

# 9<sup>th</sup> and 10<sup>th</sup> Grade



## Checklist

- Check your Microsoft Outlook student email, Aeries Portal and Canvas daily to stay informed about communications, grades, and progress.
- If you are struggling with your classes meet with your teachers during their office hours.
- If you are struggling with studying for tests, ask your teachers for suggestions or request a study guide or outline for an upcoming test.
- Have questions about your classes, college, credits, or college majors? Make an appointment with your counselor.
- **Here are some top questions you can ask your counselor during a meeting:**
  - Am I taking the right classes? Should I consider AP or Advanced Courses?
  - What classes should I take if I want to go straight to a Four-Year College?
  - How is my GPA calculated in high school?
  - What are the graduation requirements?
  - What are A-G requirements?
- Tutoring – paper.co is a virtual online tutoring program that can help you in all subjects. Check with your teachers for their tutoring hours as well.
- If you are in an AP class please be sure to sign up for the AP Readiness Program <https://apreadiness.ucr.edu/> visit the website for registration information.
- Stressed? Overwhelmed? Let us know how we can help. Reach out to your counselor or a trusted adult for help. You're not alone. Please look at the valuable information on stress and coping strategies on the last page.
- The following page contains our graduation requirements as well as A-G requirements. Other requirements entail: 40 hours of community service, Senior Culminating Project, Junior Reflective Essay (written your 11<sup>th</sup> grade year).
- Focus on doing your work, studying, and asking for help when needed!
- **Your grades count!**
- Calculate your GPA: A = 4, B = 3, C = 2, D = 1, F = 0  
Add up all your Final Grades and divide by the number of classes = **GPA**  
Grades = Credits for Graduation, please review the graduation requirements on the next page.

<b>VMHS Graduation Requirements</b> <i>* with grade D or higher</i>	<u>Minimum Eligibility Requirements for Freshman University Admissions</u> <i>( must complete all courses with grade C or higher )</i>	
	California State University <a href="http://www.calstate.edu">www.calstate.edu</a>	University of California <a href="http://www.universityofcalifornia.edu">www.universityofcalifornia.edu</a>

World History	1 year 10 credits	2 years U.S. History/World History/Government	2 years U.S. History/World History/Government
U.S. History	1 year 10 credits	" " "	" " "
Government/ Economics	1 year 10 credits	" " "	" " "
English	4 years 40 credits	4 years	4 years
Mathematics	3 years 30 credits	3 years including: Math I, Math II and Math III	3 years including: Math I, Math II and Math III <b>4 years math recommended</b>
Science	3 years 30 credits	1 year of lab science (including Biology and Chemistry or Physics) and 1 year of lab or non-lab science	2 years lab science including: Biology and Chemistry or Physics. <b>3 years recommended</b> Biology, Chemistry and Physics
World Language	1 year 10 credits	2 years of same language other than English	2 years of same language other than English <b>3 years recommended</b>
Visual/ Performing Arts	1 year 10 credits	<b>1 year of same UC/CSU approved Visual/Performing Art*</b> (must be completed in same academic year) *refer to UC/CSU A-G list	<b>1 year of same UC/CSU approved Visual/Performing Art*</b> (must be completed in same academic year) *refer to UC/CSU A-G list
Health Computers/Careers	1 semester 1 semester 10 credits		
Electives	50 credits	1 Year UC/CSU approved Elective or can be any A-F course above minimum requirement	1 year UC/CSU approved Elective
Physical Education	2 years 20 credits		
<b>TOTAL</b>	<b>230 Credits</b>		

To see all UC/CSU approved courses, go to [www.ucop.edu/doorways](http://www.ucop.edu/doorways)

***To meet the A-G requirements, you must receive a letter grade of C or better in the required A-G courses!***

# Coping Skills

## Distraction

Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, cleaning & tidying, gardening, arts & crafts.

### Pros

Gives your heart & mind a break.  
Great for short term relief.  
Great to get through a crisis.

### Cons

Can't do it for too long.  
Doesn't resolve any underlying issues. Meds can make it hard to concentrate.

## Grounding

Use body & senses: smell fragrances, slowly taste food, notice the colours around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise.

### Pros

Helps slow or stop 'dissociation' (feeling numb, floaty or disconnected).  
Reduces physicality of anxiety.

### Cons

Sometimes it's better to stay a bit dissociated (that's how your mind protects you).

## Emotional Release

Yell, scream, run! Try a cold shower. Let yourself cry... and sob. Put on a funny DVD and let yourself laugh! Try boxing, popping balloons, or crank up some music & dance crazy!

### Pros

Great for anger and fear.  
Releases the pressure of overwhelming emotion.

### Cons

Hard to do in every situation. Feels odd. Some people might think you're acting 'crazier' (be selective with how & where you do this)

## Self Love

Massage hands with nice cream, manicure your nails, cook a special meal, clean your house (or just make your bed), bubble bath or long shower, brush hair, buy a small treat.

### Pros

Become your own best friend, your own support worker.  
Great for guilt or shame.  
You deserve it!

### Cons

Sometimes can feel really hard to do, or feel superficial (but it's not).

## Thought challenge

Write down negative thoughts then list all the reasons they may not be true. Imagine someone you love had these thoughts – what advice would you give them?

### Pros

Can help to shift long-term, negative thinking habits.  
Trying to be more logical can help reduce extreme emotion.

### Cons

The more emotional you feel, the harder this is to do. In particular, feelings of shame can make this very hard.

## Access your higher self

Help someone else, smile at strangers (see how many smiles you get back), pray, volunteer, do randomly kind things for others, pat dogs at the local park, join a cause

### Pros

Reminds us that everyone has value and that purpose can be found in small as well as large things.

### Cons

Don't get stuck trying to save everyone else and forget about you!