

# *DHS Freshmen Fall Newsletter Class of 2020*

## WELCOME CLASS OF 2020!

Your first year of high school is an exciting time; a new school, new opportunities and new friends! As exciting as it may be, don't lose sight of your ultimate goal...to graduate in four years and follow through with your post secondary plans. Freshman year is very important! You are laying the foundation for the rest of your high school career. The work you are doing now counts and can help you achieve your goals!

Don't be a stranger. The counseling staff is here to help you in your transition to high school and throughout the next four years. You can meet with your counselor to discuss any academic, personal, social or career-related issues. He/she can provide you with resources for you to utilize to increase your academic performance, deal with problems, develop good study habits, and research college and careers.

To schedule an appointment with your counselor, stop by the counseling center and speak with Mrs. Burke or Mrs. Chadwick. On the day of your appointment, you will receive a blue pass in your homeroom.

## ACADEMICS

Your **GPA** (grade point average) and **Class Rank** (how you rate academically with everyone in your class) do count, starting NOW!

Your **Transcript** is a record of your academic career during high school. This is the first impression potential employers and post secondary schools will have of you. To

make sure your transcript is the best possible reflection of you, don't get behind! Maintain good grades and take classes that challenge you.

You must earn 22 credits in order to graduate; 4 credits in English and Social Studies, 3 credits in Science and Math, 1 credit each in LOTE and the Arts, ½ credit each in Health and Technology, 2 credits in PE and 3 elective credits. Additional requirements are needed for an Advanced Regents Diploma.

## ATTENDANCE

Daily school attendance is important. Learning builds day by day. If you aren't in class to listen and take notes, you won't be able to stay on top of your class work. Research shows that missing 18 days of school is 10 percent of the school year and can negatively impact student performance. That's just two days a month and is considered chronic absence. Conversely, when students improve their attendance,

## COUNSELORS

Mr. George Bushey (A-I) 686-5072  
Mr. Leo Cintron (J-O & Z) 686-5071  
Mrs. Katie Malczewski (HS/MS) 686-5074  
Mrs. Kimberly McEwen (P-Y) 686-5073

## SECRETARIES

Mrs. Sue Burke 686-5069  
Mrs. Julie Chadwick 686-5076

they improve their academic prospects and chances for graduating!

### **CHECK US OUT ON THE WEB**

The High School Counseling Center website is full of useful information! Go to [depewschools.org](http://depewschools.org) and locate the “Guidance” tab. There, you will find information on career and education planning.



### **GET INVOLVED**

Depew High School offers more than 28 extracurricular clubs; not to mention various athletic teams and additional opportunities to get involved through the student senate. There’s something for everyone! Extracurricular activities make school a fun place to be and will allow you to develop valuable life skills.

Being involved in activities and assuming leadership roles are great ways to distinguish yourself from other students. Consistent participation will enhance your college, scholarship and job applications.

Community service and volunteer work are also great ways to gain experience in various

career fields and meet new people!

### **CHOICES 360**

This year, we’re rolling out CHOICES 360! Here, you’ll have access to your very own online portfolio to keep track of your post secondary plans, course plans, high school experiences and accomplishments. You’ll also be able to research careers and have access to several research-based assessments to help you make connections between who you are and who you can become!

### **FRESHMEN FORWARD**

As you progress through the school year, here are a few planning tips to keep in mind:

- Map out your high school career. Set Goals for yourself and make a plan to help you achieve them.
- Begin thinking about your interests and skills to start identifying possible career and the education required.
- Talk to the adults in your life about their careers and educational preparation.
- Attend career fairs and participate in activities that will give you exposure to careers you are interested in.
- Talk to your counselor about ideas and ways to gain career knowledge and experience.
- Start and maintain a resume of your accomplishments and activities. This will be a helpful resource as you begin to apply for the work force, scholarships and college applications.

**Don't forget to check your school email account on a daily basis. Email is one of the best ways for your counselor to get in touch with you directly. Don't miss out on important information!**