
High School Orientation for Parents/Guardians Class of 2029

— Welcome to Wachusett! —

AGENDA



- Get to know the school counseling department
 - Joining Google Classroom, Booking Appointments
- Transition to high school
 - Getting the most out of your high school career
- Graduation & Transcripts
- SchooLinks
 - What is it? How to log in, 9th grade To Do List

Meet the School Counseling Department!

Director of School Counseling:

Kendra Cantrell

School Counselors:

Allison Connors

Michael Dubzinski

Lauren Freeman

Brittany Hanna

Kerri Knorring

Christina Lee

Jennifer Reilly

School Adjustment Counselors:

Peter Boswell

Jenna Damato

Administrative Assistants:

Lindsay Dupuis

Allison Labovitz

BRYT Program:

Jordan Young

Angela Barry



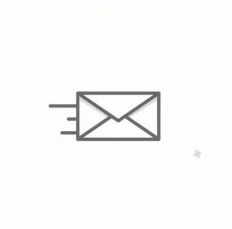
Connecting with School Counselors

For Students:

- Book an appointment to meet through the [School Counseling link](#) on the WRHS website (YouCanBookMe)
- Join the School Counselor's Google Classroom:

For Parents:

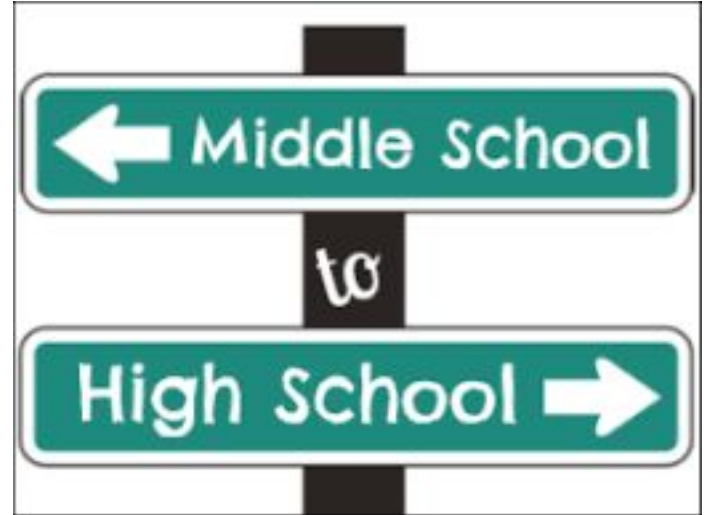
- Send an email, e.g. *christina_lee@wrhsd.net*
- Phone call
- Newsletter



	Freshman
Connors	5mmdz3mg
Dubzinski	vgrtjv37
Freeman	mxwqnqrr
Hanna	s5742ewy
Knorring	x3htyck
Lee	rdsc6rkf
Reilly	sdwg3tx2

High School is Different Than Middle School

- More independence
- More self-advocacy needed - speak up when help is needed!
- More expected of students in school



Graduation Requirements

WRHS requirements:

4 years of English
3 years of Math
3 years of Science (2 lab)
3 years of Social Studies
2 years Foreign Language
1 Year of Fine Arts
6 semesters of PE
2 semesters of Health

Minimum of 110 Credits

Massachusetts State University System:

English: 4 courses

Math: 4 courses including senior year

Science: 3 lab courses


Social Sciences: 2 courses

Foreign language: 2 courses (in same language)


Electives: 2 courses


Study Tips


- Use a planner to stay organized
- Keep track of schedule and obligations, including extracurricular activities
- Find a place to study with limited distractions
 - Shut off/put away phone; only have relevant open tabs open on computer
 - Designate a specific time for school work and studying in order to stay accountable
- Write down questions to ask teachers
- Students can have someone quiz them to review and/or use flashcards/Quizlet to test understanding
- Break down long-term projects into smaller due dates





7 Study Tips for Exam Success





- **1. Set your goal**


Read the course overview to understand what the course will cover and how it will be scored.
- **2. Manage your time**

Time management skills can help you take control of your study workload, achieve more, and stress out less.
- **3. Identify your learning style**

Take a learning style assessment test and find out if you are a visual, auditory, or kinesthetic learners.
- **4. Develop a study plan**

Plan a study schedule that allows you to stay in control of the academic workload.
- **5. Develop effective note-taking technique**

Good note-taking strategies can help you make the most of the time spent reading from textbooks and attending classes.
- **6. Attend classes regularly**

Be an active learner. Attend lectures regularly and participate whenever possible.
- **7. Work with concentration**

If you learn how to work with concentration, you will achieve more than 95% of the population.

Accessing Extra Help

EXTRA HELP
SCHEDULE

- Extra help sessions with teachers - communication is key!
- Peer tutoring options (no cost!):
 - The Math Honor Society tutoring is offered in the **Media Center every Friday before school 7-7:30am.**
 - These are walk-in, as-needed. You do not need to sign up in advance.
- Academic Support Center - talk with your child's School Counselor regarding this opportunity (referral required)
- Private tutors (see School Counselor)

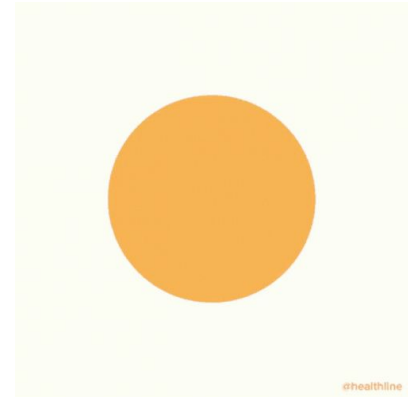
Midterm & Final Exams

- This is a first experience for most students
- Midterm and final exams make up 20% of the final (Y1) grade
- Keep important notes, tests and handouts until exams
- Avoid cramming!



Manage Stress

- Be aware of stress levels and incorporate healthy strategies and boundaries to promote balance
- Get enough sleep (at least 8 hours per night)
- Practice mindfulness
- Exercise or engage in regular physical activity
- Students should learn how to study in a way that works for them
- Students are encouraged to see their school counselor if stress feels overwhelming



Transcript

- An official record of a student's high school courses, levels and grades
- Number of credits awarded
- **Weighted GPA**
 - **CP/CPA:** No additional weight awarded
 - **Honors:** +5 points for GPA calculation purposes
 - **AP:** +10 points for GPA calculation purposes
 - GPA is cumulative over high school
- Every year counts the same
- Play to strengths - choose appropriate levels...the goal is to be *challenged but not overwhelmed*

Wachusett Regional High School						
1401 Main St Holden, MA 01520 Phone: (508)829-6771 Fax: (508)829-4895 web: www.wrsd.net						
Last name	First name	Middle name	Date of Birth	Student ID	Status	
					2020	
Home Address			City	State	Zip	
Parent or Guardian			Weighted GPA 91.7059			
Academic Transcript						
Includes subjects Failed or Repeated		Grade	Credits	Grade	Credits	
Grade 9				Grade 11		
16-17 Wachusett Regional High School				18-19 Wachusett Regional High School		
English 9 H	B	5.00	AP English Language and Comp.	B	5.00	
French II H	A-	5.00	AP U.S. History	B+	5.00	
Freshman Seminar	A+	2.50	Chemistry CPA	B+	5.00	
Freshmen Physics CPA	A-	5.00	French IV CPA	A	5.00	
Geometry H	B	5.00	Marketing II CPA	W	00	
PE 9	A	1.25	PreCalculus H	B+	5.00	
PE 9	A	1.25	Prog Adv 2	A	1.25	
Wachusett String Orchestra CPA	A	5.00				
World History II CPA	A-	5.00				
Grade 10				Grade 12		
17-18 Wachusett Regional High School						
Algebra 2 H	B	5.00				
Biology CPA	B	5.00				
English 10 H	B+	5.00				
French III H	B	5.00				
Marketing I CP	A-	5.00				
PE 10 Adventure	A-	1.25				
PE 10 Games	A	1.25				
Science of Health/Wellness I	A	1.25				
Science of Health/Wellness II	A+	1.25				
U.S. History I H	B+	5.00				
Credits Earned:		Grade 9	Grade 10	Grade 11	Grade 12	Total Credits
		35.000	35.000	26.250	0.000	96.250
Levels		Weights				
Adv Placement (AP)	10					
Honors (H)	5					
College Prep Adv. (AF/CPA)	0					
College Prep (AE/CP)	0					
Lauren Clark Director of School Counseling Date: 09/27/2019						
MEMBER OF THE NEW ENGLAND ASSOCIATION OF SCHOOLS AND COLLEGES						

Freshman Year Close Up

<i>Includes subjects Failed or Repeated</i>	Grade	Credits
Grade 9		
17-18 Wachusett Regional High School		
Algebra 1 CPA	B+	5.00
English 9 CPA	B-	5.00
Freshman Seminar	A+	2.50
Freshmen Physics CPA	C+	5.00
Graphic Communications I CP	A-	5.00
PE 9	B+	1.25
PE 9	B+	1.25
Spanish II CPA	A-	5.00
World History II CPA	B+	5.00

Attendance is important too!

For full year courses (5 credits) - sixteen (16) absences.

For semester courses (2.5 credits) - eight (8) absences.

For every other day semester courses (1.25 credits) - six (6) absences.

Making Friends!

We encourage students to:

- Introduce themselves to someone new
- Be themselves and be patient
- Try a conversation starter: ask someone a question about themselves or an interest of theirs
- Join a club, team or organization!
 - Check the school website to see a full list of our clubs and organizations
 - [Clubs and Activities](#)
 - Listen to the [Morning Announcements](#) for meeting dates and times!



Standardized Tests

- June 2026 - MCAS Science
- October 2026 - PSAT 10
- March & May 2027 - MCAS ELA & Math*
- October 2027 - PSAT/NMSQT
- Spring 2028 - SATs/ACTs
- Fall 2028 - SATs/ACTs

*Students who score well on these may be eligible for Adams/Koplik Scholarships for Massachusetts state universities

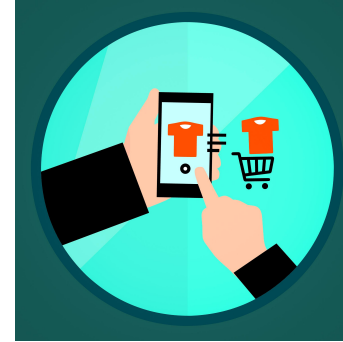
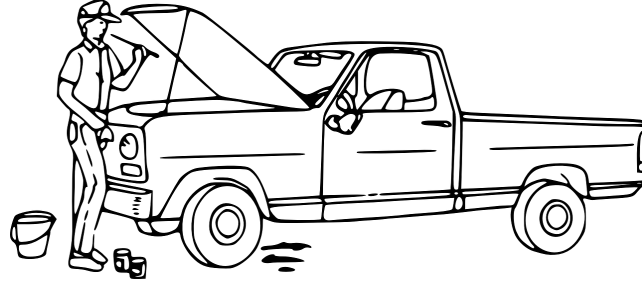


Looking Ahead - Pathways Program

- The [Wachusett Pathways Program](#) is available to students during junior and senior years
- Students apply for priority seating in WPP in the late fall of sophomore year; classes start junior year
- WPP is designed to give students a significant experience in an area of study that interests them
- The purpose is to make students competitive with their peers when applying for post-secondary studies or jobs

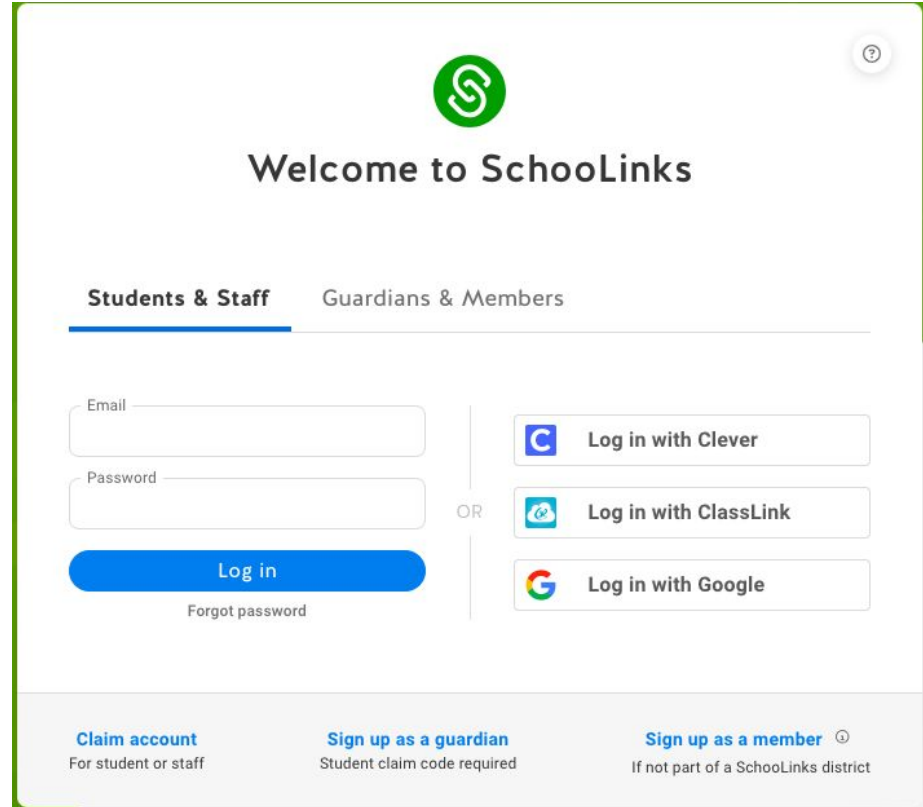
Pathways Majors


- Auto Technology
- Business Finance
- Business Marketing
- Computer Science
- Criminal Justice
- Digital Art & Design
- Education
- Engineering Technology
- Health Sciences



Logging into Schoolinks

- Go to:
<https://app.schoolinks.com/login/k12>
- Log in using your Clever account/Google account
- What does it do?
- It helps you learn about **careers, colleges, your learning style & much more!**



 ?

Welcome to Schoolinks

Students & Staff Guardians & Members


Email


Password


Log in

Forgot password

OR

 Log in with Clever

 Log in with ClassLink

 Log in with Google

Claim account
For student or staff

Sign up as a guardian
Student claim code required

Sign up as a member ⓘ
If not part of a Schoolinks district

- Each grade has a to do list with specific tasks
- Freshman completed “Find Your path” in their Freshman Seminar class

Personality Match

You're like the **Mentor**

Honest Decisive Confident Outspoken Impatient Intelligent





Character traits

- Enjoy connecting with others
- Want to make a positive impact
- Inspire and lead others

Top cluster matches

- Education & Training
- Human Services
- Hospitality & Tourism

Celebrity matches

-  Neil deGrasse Tyson
-  Drake
-  Martin Luther King Jr.
-  Jennifer Lawrence

Find Your Path

When you are generally upset, you generally have an easy time staying on task

Refresh Cancel Confirm Help

Find Your Path narrows down your **personality match**, the **traits/skills** associated with your match, your **top cluster matches** and even **celebrity matches!**

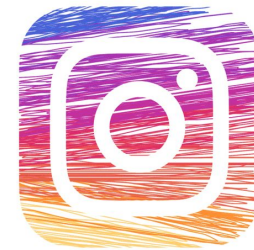
Things Seniors Wish They Knew as Freshmen...

- Every year “counts” the same!
- Get involved. Quality over quantity!
Try new things!
- Develop relationships with peers, teachers, and your school counselor
- Learn time management skills
- Be aware of the attendance policy
(16, 8, 4)
- Think about life after high school and plan your high school career
- Find summer opportunities
- Get to know yourself
- Enjoy it :)



Other things to know about our school

- Follow us on Instagram & Facebook
 - **Insta:**
 - wrhscounseling
 - wachusettregional
 - **Facebook:** School Counselors at Wachusett
- Check the [website](#) for the Class of 2029
- Check the [School Counseling website](#) for important info
- Join your counselor's Google classroom





Any
Questions?