

# Welcome to Conestoga High School!

## Class of 2019



# Student Services Office

Hours - 7:00am to 3:30pm

We are here to help!

# 2015-2016 CHS Counselors

MRS. LAUREEN McGLOIN, (ext. 1008)

A - BRO

MRS. RACHELLE GOUGH, (ext. 1011)

BRU - DH

MS. KATERINE CORKHILL, (ext. 1007)

DI - GR

MR. BRIAN SAMSON, (ext. 1012)

GU - KE

MS. MELISSA BOLTZ, (ext. 1051)

KH - MA

MRS. JENN KRATSA, (ext. 1010)

MC - N

MR.. DAN MCDERMOTT, (ext. 1009)

O - R

MS. CHRISTINE BAUMANN, (ext. 1038)

S - T

MRS. MEGAN SMYTH, (ext. 1013)

U - Z

MRS. CHRISTINE DUNLEAVY (ext. 1056)

Mental Health Sp.

MRS. MELISSA SALZBERG (ext. 1077)

Mental Health Sp.

# When will ninth graders meet their counselor?

- Today!
- In the coming days and weeks, counselors will be sending passes to 9<sup>th</sup> grade homerooms so that that can meet with each student either individually or in a small groups.
- Individually, counselors may send your student a pass in homeroom.
- Students may stop by the office during a study hall or their lunch to schedule an appointment.
- If necessary, a student may request to leave a class to see a counselor.

# Programs for Ninth Grade

- ▶ Getting the Most Out of High School/Freshmen Picnic
- ▶ FROGS are here to help the first week
- ▶ Counselor meetings (September – November)
- ▶ Midterm Exam Preparation Lessons – conducted in the classrooms (January)
- ▶ Course selection classroom presentations (February)

# Other programs for the future...

- ▶ Financial Aid Evening, December 16, 2015
- ▶ College Admission Evening, February 4, 2016
- ▶ Course Selection Night, January 28, 2016
- ▶ Special Education Transition Programs
- ▶ Career Days, March 8-10

Check the Conestoga High School Calendar at [www.tesd.net/stoga](http://www.tesd.net/stoga) for additional programs and dates.

# Staying in the Loop....

- ▶ Conestoga Web Site
  - <http://www.tesd.net/stoga>
  - Weekly bulletin
- ▶ Online *Pioneer Preview*
- ▶ Monthly Parent Meetings – Dates are on the district calendar
- ▶ Pinnacle, [www.tesd.net/stoga](http://www.tesd.net/stoga) – to track progress
- ▶ District Calendar



# **“Making” the Most out of High School**





# Building your profile

▶ Balance



▶ Challenge/growth

▶ **Personalized plan based on individual needs, desires and abilities**

▶ Diversify or specialize

# Ways to Get Involved

- ▶ Engage in your passion
- ▶ Try out new things
- ▶ Community Service/Volunteering
- ▶ Start your own club
- ▶ Jump in!

# Why get involved in high school?

- ❖ To build your personal character
- ❖ To practice leadership skills
- ❖ To be a role model to your peers
- ❖ To serve others
- ❖ To have a positive impact on someone else's life
- ❖ To learn responsibility, commitment and dedication to a group
- ❖ To build your multicultural awareness
- ❖ To enhance your abilities and skills
- ❖ To learn how to work collaboratively with others
- ❖ To gain a positive work ethic
- ❖ To meet and get to know people who share in your interests

# Clubs & Activities at CHS

Each year we offer over 90 clubs/activities

## ▶ Interest Related Clubs

\*Bakery clubs \* Greening Stoga Task Force \* Chess Team \* Movie Production \* National Art Honor Society

## ▶ Academic/Intellectual

\*Debate \* Science Olympiad \* Math club \* Destination Imagination \* Model UN

## ▶ CHS Community Building Clubs

\*Peer Mediation/FROGS \* Best Buddies \* Student Council

# Athletics

## ▶ Varsity Sports- Central League

**\*You may receive PE credit next year -Team Sport**

## ▶ Intramural Sports

**\*Ultimate Frisbee & Dodgeball**

## ▶ Club Sports

**\*Ice Hockey \* Rugby \* Crew \* Squash**

**\*You May receive PE credit- Extended Experience**

# Music

- ▶ Sing in the chorus
- ▶ Play in the Orchestra
- ▶ Play in the Band
- ▶ March in the largest organization at CHS (no experience necessary)
- ▶ Audition for select choral and instrumental groups(jazz band, chorale, wind/percussion/string ensembles)

# Community Service

- ▶ Join a Service Club (Key Club, REACH, SAFE, Peer Tutoring)
- ▶ YMCA
- ▶ Soup Kitchens
- ▶ Nursing Homes
- ▶ Hospitals

# Promoting Scholarship and Citizenship

- ▶ “I want good grades and I want to go to a good college”

*Expand your thinking.....*

- ▶ Stand out from the crowd – there is only one you! Make positive & authentic contributions to the CHS community!
- ▶ Character counts! Integrity, role model, treat others with respect, and most importantly.....Give back!
- ▶ **Jump in! Don't wait to join and try something new!**



# The High School Academic Record

- ▶ **Report card** – 4 marking period grades plus midterm and exam grades
- ▶ **Transcript** – GPA, Final Grades only, Attendance, Clubs & Activities
- ▶ **Test Score Reports** – Keystone Exams, SAT, PSAT, ACT
- ▶ **Letters of Recommendation** – confidential in the senior year

# Calculating GPA

- ▶ The GPA calculation includes only leveled courses.
- ▶ Weighted and unweighted are calculated.
- ▶ Final grades are converted to the quality points on both a 5.2 weighted scale (see handout) and a standard 4.0 unweighted scale. Both GPAs are reported on the CHS transcript.

# CONESTOGA HIGH SCHOOL

Tredyffrin/Easttown School District

200 IRISH RD BERWYN, PA 19312 PHONE: (610)240-1000 FAX: (610)240-1055 CEEB: 390295  
 Accreditation: Commonwealth of Pennsylvania; Middle Atlantic Association of Secondary Schools & Colleges

SSN: Date of Birth: Sex: M Student ID:	Prior HS: (Transcript is enclosed if prior high school is listed.) Date Entered: Was/will be graduated: 06/2009 Withdrew:	SCHOOL DATA Enrollment 9-12 : 1977 Entering College : 96% Four-Year College : 91% Two-Year College : 5%																												
<b>INSTRUCTIONAL LEVELS GRADING SCALE</b> H*- HONORS/AP 90 -100 = A H - HONORS 80 - 89 = B X - ACCELERATED 70 - 79 = C A - ACADEMIC 65 - 69 = D 00 - 64 = FAIL O, S, N, U P/F WP/WF MX TR AU	<b>CREDITS &amp; GRADE POINT AVERAGE (GPA)</b> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Year</th> <th>Credits Earned</th> <th>Current GPA Weighted</th> <th>Cum GPA Weighted</th> <th>Cum GPA Unweighted</th> </tr> </thead> <tbody> <tr> <td>2006</td> <td>7.15</td> <td>3.72</td> <td>3.72</td> <td>3.40</td> </tr> <tr> <td>2007</td> <td>6.90</td> <td>3.80</td> <td>3.76</td> <td>3.20</td> </tr> <tr> <td>2008</td> <td>6.85</td> <td>4.16</td> <td>3.91</td> <td>3.25</td> </tr> </tbody> </table> Total Credits: 20.90 Refer to PROFILE for GPA explanation.	Year	Credits Earned	Current GPA Weighted	Cum GPA Weighted	Cum GPA Unweighted	2006	7.15	3.72	3.72	3.40	2007	6.90	3.80	3.76	3.20	2008	6.85	4.16	3.91	3.25	<b>ATTENDANCE</b> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Year</th> <th>Absences</th> </tr> </thead> <tbody> <tr> <td>2006</td> <td>5.5</td> </tr> <tr> <td>2007</td> <td>3.0</td> </tr> <tr> <td>2008</td> <td>6.0</td> </tr> </tbody> </table>	Year	Absences	2006	5.5	2007	3.0	2008	6.0
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GRD	CRS#	CRSE NAME	TCH	LVL	MRK	CRED	GRD	CRS#	CRSE NAME	TCH	LVL	MRK	CRED	HONORS, AWARDS, ACTIVITIES	
<b>ENGLISH</b>							<b>VIS/PERFORMING ARTS</b>							AP SCHOLAR WITH HONOR(11) DRUMLINE(11) MUSICIAN'S GUILD(11) MARCHING BAND(09,10) SKI CLUB(09) JV BOYS TRACK(10) JV BOYS WINTER TRACK/FIELD(10,11)	
09	0001	WORLD LIT	C	H	X	88	1.00	09	7029	CERM/SCULP	A	M	89		0.50
10	0010	AMER LIT	B	S	H	83	1.00	09	7709	MUSIC THRY	SED		83		0.50
11	0040	AP LIT/CMP	KAG		H*	85	1.00	10	7019	DRAW/PAINT	GLK		84		0.50
<b>SOCIAL STUDIES</b>							<b>20.9000</b>								
09	1011	WORLD CLTR	R	H	X	91	1.00	10	7839	JAZZ/ROCK	A	D	98		0.50
10	1100	AP EU HIST	M	E	H*	85	1.00								
11	1200	AP US HIST	J	K	H*	83	1.00								
11	1600	AP PSYCH	DMZ		H*	90	1.00								
<b>MATHEMATICS</b>															
09	2021	ALGEBRA 1B	FMT		X	83	0.50								
09	2031	GEOMETRY	FMT		X	85	0.50								
10	2051	ALGEBRA 2	ILC		X	83	1.00								
11	2111	ANALYSIS	AMY		X	86	1.00								
<b>SCIENCE</b>															
09	3011	CHEM/PHYS	B	E	X	91	1.00								
10	3110	BIOLOGY 1	A	H	H	88	1.00								
11	3210	CHEMISTRY1	JMM		H	84	1.20								
<b>LANGUAGE</b>															
09	4121	GERMAN 2	KJN		X	82	1.00								
10	4131	GERMAN 3	MLH		X	83	1.00								
11	4141	GERMAN 4	MLH		X	93	1.00								
<b>BUSINESS/TECHNOLOGY</b>															
09	6209	DSKTP PUBL	BJW		S		0.50								
<b>FITNESS/LIFE SKILLS</b>															
09	5005	HEALTH 1	MLT			85	0.25								
09	5105	PHYS ED 9	MMW		S		0.20								
09	5205	PHYS ED 9	MMW		S		0.20								
10	5125	RECREAT PE	MMW		S		0.20								
10	5275	FLRHCKY PE	J	J			0.20								
10	5505	HWY SAFETY	M	C		85	0.25								
10	8015	CULNRY ART	MKR			96	0.25								
11	5145	TEAM SPORT	DEG		S		0.20								
11	5275	FLRHCKY PE	J	J			0.20								
11	9815	SMR HLTH 2	CCI		TR		0.25								

SIGNATURE BECKER, S

TITLE

DATE

# National Honor Society

To be selected for National Honor Society you must exhibit four criteria:

- scholarship
- character
- leadership
- service.

The scholarship component is measured using your cumulative GPA. A **minimum cumulative GPA of 4.70** is required for candidacy. If you attain this cumulative GPA at the end of your sophomore or junior year, you will receive an invitation to apply for membership. The remaining three criteria are measured using school records, your completed activity form, and teacher feedback. Candidacy letters are mailed out by the end of September your junior or senior year.

# Available Resources...take advantage!

## The Achievement Center – Room 264:

- Math Aide – Mrs. Winfield
- Writing Aide – Mrs. Zhan
- Study and Organization Skills – Mrs. Noll
- National Honor Society tutors

## Support Services

CARE Team, MIT, CHS Counselors

## When is it time to begin college planning?

- ▶ **9<sup>th</sup> Grade** – Focus on High School
- ▶ **10<sup>th</sup> Grade** – Be an engaged learner & begin researching and visiting.
- ▶ **11<sup>th</sup> Grade** – Begin college search in earnest, Testing year, visit colleges
- ▶ **12<sup>th</sup> Grade** – Refine list of colleges, visit again, and apply.

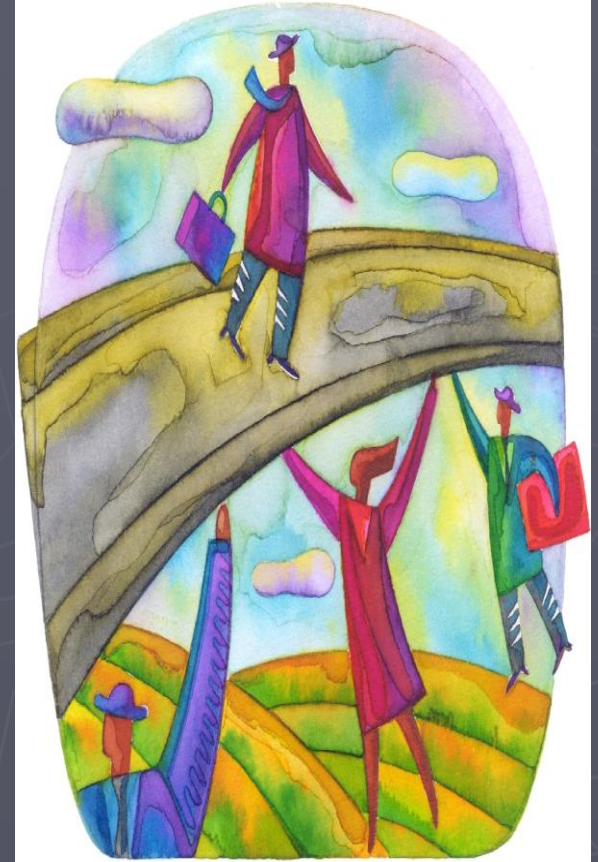
# Characteristics that Count

When writing letters of recommendation for summer programs, internships, volunteer opportunities, and college applications, teachers and counselors are often asked to rate you on the following qualities:

	Below Average	Average	Good (above avg)	Very Good (well above avg)	Excellent (top 10%)	Outstanding (top 5%)	One of the top (top 1%)
Academic Achievement							
Intellectual Promise							
Quality of Writing							
Creative, original thought							
Productive class discussion							
Respect of faculty							
Disciplined work habits							
Maturity							
Motivation							
Leadership							
Integrity							
Reaction to Setbacks							
Concern for Others							
Self-confidence							
Initiative, Independence							
OVERALL							

# Become A Self Advocate

- ▶ Engage as a classroom learner
- ▶ Access available resources
- ▶ Set goals
- ▶ Be responsible for academic successes
- ▶ Learn and adjust from mistakes





# Class of 2019...begin the journey...

- ▶ Be Stoga Proud!
- ▶ Contribute
- ▶ Lead
- ▶ Build Your Legacy!