 21 A/B* _____
Band 22 A/B* _____
Band 23 A/B* _____
Band 24 A/B* _____
Band 25 A/B* _____
Band 26 A/B* _____
Band 27 A/B* _____
Band 28 A/B* _____
Band 29 A/B* _____
Band 30 A/B* _____
Band 31 A/B* _____
Band 32 A/B* _____
Band 33 A/B* _____
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Band 89 A/B* _____
Band 90 A/B* _____
Band 91 A/B* _____
Band 92 A/B* _____
Band 93 A/B* _____
Band 94 A/B* _____
Band 95 A/B* _____
Band 96 A/B* _____
Band 97 A/B* _____
Band 98 A/B* _____
Band 99 A/B* _____
Band 100 A/B* _____

Band (01 - must do enroll in an ensemble)
Band A/B* (02 & 3pr - must do enroll in MB)
Band C/D (01)

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Band A/B* (02 & 3pr - must do enroll in MB)
Band C/D (01)

ONLINE/BLENDED LEARNING CLASSES

See your counselor about taking an IUSD online class next fall or spring.

PHYSICAL EDUCATION
4251/4252 Basketball A/B _____
4334/4335 Court/Racquet Sports A/B _____
4459/4470 Fitness & Strength (Warrior Fitness) A/B _____
4030/4031 yoga A/B _____
4473/4474 Weight Training A/B _____
(Dance 1-3 & Dance: Theater also meet PE req for Grades 10-12)

ATHLETICS

Fall Sports	
4035 Pep Squad	4513 Boys Lacrosse (off season)
4512 Cross Country	4650 Girls Lacrosse (off season)
4528 Boys Water Polo (no cut)	4744 Softball (off season)
4541 Football (no cut)	4779 Baseball (off season)
4765 Girls Golf	
4770 Girls Tennis	
4784 Girls Volleyball	
Winter Sports	
4534 Girls Water Polo (no cut)	
4597 Girls Basketball	
4604 Boys Basketball	
4623 Girls Soccer	
4624 Boys Soccer	
4632 Wrestling	
Spring Sports	
4036 Pep Squad	4546 Football (off season)
4610 Swimming and Diving	4636 Wrestling (off-season)
4718 Track and Field	4785 Girls Volleyball (off season)
4760 Softball	
4751 Baseball	
4764 Boys Golf	
4772 Boys Tennis	
4790 Boys Volleyball	
4795 Boys Lacrosse	
4797 Girls Lacrosse	

UTILITY / OPEN PERIOD

To ensure all students have 4 periods in the schedules.

No Per 1 & 2 (Fall)
8993 No Per 1 & 2 (Spring)
8995 No Per 1 or 2 (Fall)
8984 No Per 1 or 2 (Spring)
8996 No Per 5 or 6 (Fall)
8988 No Per 5 or 6 (Spring)
9900 No Per 7 & 8 (Fall)
9901 No Per 7 & 8 (Spring)
9903 No Per 7 or 8 (Fall)
9902 No Per 7 or 8 (Spring)

Course Requestors

* Given to students after spring break during advisement



Other Courses to Consider



COASTLINE ROP

Coastline ROP is a career and technical education (CTE) provider that prepares both high school students and adults for a wide range of careers and further educational opportunities. The ROP course of study combines classroom instruction with hands-on learning and internship opportunities.



Jennifer Stead,
ROP Career Specialist

Mondays & Thursdays
8am-4:30pm

jenniferstead@iusd.org
(949) 936-7275 NWHS
(949) 936-7921 WBHS

Jennifer Stead is excited to be the new ROP Career Specialist at Northwood High School. She comes to us with over 22 years of experience in education working at local colleges as an academic advisor and admissions counselor. She is looking forward to growing our ROP program and guiding student to find a new career interest.



Dual Enrollment Students

Programs for K-12 students

Click on the image(s) for more information!



10th Grade Classes

All 10th grade students must take the following:

US Literature

US History

Integrated Science 2

Math

Elective 1

Elective 2



High School Graduation Requirements

CONTENT AREA	HS DIPLOMA REQUIREMENTS
Grade Requirement	D- or better
English	4 years/40 credits
Mathematics <i>Must complete Math 2</i>	3 years/30 credits
Science	3 years/30 credits
Social Science <i>World History</i> <i>US History</i> <i>Economics and Government</i>	3 years/30 credits
Foreign Language <u>OR</u> Fine Arts <u>OR</u> CTE	1 year/10 credits
Physical Education	2 years/20 credits
Health	5 credits
Electives	60 additional credits

Minimum = 225 credits needed to graduate



HS Graduation Credit Summary

Found in Aeries under
"Transcripts"

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 Wrk/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 Wrk/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 Wrk/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 Wrk/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	EDIT SUM Credit
Weighted Non-Wgtd					
Academic GPA	3.5000	3.5000			
Total GPA	3.5714	3.5714			
Credit Attempted:	35.00				
Credit Completed:	35.00				
District Enter:					
School Enter: 8/24/2023					
Class of 2027					
State ID#					

This transcript is unofficial unless signed by a school official.

Signature: _____

Date: _____

Subject Area	CREDIT SUMMARY Credit Req'd	Compl	Needed
English	40.00	5.00	35.00
Mathematics 1	10.00	5.00	5.00
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



a-g Requirements for UC/CSU

CONTENT AREA	A-G REQUIREMENTS
Grade Requirement	C- or better
A. History <i>Including World History & US History</i>	2 years/20 credits
B. English	4 years/40 credits
C. Math <i>Must complete Math 3 or above</i>	3 years/30 credits required, 4 years/40 credits recommended
D. Science <i>Lab science including physical and life science</i>	2 years/20 credits, 3 years/30 credits recommended
E. Language Other than English (LOTE) <i>Must be the same language</i>	2 years/20 credits, 3 years/30 credits recommended
F. Visual/Performing Arts <i>From the same discipline, including visual arts, dance, theater, and/or music</i>	1 year/10 credits
G. Approved Elective <i>Additional A-F coursework or an elective course that meets the G requirement</i>	1 year/10 credits



Graduation vs. a-g Requirements

CONTENT AREA	NHS DIPLOMA REQUIREMENTS	A-G REQUIREMENTS
Passing Grade	D- or better	C- or better
English	4 years	4 years
Math	3 years <i>Completion of Math 2 required</i>	3 years required, 4 recommended <i>Completion of Math 3 required</i>
Science	3 years	2 years required, 3 recommended <i>1 year of physical and 1 year biological science</i>
Social Science	3 years	2 years
World History	1 year	1 year
US History	1 year	1 year
Economics	1 semester	
Government	1 semester	
Foreign Language/ Fine Arts/CTE	1 year	2 years Foreign Language AND 1 year Visual/Performing Art
PE	2 years	
Health	1 semester	
Electives	60 additional credits = 225 total credits	1 year from approved a-g course list



NHS a-g Approved Courses

Click on the image to access the document online!

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 Chorale
- 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](#)



LIFE AFTER HIGH SCHOOL





Post-High School Options





College Options

- CA Public Schools
 - University of California (UC)
 - California State University (CSU)
 - Community Colleges
- Private/Independent Colleges
- Out-of-State Options





NHS College & Career Center

- College resources
- College and career website/newsletter
- Scholarships
- College visits
- Jobs and work permit
- Career speakers
- Community service
- Summer opportunities



Kathi Smith
College & Career
Specialist

GETTING
SUPPORT
AND
GETTING
INVOLVED





Academic Support

- Teachers - your #1 resource!
- Tutorial
 - Every Tuesday & Thursday
- Tutor Center
 - Peer tutors
 - Monday to Thursday during periods 7 and 8
 - NHS Library
 - Free! Drop-ins welcomed
- Aeries Weekly Progress Report
- Canvas Parent Account
- Paper Tutoring
- Parent Portal
- Your Counselor





WAYS TO GET INVOLVED AT NHS

- Clubs
- Athletics
- The Arts
- Student Leadership
 - Class Council
 - ASB
 - Student Forum



MAINTAINING BALANCE





Student Well-Being

How can you be your best self?

- Maintaining a healthy balance
 - - Academics, extracurricular activities, sleep, exercise, and personal/social life
- Discovering areas of interest/passion
 - Challenge and focus yourself in those areas
 - You can't do everything
 - What do colleges say about your extracurricular choices?





How is your student spending their time?

Use our time management tool to help your student to plan their weekly commitments!

NHS Time Management Matrix

Complete this form for your busiest semester.

	Activity	Avg Hours / Week
School Hours and Homework	School (5 days, 6-7.5 hours per day)	(30-37.5 hours)
	Homework - Class 1	
	Homework - Class 2	
	Homework - Class 3	
	Homework - Class 4	
	Homework - Class 5	
	Homework - Class 6	
	Homework - Open Enrollment Class 7	
	Homework - Open Enrollment Class 8	
	Travel Time to/from School x 5 days	
TOTAL SCHOOL HOURS		
Extra-Curricular Activities	NHS Team Sports (usually 2-4 hours / day)	
	Athletics (outside of school)	
	Community Service	
	Music / Performances	
	Paid Job	
	Hobbies / Interests	
	Other Activities: academic support, tutoring, college application prep, religion/cultural schools and activities	
	TOTAL EXTRA-CURRICULAR HOURS	
Daily Living Activities	Sleep (7 days, 8-9 hours per night)	(56-63 hours)
	Necessities (eating, showering, chores, etc.)	
	Family Time	
	Free Time (friends, internet, TV, phone, etc.)	
	Other	
	TOTAL DAILY LIVING ACTIVITIES HOURS	
	School Hours and Homework	
	Extra-Curricular Activities	
	Daily Living Activities	
Total Hours	TOTAL HOURS	

MAX 168

UPCOMING EVENTS





Sophomore Conferences

- **30-minute individual conference with counselor and student**
 - Parent/guardian attendance is strongly encouraged
 - Academic plan for Junior and Senior year
 - **Conferences will be held November - April**
 - All conferences will be completed before course selection for junior year; don't worry if yours is first or last!
-



Thank you for coming!



Counselors are by the
stage to answer
questions!



Please scan for
attendance!
