

Incoming Freshman Preparing For High School



MARIAN
HIGH SCHOOL
LEARN. SERVE. LEAD.



Your Program Studies

The Core 40 Program

Subject Area Credits

English 8.0

Social Studies

US History 2.0

Economics 1.0

Mathematics 6.0

Physical Education 2.0

Computers 1.0

Theology 8.0

World Geography or World History 2.0

Government 1.0

Science 6.0

Health and Safety 1.0

Career Area, Fine Arts, or Business Ed. 2.0

Electives 10.0

- **Some Universities now want one additional year of Math and two years of a Language.**

Academic Honors Diploma

State Academic Honors Diploma

- In addition to the Marian Graduation Requirements, a student must use the following areas of study as elective credits:
 - • Mathematics: 2 credits more (for a total of 8 math credits)
 - • Foreign Language: 6-8 credits total
 - • Fine Arts: 2 credits (This must be Fine Arts and not Career Area or Business)
 - • Additional Qualifiers: (Complete only one of the following)
 - ○ Two Advanced Placement (AP) courses and take the corresponding AP exams
 - ○ Two Advanced College Project (ACP) classes that would earn six college credits
 - ○ One AP class with corresponding exam and one ACP class that would earn three college credits
 - ○ Score 1200 or higher on the SAT Critical Reading and Math portions of that test
 - ○ Score 26 or higher on the ACT composite score
 - • Note: for ACP credits to count for AHD credit the student must register with Indiana University and pay the IU tuition.
 - • Only courses in which a student earns a “C” or better may count towards an academic honors diploma; and a student must have a GPA of at least a 3.0

Your Four Year Plan

Area	Course	Credits	Area	Course	Credits
Religion		2	Religion		2
English		2	English		2
Math		2	Math		2
Science		2	Science		2
Social Studies/Elective		2	Social Studies/Elective		2
Physical Education		2	Health/Elective		2
Elective/Elective		2	Elective/Elective		2
14			14		
Area	Course	Credits	Area	Course	Credits
Religion		2	Religion		2
English		2	English		2
Math		2	Elective/Elective		2
Science		2	Elective/Elective		2
Social Studies		2	Social Studies		2
Elective/Elective		2	Elective/Elective		2
Elective/Elective		2	Elective/Elective		2
14			14		

A Typical Freshman First Year Schedule

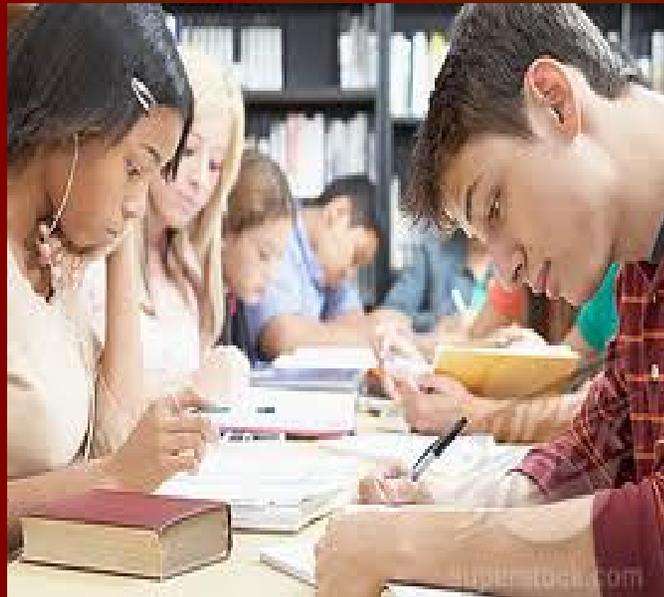
- English
- Theology
- Math
- P.E.
- Science
- One 2 Credit elective or 2 (1) credit elective for the whole year.

Scheduling

- Your initial schedule will be completed with a parent/guardian and one of the School Counselors.
- The next years schedule will be completed in the following spring.

Honors Classes

- Marian does offer Honors classes in all grade levels of English, Math, Science, and Social Studies.
- In 11th and 12th grade Art and Language Honors classes are available.
- In 12th grade Honors classes are available in Theology.
- Advanced College Project (ACP) classes are available for junior and senior year.



Electives

- You may select a total of 10 credits minimum for electives in the four years here at Marian.
- Please see your Curriculum Handbook for electives or refer to marianhs.org for the curriculum handbook in the academic section.



Get Involved!

- Research shows students who are involved in positive activities do better in school and are less likely to get involved with unhealthy behaviors.
- You are able to develop your God given talents!
- You meet new people!
- It looks great on college applications!



Sports and Clubs

Sports

- Football
- Basketball
- Wrestling
- Golf
- Volleyball
- Swimming
- Intramural Sports- Basketball and Volleyball
- Soccer
- Tennis
- Hockey
- Baseball
- Softball

Lacrosse
Cheerleading
Poms
Rugby

Clubs

- ACTS- A chance to serve
- Campus Ministry
- Regina Caeli –promotes vocations
- for girls
- Ambassadors- Student Leaders
- Art Club
- Bowling
- Dance, Dance Revolution
- Zumba
- German Club
- Intramural Sports- Basketball and Volleyball
- Junior Statesman

Clubs Continued

- Junior Civitan
- Liturgical Band/choir
- National Honors Society
- Pep Club
- SADD
- Ski Club
- Speech and Debate Club
- Yearbook
- Mole Club
- Diversity Coalition
- Tech Club
- Creative Writing Workshop
- Latin Club
- Mock Trial
- Newspaper
- Quiz Bowl
- Science Club
- Spanish Club
- Student Council
- JR. ROTC
- Photography Club
- Spotlight Dancing
- Environmental Club and Recycling

Tips for A Successful Student

- Eat a healthy breakfast before school
- Exercise daily
- Have a daily regular study time
- Use your planner
- Do your homework the night it is assigned
- Turn assignments in on time
- Avoid missing school, it is very easy to fall behind-you are responsible for getting your homework.
- Don't be afraid to ask questions
- Ask for help if you need it- Contact your teacher, or school counselor for tutoring programs.
- Keep track of your grades on SDS

Marian's Tutoring Program

- The Tutoring Program is run by the Guidance Department and the National Honors Society students. Tutoring is available Mon- Thurs after school.
- Take advantage of this program right away when you need some assistance in your coursework...it will make a world of difference!
- Many students have benefited from learning from other students!
- Please stop into the School Counseling Department to sign up.

Setting Goals

- Make a Plan!
 - i.e. My long term goal for this year is.....
- Make short term goals
 - These will help you obtain your long term goal
 - SMART
- S—Be Specific
- M—Make your goals measurable
- A—make your goals action-oriented
- R—Use Resources
- T—Make your Goals Timely
- Ask someone for help in working toward your goals.

What Colleges Look For:

- Solid Grades- Show you are committed.
- Well rounded students- involved in activities and community service
- SAT or ACT
- PSAT in Soph. year



Managing Stress

- Taking deep breaths accompanied by thoughts of being in control ("I can handle this")
- Progressive muscle relaxation, (repeatedly tensing and relaxing large muscles of the body)
- Setting small goals and breaking tasks into smaller manageable chunks
- Exercising and eating regular meals, and avoiding excessive caffeine
- Focusing on things you can control and letting go of things you cannot control



Managing Stress Continued

- Rehearsing and practicing feared situations (e.g., practicing public speaking or asking someone out on a date)
- Talking about problems with others, including parents, older adults and friends, school counselor
- Lowering unrealistic expectations
- Scheduling breaks and enjoyable activities, such as music, art, sports, socializing
- Accepting yourself as you are and identifying unique strengths and building on them, but realizing no one is perfect!

Bullying

- Marian High School takes the view that *any form* of bullying or harassment is **unacceptable**. Bullying is a breach of the student code of rights and responsibilities.
- Every member of the Marian High school community has a right to feel protected, nurtured and valued.
- A tradition of silence is a barrier to be broken down. As a student of Marian High School it is not only your right, but your responsibility to report bullying, whether it happens to you or to someone else.



What is Bullying?

- Bullying is any willful, conscious behavior intended to hurt another person, either physically or emotionally.

Bullying may take many forms and can include:

- picking on others.
- making hurtful and racist comments.
- any form of physical violence such as hitting, pushing or spitting.
- making suggestive comments or other forms of sexual abuse.
- forcing others to act against their will.
- verbal threats of aggression against property or possessions.
- using put-downs, belittling others' abilities and achievements.
- using offensive names, teasing or spreading rumors about others or their families.
- acts of vandalism.

Bullying Continued

- Bullying is a serious issue
- Bullying is **not "OK"**. Do not tolerate bullying – it is too important not to report. A tradition of silence is a barrier to be broken down. As a student of Marian High School it is not only your right, but your responsibility to report bullying, whether it happens to you or to someone else. If you are feeling bullied or are seeing someone else being bullied contact your teacher, Mrs. Hatfield, or a School Counselor. Even though you may be able to handle a situation, someone else may not be able to. Be the one that helps others.

Let's the Show Begin!!

Have fun at Marian, study hard, and enjoy
the next four years!!!

