

**Freshman ECAP**  
Your future starts now!

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**WELCOME**  
**Class of 2023**  
We are pleased to welcome you to PUMA NATION!!!  


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**9TH GRADE COUNSELORS:**  
**SCOTT UYESHIRO (A to L)**  
**GERI JARAMILLO (M to Z)**  
**FRED MANN (STEM)**

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### Just got in. How to get out!

- ▶ To graduate in May of 2023, you will need **22** credits!
- ▶ **6** 9<sup>th</sup> Grade **6** 10<sup>th</sup> Grade **6** 11<sup>th</sup> Grade
- ▶ That leaves **4** credits for senior year.
- ▶ There are two types of credits.
  - Core/Required
  - Elective (The world is your oyster)




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### What's that mean, really?

- ▶ Core/Required Courses: 16.5 credits
 

Math	English	Science	Social Studies	PE	Health
<b>4</b>	<b>4</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>.5</b>
		<small>Can take more.</small>	<small>Not Sophomore Yr.</small>	<small>Options!</small>	<small>Sophomore Yr.</small>

    - 1 Credit in **Fine Art** or **Career & Tech. Ed**

<small>Art Dance Theater Film Study Choir/Band/Orchestra</small>			<small>Culinary Graphic Design Fashion Design Sports Medicine Multimedia and Film</small>
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- ▶ Elective Courses: 5.5 credits

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### Counselor, aren't you missing something?

- ▶ Are you wondering about World Language?
  - Only required if attending a 4 year university!
  - Not required for graduation.
  - Number of years based on university.
- ▶ You tell me. Questions?

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**The road to college really starts your freshman year.**

*Remember that your GPA means a lot when it comes to college admissions. The person in control of your education and your future is you, not your teachers, friends or parents. High school is an exciting, new and fun time, and you should definitely make the most of the experience. But remember that your senior year and college admissions will be upon you before you know it, and a little preparation, early, can go a long way. It's up to you to start planning for college now and work on keeping your GPA high and your transcript impressive.*

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**4-Year Plan – Perry High School**

Curriculum Area	CUSD Graduation Requirements	In-State University Credits
ENGLISH	4	4
MATH	4	4
LAB SCIENCE	3	3
SOCIAL STUDIES	3	2
FINE ARTS/CAREER TECH	1	1
WORLD LANGUAGE	0	2
P.E.	1	0
COMPREHENSIVE HEALTH	0.5	0
REQUIRED COURSES	16.5	16
ELECTIVE COURSES	5.5	0
TOTAL REQUIRED COURSES	22 and pass Civics Test	16

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**Start planning for college by avoiding the following mistakes:**

1. Believing your freshman year doesn't really count and you can improve your grades later.
2. Sacrificing your grades for your social life.
3. Failing to make up missed assignments.
4. Not signing up for extracurricular activities.
5. Not asking for help.
6. Not going to tutoring.
7. Not asking questions in class.
8. Taking classes just because your friends are taking them.

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## Now...Let's get started. Your future awaits.

- ▶ Turn on you computer screens, and log into your Infinite Campus.
- ▶ Follow directions.

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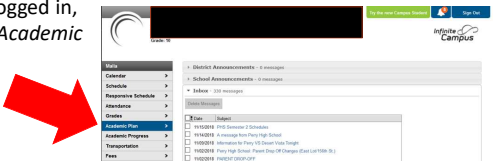
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## Let's Get Started – Log into your Infinite Campus Account

Once logged in, select *Academic Plan*




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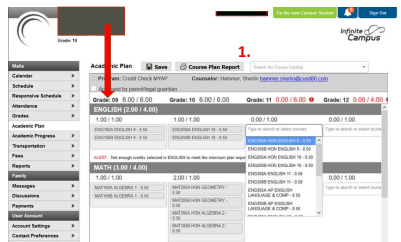
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## Academic Plan –

1. Click on English under Grade 9.
2. A drop-down menu will appear. Remember to choose both semesters of English  
Ex. ENG100A, ENG100B  
Continue with math, science, etc. for your **sophomore-senior year**.




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SEIZE THE AWKWARD  
9<sup>th</sup> grade  
<https://seizetheawkward.org/>

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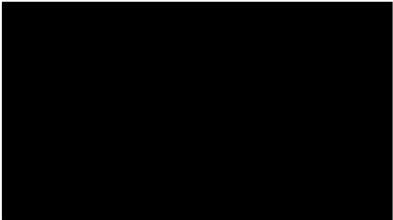
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MARKIPLIER



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SIGNS YOUR FRIEND MIGHT BE STRUGGLING

 <p>Don't feel like hanging out.</p>	 <p>Mind seems to be somewhere else.</p>	 <p>They are so anxious they can't relax.</p>	 <p>Gotten more negative about life.</p>	 <p>More irritable than usual.</p>
 <p>Taking more risks.</p>	 <p>Talk about feeling hopeless.</p>	 <p>Taking more drugs or drinking more.</p>	 <p>They are harming themselves.</p>	

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DON'T KNOW WHAT TO SAY?

"Seems like you haven't been yourself lately. What's up?"	"You know you can tell me anything. I won't judge."	"This is awkward, but I'd like to know if you're really all right."
"Whenever you're ready to talk, I'm ready to listen."	"I know you're going through some stuff; I'm here for you."	"I'm worried about you and would like to know what's up so I can help."

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DURING THE CONVERSATION

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NO NEED TO BE AN EXPERT. **BE A FRIEND.**

Relax	It's OK	Encourage
Listen Up	Be Reliable	No Judgement
No Advice	Ended Questio	Seek Adult Help

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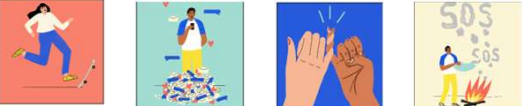
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YOU SEIZED THE AWKWARD. WHAT NOW?

1. Don't Give Up
2. Keep Invitations Coming
3. Handle Their Trust With Care
4. Get Some Outside Help



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RESOURCES

- Trusted Adult-Parent, family member, school counselor, coach, teacher, social worker, mentor, or other adult you feel safe speaking with.
- 911
- Teen Lifeline 602-248-TEEN (8336)
- Text Crisis Line 741-741
- Suicide Prevention Lifeline 800-273-TALK (8255)
- EMPACT 480-784-1500

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How & When to see your School Counselor

- We are here for your Academic and Social Emotional needs.
- Make an appointment with Ms. Hendon in the front office, she will give you an appointment slip with a day and time or a pass will be sent to your class.
- Make sure to sign in & out at the Counseling student aide table, for attendance and confidentiality purposes.
- If there is an emergency make sure to let Ms. Hendon know, so you can be seen the day of issue.

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