



## Freshmen Scheduling Checklist for the Class of 2025

In preparation for the Academic Planning Meetings during the month of February, the school counselors have provided the following checklist and worksheet to support incoming freshmen and families. It is important for students and families to complete these steps to help maximize the meeting time with their assigned school counselor.

We believe it is important for students to reflect on their previous academic and non-academic experiences, accomplishments and future opportunities and goals. Using this information, students can identify specific (and realistic) goals they wish to pursue during their high school career at BHS.

- Login to *PowerSchool* on February 6th to **view your course recommendations** for the upcoming academic year. Students can view / download instructions on how to do so by going to:

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

(under *Class of 2025 Resources* section)

- Carefully review each teacher recommendation** and meet with your current teacher(s) to discuss the recommendation if you have questions or concerns.
- 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.
- 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.; students need to be realistic about how much time is available outside the academic day to complete homework.
- Consider the amount of time and effort needed to invest each night toward 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 freshman 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.
- Discuss if you'd like to take a study hall.** 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 study 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.

Review the following freshman academic schedule examples:

Subject	Challenging	More Challenging	Most Challenging
English	English 9	H. English 9	H. English 9
Math	Algebra I	Algebra I	H. Algebra I
Science	Physical Science	Physical Science	H. Biology
Social Studies	World History	H. World Studies	AP World History
Elective	Spanish I	Spanish II	Spanish II
Elective	semester elective	full year elective	full year elective
Elective	Study Hall	Study Hall	semester elective

Based on the information I have read and reviewed, I believe the course schedule that I would request would be:

Class Selection	My Course Selection
1	
2	
3	
4	
5	
6	
7	

Please list all activities (athletic, music, theater, outside of school, etc.) in which I plan to participate next year: