

*Central Gwinnett  
High School*



***Freshman Survival Guide***

Dear Parents and Students,

Welcome to Central Gwinnett High School! You are about to enter a school with more history than any other high school in Gwinnett County. Central is rich in its heritage and tradition. We can trace our roots back to 1821 when the Georgia General Assembly passed an act to build an Academy in Lawrenceville. Students learned English grammar, science and mathematics, writing, Latin, and Greek. The reputations of the Lawrenceville school and of the nearby Female Seminary were so great that parents from all over the area wanted to enroll their students in these excellent schools. Today our opportunities for students have expanded. We now offer such classes as advanced placement calculus, an array of foreign languages, and chemistry and physics classes that rival those of any university classes of early years!

One thing has remained the same. We still offer the best education available! Our teaching staff is renowned throughout Gwinnett County. When a teacher staff development class is offered, more often than not, it is a Central teacher who is asked to be the trainer. We have more teachers with National Board Certification than any other high school in the county. When your children enter Central, they will be well cared for. Teachers offer before and after school tutoring to students and they make certain every student has an opportunity to succeed. Our mission is teaching and learning with an emphasis on learning.

We are glad that you will be a part of our Black Knight family. Please stay involved and take advantage of the clubs and sports we offer you. The more you do, the more you will enjoy your high school years as either a student or a parent. I wish you tremendous success and happiness throughout your high school career. You are the best of the best, and you will help Central to continue to be one of the finest schools in America!

Sincerely,

Counseling Department

## **Student Rights**



You have the right to

- learn in a safe school environment
- have quality teaching from supportive teachers
- have a supportive/tolerant school climate for all cultures and ethnic backgrounds

## **Student Responsibilities**

You are responsible for:

- Attending school every day and getting to class on time
- Being prepared for class with all materials in hand
- Turning in all assignments when they are due and studying for tests and quizzes
- Respecting the rights/beliefs/opinions of others
- Being attentive in class/not creating class disruptions
- Asking questions in class when you need clarification or don't understand the material



## What Teachers Expect

- Come to class prepared everyday. (paper, textbook, pen/pencil, agenda)
- Work hard from the first day of school.
- Use your agenda to keep organized and plan homework or projects.
- Follow all directions. High school is simple if you just do what is asked of you.
- Go to your locker or to the restroom between classes. You don't want to miss anything in class.
- **TRY**. Far too many students fail because they simply don't try.
- Be kind to others. Show your peers the respect that you would like yourself.
- Get involved in school activities, sports, you'll be a better student for it.
- Do all assignments,. Some teachers won't take late or missed work. Keep a notebook with all notes, copies of quizzes and tests. You'll need these to study for finals.
- **DO your homework**, most homework begins in class when the teacher can help. It is for practice to improve skills and prepare for tests. Not all homework is for a grade, but it's expected to be done and in your notebook.
- Get to class **on time**. Tardiness can lead to detentions and office referrals.
- Socialize before and after school and at lunch time. The classroom is for learning.

## Keeping Focused and Engaged in the Classroom

Trying to keep up with what the teacher is talking about can be quite difficult sometimes.

Many students find themselves daydreaming when a teacher is in front of the classroom explaining some fact or concept.

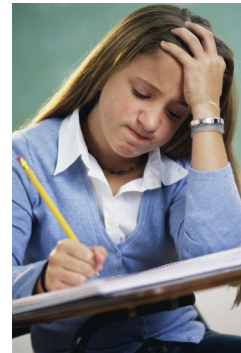
In addition, if you are easily distracted, you teachers may think that you are not interested in the learning or that you don't care.

Some even give participation grades for their class and part of that grade may be participating and being engaged in the lesson.

If you find yourself doing this...here's a great tip on how you will 1) keep focused on what the teachers is saying, and 2) remember and learn the concept, but you will be showing the teacher that you do think the lesson for that day is important and you are ready to learn.

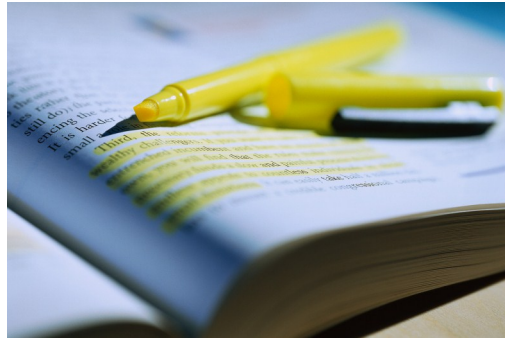
Here's a good tip to use:

- S** sit up in your chair, don't slouch
- T** tune in— listen carefully
- A** ask questions to clarify
- N** nod: teacher will know that you understand
- D** track the speaker/teacher with your eyes; this will keep you focused on what the teacher is saying



## Organizational and Study Tips

- Use your agenda to keep track of assignments and deadlines
- Keep your locker neat and organized. This will help keep you on time to class.
- Keep a homework folder that is lighter than your classroom notebook. This will make it easier to carry home.
- Keep your classroom notebooks organized with old quizzes, test and notes. If you do this weekly it will be a lot easier and help you with final exams at the end of the semester.
- Don't wait until the last minute to begin a project or big writing assignment. Break the assignment into smaller manageable pieces. You can use your agenda to plan it through completion.
- Prioritize. Do the most important things first, like homework. Do your hardest homework first. You will be more alert earlier in the afternoon, than if you wait until after dinner to begin the harder subject.
- Do not let locker time interfere with learning time. Once you know your daily schedule at school you will know how many trips a day you can make to your locker.
- Check the details. You should be aware of the difference between an average project or paper and an "A" one. Proofread, go over the assignment before placing in your notebook.
- Get your things ready and organized and ready to go for the next day. The night before, you should pack up all your books and homework and set out your clothes for the next day. This will help you stay within the dress code and get important stuff back to school.
- Take the time to develop leadership skills. You can easily do this when assigned to work in groups. Do more than is expected



## Goal Setting

Sitting down to write goals for your self is not an easy task. You need to think through them very carefully. The process may require you to take into account several things: what it is you're trying to accomplish, what if any resources you have, and what obstacles do you have to overcome. The tips below may help you better understand how to write goals. Remember goals should be specific, measurable, realistic, acceptable and have a timeline. Your goals can be personal, academic or career...or a combination of all three.

Step 1: Write a goal statement. Begin it with...."I want to..."

Step 2: List your resources. What subjects are easiest for you? Who can you depend on when things get tough? Where can I get the tutoring I need, if I need it? Do I have access to academic resources?

Step 3: List your obstacles. What difficulties will I encounter? What subjects give me trouble or are difficult for me? What resources are not available to me?

Step 4: Revise and polish up your goal statement by taking into account all the resources and obstacles along the way.

Keep yourself motivated. It is easy to become overwhelmed by high school and a new setting. Keep this in mind to keep yourself moving forward, being successful and achieving your goals.

Eat well, get lots of rest, get involved in school activities, be aware of what causes you stress, ask for help when you need it and...

Most importantly, reward yourself for a job well done!

## Tips for Note Taking

Treat taking notes as a 3-step process.

Step 1: Before class: read all sections in the current chapter being covered. Bring all your materials to class—pen and paper. Review notes from the previous day.

Step 2: Listen carefully close to what your teacher is saying...paying close attention to key words such as “remember”, the most important date/point/concept is...” Write quickly...use abbreviations for words, jot a key word down with a ? So you know to go back to it.

Step 3: After class/school, use your textbook to fill in the ? marks; answer the questions after each chapter section; look up key/boldfaced words in the glossary; and check and share with your classmates so you can double check to see if you missed anything that might be important.

- Try to identify possible questions...you know, something the teacher repeats, emphasizes
- Summarize in your own words. If you can tell someone what you’re learning in detail, you can pass the test.





**Four Year Plan:** A tentative plan of the student's courses for his/her four years in high school. It will reflect the student's diploma choice and Academic Major area of interest. The plan is tentative and can be adjusted to some degree, as necessary .

**Career Cruising:** A computerized career/college information program available in the computer labs.

**Georgia High School Graduation Tests:** All students must pass the English, Writing, Mathematics, Social Studies, and Science tests to receive a high school diploma. These 5 tests are given for the first time in the Junior (11th grade) year .

**Grade Percent Average (G%A):** The numerical average of all high school courses taken to date. It appears on a student's report card and transcript.

**HOPE Program:** A scholarship/grant program for qualifying Georgia residents attending in-state colleges, universities, and technical institutions.

**Preliminary Scholastic Assessment Test (PSAT):** A test designed to inform students of their potential to do well on college entrance exams. Taken during the Sophomore and Junior years.

**PROBE:** College fairs sponsored by the Georgia Education Articulation Committee. The counseling office will have a schedule of these fairs. They are a great source of information for Juniors and Seniors who are considering post secondary education.

**Required Course:** Courses that must be passed as mandated by the State Board of Education in order to earn the desired high school diploma.

**Scholastic Assessment Test I (SAT 1):** Test of verbal and math reasoning required by many colleges and universities for admission.

**Semester:** One-half year of high school. A student receives .5 or one-half unit (credit) for each subject course passed. A grade of 70 is passing.

**Transcript:** Official record of high school courses and grades.

**Unit:** A minimum of 23 units (credits) are required for high school graduation. Twenty-four units are required for diplomas with distinction. One unit equals two semesters of credit in a subject area.

### **Important Info About Attendance**

10 or more consecutive unexcused absences means :

- You miss out on important academic instruction,
- GA law requires schools to report students who have 10 or more consecutive unexcused absences. As a result students may be denied their learner's permit or lose their driver's license.

## **Course Placement**

Course placement is determined by previous class performance, achievement test scores and teacher recommendation.

### **High School Promotion Policy**

To be promoted to:

9th to 10th grade: Five (5) Carnegie Units that must include no less than 0.5 units of Language Arts, 0.5 units of Math, and 0.5 units of Science

10th to 11th grade: Eleven (11) Carnegie Units that must include no less than 1.5 units of Language Arts, 1.5 units of Math, and 1.5 units of Science

11th to 12th grade: Sixteen (17) Carnegie Units that must include no less than 2.5 units of Language Arts, 2.5 units of Math, and 2.5 units of Science

Graduation: according to diploma type and standardized test requirements (In Gwinnett– the Gateway and the Georgia High School Graduation Tests)

## Graduation Requirements

Students are required to pass all sections of the Georgia High School Graduation Test and the High School Gateway to earn a high school diploma.

### CREDIT REQUIREMENT

#### Language Arts– LA

4 credits ; including 1 credit of 9th grade Language Arts and 1 credit of American Lit. (11th Grade)

#### Math- MA

4 credits; including Integrated Algebra 1, Integrated Geometry, Integrated Algebra II

#### Science—SC

4 credits; including Biology, Chemistry, Physics, and Science elective

#### Social Studies— SS

3 credits; including 1 credit World History, 1 credit U.S. History, .5 credit political System ,  
.5 credit Economics

#### Health & Physical Education

.5 credit Lifetime Fitness, .5 credit Health

#### Modern/ Classical Language; Fine Art, Technical Education

3 credits (Any Combination)

**\*2 credits of the same foreign language are required for University admissions in the state of Georgia**

#### Electives

4 credits

TOTAL CREDITS NEEDED FOR GRADUATION IS 23 CREDITS

## Advice from CENTRAL Seniors

“Know all the rules...make it a point to read the handbook”.

“You don’t have all year to bring your grades up. One semester is all you get”.

“ Do not get behind in your classes” it does catch up with you and makes it hard to raise your grade”. It can become very expensive”.

“Your GPA starts the first day of 9th grade”.

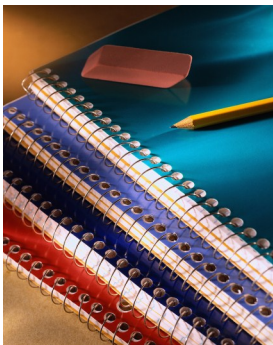
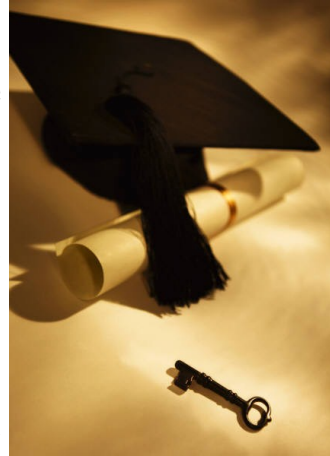
“Get involved in school activities. I wish someone had told me before I got to CENTRAL”.

“Be honest with yourself. Know your strength and weaknesses”.

“Start preparing for college early”.

“Write down your locker combination in several places that you know you’ll look...saves time”.

“I wish someone had told me about how important it is to keep up with my assignments and being prepared to class. I hated going to summer school”



**GO KNIGHTS!!!**

## **“At Your Fingertips”**

School Phone	770-963-8041
School fax	70-338-4879

### **9th Grade Counselors**

Mrs. Chiquita Gosha-Bataille	678-225-7626
Camile Irving	770-338-4882

### **9th Grade Administrator**

Mrs. Sheila Suddereth  
Mr. Travis Chapman

### **Places You Should Know About**

Attendance Office  
Front Office  
Discipline office  
Main Counseling office

## Tips from Your Administrators

- Take pride in your school
- Follow all school and county rules
- Get to know who your administrators are in the ninth grade. They are here to help you if something goes wrong. You may need to report something to them.
- Say “no” to friends who are not doing or saying the right things in your class or on campus.

Get to know your teachers

- Share their e-mail addresses with your parents. Know when they are available to help you before or after school for extra help in your courses

Get involved with your school

- Join a club; play a sport
- Believe that you can succeed

You only have one chance to go through high school; make it a good 4 year run.



On the first day of school, jot down your new schedule, especially the teacher's room number. Also, jot down your teacher's email address. This will help when you need to ask a question or need help with an assignment.

<b>First Semester Schedule</b>					
	<b>Course</b>	<b>Teacher Name</b>	<b>Rm No.</b>	<b>Teacher's Email</b>	
<b>1<sup>st</sup></b>					
<b>2<sup>nd</sup></b>					
<b>3<sup>rd</sup></b>					
<b>4<sup>th</sup></b>					
<b>5<sup>th</sup></b>					
<b>6<sup>th</sup></b>					



**ATHLETICS**  
**Athletic Director - Brain DeBerry**

Baseball	Debate	Scholar's Bowl	Tennis
Basketball	Equestrian Team	Soccer	Track
Cheerleading	Football	Softball	Volleyball
Cross Country	Golf	Swimming	Wrestling
Dance Team	Roller Hockey	Step Team	

All students entering 9th grade for the first time are eligible first semester. However, to continue to be eligible second semester, you must pass five out of six classes fall semester.

**CLUBS AND ORGANIZATIONS**

Band	Membership is based on spring tryouts. Sections include Marching Band, Symphonic Band, Jazz Ensemble, Concert Band, and Guard of Gold.
Beta Club	For students maintaining a 90 or above average for two consecutive semesters; service organization.
Camelot	Yearbook; the staff is composed of students who take yearbook, which is offered as an elective.
Chess Team	Open to all students.
Chorus	Open to all students through audition.
Chrysalis	Open to all students wishing to express themselves through plays, poems, artwork, stories and other writings. Staff is selected via competition and skills related to production of literary magazine.
FCA	A service club open to all students.
Debate	Open to all students interested in debate.
DECA	Distributive Education Clubs of America. Open to all DE students. Members must be in the 11th grade and have a marketing job.

**Equestrian Club:**

Open to any student interested in horseback riding.

Parent/Students may get additional information at Open House.

Competitions and lessons are throughout the year. Contact [elaine\\_conklin@gwinnett.k12.ga.ua](mailto:elaine_conklin@gwinnett.k12.ga.ua)

FBLA	Future Business Leaders of America is open to all students who are or have been enrolled in business classes.
Foreign Lang. Clubs	Open to all students currently enrolled in or who have completed one year of a foreign language. Clubs include French, German, Latin, and Spanish.
Future Educators of America	Open to all students interested in education as a career.
International Club	Open to all students who have an interest in learning about other cultures.
Key Club	Open to all students through application and approval by the Board of Directors. Aimed at developing leadership.
Math Team	Competitive openings to all students with an interest in math.
National Honor Society	Open by invitation based upon leadership, service, academic performance, and character.
Odyssey of the Mind	A competitive team which annually designs, builds, and demonstrates a project.

**Roller Hockey:**

Scholar's Bowl	An academic team which competes with similar teams from the area in academic competitions.
Science Team	A competitive team open to students enrolled in a minimum of Chemistry I.
Social Science Team	Open to all students who have an interest in social science and world affairs.
Student Council	An organization of elected representatives who interact with officials on behalf of students.

## WORDS YOU NEED TO KNOW

**Academic Major:** Tool for students to use when focusing elective courses within an area of interest. Assists with exploration of future post secondary options.

**Advanced Placement Course:** AP courses are college-level courses taught at the high school. College credit may be earned through the AP exam.

**Advanced Placement Exams:** Tests given at the completion of an AP course. Colleges may award credit based on the score.

**American College Test (ACT):** The ACT is required or recommended by many colleges as part of the admission process.

**Apprenticeship:** Work experience that provides a student with the opportunity to learn new skills in his/her area of interest by working under the supervision of a trained person in that area.

**Armed Services Vocational Aptitude Battery (ASVAB) :** An assessment battery developed by the Department of Defense to measure an individual's interests and aptitudes. Used to assist with career decisions.

**Elective Courses:** Courses that students choose to take. Combined with required courses, electives are counted towards the 23 units required for graduation. Elective courses may be chosen within a student's Academic Major.



## Resources

Career Cruising	<a href="http://www.careercruising.com">www.careercruising.com</a>
GACollege411	<a href="http://www.gacollege411.org">www.gacollege411.org</a>
Mapping Your Future	<a href="http://www.mapping-your-future.org">www.mapping-your-future.org</a>
Career Exploration Web	<a href="http://www.khake.com/page2.html"><u>www.khake.com/page2.html</u></a>
College Board	<a href="http://www.collegeboard.com">www.collegeboard.com</a>
What Interests You?	<a href="http://www.bls.gov/k12"><u>www.bls.gov/k12</u></a>
ACT	<a href="http://www.act.org/edcareer/">www.act.org/edcareer/</a>
Georgia Career Investigation System	<a href="http://www.gcis.peachnet.edu">www.gcis.peachnet.edu</a>

**Please Note:** The contents of this survival guide are suggestion and tips.