

# FRESHMAN STEPS TO SUCCESS

**Mrs. Zinke**  
**School Counselor**

# Steps to Success

- Pep Talk-What “awesomeness” will you create the next 4 years at STVM?
- Smart Goals
- Study Skills
- Transcript
- NCAA
- Getting Involved
- Stress Management
- Kindness

# Smart Goals

- — **Specific**- The goal should identify a specific action or event that will take place.
- **Measurable**- The goal and its benefits should be significant.
- **Achievable**- The goal should be attainable given available resources.
- **Realistic**- The goal should require you to stretch some, but allow the likelihood of success.
- **Timely**- The goal should state the time period in which 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



# “How To Get 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

| 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-4241 | CP Biology I-1                           |        | B     | 0.50  |        |
| 09  | 12-14 | SCI-4242 | 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                                   |        | A     | 0.50  |        |
| 09  | 12-14 | HEI-9100 | Summer Physical Education I              |        | B     | 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                     |        | B     | 0.25  |        |
| 10  | 14-15 | ENG-1151 | Speech & Presentation                    |        | A     | 0.50  |        |
| 10  | 14-15 | SST-2212 | CP American History-1                    |        | B     | 0.50  |        |
| 10  | 14-15 | SST-2211 | CP American History-2                    |        | 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 | HEI-9002 | 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 | WTH-3201 | CP Algebra II-1                          |        | B     | 0.50  |        |
| 11  | 15-16 | WTH-3202 | CP Algebra II-2                          |        | B     | 0.50  |        |
| 11  | 15-16 | WTH-3203 | CP Algebra II-3                          |        | B     | 0.50  |        |
| 11  | 15-16 | WTH-3204 | CP Algebra II-4                          |        | B     | 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  |       |        |
| 12  | 16-17 | REL-0403 | Christian Lifestyles                     |        | 0.00  |       |        |
| 12  | 16-17 | ENG-1281 | CP English IV-1                          |        | 0.00  |       |        |
| 12  | 16-17 | ENG-1282 | CP English IV-2                          |        | 0.00  |       |        |
| 12  | 16-17 | SST-2121 | Introduction to Psychology               |        | 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  |       |        |
| 12  | 16-17 | WTH-3262 | CP Functions, Trig, and Applications-2   |        | 0.00  |       |        |
| 12  | 16-17 | SCI-4801 | CP Physics-1                             |        | 0.00  |       |        |
| 12  | 16-17 | SCI-4802 | CP Physics-2                             |        | 0.00  |       |        |
| 12  | 16-17 | MUS-7411 | Concert Choir-1                          |        | 0.00  |       |        |
| 12  | 16-17 | MUS-7412 | Concert Choir-2                          |        | 0.00  |       |        |
| 12  | 16-17 | MUS-7411 | Music Appreciation                       |        | 0.00  |       |        |

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

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**Graduation Data:**  
 Attendance History: Points ----- 79.325  
 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:**  
 Date Eng Min Eds Sci Com  
 06/16 29 22 23 19 24  
 06/16 29 23 23 25 25

**SAT Scores:**  
 Date Reading Math Writing

**OST Results:**  
 Date Passed  
 Reading 03/15  
 Mathematics 02/15  
 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 1.5 points for an AP course.

Credits not taken at STM 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

- There will be a Freshman Activity Fair in September that will allow you to learn information about various extracurricular activities that are offered at STVM.
- 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?

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-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.