



9th Grade Success at San Diego HS

What do I need to know in order
to be successful in High School?

International Studies (IS) Counseling Team



Ms. Montes

Last Names
A - Gud



Mr. Braun

Last Names
Gue - P



Mr. Baker

Last Names
Q - Z

Science & Technology (SciTech) Counseling Team



Ms. Estrada

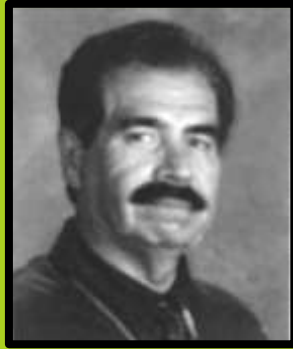
Last Names
A - L



Mr. Avila

Last Names
M - Z

Business & Leadership (B&L) Counseling Team



Mr. Rios

Grades 10-12



Mrs. Buehler

Grade 9

More Helpful People



Mr. Knight

Intervention
Counselor



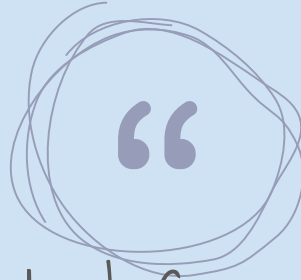
Ms. Huezo

Registrar

Objectives

After the presentation you should know:

1. What school counselors do
2. The meaning of confidentiality
3. How to Deal with Drama/Stress
4. Coping Strategies
5. Graduation Requirements
6. How to be a successful 9th grader



San Diego High School Counselors will **empower and support each student** toward reaching their highest level of success in high school, college, career, and life goals through genuine relationships, mutual respect, and equitable access via data-driven services.

How can school counselors help?

- **Academic Development**– Implement strategies and activities to support each student's ability to learn
- **College/Career Development**– provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the lifespan.
- **Personal/Social Development**– provide the foundation for personal and social growth as student progress through school and into adulthood.

Confidentiality

ALL conversations with a counselor are kept private except in self-reported cases of:

- Abuse – Physical, Sexual, Neglect
- Harm to others
- Harm to self (Present or Past)
- Other students reporting suicide talk/text/FB
- Weapons (ZERO tolerance)



For these situations, counselors are required to report to either parents, administration, social services and/or the police.

How to deal with DRAMA

For issues with other students:

- Try solving any problems by **talking respectfully** to the person you are having trouble with
- **SDUSD has a Bullying and Intimidation Prohibition Policy** and (cyber) bullying is reportable. Remember, there is a digital trail. What does YOUR digital “footprint” look like?
- Report serious concerns to your Vice Principal or counselor.

Dealing with Stress

- Some stress is inevitable
 - Grades, self esteem, relationship problems, family problems, fear of future, health issues, money etc.

SOME STRESS CAN BE GOOD! BUT
when it is too much...



Coping Techniques

Unhealthy Ways

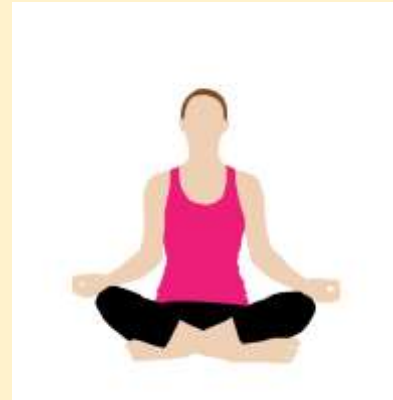
- Over/under eating
- Getting involved in unneeded drama
- Fighting
- Self-harm
- Alcohol/drug use
- Withdrawing/isolation
- Caffeine or sugar overload
- Tobacco
- Too much or too little sleep
- Risky behaviors



Coping Techniques

Healthy Ways

- Exercise and Good nutrition (especially protein) and water,
- Relaxation activities such as listening to music, meditation, yoga or deep breathing,
- Talking things out (with a family member, friend, teacher, counselor),
- Drawing, journaling, playing music,
- Letting yourself cry,
- Focus on the present



Academics!
What do I need to
Graduate?

“A-G REQUIREMENTS”

A - 6 credits (3 yrs) History/Social Studies

B - 8 credits (4 yrs) English

C - 6 credits (3 yrs) Mathematics

D - 6 credits (3 yrs) Science

E - 4 credits (2 yrs) same World Language

F - 2 credits(1 yr) Visual and Performing Arts

G - 2 credits (1yr) College Prep Elective

Additional District Requirements (12 credits)

- **P.E. or JROTC – 4 credits**
 - (must pass the FitnessGram)
- **Electives – 8 credits**
 - Can complete additional A–G courses
 - Music, Art, Theatre, Cooking, AVID, and other elective courses
- **2.0 GPA/Citizenship in grades 9–12**



Sooo....
Does 9th grade
really count?

“9th Grade Matters”



- Classes taken in 9th grade count toward graduation, your cumulative Grade Point Average (GPA) and college entrance.
- If you do not successfully complete a course (D or better) that is required for graduation, you must make it up...
 - In your schedule for the next year OR
 - In Summer school or Extended Day (may or may not be available...don't rely on credit recovery. **PASS it the first time around!**)
 - (4 year colleges require C or above)

One **BIG** difference between middle school & high school...

In high school, if you fail a class – you (generally) have to retake it in order to graduate!

- If you don't earn at least 10 credits your 9th grade year, you'll be considered a 9th grader again

How can you be successful at SDHS?

Follow the Caver 5

- ✓ Attendance – be on time and in class daily
- ✓ Academic Honesty
- ✓ Don't disturb the learning environment
- ✓ Dress code
- ✓ Electronic devices

Successful Attitude

- Be on time to class
- Actively listen
- Be engaged (positively) in the classroom discussion
- Participate in the classroom activity
- Use your time wisely – if the teacher gives you time to work on an assignment/homework – USE IT!



Resources Available

- The adults on campus are here to support you. Don't be afraid to approach someone if you need help or have a question!
- Ask for help! Attend tutoring or office hours
 - *Tutoring with teacher by appointment
 - * IMIN- before school and after school
- If you miss school, you need to make up the work that you missed
- CANVAS & Google Classroom- Check DAILY to ensure you have completed all assignments
- Powerschool- Keep up with your attendance and transcripts
- Make an appointment to see your Counselor



Academic Success – Self-evaluation

- Take a moment and ask yourself these questions...
 - On average how many minutes/hours a night do I spend on homework?
 - What time do I do my homework?
 - Do I have a quiet place to study?
 - Have I ever attended tutoring?
 - How do I keep track of my grades?
 - Do I pay attention and participate in class?
 - Have I checked my progress on PowerSchool?

Depending on the answer to these questions
you may find areas where you could
make adjustments to be more successful!



Why get involved at SDHS?

- Busy students often get better grades
- Students involved in at least one extra curricular activity have less behavior problems, more academic success, higher SAT scores, sense of belonging
- Colleges and employers want students who are involved in activities outside of school (Prefer a high degree of participation in a few activities, rather than enrollment in many activities with minimal participation)



The key to success over the 4 years is to...

1. Determine a goal – “I want to... graduate, go to college, go in the military...”
2. Develop a tentative plan to reach that goal.
3. Have a backup plan.
4. Consider all your options and revise the plan as needed.
5. Work hard – always keeping your goal in mind!
6. Be involved in your education!
7. Ask for help if you need it – use the resources available to you!!

The image features a bright blue, rectangular background that appears to be a piece of paper folded in half both horizontally and vertically, creating a central crease. The word "Questions?" is printed in a clean, white, sans-serif font, centered on the horizontal crease. The overall aesthetic is minimalist and modern.

Questions?