

KEYS TO STUDENT SUCCESS

West Valley Freshman Transitions

Keys to Studying – [howtostudy.com](https://www.howtostudy.com)

- ❑ Studying is not doing homework
- ❑ Create a study plan
- ❑ Manage your time
- ❑ Take effective notes
- ❑ Read text slowly before and after class
- ❑ Study smart before exams
- ❑ Use test-taking strategies on exam day
- ❑ Manage your stress
- ❑ Resources in West Valley

Studying is not doing homework

- ❑ Choose a quiet place to study
- ❑ Set a specific time to study
- ❑ Make sure you have all essential materials
- ❑ Keep a positive outlook about studying
- ❑ Do not procrastinate



Create a study plan

- Use your planner to track activities
- Develop a schedule
- Determine your study goals
- Stick to your schedule



Manage your time

- Make a detailed study schedule
- Prioritize your assignments
- Find a productive study environment
- Stay organized

Take effective notes

- ❑ Be prepared for class
- ❑ Learn how to be a good listener
- ❑ Learn how to take notes in a way that is helpful to you
- ❑ Compare notes with other students
- ❑ Review, edit, and organize your notes

Read slowly before and after class

- Survey
- Question
- Read
- Recite
- Record
- Review



Study smart before exams

- Image-word association
- Acronyms and mnemonic devices
- Hide-write-compare
- Story telling
- Analogy
- Repetition

Use test-taking strategies

- Preparation for the exam
 - ▣ Avoid cramming the night before
 - ▣ Prepare your equipment
 - ▣ Be physically ready
 - ▣ Find out as much as you can before the exam

Use test-taking strategies

- During the exam
 - ▣ Read the test directions closely
 - ▣ Remember to breathe
 - ▣ Survey the test before beginning
 - ▣ Read every question closely
 - ▣ Strategize for multiple choice and true/false questions
 - ▣ Look for key words in essay questions
 - ▣ Don't get distracted by other students

Manage your stress

- Know the symptoms
 - ▣ Know the difference between normal and harmful stress
 - ▣ Learn the toll stress takes on your body
- Stress First Aid
 - ▣ Breathe
 - ▣ Do something comforting
 - ▣ Use breaks to optimize productivity

Manage your stress

- Long term stress management
 - ▣ Look for your stress signs and stressors
 - ▣ Chunk tasks
 - ▣ Avoid procrastinating
 - ▣ Don't be afraid to say no
 - ▣ Take care of your health

WV Study Resources

- Check with your teachers
- Home Work Center
 - ▣ WVHS Library
 - ▣ 2:30 – 4:30 Daily

JUNIOR HIGH VS. HIGH SCHOOL



Your world has changed, and in a very, very good way!



Welcome to West Valley High School!

Buildings



Junior High

- ❑ Retro 1975 Classic
- ❑ 1 Building
- ❑ School Starts at 7:54 am
- ❑ School Ends at 2:34 pm
- ❑ Closed Campus (Cannot leave school grounds after arrival until dismissal).

High School

- ❑ State of the Art 2009
- ❑ 2 Buildings
- ❑ School Starts at 7:45 am
- ❑ School Ends at 2:20 pm
- ❑ Closed Campus (Cannot leave school grounds after arrival until dismissal).

Failing Grades

Junior High

- Unhappy parents, disappointed teachers, depressing to student.
- Move on to the next class or grade.
- Multiple F's= keep on moving along.
- Created by not turning in work and poor attendance.

High School

- Unhappy parents, disappointed teachers, depressing to student.
- Must get the credit to graduate, so you take it again!
- Multiple F's= a 5 year high school career and \$\$\$ spent on summer school.
- Created by not turning in work and poor attendance.

Mascots

Junior High

- Elk?
- Oh.... that's right it was a Panther.
- Scary, but not locally found.
- “Percy the Panther”

High School

- Rams
- Ram Tough
- Not scary, but is found locally.
- “Rammie”



Electives

Junior High

- Band, Choir, Computer Essentials, Pre- Engineering, Robotics, Art, Sign Language, Flex, Spanish, German, Leadership, Office TA, Counseling TA, Library TA.
- **14 estimated choices

CAREERS

START HERE!

High School

- Business Marketing, Cabinetry, Machining, Robotics, School Store, Food and Nutrition, Culinary Arts, Child Psychology, Sports Medicine, Anatomy and Physiology, Horticulture, Agriculture Mechanics, Animal Science, Forensics, Digital Production, Web Design, Office TA, Teacher TA, Library TA, Counseling TA, ASB, Leadership Plus, Renaissance, 2 D Studio Design, Ceramics, Graphic Design, Drawing, SADD, Personal Choices, Microsoft IT Academy, Yearbook, 3-D Modeling and Animation, Fire Science, Drafting, Single Survival, ROTC, Sports Therapy, Natural Resources
- **40 estimated choices

Lockers



Junior High

- Old
- Small
- Ugly orange or yellow
- Jam all the time
- Must be used: no backpacks in classrooms.

High School

- New
- Spacious
- Steel blue
- Dependable
- Voluntary: backpacks are allowed in the classrooms.

Cell Phones

Junior High

- Only before and after school.
- 1st Offense= Phone confiscated, pick-up at the end of the day.
- 2nd Offense= Phone confiscated, parent/guardian must pick up device.

High School

- Only before and after school.
- 1st Offense= Phone confiscated, parent/guardian or designated adult must pick up.
- 2nd Offense= Student suspended from school, device given back to parent/guardian.

Clubs/Organizations

GET
INVOLVED!!

Junior High

- Art Club, book club, Garage Band Club, Robotics Club, Computer Application Club, Weights Club, Ecology Club, Math Olympiad, Science Olympiad

High School

- FCA, FCCLA, FFA, Forensics Club, German Club, Honor Society, Interact, JROTC Rifle Club, Key Club, Movie Appreciation Club, Robotics Club, Special Olympics Club, Peer Tutors, Sports Medicine Club, SADD, WAHSET Club, Wood Tech Club

PE Options

Junior High

- Take required PE class or get a waiver for band or choir.



High School

- Multiple options of PE classes to take in high school, and the following classes can be taken in place of PE your 9th grade year: Marching Band or JROTC
- After 9th grade, the following classes can be taken for PE credit: Marching Band, JROTC, Special Olympics Tutor, Spin and Lift Training, Total Body Fitness, Walking for Fitness, Advanced Strength Training, Beginning Weights and Agility, Core Training for Athletes Female, and Core Training for Athletes Male

Lunch



Junior High

- ❑ Cost for hot lunch
\$2.85
- ❑ 2 Lunches based on your 4th period teacher.
- ❑ Eat only the cafeteria

High School

- ❑ Cost for hot lunch
\$2.85
- ❑ 2 Lunches based on your 4th period teacher.
- ❑ Eat in cafeteria or outside in the outside eating area.

Social Events

BE SOCIAL!



Junior High

- ❑ After school socials from 2:45pm-4:00 pm
- ❑ After school sporting events to attend.
- ❑ Small crowds at sporting events with little spirit.
- ❑ 1 or 2 dress-up/spirit days a year.

High School

- ❑ Evening dances from 8:00pm -11:00 pm
- ❑ Evening sporting events to attend.
- ❑ Large crowds at sporting events with lots of spirit.
- ❑ Homecoming has 5 dress-up spirit days alone!

Late Work Policies

Junior High

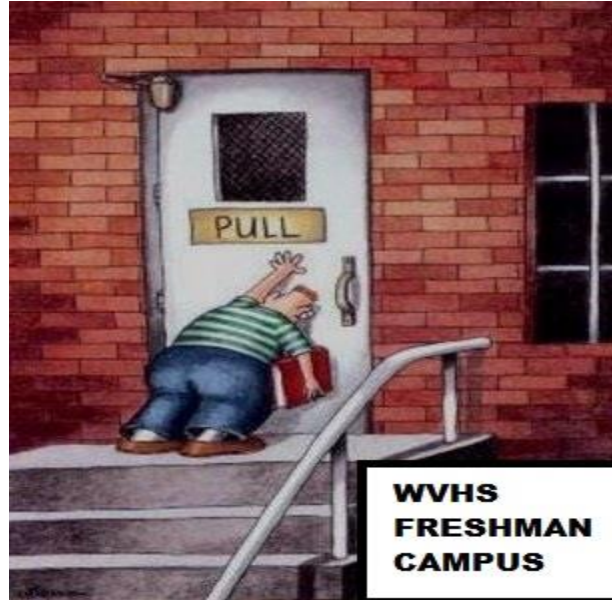
- ❑ Late work is accepted up until the 8th week of a grading period.

High School

- ❑ Late work is not accepted.

ZEROS WILL KILL YOUR GRADES!

What Every Freshman Needs to Know!



Sage Advice from Sophomores, Juniors, and Seniors.

LISTEN TO THEIR WORDS.....

Believe it or not, the Sophomores, Juniors, and Seniors have all have been Freshman once. This presentation is what they would like you to know, so you do not repeat their mistakes. They want you to be successful at West Valley High School.

COME TO CLASS EVERYDAY.
REALLY! IT MAKES SCHOOL MUCH,
MUCH EASIER.



DO YOUR WORK. DON'T LEAVE IT
AT HOME- THAT IS A JH EXCUSE.
CARE ABOUT YOUR GRADES.
DON'T BE SASSY; BE SMART.



TRY TO BE CLASSY, USE YOUR MANNERS WITH ADULTS AND STUDENTS. WE TRY TO BE NICE AROUND HERE. DON'T BE CLINGY, BUT IT IS TOTALLY OK TO HANG OUT WITH UPPER CLASSMEN.



HOW TO AVOID STRESS:

DON'T PROCRASTINATE!



IT IS HARD TO TELL YOU TO BE YOURSELF, BUT IT IS IMPORTANT TO KNOW THESE ARE THE YEARS YOU LEARN THE MOST ABOUT YOURSELF AND YOU SHOULD BE TRUE TO THAT EXPERIENCE- DON'T WASTE TIME TRYING TO "FIT IN."



EMBRACE THE HS EXPERIENCE AND
GET INVOLVED IN ACTIVITIES,
CLUBS, OR SPORTS- THAT IS WHERE
YOU MAKE MEMORIES.



DON'T BE AFRAID TO HAVE
SCHOOL SPIRIT- KIDS AND
TEACHERS WILL LOVE YOU FOR IT!



FIGURE OUT YOUR CLASS ROUTE
AND AVOID THE BUSY STAIRS.



BE PRODUCTIVE WHILE YOU ARE
HERE. WHEN YOU HAVE A
QUESTION, ASK! HS IS A FRIENDLY
PLACE IF YOU ARE NOT BEING
IMMATURE.

KEEP UP ON YOUR RAM PREP
WORK- JUST GET IT DONE.



MATURITY SHOULD BE YOUR GOAL.
LEAVE THE DRAMA AND GOSSIP AT
THE JH. DON'T WORRY ABOUT THE
PEOPLE YOU DON'T LIKE. HS IS A
BIG PLACE WITH ROOM FOR LOTS
OF PEOPLE AND TYPES OF PEOPLE.



USE YOUR PLANNER!!!!!!!



START TO PAY ATTENTION TO YOUR
GRADES NOW. DON'T WAIT.

YOU'LL GET BOOED AT PEP
ASSEMBLIES, DON'T
WORRY...EVERY CLASS HAS. TAKE
IT IN STRIDE, AND ENJOY THE NEXT
THREE YEARS WHEN YOU CAN BOO
THE FRESHMAN.



IN SCHOOL SPORTS YOU WILL BE
CHOSEN TO DO THE CRAPPY JOBS.
DO IT WITHOUT WHINING TO
EARN RESPECT.



YOU WILL BE PHYSICALLY AND
MENTALLY SMALLER THAN
EVERYONE ELSE, THAT'S OKAY;
YOU'LL GROW.



BE UNIQUE. IT'S ENCOURAGED!



NOW IS A GOOD TIME TO MAKE A
NEW AND BETTER REPUTATION.



WALKING TO AND FROM THE HS IN
THE WINTER WILL BE COLD, SO
HUSTLE TO STAY WARM AND BE ON
TIME.

IN THE RAM ZONE YOU WILL SIT IN THE BACK, BUT EVERY YEAR YOU WILL MOVE CLOSER TO THE FRONT. STILL COME. GAMES ARE VERY FUN!



DON'T SAY YOU HATE WEST VALLEY
AND WANT TO GO SOMEWHERE
ELSE. BE PART OF MAKING WEST
VALLEY A BETTER PLACE.



KEEP YOUR LANGUAGE CLEAN.
YOU WILL APPEAR MORE
INTELLIGENT.



DON'T TALK OR BRAG ABOUT
YOUR CYBER LIFE. CREATE FACE-TO-
FACE FRIENDS AND EXPERIENCES.



PLEASE DON'T ABUSE THE DRESS
CODE. WE DO NOT WANT TO
HAVE SCHOOL UNIFORMS.

IF YOU DO NOT MAKE A TEAM,
DON'T STRESS OUT, TRY AGAIN
NEXT YEAR.



BE RESPECTFUL TO ALL TEACHERS.
YOU WORK FOR THEM.



THE SECURITY GUARD, BRIAN, IS A
GREAT GUY, UNLESS YOU ABUSE
HIS RULES.



PEOPLE MAY TREAT YOU LIKE A
FRESHMAN, DON'T STRESS OUT,
EVERYONE HAS BEEN THROUGH IT.



I PROMISE THE THINGS YOU ARE
FREAKED OUT ABOUT AS A
FRESHMAN WILL MAKE YOU LAUGH
SOON- SO ENJOY THE RIDE!



EVERYONE IS HERE TO HELP, BUT
YOU HAVE TO BE WILLING TO
WANT THE HELP.



SENIOR YEAR AND GRADUATION
ARE AMAZING IF YOU FOLLOW
OUR ADVICE.



GOOD LUCK! WE ARE HAPPY TO
HAVE YOU AS FELLOW RAMS!!!



Failure Is Not an Option...



Know your Transcripts, Know your Credits

What are credits?



.5 units of credit = 90 Hours of Instruction

What Are My Classes Worth?

Example:

4 Credits of English are Required to Graduate. Each English Semester Class is worth .5 credits. Sooooooo, you need to **pass** 8 classes of English.

Each Semester Class is worth .5 credits

You Underlined PASS in the Previous Slide?

YES!! In order to receive
any credit, you **MUST**
pass the class!!

Okay, I got it now....I think.

But How many of these
credit things do I need to
Graduate?

Teachers, take it away.

12 Classes per
year=6credits
X4 years of HS=

24 !!!!!

So what is this transcript thing I?



Transcripts are a **PERMANENT** record of all your coursework and grades

PERMANENT??????



YES. Forever. To infinity and beyond.

Ok, I have a couple questions

If I need 24 credits to graduate and I can only take 24 credits in 4 years, what happens if I fail a class?

If I fail a class, will that be on that transcript thing?

Say I fail a class, is there anything I can do to get back on track?



Ok, I have a couple questions

If I need 24 credits to graduate and I can only take 24 credits in 4 years, what happens if I fail a class? **Unfortunately, you are no longer on track to graduate with your peers.**

If I fail a class, will that be on that transcript thing? **Yes, remember all your class grades are on your transcript.**

Say I fail a class, is there anything I can do to get back on track?
Yes!!! Don't give up. We have after school and Summer School to get you back on track.

TAKE A LOOK AT YOUR TRANSCRIPT

COMPARE IT TO THE EXAMPLE OF A STUDENT WHO IS NOW A SENIOR.

ANY OTHER QUESTIONS??



MAKE THIS THE BEST 4 YEARS OF YOUR LIFE!!