

What every 9th grader should know!

Grades Matter!

Set your short and long-term academic achievement goals now. To accomplish those goals, you need to manage your time and seek out help from your counselor, teacher or parents whenever you need it. As you look forward, it is important to keep in mind that colleges look first at your overall Grade Point Average (GPA) as a primary indicator of your sustained academic achievement.

Get Involved!

Rye Neck High School offers students a wide range of academic and social clubs, interest-based groups and athletic teams from which to choose. Colleges take an interest in students who have developed long-term commitments to activities inside and outside of school. As you make choices, prioritize your time and interests so that you can devote yourself to whatever you choose to do. Remember, it is better to spread yourself thick than too thin.

Lead and Serve!

Once you have established yourself as a high school student, try to take a leadership role in your school. Student government and service clubs (such as the Key Club) are great ways to make your mark! Colleges notice when a student has taken the initiative to become a leader.

Community service is required for high school graduation. It is also a pillar of good citizenship and an important way to attract attention from college admissions counselors. Please see Mrs. Kane in the Counseling and Guidance Department for a list of approved community organizations.

This year, the School-wide Enrichment Model (SEM) and the Counseling and Guidance Department are launching *Rye Neck: A District that Makes a Difference*, as part of our out-of-school community service opportunities. The focus of *A District that Makes a Difference* addresses hunger in our community as an important local concern as well as a global issue. If you are interested in being part of this initiative, please sign up with Mrs. Kane for community service in several of our local food banks and kitchens. As a hunger volunteer, you will be asked to complete a short survey on your experiences. Your observations will provide important on-the-ground data for the Independent Learner Program's Action Research for Community Change's hunger project.

Be Healthy!

High school is challenging and reaching your performance potential depends on nourishing your body with nutritious food and enough sleep. Check yourself! Are you getting an adequate amount of exercise, nutrients and sleep?

Network!

Get to know your teachers, administrators and your school counselor. You are going to need to ask these adults for letters of recommendation for summer programs, jobs or for your college applications. The better that they know you, the more helpful they may be when it comes to advising you and writing for you. Outside of school, create relationships with accomplished people who hold professional positions that appeal to your interests. These types of connections create a network to call on for advice, recommendations and internships in the future.

Plan!

By the end of high school you should know your strengths and weaknesses and have an idea of your interests and how they connect to career pathways that you may wish to follow in your future. To prepare for your future, work with your school counselor to develop a strategic plan that includes course selections, understanding the ACT and SAT exams and college research.