



Class of 2028

Building a Strong Foundation for Hunterdon Central

January 18, 2024



CLASS OF 2028

Mr. Schneebeli Vice Principal

Mrs. Cruz - Secretary

Mr. Cubberly - School Counselor

Mrs. Wagener - School Counselor

Mr. Williams - School Counselor

Ms. Heller - Student Assistance Counselor

Mrs. Larsen - School Nurse

Topics

- Smooth Transition
- Importance of Academics
- Scheduling & 4-Year Plan
- Extracurricular Involvement
- Balance



Making a Smooth Transition

Planning & Organizing

- The use of a planner or calendar app for school and non-school commitments.
- Creating a doable schedule.
- Determining your priorities.



Time Management

- Appropriately estimating the time needed for activities.
- Meeting deadlines and avoiding rushed work.
- Breaking bigger projects into chunks.
- Learning how to balance work and leisure time.

Practicing Good Habits

- Healthy Sleep (7-8 hours min.)
- Balanced Diet & Physical Movement
- Relaxation Techniques

Stay focused on your **goals**, keeping them realistic and evaluating them regularly.

Use your **resources**! There are many people at HC to help you. This includes counselors, teachers, administrators, coaches, and more.

Importance of Academics



Grades Matter

- Freshman year is the foundation year of your academic performance.



Credits Matter

- Seat Time
- Athletics



Academic Challenge

- What is academic challenge and why is it important?
- Challenge is different for every student.



Scheduling

- Use the Program of Studies.
- Develop a 4-year plan.





Central Graduation Requirements

Content Area	5 credits	10 credits	15 credits	20 credits
English Language Arts				
Mathematics <ul style="list-style-type: none"> Algebra I or the content equivalent Geometry or the content equivalent Third year of math that builds on the concepts and skills of algebra and geometry 				
Science <ul style="list-style-type: none"> Laboratory biology/life science or the content equivalent Laboratory/inquiry-based science course (i.e., chemistry, environmental science, or physics) Laboratory/inquiry-based science course Central students take Environmental & Earth Science first 				
Social Studies* <ul style="list-style-type: none"> 5 credits in World History/Global Studies At least 10 credits in United States History Central students take US History first 				
Health, Safety, and Physical Education** <ul style="list-style-type: none"> Students must be enrolled in Health/PE for every year of enrollment Central students take two, 2.5 credits per year 	3 ¾ credits in health, safety, and physical education during each year of enrollment			
World Languages***				
Visual and Performing Arts				
Financial, Economic Business, and Entrepreneurial Business Literacy				
21st Century Life and Careers				

Attendance Matters

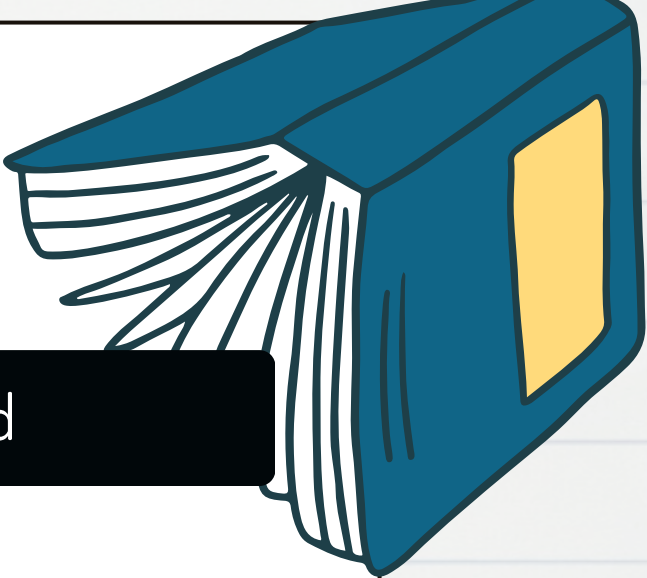
What is an absence?

An absence refers to a student not being present in school for a full block or missing 30 minutes or more of the block. Please report any absence from school to the appropriate House Office secretary prior to 9:00 AM. Voicemail is available outside of school hours. After an absence, students are required to provide the House Office with written verification upon his/her return to school.

ABSENCE LIMITS

Length Of Course	Warning Notice Sent	Maximum # Of Permitted Absences	Loss Of Credit Occurs On
45 sessions	3rd absence	4 absences	5th absence
90 sessions	5th absence	9 absences	10th absence
135 sessions	7th absence	13 absences	14th absence
180 sessions	9th absence	18 absences	19th absence

Scheduling & Your 4-Year Plan



Gather Information

- Review the Program of Studies
- Understand how to Schedule on ASPEN
- All documents are on our online scheduling page

Consult

- Review teacher recommendations with student
- Reach out to current counselor
- Talk with your student

Plan Backward

- Many paths to where we want to be!



HUNTERDON CENTRAL
REGIONAL HIGH SCHOOL

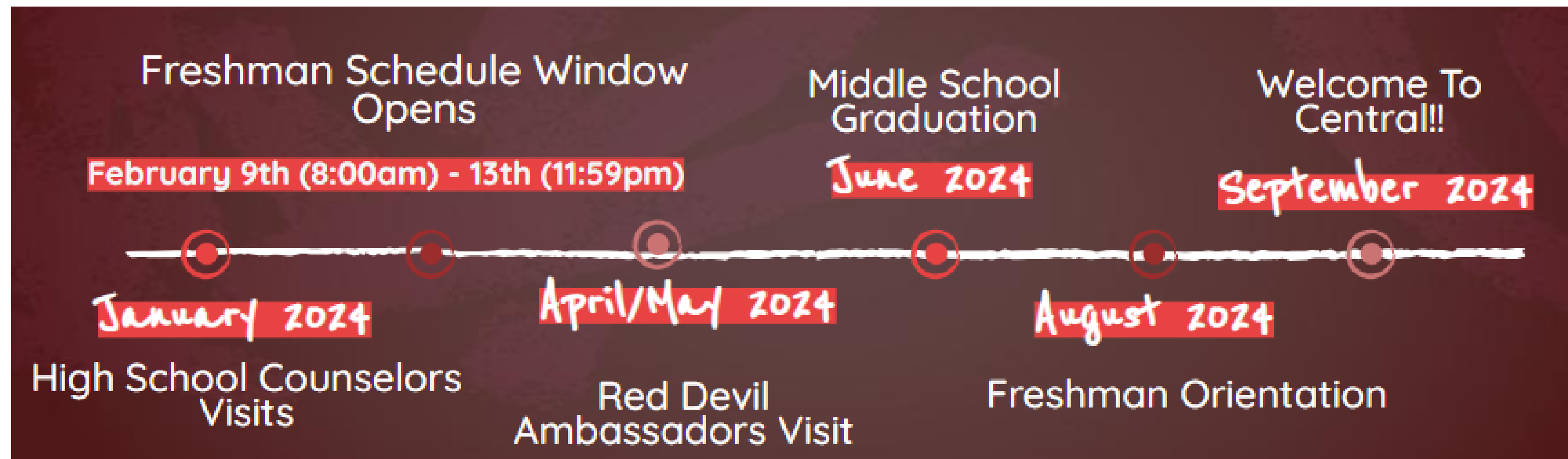


Quicklinks

2023-2024 Red Devils Sports Tickets	2023-2024 Student Event Tickets, Dues & Fees
2023-2024 Standardized Assessments	Aspen Login & Information
Contact Information	Culture: & Climate: Shining the Light
Equity, Racism & Diversity	HC Calendars
HIB Info & District Grade Report	New Students
Program of Studies	Online Scheduling
Student Handbook	School Choice



Incoming Freshman Timeline





Extracurricular Involvement



A Time of Discovery

- So many options with 100+ clubs at HC, plus everything outside of school.
- You don't need to stick with everything you try - branch out and discover!



Quality over Quantity

- Shorter list of activities with more involvement in each activity.
- A few quality activities with greater involvement is plenty.
- Choose activities that you are most passionate about.



Everything Counts!

- Activities outside of HC are equally as important as school-sponsored activities.
- Consider activities like family responsibilities and hobbies; anything that you give consistent hours to is an activity!



Student Assistance Program

Confidential Counseling & Support

- For students and families when social, emotional or mental health issues affect a student's school experience, including those related to
 - grief & trauma
 - alcohol and drugs,
 - depression,
 - anxiety,
 - family and friend issues, and
 - any other stressors or obstacles.
- SACs can help students and families find appropriate community resources when required..

Who can come see their SAC?

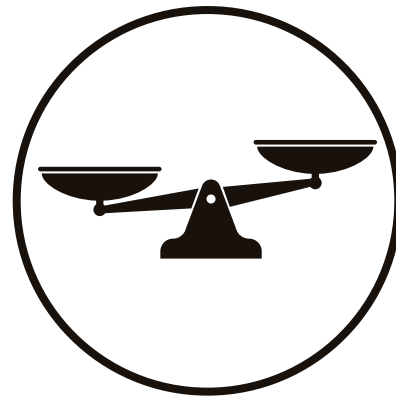
- This service is for EVERYONE. There is no problem too big or too small. Voluntary & Confidential
- Everyone will need someone to talk to over the next 4 years. You are never alone we are here to listen and help.
- Students who want to be their best self and achieve their fullest potential can come and find ways to build on their strengths and develop skills for a lifetime.
- Focus is on Wellness, Balance and Resiliency



Find Balance



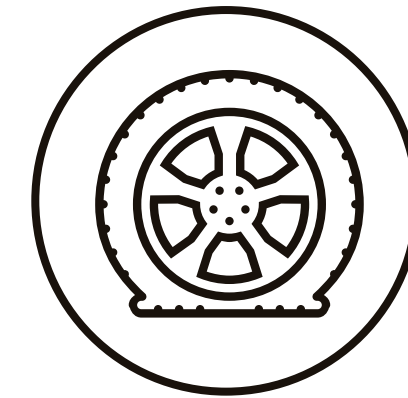
- Challenging yourself versus over doing it!
- TRUST the recommendations of your teachers



- BALANCE your life – academically, socially, emotionally



- Asset based approach
- Seeks to unlock students' potential by focusing on their talents



- Avoid a flat tire!



**Thank
you!**