

NINTH GRADE

Welcome to Kellam High School! The Guidance Department looks forward to working with you throughout your high school career. We are here to serve you and to assist in making your high school career as rewarding as possible.

In the next four years, you will hopefully select a responsible schedule of classes that will support you in your career choices. The grades you earn and the subjects you choose to take will determine your job or college opportunities after graduation. Please allow us to be a part of your high school career. We are here to assist you and to hopefully make a big difference in your life.

Counselor Assignments

There are six counselors on the Kellam faculty. Each counselor is assigned a number of students in alphabetical order based on the first letter of the student's last name. Your assigned counselor will assist you in selecting classes, making class changes, exploring careers, interpreting test results, reviewing college materials, and personal counseling. If you have a concern, visit your counselor and he/she will either assist you or refer you to the appropriate source of information.

Mr. Bryant	Scholarships
Mr. Beacham	Colleges, NCAA
Mrs. Boyd	Scholarships
Mrs. Lang	PSAT, SAT & AP Testing, Guidance Advisory
Mrs. Zimba	Careers & Career Workshops, Military
Mrs. Hansen	Guidance Department Chair, Drop-Out Coordinator, ISAEP

Standard Program

Students must earn twenty-two (22) credits for a standard diploma. Sixteen of these credits must come from required courses while six credits can be earned through elective courses, two of which must sequential. Students completing this program with an average of “A” will receive the Board of Education Seal on their diplomas.

Advanced Studies Program

Students must earn twenty-four (24) credits for an advanced studies diploma. **Twenty-two** of these credits must come from required courses while **two** credits can be earned through elective courses. Students completing this program with an average of “B” or better and successfully completing one advanced placement (AP) course or one college-level course for credit will receive the Governor’s Seal on their diplomas. Students completing this program with an average of “B” or better but not completing one AP or college-level course for credit will receive the Seal of Excellence on their diplomas.

Students must earn verified credits by passing SOL tests:

Standard Diploma

Two English SOL tests
One Math SOL test
One Science SOL test
One Social Studies SOL test
One SOL test that the student selects
Total: 6

Advanced Studies Diploma

Two English SOL Tests
Two Math SOL Tests
Two Science SOL Tests
Two Social Studies SOL Tests
One SOL test that the student selects
Total: 9

Diploma Programs

There are two diploma programs in the Virginia Beach School System.

Regular Program

English 9,10,11,12	4 credits
*Science	3 credits
Social Studies	3 credits
**Mathematics	3 credits
Health/PE	2 credits
Fine Art OR	
Practical Art	1 credit
Electives	6 credits (2 sequential)
TOTAL	22 credits

*selected from two different science disciplines: Earth Science, Biology, Chemistry, or Physics

** including 2 courses from among: Algebra I, Geometry, Algebra II, or above the level of Algebra and Geometry

Advanced Studies Program

English 9,10,11,12	4 credits
*Science	4 credits
Foreign Language	3 credits or 2 credits each in 2 languages
Health/PE	2 credits
**Mathematics	4 credits
Social Studies	4 credits
Fine Art OR	
Practical Art	1 credit
Electives	2 credits
TOTAL	24 credits

*selected from 3 different science disciplines: Earth Science, Biology, Chemistry or Physics

**including 3 courses from among: Algebra I, Geometry, Algebra II, or other courses above the level of Algebra II

How Do I Get To See My Counselor?

You may visit the guidance office whenever you have a concern or problem. Counseling students is the main function of the guidance department. Counselors schedule at least two small group sessions with students each year to schedule, review cum records and to distribute information pertinent to each grade level.

If you visit the guidance office to see your counselor during your lunch block or before or after school, you do not have to have a hall pass. Students going to guidance during or between blocks must report to their teacher first to secure a pass. You may wait for your counselor up to five minutes. If he/she is unable to see you in this period of time, you must return to your class. We encourage you to use the purple forms on the counter to alert your counselor of your need for assistance. Complete the form, leave it with the secretary, and your counselor will send for you. If you have not heard from your counselor after a twenty-four hour period, please stop by the guidance office and leave another note.

**AND PLEASE REMEMBER
that you MUST use the clipboard to SIGN IN and OUT!**

Credits Per Grade Level

Promotion is based on the number of credits earned. An assignment of class standing will be made on the following basis:

Grade 9	Fewer than 5 credits
Grade 10	Fewer than 10 credits, 5 credits or more
Grade 11	Fewer than 16 credits, 10 credits or more
Grade 12	At least 16 credits and/or eligible for June graduation

Athletic/Activity Participation

The Virginia High School League rules specify that in order to participate in athletics, drama, forensics, or literary activities, a student must have passed five subjects during the preceding semester and must be enrolled in five subjects during the current semester.

To participate in all sports and activities involving competition between schools, students are required to earn at least a 2.0 GPA each semester.

Progress Reports

You will receive a progress report from each of your teachers midway during the first and third grading periods. Progress reports are issued during the second and fourth periods if a student is not performing well in their academic courses.

Often we have parents and students who would like to request weekly reports from teachers. You may use your planner for this purpose or your teachers may issue you a computer printout of your current progress.

Student/Parent/Teacher Conferences

Students are encouraged to attend all parent conferences. After all, it is YOUR conference. Parents who need to schedule a conference should contact the counselor who will in turn notify all the teachers. Most conferences are held with teachers beginning at 2:00 p.m. and ending at approximately 2:35 p.m.

Activity Sheet

The activity sheet is a record of your extra-curricular activities. It is important that you update the sheet, as it is a useful tool during your senior year when you apply to colleges. It is also used by the scholarship committee and other groups to identify outstanding students.

Study Skills

The transition from middle to high school is a challenge for some students. With high school comes block scheduling where your classes meet on alternate days. Also in high school, teachers are organized by departments, not teams. Your English teacher will probably not be aware when you have a huge project due in science. It becomes very important to be organized in high school. Here are some suggestions that will help you succeed your freshman year.

General Study Habits

- Use a daily assignment book. Kellam provides you with an excellent planner. Write down your assignments during each class.
- Have a designated study time and study place.
- Plan and budget your study time.
- Study the hardest subject first.
- Study in 20 to 30 minutes increments and then take a short break. Breaks should be around 5 minutes. (Yes, you need to study every school night!)
- Get the telephone number of at least one person in each class. This is helpful if you are absent or if have questions about an assignment.
- Do your homework. It will probably have a significant impact on your grade.
- When working on the computer, make three copies of your document: one copy to the hard drive, one to a disk, and a paper copy. Use Sharepoint, especially if your teacher posts information on his/her site.

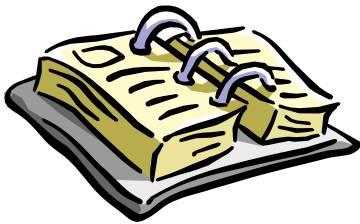


The Study Place

- Have a clean space or area.
- Good lighting is important.
- Have a comfortable seat and a place to write.
- Have all the necessary materials: dictionary, pencils, pen, paper, etc.
- Keep it quiet. Music without words helps some people. Don't let a stereo, radio, television, conversations, or other noises distract you.

Time Management

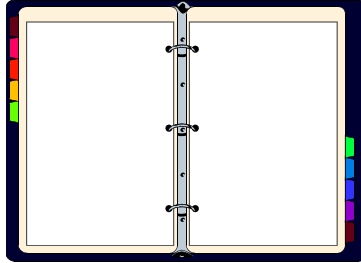
- Include all of your regular activities in your planner such as classes, job, sports, rehearsals.
- Make a list of things to do. Rank them by difficulty level and importance.
- Schedule review time before or after each class.
- Plan extra time for exams and projects. Break large assignments into several small ones.
- Plan for deadlines. Don't wait until the last minute to start a report or project that counts a significant percentage of your grade.



Note Taking

- Three-ring binders work well for class notes.
- Date and number each page of notes.
- Use the format that is best for you. Some people like the two-column format while others do not.
- Use abbreviations when possible.
- Draw attention to the most important information. You may want to put a * by an important item, underline it, or use a highlighter.
- Be sure to copy any lists or drawings from the board.

- Jot down questions the teacher asks.
- Listen for clues that tell you how many notes you should have. When the teacher says “the four main causes”, be sure that you have four listed in your notes.
- REVIEW your notes the day you take them. Fill in gaps if information is missing.

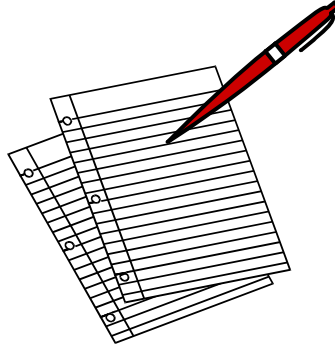


Preparing for a Test

- Know what the test is going to cover.
- If the teacher gives you a review sheet, study it until you know everything on it.
- Make a practice test or ask someone to quiz you on the material.
- Use flashcards to memorize information.

Test Taking Skills

- Bring everything that you will need to the test. (pencil, paper, calculator)
- Write down any important facts (formulas, dates) that may slip your mind while taking the test.
- Look over the whole test before you begin. Budget your test-taking time.
- For essays, plan before writing your answer. Making a short outline often helps.
- Read all the answer choices for multiple choice tests before answering the question.
- Eliminate wrong answers first on multiple choice tests.
- Look for key words or phrases. (almost, never, always)
- Mark the questions that you want to check again.
- Do not leave any question blank on a teacher-made test.
- Review all returned tests. Often, this information will show up again on an exam.



Preparing for College During Your Freshman Year

It is never too early to plan for the future. Here are some suggestions for you to consider:

- Build strong academic, language, mathematics and critical thinking skills by taking challenging courses.
- Study hard and get excellent grades.
- Strengthen your vocabulary by increasing your reading.
- Become involved in extra-curricular activities.
- Meet your high school guidance counselor and discuss your plans for the next four years.
- Browse through college literature or surf the Web to get an idea of what kinds of schools may be of interest to you.
- Check out what high school courses colleges require.
- Know NCAA (National Collegiate Athletic Association) requirements if you want to play sports in college.
- Keep an academic portfolio and record of your extra-curricular activities.
- Research career possibilities.
- Begin saving money for college.
- Check out www.virginiamentor.org. The web site contains information about colleges in Virginia as well as My Interest Finder, a career interest inventory.

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