

RHS Counseling Department: What Should I be Doing in 9th Grade?

- **Start 9th Grade Strong**

- Set up your home school environment.
 - Set up a space just for your schoolwork and have your supplies stationed there.
 - Having a designated space will help you focus and work more efficiently.
- Develop routines and study skills.
 - Practice different daily routines and try varying approaches to study until you find something that works for you.
 - This could change over time...keep adapting.
- Find your people.
 - Join a club.
 - Check out a sport when available.
 - Connect with teachers you seem to click with.
 - This is more challenging in a virtual space, but we are all in this together!
- If you're overwhelmed, you're not alone.
 - Seek help from your parents, teachers, peers, and your counselors any time.
 - Seeking help is a vital life skill. Now is the perfect time to learn it!
 - If you want to meet with your counselor, sign up here:
<https://bit.ly/rhscounselingappt>

- **Recommended Standardized Tests in 9th Grade:**

- PSAT 9 -
 - Usually given in Spring at RHS during the school day
 - It is a practice SAT and is not reportable to colleges (no risk)
 - Scores will be available electronically in early summer
 - No other standardized tests are recommended this year

- **Fall**

- Early September: Counselors will visit freshman classrooms to check-in and connect
- Progress Report 1 and Marking Period 1:
 - Assess how the transition to high school is going with your parents/guardians
 - Adjust your approach if needed.
 - If something isn't working, facing it and working through it builds a grit and helps develop a growth mindset.
 - Seek advice from your teacher as your primary guidance for that subject, and your counselor for more global help.
- Attend the Rochester Schools College Fair - date and details TBD
- Attend 1-2 college representative visits either virtually or in person (when available)
- Educational Development Plans (EDP) via Xello
 - Counselors will work in classrooms in late fall to update your EDP through Xello
 - This will help you understand potential careers and can help guide your post-high school plans, which can later help you pick high school courses.

- **Winter**

- Each RHS Counselor will meet with their 9th grade caseloads to discuss scheduling for 10th grade starting in January.
 - Information will be sent home for the family to review
 - Scheduling cards are due by the individual appointment date listed on the card
- Consider testing out of a one semester course to create room in your schedule
 - You are expected to study the subject on your own.
 - Applications are available in November and are due to counseling in December
 - Testing is in January. If you no-show you cannot test out again.
 - Results are usually released the week of Semester 1 final exams
- Consider registering for RCS Summer Learning to make up classes or create room in your schedule
 - Registration opens in March/April and packets will be online and in counseling
 - If online learning is chosen, mandatory parent/student meetings are in June/July

- **Spring**

- Maintain your good habits in your courses and finish the year strong!
 - If you have struggled at all this year, don't fret! Upward trends in grades are a great sign of growth.
- Consider testing out of a one or two semester course to create room in your schedule
 - Applications become available mid-March and are due in April in counseling
 - Testing is in May. If you no-show you can never test out again.
 - Results are usually released the week of final exams
- Consider registering for RCS Summer Learning to make up classes or create room in your schedule
 - Registration opened in March/April and packets are online and in counseling

- **Summer**

- Take a tour at a local college to familiarize yourself with the "feel" of a college
- Participate in something that you enjoy
- Possibly take summer school classes to makeup for a failed course or to meet a graduation requirement that could open up room in your schedule

- **Things we do not want you to worry about this year:**

- Taking the actual SAT or ACT
 - remember...these tests are based on curriculum that is typically acquired by second semester of junior year
 - Taking any test more than 2-3 times tends to lead to diminishing scores
- Formal test prep for ACT or SAT - focusing on your in-school academics is the best preparation right now!