



**COLD SPRINGS  
HIGH  
FRESHMAN  
INFORMATION  
GUIDE**

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# AGENDA

Graduation Requirements

G.P.A. (Grade Point Average) Explained

The Importance of Your G.P.A.

Study Tips

Extra Curricular Activities

The Role of the School Counselor

Tasks for Freshman Year

# STATE OF ALABAMA GRADUATION REQUIREMENTS

## ALABAMA GRADUATION REQUIREMENTS

| AREAS OF STUDY         | ALABAMA HIGH SCHOOL DIPLOMA REQUIREMENTS  | CREDITS |
|------------------------|---|---------|
| English Language Arts  | English 9, English 10, English 11, English 12   | 4       |
| Mathematics            | Geometry (w/Data analysis Class of 25), Algebra I (Algebra w/statistics class of 2025), Algebra II(Algebra II w/Statistics class of 2025), <b>PLUS</b> one (1) additional math course | 4       |
| Science                | Biology, Physical Science <b>OR</b> Chemistry, PLUS two (2) additional science courses  | 4       |
| Social Studies         | World History, US HY 10, US HY 11, Government (.50), and Economics (.50)  | 4       |
| Physical Education     | Life PE (Beginning Kinesiology Class of 2025)   | 1       |
| Health                 | Health  | .50     |
| Career Preparedness    | Career Prep A (.50), Career Prep B (.50), or Career Preparedness (1.0)  | 1       |
| CTE/Fine Art/For. Lang | Any combination of Career Tech, Fine Art, or Foreign Language   | 3       |
| Electives              | Any additional classes of your choice   | 2.5     |
| Total Credits          |   | 24      |



# WHAT'S A GPA?

- A GPA is your **grade point average**; the average of all the grades you've earned divided by the number of credits you have taken.

- A = 4.0
- B = 3.0
- C = 2.0
- D = 1.0
- F = 0.0



**YOUR FRESHMAN  
GPA IS IMPORTANT!**

Each school system within Alabama may have a different way of computing GPA's and weighted courses. Beginning with your Cohort group, deciles will be calculated for class rank purposes using a numerical grade point average at the end of the 8<sup>th</sup> semester of high school. ALL subjects will be calculated in GPA, including failing final grades.

|                                    |     |
|------------------------------------|-----|
| All Dual Enrollment Core Courses   | +10 |
| AP Core Courses                    | +10 |
| Pre-AP Core Courses                | +5  |
| Honors Biology                     | +5  |
| Anatomy & Physiology               | +5  |
| Chemistry                          | +5  |
| Physics                            | +5  |
| Honors English                     | +5  |
| Honors Algebra I with Probability  | +5  |
| Honors Geometry with Data Analysis | +5  |
| Honors Algebra II with Statistics  | +5  |
| Pre-Calculus                       | +5  |
| Calculus                           | +5  |
| Honors History                     | +5  |
| Foreign Languages                  | +5  |



# THE IMPORTANCE OF YOUR GPA

A student's GPA is a major criteria that colleges look at to evaluate a person's potential. GPA indicates how hard a student has worked, how much he or she knows, and where his or her strengths and weaknesses lie.

A high GPA can make you eligible for more scholarships and for college honors programs.

A low GPA can make you ineligible to play sports both in high school and in college.

When applying to a college or university, an unknown person is overlooking your paperwork to determine if you are the right fit. Assessing your GPA is one of the ways they do that. The larger or more selective the university, the more likely a strong GPA is needed for acceptance. **For some schools, grades in college prep courses are the number one criteria used by admissions in deciding who's in and who's not.**

Remember, high school GPA includes all classes starting in the freshman year. Yet, while it's always easier to start with a good GPA, it's never too late to improve one. Students may find that improving their study skills can have a positive effect on their overall academic performance.

# What is a transcript? Why is it so important?

A high school transcript is a record of your academic accomplishments in grades 9-12. It will list each class you took along with the grade that you received. It doesn't matter who you are or even whether you plan on going to college – you have a high school transcript. This document is updated as you complete each course (end of year).

There are several reasons as to why a high school transcript is so important. You'll need it if you want to:

- Apply to college
- Graduate high school
- Transfer to a new high school
- Apply for jobs

Many people recognize that a high school transcript is necessary to apply for college, but most don't realize that it's also necessary to apply for some jobs or transfer to a new school.

Many jobs ask for a copy of the high school transcript when you apply. This is especially important if you are applying to a job that requires special skills that you may have learned in high school.

## What Information Is On My High School Transcript? How Far Back Does it Go?

A high school transcript includes more information than just what classes you took while enrolled in secondary education. In most cases, a high school transcript includes all information starting in grade 9 and culminating in grade 12, when you graduate.

At its most basic, a high school transcript will include:

- The list of classes you took
- The grade you received for each course
- The date you took each class (semester/end of year)
- Scores on standardized tests and final examinations



Legend: Weighted Course (✓), Repeated Course (\*), Meets Requirements for Standardized Test (#)

| 1st Semester - 2019          |     |        | 2nd Semester-Yr Avg - 2019   |     |        | 1st Semester - 2020           |     |        | 2nd Semester-Yr Avg - 2020    |     |        |
|------------------------------|-----|--------|------------------------------|-----|--------|-------------------------------|-----|--------|-------------------------------|-----|--------|
| 08 - Cold Springs Elementary |     |        | 08 - Cold Springs Elementary |     |        | 09 - Cold Springs High School |     |        | 09 - Cold Springs High School |     |        |
| --- Course ---               | Grd | Credit | --- Course ---               | Grd | Credit | --- Course ---                | Grd | Credit | --- Course ---                | Grd | Credit |
| CareerPrep-A                 | 79  | 0.500  | CareerPrep-B                 | 87  | 0.500  | Orienta6-12                   | 100 | 0.500  | Agrisci 1cr                   | 92  | 1.000  |
| Total Credits: 0.500         |     |        | Total Credits: 0.500         |     |        | Total Credits: 0.500          |     |        | Algebra I                     | 89  | 1.000  |
|                              |     |        |                              |     |        |                               |     |        | Biology                       | 71  | 1.000  |
|                              |     |        |                              |     |        |                               |     |        | English Gr 9                  | 89  | 1.000  |
|                              |     |        |                              |     |        |                               |     |        | Health 9-12                   | 91  | 0.500  |
|                              |     |        |                              |     |        |                               |     |        | LIFE PE 9-12                  | 99  | 1.000  |
|                              |     |        |                              |     |        |                               |     |        | WH Gr 9                       | 84  | 1.000  |
|                              |     |        |                              |     |        |                               |     |        | Total Credits: 6.500          |     |        |

| 2nd Semester-Yr Avg - 2021    |     |        | Summer School 2021 - 2021     |     |        |
|-------------------------------|-----|--------|-------------------------------|-----|--------|
| 10 - Cold Springs High School |     |        | 10 - Cold Springs High School |     |        |
| --- Course ---                | Grd | Credit | --- Course ---                | Grd | Credit |
| Eng10 Virt                    | 65  | 1.000  | DTSafetyEd                    | 87  | 0.500  |
| Geo/Data Vir                  | 72  | 1.000  | Total Credits: 0.500          |     |        |
| Parentng Vir                  | 70  | 1.000  |                               |     |        |
| Phy Sc Virt                   | 68  | 1.000  |                               |     |        |
| Psych Virt                    | 76  | 1.000  |                               |     |        |
| Theat1 Virt                   | 69  | 1.000  |                               |     |        |
| USHis10 Virt                  | 70  | 1.000  |                               |     |        |
| Total Credits: 7.000          |     |        |                               |     |        |

| School Year | Membership | Absent |
|-------------|------------|--------|
| 2011        | 0.00       | 0.00   |
| 2012        | 177.00     | 10.00  |
| 2013        | 177.00     | 8.00   |
| 2014        | 178.00     | 9.00   |
| 2015        | 174.00     | 8.00   |
| 2016        | 178.00     | 8.00   |
| 2017        | 176.00     | 5.00   |
| 2018        | 178.00     | 12.00  |
| 2019        | 179.00     | 13.00  |
| 2020        | 180.00     | 5.00   |
| 2021        | 175.00     | 0.00   |

# **ADVANCED COURSES, AP COURSES, DUAL ENROLLMENT, AND WEIGHTED COURSES**

## **Advanced/Honors:**

- Course is worth more to your GPA (+5 additional points)
- Course requires more work; assignments, homework, papers, projects, etc.

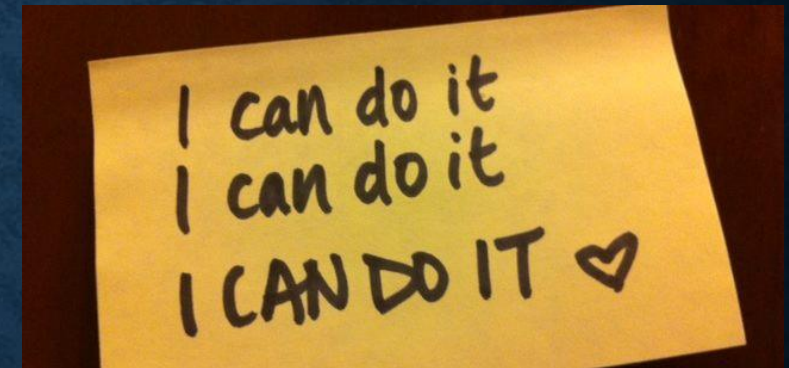
## **AP Courses/Dual Enrollment :**

- Course is worth more to your GPA (additional +10 points)
- College prep or college level
- Course requires much more work; assignments, homework, papers, projects
- Course may be counted as high school AND college credit.
- Course may cost extra money (college fees, exam fees, etc.)



# STUDY TIPS

- Know your **LEARNING STYLE!** How do you learn? Are you a seeing (**VISUAL**) learner? Do you need to hear (**AUDITORY**) something to learn/repeat it over and over? Or do you learn by **DOING (KINESTETIC)**?
- Attend class every day
- Use a planner. If you do not have a planner, invest in one!
- Have a designated study area set up at home away from distractions
- Schedule study times
- Check teacher website often for updates
- Create flashcards or other study aids
- Have a partner quiz you
- Ask questions about anything you don't understand
- Get a good night's sleep (8-9 hours)
- When testing, check your answers!





# EXTRA CURRICULAR ACTIVITIES

Get involved with SOMETHING in High School! Why is it IMPORTANT?

One of the greatest advantages extracurricular activities give you are “real world” skills. These skills include (but are not limited to):

Goal setting

Teamwork

Time management

Prioritization

Problem solving

Analytical thinking

Leadership

Public speaking



## Benefits of Participation

- Improved academic performance
- Higher self esteem
- Connection to the community
- Build self confidence
- School pride
- Contribute to the community
- Discover new talents
- College Applications
- Resumes

## Some Activity Opportunities

- Sports (football, volleyball, basketball, softball, baseball, soccer, golf, cheerleading, band)
- Academics (honor society, academic team, various school clubs, etc.)
- Special Interests (yearbook, homecoming planning, art, theatre, music, etc.)
- Volunteer Work/Community Services



# SCHOOL COUNSELING

The school counselors at McAdory High School are here to help you with:

## ACADEMIC AND CAREER COUNSELING

- ◆ Academic Planning
- ◆ Career Exploration and Planning
- ◆ College Exploration and Planning

## PERSONAL/SOCIAL COUNSELING

- ◆ Individual Counseling
- ◆ Large Group Classroom Guidance Presentations
- ◆ School Wide Initiatives





# 9th GRADE COLLEGE PLANNING CHECKLIST

## Academic and Extra Curriculum Suggestions:

- **Get to know your school counselor. Yes! That's me!** Schedule a meeting just to introduce yourself, even if you don't need any help at the time.
- **Consider where you want to be as a senior and map out a four-year curriculum** to get there. What prerequisites do you need in 9<sup>th</sup> and 10<sup>th</sup> grade to be ready for advanced classes?
- **Get involved in clubs or outside activities that let you pursue your interests.** If you want to start something new, now is the time to try – Colleges want to see passion and commitment. If there is something that really excites you, explore it. Don't wait till junior year to get started.
- **Keep track of your accomplishments.** Start developing a file and write down a summary of your activities, jobs, and experiences to use in creating a resume and also for generating ideas for college essays.
- **Buckle down and work hard in classes.** Grades in 9<sup>th</sup> grade count equally towards your overall GPA and in the eyes of college admissions.
- **Don't waste your summers.** You don't have to do anything fancy, but use the time wisely. Are you entrepreneurial? Start a small business...even if it's just mowing lawns Having a job, even at a local ice cream store, will show you are reliable. Consider volunteering in an area you have interest in. Or possibly take a summer class to get ahead and prepared for more advanced classes.
- **Make sure there's a solid foundation.** The best test prep for college entrance exams is for your student to have a solid foundation and understanding of their course work. Good grades may not always mean they truly learned the subject matter. And not-so-good grades mean they need more help to really understand the subject matter. Consider hiring a tutor or push your student to ask for help from their teacher.



# SO, FRESHMEN..... YOU SHOULD: GET INVOLVED!



Join clubs,  
sports, and/or  
community  
programs that  
interest you.



Work on GPA  
NOW!



Start Learning  
About College



[www.princetonreview.com](http://www.princetonreview.com)  
[www.cappex.com](http://www.cappex.com)



<https://www.petersons.com/college-search.aspx>

<https://bigfuture.collegeboard.org/college-search>

<https://www.usnews.com/best-colleges>



<http://www.univsearch.com/state.php>  
(link to  
colleges/universities  
within each state)

## Learn to STUDY Effectively and Efficiently

# GET OUT YOUR PHONES!!!!

## Counselor's REMIND

### COUNSELOR REMIND CODES

TEXT 81010

| CLASS:        | TEXT      |
|---------------|-----------|
| CLASS OF 2022 | @1csh2022 |
| CLASS OF 2023 | @csh2023  |
| CLASS OF 2024 | @csh2024  |
| CLASS OF 2025 | @csh2025  |



Eagles

Go to this site:

[bit.ly/ColdSpringsCounselor](https://bit.ly/ColdSpringsCounselor)