



**New Family Transition Meeting**  
**Working Together to Help Your Child Succeed**

*Handout packet available on stage or scan the QR code.*





To help us continue our support, we ask families to consider making a donation.

Our recommended donation is:

\$60 per student

\$90 per family

(2 or more students attending ACPHS)

Please donate using the QR code below. Thank you for your support!



# **Handout Overview**

- **Growth Mindset**
- **Parent Tips for Student Success/Using Your Student Planner**
- **ACP Study Tips/SQ3R**
- **Managing Homework (Short Term & Long Term Assignment Plan)**
- **The Teen Brain (presentation overview)**

# **What Are We Doing**

- **Sharing and modeling strategies**
  - **Growth Mindsets**
  - **Encourage use of the student planner**
  - **How to effectively manage and structure your time**
  - **How to do homework**
  - **Note taking strategies**
  - **How to study**
  - **Four year planning/scheduling**
  - **Mastery of content**



# **Growth Mindset, Academic Challenges & Productive Struggle**

# Growth Mindset

It is ok to struggle. Struggle leads to growth. It is not ok to cheat.

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- ▶ What happens if you have 100% in a class and receive a zero on the assignment?

1)  $100+0=100$  ---  $100/2=50\%$

- ▶ How many perfect scores does it take to counter one zero?

1)  $100+0+100=200$  ---  $200/3=66.7\%$

2)  $100+0+100+100=300$  ---  $300/4=75\%$

3)  $100+0+100+100+100=400$  ---  $400/5=80\%$

4)  $100+0+100+100+100+100=500$  ---  $500/6=83.3\%$

5)  $100+0+100+100+100+100+100=600$  ---  $600/7=85.7\%$

6)  $100+0+100+100+100+100+100+100=700$  ---  $700/8=87.5\%$

7)  $100+0+100+100+100+100+100+100+100=800$  ---  $800/9=88.9\%$

8)  $100+0+100+100+100+100+100+100+100+100=900$  ---  $900/10=90\%$

- ▶ It takes EIGHT perfect scores for a student to recover from one zero and return to an "A" range.

# Active Studying

- Learning takes time!
- Learning requires repetition – meaningful repetition
- The brain accepts new material much faster if it hears, sees, feels, tastes, and detects motion during input or recording time
  - Flipped Classroom
    - “The benefit that now students can enjoy the videos, they can pause, repeat at their own pace, at their own time. Letting students have a self-paced lecture at home, then when going to the classroom, letting them do work, teachers have used technology to humanize the classroom” – Sal Khan



# Memory

- You remember  $\approx$  10% of what you read.
- You remember  $\approx$  20% of what you hear.
- You remember  $\approx$  30% of what you see.
- You remember  $\approx$  50% of what you hear and see together
- You remember  $\approx$  70% of what you say.
- You remember  $\approx$  90% of what you do.

**IF YOU CAN TEACH IT, YOU KNOW IT**

# Studying Strategies

- **Mnemonics – organizing material by finding key words in each point**
  - PEMDAS
  - Every Good Boy Does Fine
- **Study Cards**
  - Convenient
  - Do not use passive energy when reviewing study cards
  - Student must be actively engaged in producing the sounds

# Flow Chart for Studying

- **Go to class**
  - **Take Notes**
  - **Ask questions!!**
    - Review & edit notes same day as lecture
    - Outline major topics (Cornell note-taking)
    - Self-advocacy
  - **Ask yourself questions**
    - Read text selectively
    - Do homework
      - Ask questions!!
  - **Review**

# Avoid Cramming for Tests

- **Early review is most efficient and most productive**
  - Glance over previous chapters (review)
  - Run through what you know already
- **Immediately after learning**
  - Rework your notes (don't copy); add material that comes to mind
  - Organize what was learned
  - Integrate new material with what you already know (scaffolding)

# Avoid Cramming for Tests

- Space your studying
  - Several brief periods spread over 5 or 10 days is usually enough to ensure good recall
- Use Available Resources
  - Teachers
  - Parents
  - Peers
- Useful internet site
  - [www.studyqs.net](http://www.studyqs.net)

# How Do We Support Student Success

- **Advisory**
- **ECAP**
- **PSAT**
- **Pre-ACT, ACT**
- **AI**

## Future Planning

- **SCOIR**
- **YouScience**
- **Visits from Colleges/Career Week**
- **Four-Year Plan**

# ACP High School College & Career Center

www.cusd80.com/acphs - Parents & Students – College & Career Center



## SCOIR

- **Build Your Resume**
- **Find Your Fit**
- **Register for College Visits**
- **Track College Applications & Deadlines**

### Getting Started with Scoir!

We are excited to be able to provide Scoir to our students and families. Before you get started, please take a moment to watch the short videos below to help you become familiar with how to use Scoir.

Once you create your account, you can immediately begin using Scoir to search for and start building a list of colleges that interest you. Your parents/guardians will also have access to Scoir to assist you in your college selection and to gain more insight about the cost of attendance at different colleges.



Youscience®

### Find Your Best Fit Future:

- **Play Brain Games** that will help you
- **Discover Your Aptitudes and Interests**
- **Use the reports** to help you write your college essay
- **Find your Ideal Career Match**
- **Identify High Demand Careers**

To get started go to your SCOIR account Profile and scroll to Career Profile

#### Career Profile

##### Get Started on your Career and Aptitude Assessment.

College isn't the destination; it's a step towards a destination. Create a free YouScience account to explore interesting careers, then we'll help you find colleges that will put you on a path towards those careers. You might even discover a little bit about yourself in the process! YouScience provides...

- Insights about your innate strengths and abilities
- Personalized career matching
- In-depth career information
- Majors related to your saved careers to guide your college search

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Already have a YouScience account?



Stay tuned! You'll be able to link your pre-existing YouScience account with your Brook account later this summer.

New to YouScience?

[Get Started](#)

# Four-Year Plan

Curriculum Area	CUSD Graduation Requirements	Arizona University Entrance Requirements
English	4 credits	4 credits
Math	4 credits	4 credits
Science	3 credits	3 lab science credits
Social Studies	3 credits World History/Geography American/AZ History US/AZ Government, Economics	2 credits
CTE & Fine Arts	1 credit	1 Fine Arts credit or CTE
World Language	0 credits	2 credits Two years of the same language
Physical Education	1 credit	0 credits
Comprehensive Health	½ credit	0 credits
Required Courses	16 ½ credits	16 credits
Elective Courses	5 ½ credits	0 credits
Total Required Courses	22 credits	16 credits



# **What To Do At Home**

**\*\*\*goal to become independent\*\*\***

- **Check your child's agenda nightly**
  - help your child prepare a timeline
- **Observe your child**
  - doing their homework
  - how they study
  - time
- **Review with your child**
- **Encourage your child to review past lessons**
- **Check their progress & grades frequently**
- **Don't get discouraged – it takes time**
  - Growth Mindset

