



9th Grade Q&A

October 29, 2020

Butch Keller

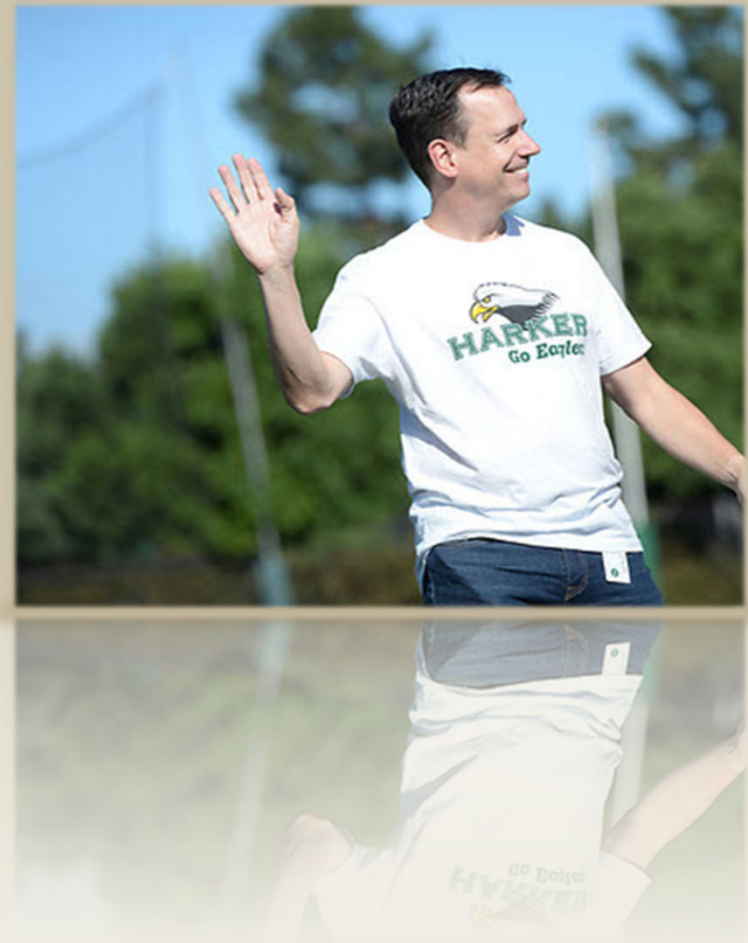
Head of Upper School



Dean Report

**Jeffrey
Draper**

Class Dean



24K GOLD

Created by: Cynthia W & Shreeya M

Be sure to follow @2024harker on Instagram for updates, announcements, and more!

UPCOMING EVENTS

10/22/2020 WEEKLY HANGOUT

10/26/2020 FALL BREAK DAY #2

10/29/2020 OFFICE HOURS DAY

10/29/2020 WEEKLY HANGOUT

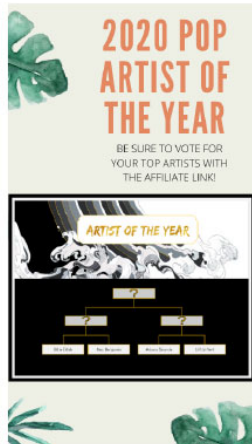
10/30/2020 HALLOWEEN CELEBRATIONS

10/31/2020 HALLOWEEN

10/31/2020 SPECIAL HANGOUT!

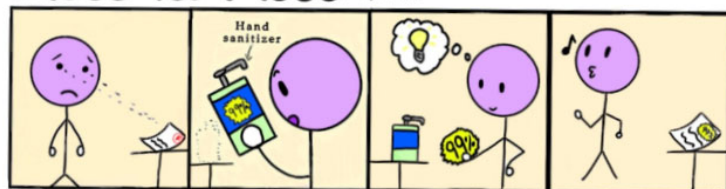
"If every porkchop were perfect, we wouldn't have HOTDOGS" - steven universe

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit." -Aristotle



Mess-ter Piece

By: Aliée





FRESHMAN Halloween Haunt



When: Friday, October 30, at 7pm

Where: Check the document on Schoology for Zoom Rooms or go to <https://tinyurl.com/hkr-oct-party>.

What: A Halloween version of our monthly socials! Come join us for activities like Paranoia, telling spooky stories, watching scary movies, and playing *Among Us*! Be prepared for a costume contest as well ...

Why: Come show off your costume and celebrate spooky season with your friends!



Check Schoology for more information
We hope to see you there!
-Socials Subcommittee

desire

Counseling Report

**Rosalyn
Schreiman**

Academic Counselor





US COUNSELORS

US Counselors



Hui Hui Chang, LMFT
HuiHuiC@harker.org
(A-Fie)



Lori Kohan, LMFT
LoriK@harker.org
(Linc-St)



Jonah Alves, LMFT
Jonah.Alves@harker.org
(Fo-Lin)



Rosalyn Schreiman, LCSW
Rosalyn.Schreiman@harker.org
(Su-Z)

Staying Connected During Remote Learning

Bi-Weekly Wellness Letters



Virtual Counseling Office

Hello Eagles!

Thank you to the many of you who have already completed the time management survey. Hopefully it is helping you to reflect on your time commitments and finding a healthy balance for yourself. If you haven't already completed the survey, please do so today! (Seniors are not required to complete it) We will soon send out your score range on the survey. Also, we hope you have checked out our spooky, October virtual counseling office. There is both some fun Halloween themed information and some helpful resources.

Here is our thought for this week:

Honesty

Since last week was Honor Week and reminding you, once again, you all signed the Honor Code, it seems fitting for the theme of this wellness letter to be honesty. Honesty is a virtue that is central to every aspect of our daily lives. Honesty cuts across every race, culture and religion. Sometimes in our world, it feels as though there are so many lies that it is hard to find the truth. This is what makes putting the virtue of honesty as a top priority so important for all of us. Sometimes telling a lie or exaggerating is easier, may sound more impressive or get you out of a difficult situation. Make truth something that you strive for every single day in everything you do.



How can you be **Honest**?

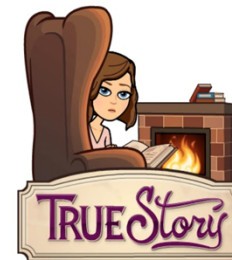
Definition: "When you speak the truth and act truthfully."

(talkingtreebooks.com) It isn't enough to just speak the truth, we also need to be honest through our actions both inside and outside of the classroom..

Why should we be honest? "Honesty is not just about telling the truth. It's about being real with yourself and others about who you are, what you want and what you need to live your most authentic life. It promotes, openness, empowers us and enables us to develop consistency in how we present the facts." (Christopher D.Connors via medium.com/the-mission).

Start with being true to yourself: We all have aspects of our own selves or personalities that we either don't like or feel embarrassed or ashamed of. When we can recognize that no one is perfect, that we all make mistakes, then we can be honest with ourselves about who we are. When you are honest with yourself, you can be open to being honest with others.

Forgive Yourself: We all make mistakes everyday. When we can accept ourselves for our own mistakes, take responsibility and learn from them, we can be open to forgiving ourselves. Start with forgiving yourself and being true and honest with yourself. Then you can show and live by that same integrity towards everyone else.



Challenge:

1. Think of a time that you were dishonest with someone. How did you feel about it? Why were you dishonest? Did it make things more difficult?
2. Look through the self-care and pick at least two (or make up your own) to do this week. We added another page of them this week.

Remember the counseling team as well as many other adults are here to support you through the difficult moments. Please be honest with yourself about needing support and do not hesitate to ask for it.

Additional Supports

- Freshman check-ins
- Student Video-showing and discussion
- Time management Surveys
 - *Purpose- finding balance*
 - *Email back to students with results message:*
 - *Under 159 (under), 160-169 (great), 170-200 (over), above 200 (way over)*

Academic Report

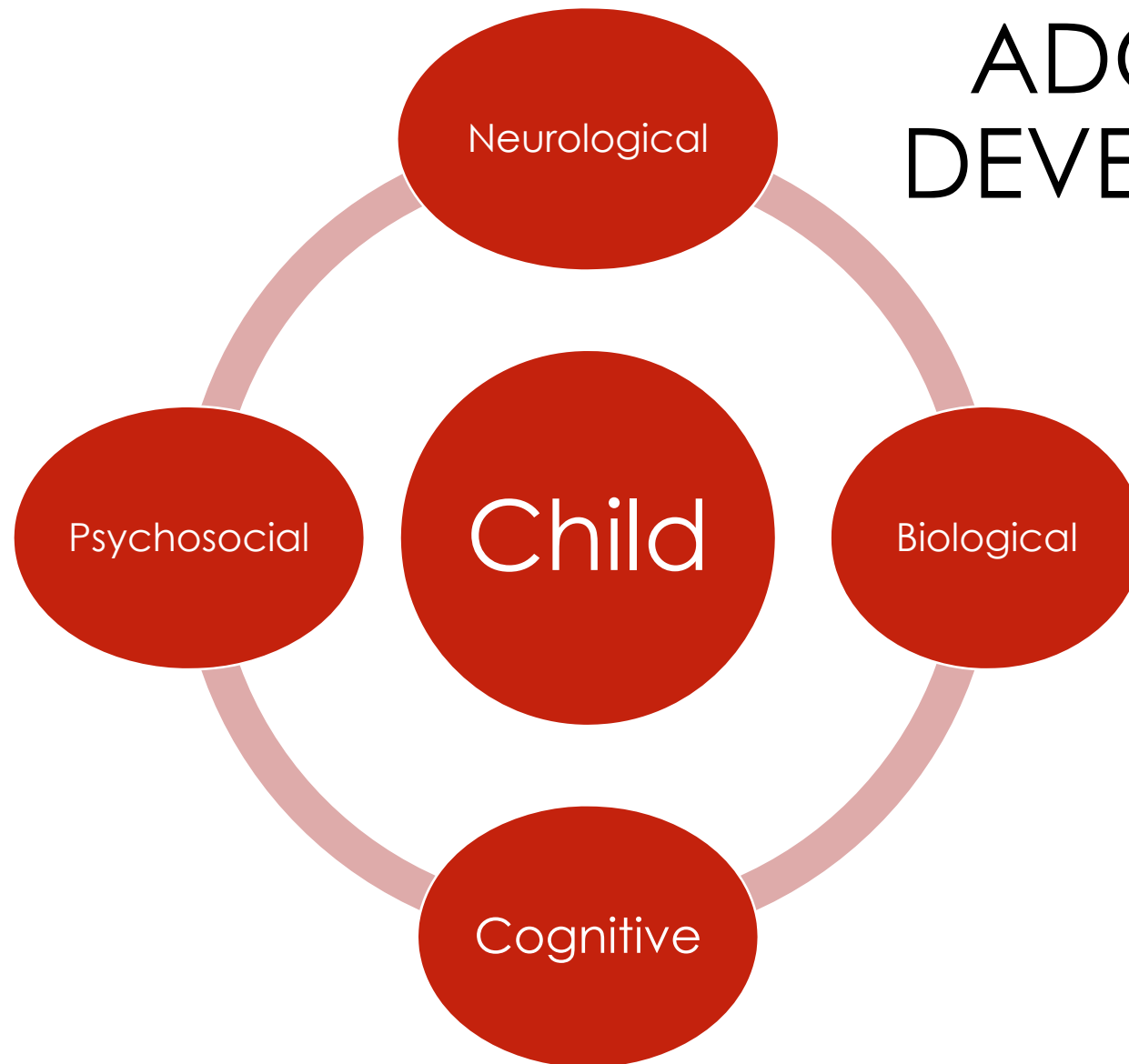
Kelly Horan

*Academic Dean &
Pre-College Counselor*





ADOLESCENT DEVELOPMENT





TIME MANAGEMENT GUIDANCE

Office Hours
Initiative

Academic
Planner
Workshops

Individual
appointments



GRADUATION REQUIREMENTS

Physical Education

- 2 credits to graduate
- Teams, yoga, capoeira, dance, musical
- Outside commitments arrange with Mr. Olson

Community Service

- 30 hours to graduate (10 hrs for 9th-11th)-**exempt for 9th**
- Coordinated through Kerry Enzensperger

PLANNING PROCESS

- Students started their plan on Oct 13th
- Please give them time
- See e-mail from Kelly Horan on how to arrange a course planning meeting with your child and me

The Harker School – Academic Planning Chart with Graduation Requirements

		9 th	10 th	11 th	12 th	Requirements
1	English	English 1: Literary Genres	English 2: British Lit	English 3: American Lit	English 4: 2 semester courses or AP English Lit	4 years
2	Math					3 years 4 recommended
3	Science	Physics	Chemistry	Biology		3 years
4	History	World 1	World 2, Honors World 2, AP World, or AP European	United States		3 years
5	Language					Complete Level 3
6	Arts / Computer Science	Study of Visual, Music, Dance, or Theater Arts				Arts - 1 year Comp Sci – 1 sem
7	Extra Period Option					
	Total Credits (min)	6	5-6	5-6	5-6	22 credits minimum



PLANNING THROUGH HIGH SCHOOL

- Ms. Horan – your pre-college counselor
 - *Courses, balancing, testing, goals, etc.*
- Advisor and teachers play critical role in planning
 - *Encourage your child to speak with them!*
- College counselor assigned January 2023
 - *College goals, interests, list of colleges, strategies, applying*
 - *Our counselors are ONLY college counselors*
- College parent night
 - **January 14, 2021 - 9th grade College Night**



REGULAR, HONORS, & AP CLASSES

- Search for the balance between challenge and stress
 - 45 vs 60 vs 75 min homework/class meeting
 - Philosophy: Earning an A demonstrates a student is ready for the next level next year (regular to honors)
 - But that does not always mean this should happen
- AP courses are designed by the College Board
 - 10th/ 11th history and science: Honors vs. AP

HONORS, APS, & THE GPA

- Focus on good learning and doing well in school
- Honors & AP courses get same 0.5 boost
 - An A in honors/AP:
 $4.0 + 0.5 = 4.5$
 - See page 11 in Student Handbook

Letter Grade	Numeric Equivalent	Grade Points
A+	97 – 100	4.3
A	93 – 96	4.0
A-	90 – 92	3.7
B+	87 – 89	3.3
B	83 – 86	3.0
B-	80 – 82	2.7
C+	77 – 79	2.3
C	73 – 76	2.0
C-	70 – 72	1.7
D+	67 – 69	1.3
D	63 – 66	1.0
D-	60 – 62	0.7
F/I	59 and below	0.0

- Boost = 0.5 for Honors or AP classes, otherwise Boost = 0.
- For Unweighted GPA, Boost = 0 for all courses.
- Credit = 0.5 each semester
- For Extra Period Option courses (Orchestra, Journalism, etc.), Credit = 0.25 each semester

SAMPLE GRADES

Course	Sem 1	Sem 2
Honors English 1	A	B+
Honors Geometry	B	A-
Physics	B-	A
Orchestra	A	A+

SAMPLE CALCULATION

$$\text{GPA} = [\underset{\text{Honors Eng. Sem 1}}{(4+0.5) \times 0.5} + \underset{\text{Honors Eng. Sem 2}}{(3.3+0.5) \times 0.5} + \underset{\text{Honors Geometry Sem 1}}{(3+0.5) \times 0.5} +$$

$$\underset{\text{Honors Geometry Sem 2}}{(3.7+0.5) \times 0.5} + \underset{\text{Physics Sem 1}}{(2.7+0) \times 0.5} + \underset{\text{Physics Sem 2}}{(4+0) \times 0.5} + \underset{\text{Orchestra Sem 1}}{(4+0) \times 0.25} +$$

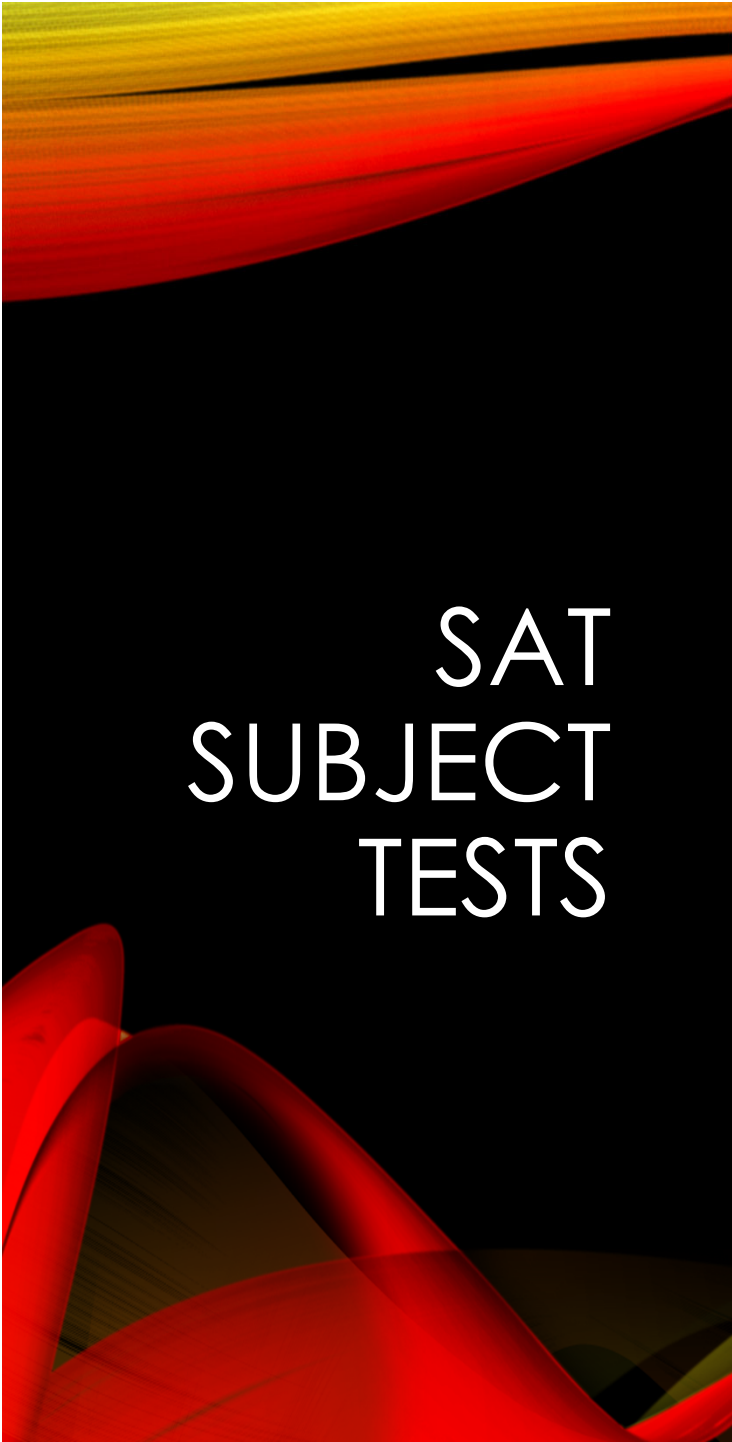
$$\underset{\text{Orchestra Sem 2}}{(4.3+0) \times 0.25}] / \underset{\text{Total Credits for two semesters}}{3.5}$$

$$\text{GPA} = 3.836$$



PSAT & SAT

- PSAT: Mr. Thiele will register your child
 - October 2021 (10th grade)
 - October 2022 (11th grade) – National Merit
- SAT: Your child signs up on his/her own
 - Spring junior year is common
 - Earlier is OK if ready (see PSAT score!)
 - Essay is no longer needed (few exceptions)



SAT SUBJECT TESTS

Only 3 programs
recommend/require

- Computer Science
- Engineering
- Combined Med Programs

Students decide when to take
and sign up

- Take at end of preparing classes
 - More is not better!
 - Finish Precalculus for Math Level 2
 - Finish Chemistry for Chemistry
 - Grade 9 Physics does not cover all material on test

www.collegeboard.org for dates
and due dates



Kelly Horan

As the Academic Dean and Pre-college Counselor, Ms. Horan works with students to offer advice as they plan their academic and co-curricular path at Harker. At the core of our planning is the philosophy that all adolescents have unique strengths and interests from which they forge their own path. Ms. Horan is here to facilitate that journey.

Please explore the many resources in this website. If you have questions...

RESOURCES

Google Site accessible
by the students

Resources tagged with "College Counseling"

Parent Portal

- Search "Academic Counseling" or College Counseling

Search With Any Keyword				
Title ^	Campus ^	Tags ^	Updated v	Download ^
SAT Info and Recommended Test Schedule	Upper School	College Counseling , Schedules , Files	10/02/2020	Download
Upper School Course of Study	Middle School , Upper School	Academic Counseling , College Counseling , Files	08/28/2020	Download
Upper School College Counseling Timeline	Upper School	Academic Counseling , Academics , College Counseling , Reference , Files	01/23/2020	Download
Upper School Advising Information	Upper School	Academic Counseling , Academics , College Counseling , Reference , Files	06/25/2019	Download
How to Request Transcripts	Upper School	College Counseling , Links	08/29/2017	

Questions Reviewed

Butch Keller

Head of Upper School



Type of Concern	Level 1	Level 2	Level 3	Level 4	Level 5
Academic	Student meets with teacher	Student & parent meet with teacher	Student & parent meet with department chair &/or academic dean.	Student & parent meet with division head	Student & parent meet with assistant head of school for academic affairs
Athletic	Student meets with coach	Student & parent meet with coach	Student & parent meet with athletic director	Student & parent meet with division head	Student & parent meet with assistant head of school for student affairs
Other	Student meets with support staff	Student & parent meet with support staff	Student & parent meet with division head		

If the concern is still unresolved, students are welcome to speak to the head of school.

Closing

Brian Yager

Head of School

