



**WE ARE ONE**

Class of 2025  
Freshmen Parent Meeting  
Presented  
by  
Counselors  
Shari Pimental (A-L)  
Jake Copley(M-Z)

# Agenda

- Transition Tips
- Tips to help your student adjust academically and socially
- Counseling services
- Common questions and concerns about the transition to high school
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# The High School Transition Is

- Different for each of your students
- Different for you for each of your students
- Can be emotional for everyone in the family
- Feels like a series of 'to-do' lists
- A process that takes time

# Challenge vs Support

- Balance “challenge and support (resources) so that student continues to thrive
- Too much support and not enough challenge, the student disengage and let you do everything because it is easier to let you do it.
- Attend parent events even if you have had several students go through Marist as things change.

# Emotions of the Transition

- Concerns and anxiety about leaving home
- Making friends
- New culture
- Ability, and competence are **universal** for students (and you)

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# How To Help Your Student Academically

# Marist students are DEEP

- DEEP

- Disciplined
- Engaged
- Ethical
- Precise



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# Disciplined

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- “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.

# Practice Time Management

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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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# Hold Yourself Accountable

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

Author: @tonygaskins  
Made by @thegoodquote

Be on time to school

Be organized, proactive, and self-aware

# Practice Practice Practice

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

Keep Practicing

Review your notes and 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**

# Create a regular study space & stay organized

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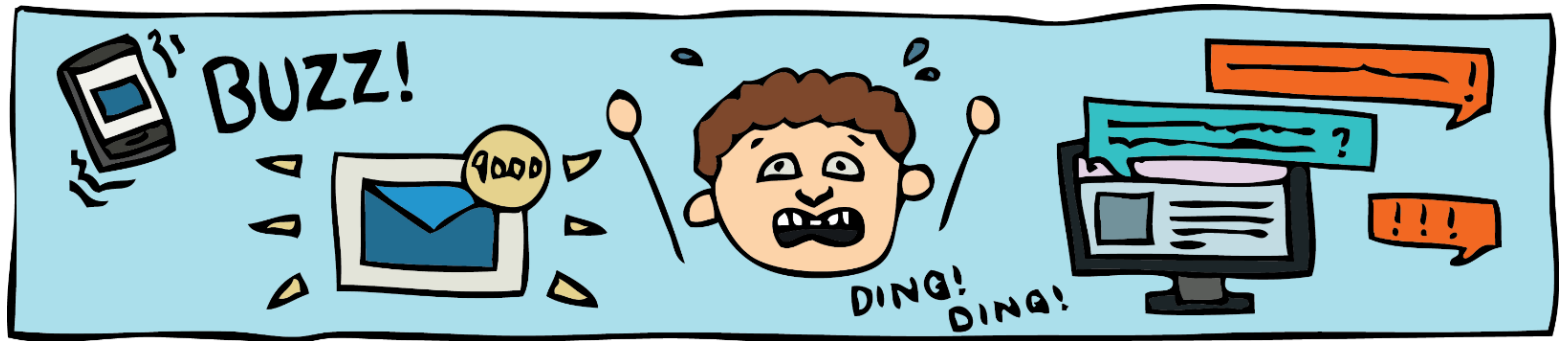
Set up a dedicated learning environment for study. Find what works best for you.

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

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, only open websites for study and avoid surfing the web.

Avoiding Distractions will help you be a more successful learner.

# Actively Participate Engaged

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Engage in class discussions

Ask Questions

Use teacher office hours often

Check class folders not just recent feed on schoology

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!



# Ethical & Precise

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Create your own work



Plagiarism - copying homework or internet, apps



Precise – take time to review and edit work prior to submission listen carefully



# Stay Mentally & Physically Healthy

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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 your bodies



# Tips From Teachers

- Math – practice problems to study for tests not just reading your notes
- History Terms – start early as soon as they are posted in the classroom
- Check class folders everyday prior to the class
- Come prepared to class – ready and working
- Fully charged iPad
- Be on time to school and class

# Welcoming Community

- We Are One
- *“Seek the good always”*
- Safe place

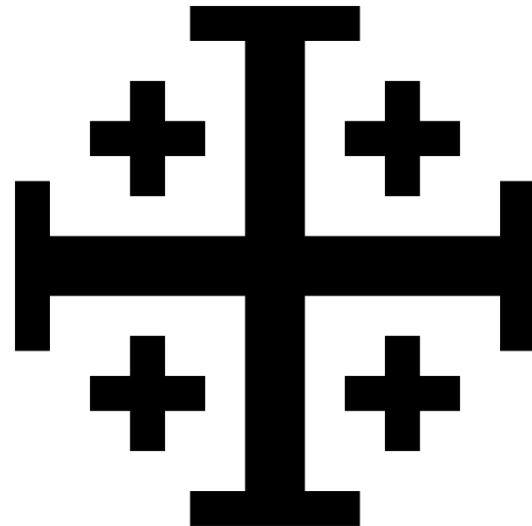


# How To Help Your Student Socially

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

# Christ-Centered

- Gospel Values
- Faith
- Spiritual growth



# Leadership

- Call to Action
- Commitment
- Responsibility
- Observant

# Service

Freshmen Year (5 hours each semester)

Happens in theology classes

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



# Goals For Freshman Year

- Build a strong academic record by taking the correct level of classes and doing well.
- Study hard and get excellent grades
- Become involved in co-curricular activities



# 9<sup>th</sup> 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
- Absences – Mr. O’Leary
- Peer issues – Counselor
- Behavior, attendance, school safety - Mr. O’Leary
- Christian Service – Theology teacher
- College Planning – Counselor

Questions????????