

FRESHMAN STEPS TO SUCCESS

Mrs. Hovey
School Counselor

**What “awesomeness” will you
create the next 4 years at
STVM?**

Steps to Success

- – Making “Smart” Goals
- Creating Study Skills
- Getting Good Grades
- Transcript
- NCAA Eligibility
- Getting Involved
- Stress Management
- Kindness

Make “Smart” Goals

- – Specific- The goal should identify a specific action that will take place.
- Measurable- The goal and its benefits should be significant.
- Achievable- The goal should be attainable given your resources.
- Realistic- The goal should require you to work hard but still be possible
- Timely- The goal should state the time period that it will be accomplished

Ex. I will achieve a 3.5 GPA by the end of the first quarter by going to tutoring 3 times a week, turning in every assignment, and studying 3 nights in advance for every test/quiz.

-Academic/College/Career/Personal/Health/Spiritual Smart Goals

-Everyone write one goal for quarter 1 in their front of their planner!

STUDY SKILLS

- What are study skills?
 - Why is having study skills important?
 - What study skills have you tried before?
- note cards
 - study guide
 - practice tests
 - study groups
 - tutors



Good Grades In 10 Easy Steps

Step 1: Believe in Yourself (In order to succeed, you have to believe!)

Step 2: Be Organized (USE YOUR PLANNER/organize your binders and folders/organize your locker once a week)

Step 3: Manage Your Time Well (Use class and study halls wisely/create study plan)

Step 4: Be Successful in Class (Attendance/prepared for each class/sit in front/body language/do ALL homework/participate in class/good group member/treat others with respect)

Step 5: Take Good Notes (Ask questions/write down important information/go over notes as soon as possible/get copies of notes if absent)

Step 6: Know How to Read a Textbook (Scan/Read/Review)

Step 7: Study Smart (Good place to study/know your learning style/know how to study for each test/use tricks to memorize)

Step 8: Use Test-Taking Strategies (Develop a plan/return to questions you're not sure of/check answers and use all time given/go over all returned tests)

Step 9: Reduce Test Anxiety (Study early/mentally practice going through testing experience/review night before/good night sleep/relaxation techniques)

Step 10: Get Help When You Need It (Teacher, counselor, tutor, administration, parents, etc.)

Student Transcript

- Records students courses, credits, grades, attendance, ACT Scores
- Very important document for college admission and scholarships
- Cumulative GPA
 - A=4.0
 - B=3.0
 - C=2.0
 - D=1.0
 - F=0

Student Transcript
 St. Vincent-St. Mary High School
 15 North Maple Street
 Akron, Ohio 44302
 330-253-9113

Printed on 09-04-2014 Page 1

SR.	YEAR	COURSE #	COURSE NAME	SCHOOL	LEVEL	GRADE	CREDIT
09	12-14	REL-0101	Theology I-1		B+	0.50	
09	12-14	REL-0102	Theology I-2		A	0.50	
09	12-14	REL-0199	Christian Service Requirement - Grade 9		A	0.25	
09	12-14	ENG-1021	CP English I-1		B	0.50	
09	12-14	ENG-1022	CP English I-2		B	0.50	
09	12-14	PLN-1061	Plan For Success		A	0.25	
09	12-14	SST-2021	CP World History-1		B	0.50	
09	12-14	SST-2022	CP World History-2		B-	0.50	
09	12-14	WTH-3021	CP Algebra I-1		B	0.50	
09	12-14	WTH-3022	CP Algebra I-2		A	0.50	
09	12-14	SCI-4161	CP Biology I-1		B	0.50	
09	12-14	SCI-4162	CP Biology I-2		B-	0.50	
09	12-14	SPN-5101	Spanish I-1		B	0.50	
09	12-14	SPN-5102	Spanish I-2		B	0.50	
09	12-14	HLT-6561	Health I		A	0.50	
09	12-14	HLT-9100	Summer Physical Education I		A	0.25	
10	14-15	REL-0201	Theology II-1		A+	0.50	
10	14-15	REL-0202	Theology II-2		A+	0.50	
10	14-15	REL-0299	Christian Service Requirement - Grade 10		A+	0.25	
10	14-15	ENG-1121	CP English II-1		A	0.50	
10	14-15	ENG-1122	CP English II-2		A	0.50	
10	14-15	PLN-1161	Plan for Your Future		A	0.50	
10	14-15	ENG-1151	Speech & Presentation		B	0.50	
10	14-15	SST-2212	CP American History-2		A	0.50	
10	14-15	SST-2211	CP American History-1		A	0.50	
10	14-15	WTH-3121	CP Geometry-1		B	0.50	
10	14-15	WTH-3122	CP Geometry-2		B	0.50	
10	14-15	SCI-4111	CP Physical, Earth, Space Science-1		B+	0.50	
10	14-15	SCI-4112	CP Physical, Earth, Space Science-2		B	0.50	
10	14-15	SPN-5111	Spanish II-1		B	0.50	
10	14-15	SPN-5112	Spanish II-2		B+	0.50	
10	14-15	HLT-9102	Physical Education II		A	0.25	
11	15-16	REL-0301	Theology III-1		A+	0.50	
11	15-16	REL-0302	Theology III-2		A	0.50	
11	15-16	REL-0399	Christian Service Requirement - Grade 11		A	0.25	
11	15-16	ENG-1241	CP English III-1		A	0.50	
11	15-16	ENG-1242	CP English III-2		A	0.50	
11	15-16	ENG-1472	Yearbook-2		A	0.50	
11	15-16	ENG-1471	Yearbook-1		A	0.50	
11	15-16	SST-2401	AP European History-1		AP	0.50	
11	15-16	SST-2402	AP European History-2		AP	0.50	
11	15-16	WTH-3201	CP Algebra III-1		A	0.50	
11	15-16	WTH-3202	CP Algebra III-2		A+	0.50	
11	15-16	SCI-4221	CP Chemistry-1		A	0.50	
11	15-16	SCI-4222	CP Chemistry-2		A	0.50	
11	15-16	SCI-4411	Anatomy & Physiology-1		B	0.50	
11	15-16	SCI-4412	Anatomy & Physiology-2		B+	0.50	
12	16-17	REL-0402	Theology IV-1		0.00	0.00	
12	16-17	REL-0403	Christian Lifestyles		0.00	0.00	
12	16-17	ENG-1281	CP English IV-1		0.00	0.00	
12	16-17	ENG-1282	CP English IV-2		0.00	0.00	
12	16-17	SST-2121	Introduction to Psychology		0.00	0.00	
12	16-17	SST-2271	AP United States Government & Politics		AP	0.00	
12	16-17	SST-2453	Honors Economics & Personal Finance		Hon	0.00	
12	16-17	WTH-3261	CP Functions, Trig, and Applications-1		0.00	0.00	
12	16-17	WTH-3262	CP Functions, Trig, and Applications-2		0.00	0.00	
12	16-17	SCI-4801	CP Physics-1		0.00	0.00	
12	16-17	SCI-4802	CP Physics-2		0.00	0.00	
12	16-17	MUS-7411	Concert Choir-1		0.00	0.00	
12	16-17	MUS-7412	Concert Choir-2		0.00	0.00	
12	16-17	MUS-7411	Music Appreciation		0.00	0.00	

Graduation Data:
 Points -----> 79.325
 Attendance History: Grade Absent Tardy
 09 1 0
 10 4 1
 11 0 2
 12 0 0

Student Credit & GPA Data:
 Points -----> 79.325
 Attempted Credits -----> 21.750
 Credits Earned -----> 21.500
 Cumulative GPA -----> 3.647

Summary of Test Scores:
 ACT Scores:
 Date Eng Mth Rdg Sci Com
 06/16 29 22 23 19 24
 06/16 29 23 23 25 25

SAT Scores:
 Date Reading Math Writing

OST Results:
 Subject Date Passed
 Reading 03/15
 Mathematics 03/15
 Writing 03/15
 Science 03/15
 Social Studies 03/15

A course level of "Hon" denotes a grade weighted 2 points for an honors course. A course level of "AP" denotes a grade weighted 3.0 points for an AP course.

Credits not taken at StVM High School and transferred in from another school are indicated by an alternate school name listed with the course record.

Any high school credits earned in middle school will be listed under the student's 9th grade record.

COLLEGE STUDENT ATHLETES

- Your academics are crucial to being able to play a sport in college
- You must pass 16 core classes (10 before senior year)
- 2.3 GPA or “Take a Knee”
- Review the worksheet in google classroom if you are considering playing in college
- Register at the end of sophomore year

NCAA Eligibility Center Website

GETTING INVOLVED

- We usually do a Freshman Activity Fair in September that allows you to learn information about various extracurricular activities that are offered at STVM.
- This year, the information will most likely be provided to you in your mentor groups.
- It is important for every student to get involved for many reasons; socially, personally, college, etc.
- Visit the STVM website to view a list of the clubs and activities available for you to get involved in!
- [STVM Clubs and Activities](#)

STRESS MANAGEMENT

-Stress is our emotional and physical response to pressure. That pressure can arise from external factors including life events such as illness, living conditions, friends, breakups, family, school, lack of some necessity, or the demands we place on ourselves.

- What stresses you out the most?
- What does your stress look like?

-Stress Busters

KINDNESS

- Those who are kind to others (classmates, peers, teachers, etc.) will always do well at STVM!
- Accept people that are different, make new friends!
- Be known for how well you treat others
- Anonymous Reporting Box
- Kindness Boomerang

Questions?

-Questions about the presentation, STVM, counseling services, etc.?

-Thank you for listening!

-Follow us on twitter @stvmcounselors



-Please take the short google survey in the google classroom prior to leaving class.