

The Four Year Plan

With the help of your parents and your guidance counselor, create a four-year plan that would represent a schematic of your personal and high school experience.

Some guidelines to consider:

- Have you used all the existing services available to you
- Are the options chosen realistic
- Evaluate the positive and negative aspects of each option
- Decide

Creating a four-year plan is a great way to make the most of your Wells High School experience. Your guidance counselor would be happy to help you set up this kind of plan during your freshman year. Please make an appointment with the guidance office during the fall so that you can begin work on your plan. The sample plans below will give you a rough idea of what one may look like. Every plan is different, because each student has different goals and abilities.

Sample Four-Year Plan

Name: _____ Class of : _____ Date: _____

Courses	Freshman Yr.	Sophomore Yr.	Junior Yr.	Senior Yr.
*English - 4 cr.	English	English	English	English
*Math – 3 cr.	Math	Math	(Math)	(Math)
*Science – 3 cr.	Science	Biology	(Chemistry)	(Science)
*History – 3 cr.	World Studies	History	American History	(Elective)
*Phys. Ed. – 1 cr.	Phys. Ed.		Phys. Ed.	
*Health – ½ cr.		Health		
*Fine Art – 1 cr.	Area of Interest	Area of Interest	Area of Interest	Area of Interest
Foreign Language	Language	Language	Language	Language

* = Graduation Requirement

TOOLS FOR ACADEMIC SUCCESS

We hope that your academic experience at Wells High School will be outstanding. There are many opportunities to succeed if you are willing to meet the challenge! To assist you we have provided the following suggestions and tips.

<u>Suggestions for Students</u>	<u>Suggestions for Parents</u>
Create a homework schedule and keep up with assignments.	Encourage a daily homework schedule. Provide a place to study, preferably in full view. Provide resources such as a dictionary and thesaurus.
Ask for HELP if you need it.	Communicate with teachers and counselors. Listen to your child.
READ, READ, READ! Reading strengthens your academic skills.	Subscribe to newspapers and magazines.
Get Involved! There are many opportunities to get involved at WHS. Joining clubs or athletic teams enhances your high school experience, provides you with valuable learning experiences, helps you to belong, and makes you more attractive to colleges and post-secondary programs.	Encourage your child and praise good effort as well as accomplishments (academic or extra-curricular). Be positive and supportive.
Develop a 4 year plan! Looking toward the future will help you make the most of your time at Wells High School.	Talk with your child about future plans. Discuss both short-term and long-term goals and how your child might reach them.
Utilize the Learning Lab!!	

EVERY FRESHMAN COLLEGE READY!!!

Be in School Every Day

The importance of regular attendance cannot be overemphasized.

When you miss school, you miss lectures, notes, class discussions, homework explanations, assignments, quizzes, and tests. It doesn't matter how conscientious you are about making up your work, you can never make up everything you miss, even when you're out for only one day. *In order to get good grades, you need to be in school every day.*

If you must be absent from school, remember that *you* are responsible for finding out what you missed and for getting all of the work made up. If you miss any quizzes, tests, or presentations, you are, of course, also responsible for arranging to get these made up.

Since teachers usually do not have time to talk to you during class, see each teacher before or after class and ask when he/she might have time to talk to you. Once you find out what you need to do, get everything made up as soon as possible.

*"Don't miss school. You **will** get behind. The smartest kid I know only has a 2.5 grade point average because of all the school he's missed."*

"I try never to miss school. It's such a pain to make things up."

"The more you're out, the less you learn. The less you learn, the lower your grade."

<p><i>Good attendance will not guarantee you good grades. You are, however, pretty much assured poor grades if you have poor attendance.</i></p>
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Know How to Get Good Grades

If you come to school every day and do the following, you are relatively certain to get good grades.

Be organized

- Use an assignment notebook
- Have a separate folder for each class
- Have phone numbers for classmates in case you have questions
- Keep your locker and backpack neat
- Get everything organized for the next day before you go to bed

"Using an assignment notebook keeps me organized and it help me get things done on time." James

Manage your time at Wells High School

- Use class time and study halls to get started on your homework
- Create a study plan that works for you
- Break large assignments down into smaller parts

Classroom Success

- Learn to adapt to different teacher personalities and teaching style
- Know your responsibilities regarding rules, procedures, and preparation
- Participate in as an individual and as a group member
- Treat all others with respect
- Seek clarification of anything not understood

"Time management has always been a problem for me. To help me manage my time, I make short and long-term 'to do' lists (short-term for one day and long-term for the week)."

Be successful in the classroom

- Learn how to adapt to different teachers
- Learn each teacher's class rules and procedures
- Be in school, on time, every day

- Have everything you need with you when you go to class
- Always do your homework
- Participate in class
- Be a good group member
- Treat others with courtesy and respect
- Do extra credit work whenever possible

"To get good grades, I study, I do all my homework, and I ask questions if I don't understand something." Jessie

Take good notes

- Be an active listener-as you listen, think about what's being said
- Recognize and write down important information
- Take notes that are easy to read
- Get lecture notes if you're absent

"I pay attention in class and take notes whenever I can. I remember things better if I write them down, and my notes give me something to review later." Melissa

Know how to read a textbook

- SCAN the assignment to get an overview
- READ the assignment
- Do a quick REVIEW to help you remember what you've read

"I have a couple of classes this year that have a lot of required reading. I really try not to get behind – it's just too hard to catch up." Aaron

Implement study skill strategies

- A. Take useful notes
 - a. Be attentive, ask for clarification of ideas & concepts
 - b. Categorize the importance of information (i.e. outline mind)
 - c. Review notes/modify where needed

- B. Study productively
 - a. Study in the same place (quiet without distractions)
 - b. Have a prioritized plan (most difficult first while fresh in your mind)
 - c. Create games, pneumonics to help your memory

Study smart

- Find a good place to study
- Organize your study time
- Prioritize your work
- Use a word processor
- Use tricks to help you memorize things

"Before I start to study, I make a plan. I figure out what I need to do and what order I'm going to do it in. I also usually try to do the most important things first." Carlie

Use test-taking strategies

- Have everything you need for the test
- Before you start, look over the test and develop a plan
- As you're taking the test, mark the questions you want to return to
- Check your answers
- Use all of the time available

"As soon as I get my test, I write any dates, equations, etc. that I need to remember in light pencil at the top of my test. Then when I need the information, it's right there." Cassie

Set Goals

Setting goals is important for people of all ages. Get in the habit of setting both short-term and long-term goals.

Setting goals helps you determine where you want to go and what you want to accomplish. Goals give you focus, direction, and purpose. Having a goal also helps you determine a plan of action. If, for example, your goal is to go to college, then there are specific things that you must do in order to achieve this goal.

While goals can be **short-term** (get a B on tomorrow's World History test) or **long-term** (graduate with a 3.0 GPA), every goal that you set should be: 1) specific, 2) measurable, and 3) attainable.

Let's say, for example, that you've decided that your goal for the semester is to "try harder in math." This goal is not specific, it's not measurable, and it's hard to judge whether or not it's attainable. A much better goal would be "to get a B in math this semester. This goal is specific, it's measurable, and if you're in the right math class and you work hard, it should be attainable.

At the beginning of each trimester, set some academic and some non-academic goals for yourself. Once you've set your goals, make a list of the specific things that you need to do to reach each goal.

"For every class I take, I set a goal based on what grade I think I can get. This gives me something to work for and it keeps me focused on what I want to accomplish."

"I'm always setting goals for myself. For example, my new goal is to save enough money to get a car by next summer – then I'll be able to get to my job on my own."

<p><i>Write your goals down. Studies have shown that you are more likely to achieve a goal that's been written down.</i></p>
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Be Active – Participate

- Develop a variety of skills & talents
- Be connected to your school – develop your interests
- Have activities to put on applications
- Join a team, club, program, service organization, etc.
- Become a leader, create support for an activity not presently represented