

# Hackensack High School Guidance Department

## *Guide to Freshman Year*

Welcome to your first year at Hackensack High School! The choices that you make this year will impact your post-high school options. Take advantage of all that Hackensack High School has to offer by following these guidelines.

**Meet with your Guidance Counselor:** You have been assigned a counselor who will help you create a flexible 4-year plan, which will guide you to achieve your goals of graduation and post secondary education. Your counselor will also help you select courses for your sophomore year schedule. The guidance staff will support you academically, personally and socially.

**Maintain a strong Grade Point Average (GPA):** Beginning this year, all of your high school final grades will be officially documented on your transcript. GPA at Hackensack High School is not weighted. GPA is calculated by multiplying the numerical equivalent for each letter grade by the credits earned per course. This total is then divided by the total credits earned for the year. Listed below are the numerical equivalents for each letter grade:

<b>A/A+</b>	<b>= 4.0</b>
<b>B/B+</b>	<b>= 3.0</b>
<b>C/C+</b>	<b>= 2.0</b>
<b>D/D+</b>	<b>= 1.0</b>
<b>F</b>	<b>= 0</b>

**Make Up Credit:** Credit for failed courses must be made up in summer and/or night school. Speak to your counselor about opportunities to retrieve credit.

### **Testing:**

**NJ PASS:** Freshmen participate in NJ PASS testing in March. Spring testing provide a baseline for student ability level, will demonstrate student improvement in their sophomore year and will also determine whether a student requires remediation for their sophomore year.

**SRI Testing:** The language arts classes administer SRI testing, which is a web based test to determine a student's reading level.

**ACCESS Testing:** ESL/Bilingual students participate in the ACCESS test which evaluates their reading, writing, listening and speaking abilities in English.

**Get Involved! :** Hackensack High School offers a variety of opportunities to get involved in sports, clubs, leadership, and volunteer work. These activities help you stay involved in your school and community and round out your resume when applying for post-secondary schools and scholarships.

**Create a Student Activity Profile:** Begin to create a Student Activity Profile which documents your activities, community involvement, honors and awards. The completed product will help you to demonstrate your strengths when applying for colleges, scholarships and employment.

**Naviance Career and College Exploration:** The Naviance Program is designed to assist you in developing a post-secondary plan. It includes a step-by-step checklist to follow during your four years at Hackensack High School. Through Naviance, students can take interest inventories and personality tests. They can also explore college and career options. Attend local college fairs, including the HHS Annual College Fair in October. Visit college campuses by attending open houses and campus tours. Begin to work on your college essays and finalize your college choices by September of senior year. Begin to request teacher/counselor recommendations for college applications by filling out a Student Fact Sheet.

**Scheduling:** Choose electives in which you have an interest and which may lead to a possible college major or career.

**Prepare for eligibility for College Athletics:** If you plan to participate in college athletics, you will need to ensure that you are taking appropriate classes and maintain a minimum GPA of a 2.0 as required by the NCAA guidelines. Our athletic department website has link to the NCAA. You should download the College-Bound Student-Athlete Handbook as a reference.

<https://web1.ncaa.org/eligibilitycenter/common>

### **Hackensack High School Graduation Requirements**

- 4 years of Physical Education
- 3 semesters of Health
- 1 semester of Driver's Education
- 4 years of English
- 3 years of Mathematics (Algebra 1, Geometry, Algebra 2)
- 3 years of Science (Biology, Chemistry, and Physics)
- 3 years of History (2 years of US History, 1 year of World History)

- 1 year of World Language (Spanish, French, or Italian)
- 1 year of Personal Finance or a Business Education class
- 1 year of Fine, Practical, Performing Arts
- A passing score the High School Proficiency Assessment (HSPA) in Language Arts and Mathematics