



WE ARE ONE

Class of 2024

Freshmen Parent Meeting

Presented

by

Counselors

Shari Pimental (A-KI)

Jake Copley(Km-Z)

Agenda

- Tips to help your student adjust academically and socially
- Adjusting to remote learning
- Counseling services
- Common questions and concerns about the transition to high school



How To Help Your Student Academically in Remote learning

Treat the online class like a real class!

- “Show Up” for class, this means don’t put work off until later, or it will pile up.
- Treat your class like it is a job you must complete before you get paid
- Show up with a good attitude and get to work.

Hold Yourself Accountable

Wake up motivated. Nothing works unless you work. Nothing changes unless you change. Dominate the day.

Author: @tonygaskins
Made by @thegoodquote

Set Goals & Check in frequently

Set Reminders for upcoming Due Dates & plan time to make sure you've allotted enough time to complete the work.

Be organized, proactive, and self-aware

Practice Time Management

Create a Daily Schedule to Follow

Set Reminders for yourself

Try Time Blocking- allot yourself a certain amount of time for each task. Set a timer to keep you accountable

Check in daily to make sure you are meeting deadlines.

Make a daily to do list



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Create a regular study space & stay organized



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Set up a dedicated learning environment for study. Find what works best for you.

Make sure you are comfortable and will be able to sit for your study duration

Have headphones to listen to lectures

Know exactly where important paperwork is located

Set up a calendar with all important dates.

Eliminate Distractions



You will be faced with many distractions that can easily derail your studies.

Find a Strategy that works best for you, you can listen to music, find a quiet study space, turn your cell phone off, remove phone from study space and use during breaks, , only open websites for study and avoid surfing the web.

Avoiding Distractions will help you be more successful in your online learning.

Actively Participate

Engage in class discussions online

Ask Questions

Check in as often as you can

Set a goal to check class discussion threads every day.

If you feel like you are falling behind speak up, don't wait until your assignment is due to speak up.

Email or schoology message your teachers and be proactive in asking for help! Use teacher office hours.



Practice Practice Practice

Don't give up when you don't understand. It takes Practice to understand new concepts.

Keep Practicing

Rewatch videos

Reread content

Practice will help you feel confident in the materials provided!

“Practice isn't the thing you do once you're good. It's the thing you do that makes you good.” - Malcolm Gladwell

Stay Mentally & Physically Healthy

You will be spending a lot of time on your iPad; it is important that you stay healthy.

Remember to:

Take breaks

Go on walks- It's important to move

Schedule your distractions

Get the recommended amount of sleep

Eat foods that nourish their bodies.



Tips From Teachers

- Use Office Hours
- Check the Learning plans for the week on Sunday when posted early
- Review notes within a 24 hour period
- Be awake, fed, dressed, and sitting up in your study space
- Phones should not be in the learning space
- A Visual schedule posted - calendar, dry erase board with calendar, planner or to do list
- Check class documents and grades to see missing work and check within the folders.
- High school is a time to become your own learner
- Parents should look at homework
- Forecasting- looking ahead

Academic Excellence

- DEEP
 - Disciplined
 - Engaged
 - Ethical
- Precise



Welcoming Community

- We Are One
- Safe place
- Connected



How To Help Your Student Socially

- Join Something – require it
- Bring your student to games, activities, homecoming and retreats
- Be confident that Marist is the school for your student

Service

Freshmen Year (5 hours each semester)

Happens in theology classes

- Service to Family
- Service to extended family, neighborhood and community



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Goals For Freshman Year

- Build a strong academic record by taking the correct level of classes and doing well.
- Study smarter not harder and get excellent grades
- Become involved in co-curricular activities

9th Grade Focus- Transition

- **Making connections/social adjustment to high school**
- **Transition from middle school to high school – organization and forecasting**
- **Tools for academic success**
- **Self Advocacy**
- **Scheduling for sophomore year**

Academic Advising

- Scheduling for success and balance
- Assists all students with developing academic and personal/social goals
- Forecasting
- Credit Recovery
- Supports all students with resources and/or development of study skills and test-taking strategies

Individualized Student Support

- Office hours are usually 8am – 3pm
- Appointment times can also be made
 - Message your counselor
 - Via Zoom - record
- Peer relationships, conflict resolution, effective social skills and decision-making
- Development of self-advocacy skills
- Attendance
- Crisis support
 - Connecting families with community resources
 - Liaison between the school and outside counselor

Graduation Requirements

- Theology 4 credits
- English 4 credits
- Math 3 credits – recommend 4
- Science 3 credits
- History 3 credits
- World Language 2 credits – recommend 3 -4 for selective college admission
- Health 1 credit
- Lifetime Fitness 1 credit
- Fine Art 1 credit
- Electives 4 credits



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26 credits plus 65 hours of Christian Service

Who To Talk To?

- If your student is struggling in a class? – teacher then counselor
- Academic Affairs – Mr. Andy Oldham Assistant Principal
- Absences – Ms. Mora
- Peer issues/Connections – Counselor
- Behavior and school safety - Mr. Morissey
- Christian Service – Theology teacher
- College Planning – Counselor

Questions????????