

Freshman Seminar

Academic, Career, and Personal Development Course

Created By: Thomas R. Stowell, MA

Course Description

This course is designed specifically for you as a new 9th grade student to help you explore and develop useful academic skills for use throughout your academic career. You will also have the opportunity to explore areas that are of interest to you. Personalized learning will be emphasized throughout the course. Starting your high school career on the right foot is the primary focus. In addition, you will be introduced to a Personal Learning Portfolio that you will work on and present several times during your four years at SBHS.

What Are The Benefits Of Taking This Course?

This course will help you to learn skills that are vital to your success as a student at South Burlington High School and beyond. This course will also help you learn more about yourself, the course offerings available at SBHS, and the importance of planning ahead. It is our hope that you will come away from this class with a better understanding of your learning style, new strategies for time management, note taking, and staying organized, as well as an idea of what career areas interest you.

Course Materials (if you think you will have trouble obtaining any of the items listed below, see me).

1. A 1 inch 3 ring binder
2. A package of page dividers
3. A package of loose leaf white lined paper
4. A pen or pencil
5. Journal (provided for you)
6. An SBHS E-mail Account

Classroom Expectations/Behavior/Preparedness

We will follow all school rules and policies outlined in the Student Handbook so you are encouraged to review that document as you will be held to all material outlined in this resource. Students are expected to conduct themselves in a respectful manner at all times. You are expected to come to class daily with all materials. You will not be allowed to go to your locker to retrieve items after class has started. All homework should be handed in at the beginning of class. Any work handed in after this point will be considered late. If you are absent, it is your responsibility to make up the work you missed. You will have the same number of days that you were absent to make up your work.

Room 139 is a special place. You are welcome here anytime. A few general rules about being in this space are as follows. You are expected to clean up after yourself at the conclusion of each class. Due to the computers and the classroom setup, food, drink, and gum are not allowed in this space.

A Word About Grading

This class is set up for your success – there are no tricks or gimmicks. You're responsible for your grade – only you can determine the outcome! We expect that everyone will be able to achieve at least an A or B in this course. If you find yourself falling behind, we encourage you to see us as soon as possible. Your success is your responsibility!

All written assignments will be graded on the basis of correct usage of grammar, spelling, and sentence mechanics, so be sure to check each of those before handing in a final product.

CONNECTION TO VERMONT STANDARDS:

1.12 – Personal Essays	18 – Information Technology
1.19 – Research	3.1 – Goal Setting
3.15 – Career Choices	3.16 – Transition Planning
3.2 – Learning Strategies	

COURSE ASSIGNMENTS AND RELATED POINTS

Overview:

COURSE ASSIGNMENTS QUARTER ONE AND TWO

Notebook and Assignment Book Checks	10 percent
4-Year Plan	10 percent
Class Work and Participation	20 percent
Homework Assignments	15 percent
Career Research Project	15 percent
Academic Skills Presentation	10 percent
Journal Entries	10 percent
Personal Learning Plan	10 percent

TOTAL	100 Percent
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EXTRA CREDIT ASSIGNMENTS:

A personal creative project (if interested, see Mr. Stowell for requirements).
Grading to be agreed upon between teacher and student.

COURSE ASSIGNMENTS QUARTER THREE AND FOUR

Personal Learning Plan and Portfolio	50 percent
Autobiography Project	25 percent
Homework/Class work	25 percent

TOTAL	100 Percent
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TENTATIVE SCHEDULE – QUARTER ONE

Week Of	Class Topic
8/30	Index Cards, Course Requirements, Expectations, and Assignments 9 TH Grade Experience Schedule – Review – Questions? Homework: Organizing Your Notebook – See Homework Handout Bring back signed half of letter
9/6	Self Discovery Activities Interests, Strengths, Assets, Abilities Homework: Interest/skills collage and write-up
9/13	How You Learn Best Introduction to Learning Styles Group Activities and Webquest Homework: Journal Entry
9/20	Time Management Using Time Wisely, Identifying “Time Hogs”, Prioritizing, Using Schedules, Assignment Books, and To Do Lists
9/27	Reading Strategies Calculate Your Reading Speed, Reading for Meaning, Textbook Reading, Note-taking Strategies – Cornell Method, Divided Page, Notes from Text Notebook Check
	Progress Reports – Grades Close 10/01
10/04	Note-Taking Strategies Continued How to Study – SQ3R Method
10/11	Test-Taking Strategies – Organizing and Practicing Types of test questions, review and study methods, standardized tests
10/18	Problem Solving –Methods, Group Dynamics Activity: The Stuck Truck
10/25	Presentation Skills Assessment of Learning: Academic Skills Presentation (in groups)
11/01	Group Presentations

TENTATIVE SCHEDULE – QUARTER TWO

Week Of	Class Topic
11/8	Academic Planning – Program of Studies Review Student Expectations
11/15	Academic Planning – Creation of your Four-Year Plan What to think about when planning your 4 years at SBHS
11/22	No School – Parent Conferences M & T, Fall Recess W,TH,F.
11/29	Career Exploration Connecting Your High School Experience to the Future The Holland Code Your Interests and Career Choices
12/6	How To Research Using the Internet to Research The Library as a Resource Second Quarter Progress Reports: December 10 th
12/13	Plagiarism – How to Avoid It Works Cited Pages – Giving Credit Where Credit is Due Individual Career Projects
12/20	Individual Career Projects – Work Session
12/23 to 1/2	Holiday Vacation
1/3	Career Projects Due – Sharing of Projects
1/10	Organizing and Preparing for Exams
1/17	No School Monday, EXAMS Tuesday - Friday

TENTATIVE SCHEDULE – QUARTER THREE

Week Of	Class Topic
1/24	Overview of Second Semester Organize Your “J” Drive HOMEWORK: Complete Second Semester Goal Setting Sheet
1/31	Signing Up For Sophomore Year Classes – GUESTS: Guidance Counselors HOMEWORK: Talk with your parents and teachers about all the choices for courses next year. Be ready for a meeting with guidance next week.
2/7	Autobiography Project Overview HOMEWORK: Personal Question Sheet and Interview Sheet
2/14	Autobiography Project – Writing Your Personal Narrative Third Quarter Progress Reports – Friday 2/18
2/21	Mid-Winter Break – No Classes
2/28	No Classes – 2/28 and 3/1 – Town Meeting Day Setting Up Your Personal Learning Plan Overview of the Personal Learning Plan
3/7	PLP – Requirements For Completion Basic Formatting
3/14	PLP – Learning Style Section
3/21	PLP – Goals and Interest Sections
3/28	PLP – Extracurricular Section
4/4	PLP – Adding Journal Entries – Letter to Mr. Burke, Mid-Semester Journal HOMEWORK: Save to a disk any work (papers, reports, brochures, projects) that you have done <u>AT HOME</u> for school this year. Bring it in next week.
	End of Quarter 3 – April 8 Parent Teacher Conferences 4/6 or 4/7 or 4/8

TENTATIVE SCHEDULE – QUARTER FOUR

Week Of	Class Topic
4/11	PLP – Career Preview - Add Your Career Project For more information on careers, visit the CDC Career EXPO on 4/12 HOMEWORK: After Break, Bring In Your Disk With All Work From Home
4/18	Spring Break – No Classes
4/25	PLP – Adding Your Best Work
5/2	PLP – Adding Your Best Work
5/9	PLP – Remaining Sections
	Fourth Quarter Progress Reports – Friday 5/13
5/16	Self-Assessing Your PLP Make Final Additions, Formatting Changes, Etc.
5/23	PLP - Final Entry – Reflection on 9th Grade Year Prepare For PLP Presentations
5/30	PLP Presentations and Assessments
6/7	Organizing and Preparing for Exams
6/13	Final Exams
	End of Quarter 4 – June 17