

# Freshman Newsletter

August 25, 2022

Heather Wilkin, School Counselor  
Office #153  
357-5013 ext 153  
hwilkin@pchspanthers.com



## Welcome to High School

You have begun your career as a High School student! Hopefully, your first week has gone smoothly and you are beginning to get into the groove of high school. As the year progresses, you will continue to have new experiences and be faced with challenges.

Getting off to a good start in your classes can help set the tone for your high school career. It is important for you to take your school work seriously and develop a school routine that works for you. Remember, each class you take counts for credit and you will need 28 credits to graduate.

The School Counseling Department is here to assist you in being successful in school, at home, and to help you prepare for your future. Stop in anytime.

### Websites to Bookmark:

Gmail

Teacherease

PCHSPanthers.com

Naviance:

<http://student.naviance.com/pinckychs>

### High School Hints for Success

- Set Goals!
- Get Organized!
- Get Involved!
- Communicate with your teachers!
- Check email daily!
- Do your homework on the day it was assigned!

## Habits for Success

- **Be Proactive**
- **Begin with the end in Mind**
- **Put First Things First**
- **Think Win-Win**
- **Seek first to understand, then to be understood**
- **Synergize**
- **Sharpen the Saw**

Stay in the know with Remind: Text  
@dagdh82 TO: 81010

## Test Taking Strategies

- Prepare early
  - Treat every class as preparation for tests
  - Preparing begins first day
- Study after class
  - Review your notes
  - Make your own study guide
- Ask teacher what format the test will be
- Study hints - your teacher is your best resource. Before answering a single test question, read the directions
- Beware of time limits
- Read all of the answers before selecting one
- Make sure an essay answers the question
- Quality not quantity

### Meet the School Social Worker

Mrs. Przygoda is here to assist students with social/emotional related issues. Her office (Rm 218) is located on the 2<sup>nd</sup> floor right behind the Special Education Office. Stop in anytime! Or email her at [aprzygoda@pchspanthers.com](mailto:aprzygoda@pchspanthers.com).