

Welcome!



**Seaman High School
Freshman Center**

PEOPLE TO KNOW

ADMINISTRATION

Dr. Laura Lyons - Principal

Shelly Prengel - Asst. Principal - SFC

Travis Brown - Asst. Principal/Activities Director

COUNSELING DEPARTMENT

Shanna Martin-Sloyer - Freshmen

ATHLETIC DEPARTMENT

Steve Bushnell - Athletic Director

Your Student's Freshman Year

Academic Teaming

- 3 Teams (Red, White, Blue)
- Approx 100 students each who all have same core teachers (randomly placed)

Allows for better support academically and socially so freshmen have successful start to high school.

Your Student's Freshman Year

Career and Life Planning (CLP)

- Everyday for 40 minutes
- Viking Vibes time
- Mentoring
- Focused study
- Social-Emotional lessons

ASAP (After School Assistance Program)

Tuesdays/Thursdays 3:15-4:25 (busing available)

Your Student's Freshman Year

Viking CREW

(Community. Relationships. Engagement. Welcoming.)

- Freshman mentorship program.
- 2-3 upperclass students assigned to each freshman Career and Life Planning hour.
- Develop relationships with freshmen.
- Encourage school connectedness and engagement.

Your Student's Freshman Year

Student Involvement

- Research consistently shows that students connected to high school through sports, fine arts, clubs, and organizations are more successful academically, socially, and have better attendance than those who are not.
- Encourage your student to be thinking about activities in which to become involved.
- Something for everyone!

Block Schedule

Rotating Days

TIME	RED	BLUE	RED	BLUE	RED
7:55-9:20	1	2	1	2	1
9:25-10:50	3	4	3	4	3
10:55-12:50	5	6	5	6	5
12:55-1:35	CLP	CLP	CLP	CLP	CLP
1:40-3:05	7	8	7	8	7

BEGIN
with
the END
in mind!

REQUIRED FRESHMAN COURSES

LANGUAGE ARTS

7010 Fr. Language Arts
7000 Honors Fr Language Arts

SOCIAL STUDIES

12306 Modern World History

CAREER EXPLORATION

5200 Success 101

HEALTH/PE

10101 Physical Dimensions

SCIENCE

11300 Biology

MATHEMATICS

8400 Math I
8405 Honors Math I
*8410 Math I Lab
*Math Strategies

*Placement based on MAP
scores and/teacher rec

TYPICAL FRESHMAN SCHEDULE

SEMESTER I

1. Fr Language Arts
2. Biology
3. Math I
4. Modern World History
5. Phys. Dimensions/Success 101
6. Elective (or Math Lab or Math Strategies)
7. Elective (or Reading Strategies)
8. Elective

SEMESTER II

1. Fr. Language Arts
2. Biology
3. Math I
4. Modern World History
5. Phys. Dimensions/Success 101
6. Elective (or Math Lab or Math Strategies)
7. Elective (or Reading Strategies)
8. Elective

REQUIREMENTS FOR GRADUATION

Language Arts - 4 credits

Science - 3 credits

Math - 3 credits

Social Studies - 3 credits
(incl. US History & US Gov't)

Physical Education - 1 credit
(incl. Phys. Dim.)

Success 101 - .5 credit

21st C. Personal Finance - .5 credit

STEM - 1 credit

Communications - .5 credit

Fine Arts - 1 credit
*(music, art, brdcst journ,
print journalism, debate, theater,
speech, debate, forensics)*

Electives - 9 credits

WEIGHTED GRADES

APPLICABLE COURSES

Language Arts

- Honors Freshman
- Honors Sophomore
- Honors Junior
- AP Seminar (10)
- AP Language & Composition
- AP Literature & Composition
- AP Research

Social Studies

- AP US History
- AP US Government
- AP European History

Math

- Honors Math I
- Honors Math II
- Honors Math III
- AP Calculus

Science

- Honors Chemistry
- Honors Physics

Electives

- AP Studio Art
- AP Spanish Lang & Culture
- AP Computer Sci. Principles

WEIGHTED GRADES, Cont.

GRADUATION HONORS AWARDED:

Summa Cum Laude

- Take 11 or 12 of the 16 weighted classes:
 - 3 in Language Arts
 - 3 in Math
 - 1 in Social Studies
 - 1 in Science
 - 4 or 5 of your choice
- If a student takes 11 classes they must earn all As.
- If they choose 12, they can have a maximum of 2 semesters of Bs in weighted classes.

GRADING SCALE

Weighted	Trad.
A=5	A=4
B=4	B=3
C=3	C=2
D=2	D=1
F=0	F=0

Magna Cum Laude: 4.05 and up (but not Summa)

Cum Laude: 3.75 - 4.04

CONSIDERING HONORS FRESHMAN YEAR

Honors courses might be a good fit for you if when you were in middle school you...

- Had little to no missing work
- Came in for help before/after school when needed without prompting
- An 8th grade Fastbridge score that reflects honors ability
- Had a teacher recommend that you would be a good honors class student

A good rule of thumb when considering honors courses:

1) Do you enjoy the subject area?

and

2) Do you enjoy being challenged academically?

COLLEGE AND CAREER PATHWAYS

Career pathways offer students a sequential set of classes to explore careers of interest.

Pathways consist of:

Introductory Courses

Allows students to explore a wide variety of careers within a field

Technical Level Courses

Focus on specific skills needed within a career area

Application Level Courses

Provide real-world experiences in the classroom with industry mentors or through professional workplace experience

**See all pathways starting on page 6 of Program Planning Guide*

WASHBURN INSTITUTE OF TECHNOLOGY

ADMISSION REQUIREMENTS:

- Junior or Senior
- On Track to Graduate & Good Attendance
- Application
- HS Recommendation Form
- Pass the WU Tech. Entrance Exam (Accuplacer in Math & Reading)

QUALIFIED ADMISSIONS for Kansas Regents Universities

QUALIFICATIONS

ESU/PSU/FHSU/WSU

ACT of 21+ **OR** 2.25 GPA

KU/KSU

ACT of 21+ and 2.0 GPA **OR** GPA 3.25

For all: 2.0 cumulative GPA in college courses taken in high school

RECOMMENDED CURRICULUM

Language Arts - 4 yrs

Math - 4 yrs

Social Sciences - 3 yrs

Natural Sciences - 3 yrs (bio, chem, physics)

World Languages - 2 years

RECOMMENDED COLLEGE PREP Four Year High School Plan

Language Arts - 4 yrs

Mathematics - 4 yrs

Science - 3 yrs (biological science, chemistry, physics)

Social Studies - 3 yrs (US History, US Gov't, geography, psychology, or world history)

World Language - 2 yrs

Speech - 1 semester

NCAA ATHLETIC ELIGIBILITY GUIDELINES

NCAA Div I or II Eligibility Requirements

At least a 2.5 in the core curriculum

AND

ACT of at least a sum score of 68
(4 parts of ACT added together,
roughly a composite score of 17)

NCAA Core Curriculum (16 credits)

4 yrs - Language Arts

3 years - Math

3 years Social Studies

2 years of Nat/Phys Science

4 years - additional courses

(math, science, language arts
or world languages)

Must have 10 core credits by end of
your junior year.

7 core must be in language arts, math,
and science.

DRIVER EDUCATION

- Enrollment in April
- Offered during Summer
- For 9th graders or older (Age 15 by Aug. 15th)
- Classes begin after conclusion of regular school year
- Student receives 1/2 credit on pass/fail basis upon completion of class

SCHEDULE CHANGES for FRESHMEN

- Students will receive information regarding their schedule before they leave for summer.
- Schedule changes will be made once school is out. Dates will be announced.

SEAMAN HIGH SCHOOL WEBSITE

To view the Program Planning Guide online, visit:

https://shs.seamanschools.org/career__life_planning/program_planning_guide

FRESHMAN ORIENTATION

FRESHMAN ORIENTATION for students and parents will be held in August prior to the first day of school.

Check Schoology and the calendar this summer for the date.

Thank you for attending!