Common Student Pitfalls

New Family Orientation
2013-2014 School Year
Being the “New” Member of EC

- Be a part of the SPIRIT of El Camino
  1. Athletics
  2. Academics (College/Career ready)
  3. Visual and Performing Arts (Band/Drama)
  4. Student Activities (Clubs/Dances/Rallies)
  5. Academic/Career Programs (AVID/EPI/Drama/Radio & TV/Newspaper)

- Failure is not an option, it is a choice
- Attendance Matters
- Academic Priority
- Communication is key
Freshman Year Does Count

- Don’t believe the myth that freshman year does not count!
- Freshman GPA is accounted for in your transcripts for college admissions.
- Freshman classes DO prepare students for the next level.
- Summer school is not always an option or available.
- Making up lost credits from freshman year can put students in jeopardy of not graduating.
- Students must receive 220 credits to graduate and have 240 possible credits, only leaving them with a 20 credit cushion.
Sample Freshmen Schedule

1st Period: Physical Education 1
2nd Period: Biology
3rd Period: English 1
4th Period: Algebra 1 or Geometry
5th Period: Elective
6th Period: Health/Computers (Semester Long)
# Graduation Requirements

<table>
<thead>
<tr>
<th>A-G</th>
<th>Subject</th>
<th>Graduation Req.</th>
<th>UC/CSU Entrance Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>History/ World History/Gov-Econ</td>
<td>3 years</td>
<td>2 years</td>
</tr>
<tr>
<td>B</td>
<td>English</td>
<td>4 years</td>
<td>4 years</td>
</tr>
<tr>
<td>C</td>
<td>Math</td>
<td>2 years</td>
<td>3 years (4 rec.)</td>
</tr>
<tr>
<td>D</td>
<td>Lab Sciences</td>
<td>2 years</td>
<td>2 years (3 rec.)</td>
</tr>
<tr>
<td>E</td>
<td>Foreign Language (LOTE)</td>
<td>1 year</td>
<td>2 years (3 rec.)</td>
</tr>
<tr>
<td>F</td>
<td>Visual &amp; Performing Arts</td>
<td>1 year</td>
<td>1 year</td>
</tr>
<tr>
<td>G</td>
<td>Electives</td>
<td>2 years</td>
<td>1 year</td>
</tr>
<tr>
<td>---</td>
<td>Physical Education (PE)</td>
<td>2 years</td>
<td>n/a</td>
</tr>
<tr>
<td>---</td>
<td>Health</td>
<td>1 year</td>
<td>n/a</td>
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</tbody>
</table>

“D” Or Better

“C-” Or Better
New Temptations

- Peer Pressure (negative types)
  1. Students may feel the urge to want to be “cool” and fit in.
  2. Parties/Drugs/Alcohol
- Relationships with friends begin to take priority over their studies
- Boys friends/Girls Friends
- Cheating on assignments/quizzes/tests
- Wanting to keep up with their peers (technology, clothing, etc)
Student Accountability

- Stay organized! Write all assignments down in daily planner.
- Complete homework
- Seek help when you have questions
- We can’t teach an empty seat, so please get to school and class on time.
- When absent, please get absent work and complete it in the allotted time.
- Check grades regularly on Zangle.
Get Connected and Stay Connected

Participate in Activities:
1. School Dances
2. Spirit Weeks
3. Games
4. Campus Clubs
5. Performing arts

Participate in the Classroom:
1. Maintain a daily planner
2. Utilize “Zangle”
3. Email teachers
4. Communicate: Encourage your child to share academic progress
5. Volunteer
Cyber Bullying & Bullying

- Participating in Bullying
  1. Saying hurtful things to impress others
  2. Using the internet and social media to hurt others
  3. Not understanding their peers emotional state and “joking” with them
  4. Encouraging others to bully
- Not taking action when they see it
Bullying cont...

- What can your student and/or you do to help?
  1. Tell any adult on campus
  2. Contact the Vice-Principal’s office by phone at 971-7433
  3. Text a confidential message to (916) 243-5552
  4. Fill out a bullying form, found on the EC website and turn it in to any adult on campus. ([www.sanjuan.edu/elcamino](http://www.sanjuan.edu/elcamino), then click on Resources, then Bullying and Harassment)
Parenting High School Students
How Do You Survive?

- **Best Practices**
  - Help your child become a self advocate
  - Call or e-mail ahead of time for appointments
  - Consistency- words vs. choice
  - Progress and Quarter grades are important
  - Check Zangle for updated grades
  - Encourage homework completion
  - E-mail to contact teachers
  - Get involved in School Culture

- **Common Pitfalls**
  - Doing too much for your child
  - Thinking that they have the same teacher every year
  - Not understanding the impact of negative actions
  - Believing everything they say
  - Teacher Preferences

- **And Finally…Have a sense of humor**
  - Remember teens emotions are magnified
  - You will survive the journey if you: **Love, Learn, Laugh with your child**
Last Minute Tips

- Encourage your child to keep a daily planner and complete homework.
- Help your child become familiar with checking his/her grades on Zangle.
- Encourage your child to seek help and ask questions when needed.
Resources

- Vice Principal's Office Number
  - Mr. Bross: A-K
  - Ms. Sisson: L-Z

- Counseling Office Number
  - Mr. Derum: A-G
  - Ms. Mackey: H-O
  - Ms. Stevens: P-Z