



# Bexley City School District

To provide educational experiences that engage, equip and empower each student.

## Freshmen Scheduling Checklist

In preparation for the Freshmen Scheduling Appointments during the month of February, the high school counseling team has created a checklist with the goal of helping students and families as they prepare for their initial academic planning meetings.

We believe it is important for students to reflect on their previous academic and non-academic experiences, accomplishments and areas where they would like to continue to grow as a student. Armed with this information, students can begin identifying specific (and realistic) goals they have for themselves, as well as how to utilize and access the incredible opportunities, resources and experiences available at Bexley High School.

Login to *PowerSchool* to access and **view your course recommendations** for the upcoming academic year. Course recommendations will be available in PowerSchool on February 1 and students can view / download instructions on how to do so by going to:

<https://www.bexleyschools.org/CourseSelectionInformationPlanning.aspx>

(select the *Viewing Course Recommendations in PowerSchool for Current 8<sup>th</sup> Graders* link under *Course Planning for Current 8<sup>th</sup> Grade Students*)

- Carefully review all of your teacher recommendations** and if you have questions about a recommendation please meet with your current teacher(s) to discuss the recommendation.

*Note: If you don't see a recommendation for each of the core content areas (English, Math, Science, Social Studies) and a foreign language, please let your teacher know as soon as possible.*

- As a family, **discuss areas of interest, things you are passionate about and the goals you have both academically and non-academically over the next four years.** Do I enjoy math and science more than English and social studies? What electives (the arts, business, music, technology, etc.) do I have an interest in taking or learning more about? Typically, students who are more intentional and proactive with their high school planning are more likely to enjoy the challenges, opportunities and experiences over the course of their high school career. To further explore potential career interest areas, students can take the *Career Cluster Inventory* on the *Ohio Means Jobs* website:

<https://jobseeker.k-12.ohiomeansjobs.monster.com/ExploreIt/DefaultCci.aspx#/welcome>

Additionally, students and families are strongly encouraged to be mindful and realistic about their individual academic and non-academic goals while developing an academic plan for the next four years. While we are fortunate to have a wide range of core and elective course offerings, the reality is students need to prioritize (admittedly sometimes difficult) regarding how to balance their academic, non-academic and personal / social experiences while maintaining a positive sense of self, reasonable level of stress and overall while maintaining a commitment to self-care.

- Review the State of Ohio Graduation Requirements** as you begin to develop an academic plan, it is important to identify the courses and credits you **MUST** complete to meet all high school graduation requirements as well as the courses you **WANT** to complete. To review the course and credit requirements for graduation, go to:

<http://education.ohio.gov/Topics/Ohio-s-Graduation-Requirements/Courses-and-Requirements>



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- As you evaluate your course options and interests for the upcoming year, it is important to **identify commitments you have outside of the academic day**. Whether it is extracurricular / co-curricular activities, family responsibilities, a job, volunteer work, etc., it is important to be mindful and realistic regarding how much time you'll need to invest in your academic and non-academic commitments. Before you answer this question, keep in mind the next checklist item regarding homework...
  
- **Consider the amount of time and effort I will need to invest each night towards my academics.**  
The average amount of time invested in school work outside of the academic day during 8<sup>th</sup> grade is traditionally much less in comparison to that of freshmen year. With a typical course load of 4 core classes, an elective, a foreign language class and a study hall, students who perform well in their academics often invest an average of 2-3 hours per night. Students taking honors-level courses can often spend about 30-45 minutes per night for each individual honors course.
  
- **Should I schedule a Study Hall during the academic day?** Similar to middle school, students have a 7-period academic day and are required to carry a minimum of 6 academic classes, which leaves 1 period open for an additional elective or a Study Hall. Freshmen students are encouraged to begin high school with a study hall period (for at least the first semester), students may certainly choose to add an additional elective course instead of a stud hall period.
  
- **Are my academic and extracurricular commitments balanced and realistic?** One of the biggest challenges for students at Bexley High School is maintaining a balance between academic and non-academic opportunities. Individually, it is certainly possible to be successful and perform at a high level across multiple course subjects, extracurricular activities and co-curricular activities. However, the reality is that life just doesn't allow us to take things one class, one activity at a time. Learning to follow through on commitments is an essential life-skill for success in post-secondary opportunities and beyond.

Have a terrific rest of the year at Bexley Middle School. We are looking forward to supporting your high school experience so that all students have the opportunity to make the most of the incredible opportunities available here at Bexley High School.

Sincerely,

The Bexley High School Counseling Team

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