

INFORMATION PACKET
FOR
STUDENTS ENTERING
9TH GRADE
KINGSTON HIGH SCHOOL



GRADUATION REQUIREMENTS

REQUIRED SUBJECTS	REGENTS DIPLOMA	ADVANCED REGENTS
ENGLISH	4 CREDITS	4 CREDITS
SOCIAL STUDIES	4 CREDITS	4 CREDITS
MATHEMATICS	3 CREDITS	3 CREDITS
SCIENCE	3 CREDITS	3 CREDITS
SECOND LANGUAGE	1 CREDIT	3 CREDITS *
HEALTH	½ CREDIT	½ CREDIT
THE ARTS **	1 CREDIT	1 CREDIT
PHYSICAL EDUCATION	2 CREDITS	2 CREDITS
ELECTIVES	3 ½ CREDITS	1 ½ CREDITS
TOTAL	22 CREDITS	22 CREDITS

WHAT IS A CREDIT: a credit is awarded when a student completes a full year/every day course earning an overall grade of 65% or higher. Courses that meet for half a year, every other day or after school often award ½ credit.

- * To earn an Advanced Regents Diploma, the student must complete one of the following:
 - A language other than English (total of three credits & passing the FL Regents Exam)
 - Career and Technical Education (5 credits) plus one credit in a language other than English; Career and Technical Education includes Business, Family and Consumer Sciences, and Technology programs
 - The Arts (5 credits) plus one credit in language other than English
- ** The Arts include Music and Visual Arts



TESTING REQUIREMENTS FOR GRADUATION

REGENTS DIPLOMA

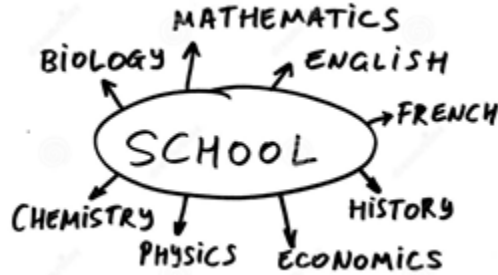
- COMPREHENSIVE ENGLISH REGENTS EXAM
- ALGEBRA REGENTS EXAM
- GLOBAL HISTORY & GEOGRAPHY REGENTS EXAM
- U.S. HISTORY & GOVERNMENT REGENTS EXAM
- ONE SCIENCE REGENTS EXAM

ADVANCED REGENTS DIPLOMA

- COMPREHENSIVE ENGLISH REGENTS EXAM
- ALGEBRA REGENTS, GEOMETRY REGENTS AND ALGEBRA II/TRIGONOMETRY REGENTS EXAM
- GLOBAL HISTORY & GEOGRAPHY REGENTS EXAM
- U.S. HISTORY & GOVERNMENT REGENTS EXAM
- TWO SCIENCE REGENTS EXAMS-1 LIFE SCIENCE (BIOLOGY) & 1 PHYSICAL SCIENCE (EARTH, CHEMISTRY, PHYSICS)
- LANGUAGE OTHER THAN ENGLISH REGENTS EXAM/CHECKPOINT B EXAM



TYPICAL NINTH GRADE SCHEDULE



The high school runs an 8 period schedule with 9th period being an activity/extra help period.

(Course placement will vary depending on individual status/previous courses completed and teacher recommendations-IEP driven classes, 8th grade curriculum, advanced 8th grade courses, etc.)

IN NO PARTICULAR ORDER:

1=English 9 (or English 9 Honors if you meet the criteria, complete the required essay and are accepted)

2=Global 9 (or Global 9 Honors if you meet the criteria, complete the required essay and are accepted **or** Global History/Law 9 for students interested in pursuing a career in law-rigorous course that combines Global and Law curriculum into one class **or** Global Projects which combines Eng 9, Global 9 and Art credit into a project-based 3 period course-see course of study guide for more details)

3=Math (Year 1 of 2 Algebra, Algebra 9 w/ Regents exam, Geometry Honors* or Geometry*)

4=Science with a lab and Regents Exam (Biology or Biology Honors*)

5= Biology Lab every-other-day opposite **Phys. Ed.** (1/2 year pool & half year Tiger Fitness)

6=Lunch

7=Fine Arts (student selects an Art **or** Music option from courses that meet the NYS Fine Arts graduation requirement. If both are desired some Music classes are offered during 9th period. See course of study guide for more details.)

8=Foreign Language (French or Spanish level I or II determined by results of middle school FL. If student is exempt they may complete the ½ credit Health requirement during this time slot or potentially another elective.)

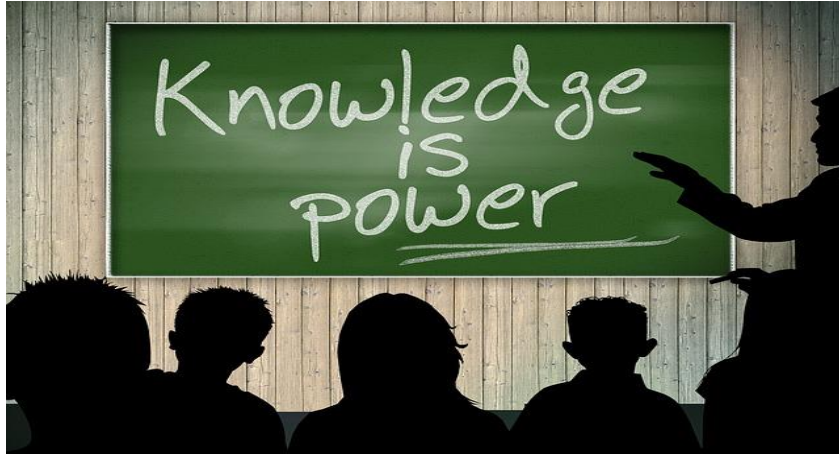
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9= Extra Help, Clubs, Music, Counseling/Speech/Phys. Therapy/Occup. Therapy services, etc.)

*=must have completed an advanced course in middle school



Descriptions of courses will be available on the Kingston High School Website. There will be a link on the left hand side titled "Course of Study Guide".

AVOID THESE COMMON MISTAKES!



10 MOST COMMON HIGH SCHOOL FRESHMEN MISTAKES

(TAKEN FROM WWW.CAMPUSEXPLORER.COM)

1. **Believing your freshman year doesn't really count and you can improve your grades later.**

If you slack off in your first year, it will be really hard to catch up later. Don't forget: Your freshman year grades count toward your overall grade point average (GPA) as much as your grades in later years, and you want that GPA to be high to better qualify you for college admissions. In addition, BOCES programs provided as an option to traditional college prep during high school ALSO have requirements for admission.

2. **Sacrificing your grades for your social life.**

You should definitely try to have a rich social life in high school, but that doesn't mean you can't get good grades, too. Good grades are a ticket to getting into the college of your choice and also give you more career choices and opportunities. Remember that while high school may seem like forever, it's only four years, but the college or career you choose affects the rest of your life.

3. **Skipping classes and missing homework.**

Teachers share important information during class, and listening to their lectures helps you to better understand the subject. You never know what subjects will end up becoming your favorite – or even your college major or career direction! Don't miss homework either: Homework assignments help you learn the subject matter better, which is not only important for your GPA, it can also help you when you take standardized tests like the SAT and ACT.

4. **Failing to make up missed assignments.**

Some teachers are very reasonable in negotiating extra time for you to complete your homework, so just because it's late doesn't mean you shouldn't do it. It might cost you a few points, but that's better than a missed assignment on your record. There is a HUGE benefit in doing assignments even if they are late: You are more likely to retain the material.

5. **Assuming you're not doing well because the teacher "just doesn't like you".**

Your future is your responsibility, and you shouldn't let personal feelings interfere in your path to get the degree or you want. You won't get along with everyone in life, but that's not an excuse to slack off or give up. If you're struggling with a subject, ask a teacher for help, get tutoring or talk to your counselor. Schools want you to succeed if you are willing to do the work.

6. **Not signing up for extracurricular activities.**

Many students say they don't have time for extracurriculars, but keep in mind that these activities can help both your social life and your college applications. When you start your search to find a college, you'll see that they look for well-rounded students who did extracurricular activities along with a challenging academic program. The best careers today are highly competitive and they require people to multi-task. That doesn't mean you should sign up for every activity out there; just try a few programs until you

find ones you like. It's better to be dedicated and active in a few activities than to make little effort in several.

7. **Deciding that high school is about dances, partying and sports ...not classes.**

BIG mistake! Even though your social activities are an important part of high school life, they shouldn't be your main focus during the school day. Your focus in high school should be learning and preparing for your future by taking challenging classes to equip you with the strongest skills necessary to be successful in your goals.

8. **Not asking for help.**

If you're having problems in school, there are many people out there who can help you: parents, teachers, friends, and your school counselor are all good sources for advice and assistance. Teachers and counselors got into those professions because of their desire to help students succeed, and your parents and friends know you well and can help you weigh your options, or just lend support when you need it.

9. **Not asking questions in class.**

They say the only stupid question is one that isn't asked. You're not going to have all the answers, and you're not going to get them unless you are willing to ask questions. If you don't understand something in class, it's likely other students don't understand it either.

10. **Taking classes just because your friends are taking them.**

It can be fun to be in all the same classes as your friends, but it can also be a distraction. Also, your friends may have different interests, academic skills, and college goals than you do. So if you're interested in classes that your friends' aren't, take them. You just might make some new friends and you'll be one step closer to getting into the college or career of your dreams.

Student Self-Reflection Form

Name: _____

*What subject are you currently enjoying the most? _____

Why? _____

*What subject do you struggle the most with? _____

Why? _____

*High school requires you to be very independent when it comes to planning your study time. What are your current study skills/homework routines?

Check ALL that apply to you:

<input type="checkbox"/> I always complete my assignments on time	<input type="checkbox"/> I use my agenda every day
<input type="checkbox"/> I don't really study/hand in homework	<input type="checkbox"/> I don't know how to properly study
<input type="checkbox"/> I am organized	<input type="checkbox"/> I learn best by seeing-visual
<input type="checkbox"/> I learn best by doing-tactile/kinesthetic (hands on)	<input type="checkbox"/> I learn best by listening-auditory

- If you received after school detention or lunch help for NOT handing in assignments would you be more likely to complete assignments on time for that class?

YES or NO Why: _____

- Do you plan to participate in any after-school activities or sports when you are in 9th grade? YES or NO If so, what? _____

- Name two things about yourself that you are proud of:

- Name two things about yourself you are NOT proud of/would like to CHANGE:

What type of job/career plans do you have: _____