**Seminar 9**

**Mrs. Coppens & Mrs. Thomas**

**What is Freshman Seminar and what do we do in this class?**

In this class, we will work together to make your transition to ACHS successful. We will focus on topics such as adjusting to block scheduling, time management, study skills, note taking, etc. You will participate in a variety of activities including: hands-on activities, classroom discussions, class readings, projects, group work, etc. Freshman Seminar is designed to help you develop and grow the skills that will make you a successful student now and into the future.

We believe that once you take personal responsibility for your choices, both academically and socially, all of the goals and objectives for this course will naturally follow.

*“If I continue to believe as I have always believed, I will continue to act as I have always acted; and if I continue to act as I have always acted, I will continue to get what I have always gotten.” –Marilyn Ferguson*

**What are the goals of Freshman Seminar?**

This class aims to focus on the complete development of every student. We will cover many topics under each of the following areas:

• Personal (Identity, Habit Forming, Self-Improvement)

• Intellectual (Learning HOW to learn, Study Skills, Reading Skills)

• Social and Interpersonal (Building Relationships, Teamwork, Leadership)

• Emotional (Stress Management, Self-Esteem)

• Self-Reflection (How can I improve?)

• Your Future (Goal Setting)

Themes and topics in this class will come up over and over again and we expect as future leaders you will set goals and practice to meet these goals. We will hold you to high expectations the moment you walk through the door and help you establish a successful high school career through self-improvement and relationship building.

**How are we graded in Freshman Seminar?**

**25% Participation:** *There are many ways to participate in Freshman Seminar. You are expected to arrive to class on time, be prepared, and positively participate in large and small group activities inside and outside the classroom.*

**25% Planner:** *students are expected to use a planner of some sort, digital or traditional paper. You will be given a grade on use of planner every time we meet on Mondays.*

**25% Journal and SSR:** *You will be doing some form of writing every time we meet. All of these writings will be kept in a journal. You will do SSR (Sustained Silent Reading) and complete a Reading Log each week as part of Freshman Seminar.*

**25% Projects/Assessments:** *Each quarter, you will be completing a project for Freshman Seminar. The projects will include written pieces, oral presentations, power point presentations, visual presentations, etc. Late projects must be handed in the next time we meet as a class for late credit or it will be counted as a zero.*

**Is there a book for Freshman Seminar?**

We do not use a traditional text book in this class but we will be reading from a variety of

handouts, websites, etc. In class we will be covering Sean Covey’s, *The Seven Habits of Highly*

*Effective Teens* (which was the assigned summer reading).

**What are the classroom rules/expectations?**

We expect you to come to Freshman Seminar each class period with a positive attitude and a willingness to participate and work hard. RESPECT & COMMUNITY are very important in our classroom. We will discuss specific rules during the first few days of class.

**What do I need to bring to class?**

1. A pen or pencil and highlighters

2. Your planner

3. Your laptop

4. A journal & folder will be provided and kept in the classroom.

5. Your 7 Habits book and/or silent reading book (not an online version, sorry)

**Course Scope & Sequence**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **1st Quarter** | **2nd Quarter** | **3rd Quarter** | **4th Quarter** |
| **Personal**  *(Identity, Habit Forming, Self-Improvement)* | 7 Habits  Active Listening &  Communication  Learning Inventory | 7 Habits  PROJECT | Self-Awareness | self-improvement |
| **Intellectual**  *(Learning HOW to learn, Study Skills, Reading Skills)* | Planners  Time Management & Prioritizing, powerschool, dropbox & tech.  Plagerism | Planners  Critical Thinking  Note taking  Organization | Planners  Test taking strategies  Research Skills  PROJECT | Planners  Collaboration & Team work |
| **Social -Emotional Interpersonal**  *(Peer relations, Teamwork, Leadership, Stress Management, Self-Esteem)* | Tolerance PROJECT | Anxiety  Conflict Resolution  Anger Management | Peer Pressure  Bullying | Leadership  College/Career |
| **Self-Reflection**  *(How can I improve?)* | Setting Goals  Journaling | Goal Tracking Journaling | Goal Tracking  Journaling | Goal Tracking  Journaling  PROJECT |