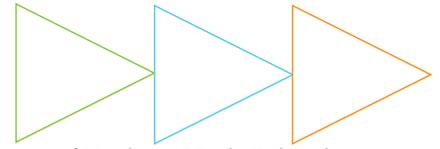


Family Road Map for Freshman year

An overview of your child's academic, social and emotional growth, courtesy of Eudora High School



Academic Top 5

Beginning in ninth grade, academic work in high school is all about opening doors for life after graduation.

1. **Classes & credits:** A student needs 24 credits to graduate from Eudora High School. To begin opening doors for college and career, freshmen create a four-year plan of study that matches their skills and interests. This may include the Kansas qualified admissions or honors curriculum, as well as professional certifications available through the technical education center.
2. **Individual responsibility:** Now more than ever before, students are expected to take responsibility for their own learning, from homework to exam preparation.
3. **Assessments:** Throughout high school, Eudora students take one or more *normed reference assessments* — tools to compare individual student progress to students across the nation at the same point in their learning. The ACT is one example of this type of assessment.
4. **Transcript:** Development of a student's transcript starts with the beginning of freshman year. Grades now will help open or close doors for student opportunities after graduation.
5. **Learning habits and study skills:** Strong study habits are the single greatest indicator of academic success. Support is available for students who lack these skills.

Social emotional skills & behavior

Here are some of the developmental skills and phases that are typical at this age:

- High school is a new level of much-desired independence. But adjusting to a new school and more rigorous expectations can cause stress and anxiety.
- Students will develop even tighter connections with their peers, usually at a greater distance from their parents. This is all about preparing for the independent life of a young adult.
- Socially, girls' social circles tend to be more fluid, including connections with older students; boys' social circles tend to be more static over time.
- Disagreements with teachers or assigned class partners aren't easy. This is an important chance to learn skills to get along with different personalities.
- Thanks to supportive parents and families, drug and alcohol use is not the norm at Eudora High School. Parents: Provide your teenager support, guidance and limits — not alcohol or drugs.

Questions?

If you have questions, or believe your child might benefit from more support in any area of learning and growth, here are some resources:

- **Your student's teachers** are a great first checkpoint if you have questions or concerns about academic progress or experiences at school.
- **Our school principals** are a good resource if you have concerns or questions about your child that extend beyond the classroom or aren't able to be resolved with your child's teachers.
- If your student seems to be struggling with social and emotional skills or is going through a stressful time with family or friends, the **WRAP worker (mental health professional) or school counselor** can help. Call the school office to learn more.



COOL things about freshman year

High school freshmen are unique! Here are a few of the many things that make this age special...

- All the choices of classes and activities are really exciting! There is truly an activity for everyone's interest and skills — art, music, sports, SkillsUSA, Scholars' Bowl and a wide range of clubs.
- The high school experience is about academics and so much more. Relationships with peers and adults at school bridge from the classroom to the library, the stage, and the ball field.
- College and career is starting to feel real! *Now is the time to talk about plans for life after graduation.* This will help students decide which high school classes to take and which exams or certifications to plan for. Find out what financial investment will be required to pay for two to four years of college or technical training, and start making those plans now.