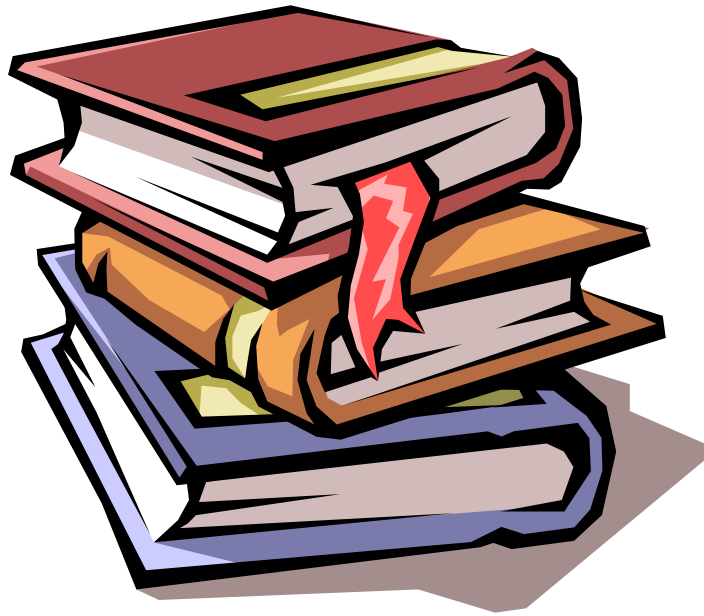


*Guide to Guidance
for
9th Grade Students*



*Kingsway Regional High School
Guidance Department*

<http://kingswayguidance.com/>

Introduction

Welcome to Kingsway Regional High School and the K.R.H.S. Guidance Department. We look forward to working with you to assist you in preparing for your life after Kingsway. Each year you can expect to receive a grade level "Guide to Guidance" which is a reference for you and your parents intended to help you along the way.

High school offers great opportunities. You will have more choices to make, more responsibilities to handle and more independence than ever before. It is our goal that you be successful and to help you make the most of your time here. Therefore, please feel free to contact your counselor directly with any questions or concerns you may have.

The Guidance Department

Counselor Name	ext.	e-mail address
Mrs. Nancy McCloskey (B,C,J)	4215	mccloskeyn@kingsway.k12.nj.us
Mrs. Vivian Cassidy (D,E,F,G)	4290	cassidyv@kingsway.k12.nj.us
Mr. Keith Clark (L,M,N,Y)	4213	clarkk@kingsway.k12.nj.us
Mr. John Cappolina (A,I,O,P,T,U,W,X)	4272	cappolinaj@kingsway.k12.nj.us
Mrs. Lisa Yourison (K,Q,R,S)	4214	yourisonl@kingsway.k12.nj.us
Mr. Michael Schiff (H,V,Z)	4225	schiffm@kingsway.k12.nj.us
Ms. Betty Mitchell <i>Student Assistance Counselor</i>	4217	mitchelle@kingsway.k12.nj.us

Secretaries	ext.	e-mail address
Mrs. Irene Savidge	4207	savidgei@kingsway.k12.nj.us
Ms. Bunny Piechowski	4210	piechowskib@kingsway.k12.nj.us

9th Grade Student Planner

Talk to your guidance counselor about your plans for after you graduate from high school. Some of your choices may include:

- 4 year college
- 2 year college
- Specialized training or vocation
- Apprenticeship
- Employment
- Military Service

Deciding which of these choices best suits you requires careful consideration and consultation with your guidance counselor and teachers as well as your parents. One way to find out more information on careers and college majors is to check out this website: <http://usa.cx.bridges.com>. There are more detailed instructions on how to use this program in this packet.

Regardless of which path you choose there are still some guidelines that you should follow:

- **Prepare early** – Whether you plan to attend college or enter the military there are steps you will need to take in order to reach your ultimate goal for the future. Find out what they are. Don't procrastinate!

- **Grades** – It is important that you do your best in **all** of your classes so that your grades are a true reflection of your academic ability. You may have heard people say that in freshman year everything starts to “count”. This simply means that all of your freshman courses, grades and credits will appear on your transcript when the time comes to apply to college. We advise you to establish good study habits and work hard to get good grades as early as your freshman year. Parents have access to view grades on-line and monitor progress throughout the year. (If parents have questions about passwords and logging on to view teachers’ grade books contact the Technology Department directly via e-mail: portal@kingsway.k12.nj.us) Parents are encouraged to contact teachers directly via e-mail or phone with specific questions or concerns about grades. Information on teachers e-mail addresses and mailbox numbers can be found in students’ Agenda book or on the school’s website: www.kingsway.k12.nj.us

Here are some tips to help you succeed in class:

- ❖ Come to class prepared – This means bringing your textbook, notebook, agenda book and homework as well something to write with **each** day.
- ❖ Take notes in class – Don’t assume that you will remember everything that is discussed when the time comes to take your test.
- ❖ Utilize your Agenda Book – This will help you organize and keep track of your assignments each day.

- ❖ Do your homework – Not only do teachers count homework toward your total grade, but it also helps to reinforce the concepts so that you become more familiar with the material.
 - ❖ Review at home – Even if you are not assigned homework to turn in the next day, you should still look over your notes each night as a review of what you did that day.
 - ❖ Be organized – Keeping all your notes and worksheets together in one place will help you be ready to study for tests and quizzes.
 - ❖ Study for tests and quizzes – Start preparing for tests and quizzes days in advance. You may want to review notes or even make flash cards. Don't wait until the night before.
- **Ask for help** – If you find yourself struggling in a class, you should know that there are places that you can turn to for help.
- ❖ Ask your teacher – You may be able to stay after school for extra help with your teacher. Find out what days he/she stays after and make arrangements to stay after school.
 - ❖ Academic Support Program – Teachers are available after school on Tuesdays, Wednesdays and Thursdays for assistance in English, Math or Science. To sign up simply visit: <http://kingswayguidance.com/> to print out the parent or student referral forms.
 - ❖ Peer tutoring – National Honor Society members are available to tutor students one-on-one either after school or during a study hall in the Media Center. For more information or to sign up see your Guidance Counselor.

- **Get involved** – As early as your freshman year, you can participate in a variety of clubs and activities as well as sports. It is a good way to get to know your classmates and other students who share the same interest as you do. A list of extracurricular activities offered at Kingsway is available on the district website: www.kingsway.k12.nj.us
Don't be shy!

- **Student Athletes** – Students who participate in athletics may want to check out the NCAA's website: www.ncaa.org

- **Create a pro“file”** – Keep copies of all your report cards along with copies of any awards and honors you receive throughout the year in a file. Keep a list of any school and community activities in which you are involved including volunteer work with descriptions of what you do. You will need this information when applying to colleges.

- **Help us get to know you** – If you have not done so already, please review and complete the questionnaire titled “What Do You Want Your Counselor To Know About You?” This information helps your counselor identify your goals and assist you in reaching them!

- **Attend our “Jump Start to College Planning Night”** – This program presented by the Guidance Department in the fall is open to 9th and 10th grade students and parents. It is designed to provide you with information and tools to help you explore colleges and narrow down your choices.

- **Be here** – Good attendance is crucial to your success in high school.

Check out Career Choices and College Majors

The web site is: <http://www.access.bridges.com>

User name: **0035648** password: **candy**

Work

- Choose a Career zone or cluster
- Career Finder (Interest Inventory)
- Alphabetical listing of careers

Learn

- Choose a Major
- Major Finder (Inventory)
- Alphabetical listing of majors

Life

- Volunteering and Recreation

Portfolio

- Save your important findings for your own personal reference.

Another good website is: www.coin3.com

Site ID: [LNJ15574](#) Login: [1665113](#)

This will take you to main menu where you can select:

Exploration Center:	<i>College Search</i>	<i>Quick Search</i>
	<i>Occupation Search</i>	<i>State Data</i>
	<i>Scholarship Search</i>	<i>Financial Aid Information</i>
	<i>Assessment Surveys</i>	

Planning Center:	<i>Build a Resume</i>
	<i>Store Career Information</i>
	<i>Plan for College</i>

Activity Center:	<i>Practice SAT/ACT and GED</i>
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Resource Center:	<i>Web Connections and Latest Links</i>
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Communication Center:	<i>Messages and information to keep parents informed.</i>
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KINGSWAY REGIONAL HIGH SCHOOL GUIDANCE DEPARTMENT

WHAT DO YOU WANT YOUR COUNSELOR TO KNOW ABOUT YOU?

NAME: _____ DATE OF BIRTH: _____

E-MAIL ADDRESS: _____

Please respond to the following questions:

1. What are some of the most important things in your life?

2. What do you consider your strengths to be? Your weaknesses?

3. Please share some positive, negative, or unusual experience you have had that made a difference in your life.

4. Please share your thoughts and concerns about the future. What are your goals and expectations?
Where do you see yourself in 5 years?

5. List three words that best describe you.

6. What classes have given you the most difficulty or were the most challenging? Explain.

7. Are there any outside circumstances that have interfered with school?

8. What is the main thing you want your counselor to know about you?

9. Additional information:
