



# Tuscola High School

## Freshman & Sophomore Newsletter

564 Tuscola School Rd.,  
Waynesville, NC 28786

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### Time Line Check List

#### 9th Grade—Set Your Goals

- Concentrate on making good grades.
- Meet your counselor & discuss your goals.
- Take challenging courses, even if your grades are slightly lower.
- Create a free CFNC account. Keep track of courses, grades, awards, honors, & more.
- Explore career interests at CFNC.org.
- Explore career interests.



#### 10th Grade—Keep Your Focus

- Meet with your counselor & review your goals.
- Register for AP, honors & advanced courses.
- Update your CFNC planner with courses, awards & activities.
- Practice for the SAT & ACT for free at CFNC.org
- Take the PSAT if not already
- Pursue extracurricular interests, such as dance, computers, music, sports & community service.
- Talk with family & friends about their educational choices.



## Parent Night

### When:

Thursday,  
January 17th  
@ 6pm

### Where:

THS Auditorium

### Why:

For 9-11 grade students and parents! We will discuss graduation requirements and the upcoming registration process.

**Please plan to attend this very important event!**



## Summer Ventures in Science and Mathematics

### What is Summer Ventures?

- 4-week residential camp
- Cost-free, state funded program
- Intensive study in a rigorous academic setting



### What are the dates for SVSM?

- June 17-August 4, 2013



### Where do students stay?

- SVSM is available on 4 campuses in the UNC system.
- Students will live in dormitories under the supervision of residential advisors.

### What are the eligibility requirements?

- Rising high school junior or senior who has not previously participated in a SVSM program.
- Custodial parent of guardians who live in NC as of December 1, 2012.
- Proven academic ability, motivation in STEM fields of study, emotional maturity.
- Not attending Governor's School (if accepted to both SVSM and Governor's School, student must choose one).

### How do I apply?

- Applications are online
- Applications must be submitted by January 31!

More information can be found in the THS Counseling Center or <http://www.summerventures.org>

## Tips for Parents :

**High School is about the teenage student; however parents also have their part to do.**

### Here's a simple list to keep everyone focused.

- Make sure your teen is at school, on time, every day.
- Attend all open houses and parent conferences. Especially those about options after high school and college funding.
- Stay on top of your child's goals.
- Don't nag.
- Talk to your teen about school. Be a good active listener.
- Guide your teen to be a good time manager.
- Encourage your teen to become active at school.
- Continue to make sure they are doing their homework. Contact teachers even if every thing is great.
- Be supportive and patient.
- Put home computer in a "public" place in the home. Learn about technology your teen is using and internet safety.
- Know when report cards come out. If you don't see it you can get one from the school.
- Stay involved, "teenager" does not mean "adult".
- If you don't know, learn. Check out books about teenagers from the local public library. After all, you're raising them to be on their own and to do a good job at it.
- When the going gets tough, talk to someone.

The Directory of College Preparation Programs for K-12 Students in NC is a great resource to find a summer program that interests you.

It's available online – free—at: [www.gocollege.appstate.edu](http://www.gocollege.appstate.edu)

The directory lists programs across the state, sponsored by colleges and universities, public schools and nonprofit agencies that will prepare you for college success. You can choose from programs in science and math, leadership, business, government, health careers, marine sciences, arts, humanities and more.

## How do you get good grades?

**Anyone can get good grades. Effort is required, no one can do it but you. You've got to "Nike it", in other words "Just Do It". Here's a list of what you need to do to get good grades.**

- Believe in yourself.
- Be organized.
- Manage your time well.
- Find out ways to get extra credit
- Take good notes.
- Know how to read a textbook.
- Study smart; find a quiet place, use highlighters, write out what you're to study, study with others
- Use test-taking strategies.
- Reduce test anxiety. And get help when you need it.

Getting in the habit of doing these things will not only help your grades but are useful outside of your school life too

## The Shelton Challenge



The Shelton Challenge is a one-week summer experience for rising freshman, sophomores, juniors and seniors in high school. Students must have a GPA of 3.0

or higher. The core curriculum focuses on leadership, team-building activities, goal setting, etc. There are several dates and locations where the camp takes place. To access the application and to get further information, please see website at [www.ncsu.edu/sheltonleadership](http://www.ncsu.edu/sheltonleadership).