



CENTENNIAL HIGH SCHOOL COUNSELING DEPARTMENT



Student Access Center

User name -xxxxxxxxx (x represents your 10-digit student ID)

Password - DOB (MMDDYYYY format)

Go to www.fultonschools.org → Click on Students and Parents → Click on "Home Access Center"

Counselors work with students based upon the first letter of students' last names.

Ms. Beaty (A - Cas)

Ms. Freeman (Meq - Sal)

Ms. Ekpo (Cat-Harp)

Ms. Peart (Sam - Z)

Ms. Graver (Harq-Mep)

Ms. Rigsbey (Grad Coach)

Ms. Johnson and Ms. Falcone (Interns)

Ms. White (Professional Assistant)

Ms. Manning (Professional Assistant)

Important Websites

www.mycentennialcounseling.com Dates and links to counseling resources

www.collegeboard.org SAT test prep and registration

www.actstudent.org ACT test prep and registration

<https://www.gafutures.org/> Research and apply to Georgia colleges

www.bigfuture.collegeboard.com High school and college planning

www.fastweb.com Scholarships and financial aid

www.studentaid.gov Scholarships and financial aid

[@knights_scholar](https://www.instagram.com/knights_scholar) Instagram and Twitter - Scholarships and updates

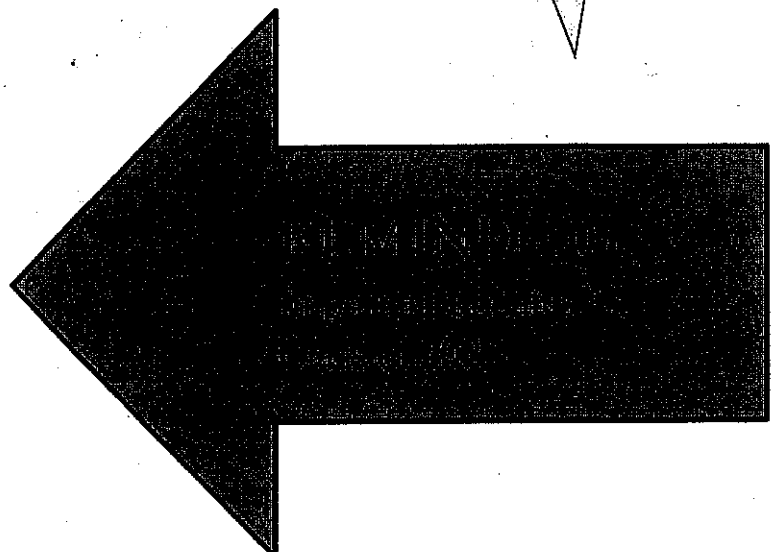
Statistics for first-year freshmen enrolled at UGA and GA Tech (Fall 2018):

University of Georgia

Mid-50% GPA: 3.97-4.21
Mid-50% SAT: 1320-1490
Mid-50% ACT: 28-33

Georgia Tech

Mid-50% GPA: 4.0
Mid-50% SAT: 1390-1530
Mid-50% ACT: 32-35



How many credits do you need to graduate?

English: 4 Credits



Math: 4 Credits



Science: 4 Credits



Social Studies: 3 Credits



Gen. Health: .5 Credit



Personal Fitness: .5 Credit



CTAE and/or World Language* and/or

Fine Arts: 3 Credits**



Electives: 4 Credits



* Students planning to attend a University System of Georgia college/university or any out of state 4 year college/university directly after high school must take 2 credits of the same world language to meet admission requirements.

** 3 Credits must fulfill requirements of a pathway as determined by the FCBOE

Total Credits Required to Graduate: 23



If you do not pass a class, you do not earn the credit.

Each semester grade = .5 credit



Passing both semesters of a class = 1 credit



Counting Credits



~How to keep track of the credits you earn~



1 Credit =

1/2 Credit (.5) =

3 Credits are possible each semester



6 Credits are possible each year



Fall Semester (S1)		Spring Semester (S2)		Total Credits Earned	
9th Grade Lit	85 =	9th Grade Lit	85 =	9th Grade Lit: (1)	
Math:	68 =	Math:	71 =	Math: (.5)	
Biology:	62 =	Biology:	69 =	Biology: (0)	
Per. Fitness	92 =	Gen. Health:	92 =	Per. Fitness (.5)	
Elective:	96 =	Elective:	96 =	Gen. Health: (.5)	
Elective:	74 =	Elective:	74 =	Elective: (1)	
				Elective: (1)	
Total Credits Earned Fall Semester: 2.0 Credits		Total Credits Earned Spring Semester: 2.5 Credits		Total Credits Earned for the Year: 4.5 Credits	

Credits not earned (must be taken again)

Math: .5 Credit
(1 semester)

Biology: 1 Credit
(2 semesters)

Zeroes: The Wrecking Ball of Grades!



Here is a sample of a student average with all passing grades and <u>2 zeroes</u>	Here is a sample of a student average with the same passing grades and replacing those 2 zeroes with <u>50's</u>
100	100
100	100
100	100
→0	→50
→0	→50
88	88
70	70
95	95
Grade Average: 69 (F)	Grade Average: 81 (B)
<p align="center">Something is better than nothing!</p> <p>Receiving even partial credit for an assignment will not hurt your grade as much as a zero.</p>	

Retention Policy and On-Track Credits

Students stay with their class for all school activities for their **FRESHMAN YEAR ONLY**. Assignments beyond the freshman year will be determined strictly by the number of credits the student earns.

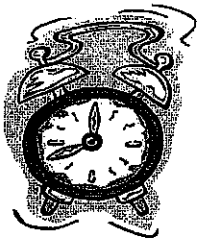
To be promoted to the next grade level:

- Freshman must earn 5 credits
- Sophomores must earn 11 credits
- Juniors must earn 17 credits

Summer school is considered an extension of Spring semester

To be eligible to participate in any athletics or extra-curricular activities at Centennial High School, students must:

- Pass **5 OF 6** classes the previous semester
- Have earned enough credits to be on track



Time Management Tips for High School Students

It's 10:00 - Do You Know Where Your Homework Is?

Does it seem like there's never enough time in the day to get everything done? Feel like you're always running late? Here are some tips for taking control of your time and organizing your life.

1. Make a "To Do" List Every Day.

Put things that are most important at the top and do them first. If it's easier, use a planner to track all of your tasks. Don't forget to reward yourself for your accomplishments.

2. Use Spare Minutes Wisely.

Get some reading done on the bus ride home from school, for example, and you'll kill two birds with one stone.

3. It's Okay to Say "No."

If your boss asks you to work on a Thursday night and you have a final exam the next morning, realize that it's okay to say no. Keep your short- and long-term priorities in mind.

4. Find the Right Time.

You'll work more efficiently if you figure out when you do your best work. For example, if your brain handles math better in the afternoon, don't wait to do it until late at night.

5. Review Your Notes Every Day.

You'll reinforce what you've learned, so you need less time to study. You'll also be ready if your teacher calls on you or gives a pop quiz.

6. Get a Good Night's Sleep.

Running on empty makes the day seem longer and your tasks seem more difficult.

7. Communicate Your Schedule to Others.

If phone calls are proving to be a distraction, tell your friends that you take social calls from 7:00 to 8:00 p.m. It may sound silly, but it helps.

8. Become a Taskmaster.

Figure out how much free time you have each week. Give yourself a time budget and plan your activities accordingly.

9. Don't Waste Time Agonizing.

Have you ever wasted an entire evening by worrying about something that you're supposed to be doing? Was it worth it? Instead of agonizing and procrastinating, just do it.

10. Keep Things in Perspective.

Setting goals that are unrealistic sets you up for failure. While it's good to set high goals for yourself, be sure not to overdo it. Set goals that are difficult yet reachable.

Consider these tips, but personalize your habits so that they suit you. If you set priorities that fit your lifestyle, you'll have a better chance of achieving your goals.



CENTENNIAL HIGH SCHOOL COUNSELING DEPARTMENT
CLASS OF 2022: SETTING GOALS FOR FRESHMAN YEAR



Congratulations! You've made it through the first six weeks of your freshman year. Over the next three years, you will have to make many decisions that will impact your future.

If you want to be successful during your freshman year, it is important to set both short- and long-term goals. Your goal could be to bring up your grades in one of your classes, to join a club, or to start researching colleges. The following activity will help you identify *realistic* goals. Before you begin, it is important to know what a goal should be.

A GOAL MUST BE:

STATED IN CLEAR TERMS	Example: <i>I want to attend the University of Georgia.</i>
BELIEVABLE	You must believe you can reach the desired goal. Example: <i>I believe I can earn my high school diploma and then go to college.</i>
ACHIEVABLE	You must have the interest, skills, abilities, strengths and resources (time, money, etc.) to make this goal happen. Example: <i>I will work hard to have a good academic record, participate in extracurricular activities, and will be able to find the resources to pay for college.</i>
MEASURABLE	There must be a way to measure your goal. This can be accomplished by being observed, by being completed in a certain time frame, or by being calculated (if your goal involves a quantity). Example: <i>I will attend Advanced Placement (AP) Night to find out more information about AP courses.</i>
DESIRABLE	The goal must be something that you truly want to achieve. Example: <i>A bachelor's degree in Finance from UGA will allow me to work as an investment banker and allow me to earn a good living.</i>

Now that you understand how to write a goal, list two goals you have for yourself in each area:

MY FRESHMAN YEAR	Goal 1. _____
ACADEMIC GOALS	Goal 2. _____
MY COLLEGE	Goal 1. _____
ADMISSIONS GOALS	Goal 2. _____
MY FUTURE	Goal 1. _____
CAREER GOALS	Goal 2. _____

Choose one of the goals you identified above and consider whether it is believable, achievable, measurable and desirable. Identify two actions you can take that will help you reach this goal:

ACTION 1. _____

ACTION 2. _____