



# The Big Picture

October 2023

# Freshmen Basics:

- Getting to know yourself as a person and student
- Success in academics
- Looking ahead

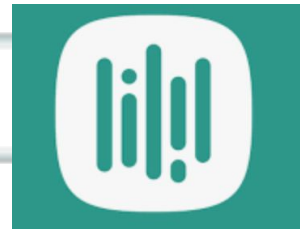


# But first... how to Contact us:

Email



Student appointments




Come see us!

QR code on our doors

Access the counselor-on-call



The background features a white page with light blue horizontal lines. A vertical red line runs down the left side. Various colorful, textured, hand-drawn shapes are scattered around the page: a green ring-like shape on the top left, a blue wavy shape at the top, a cluster of red dots in the top right, a purple star-like shape on the right, an orange star-like shape on the bottom left, a red arch-like shape at the bottom center, a yellow wavy shape at the bottom right, and green leaf-like shapes on the far bottom right.

# Self discovery

Get to know yourself as a student and a person  
ways to explore



# Over the next 4 years...

Get to know yourself as a student  
and a person

O1 → your likes and dislikes

O2 → your interests

O3 → your strengths and challenges





# ways to EXplore

- Coursework
- Community Service
- Summer EXperiences
- Part Time Jobs
- Co-curricular Activities
- Community involvement
- Leadership opportunities

EXplore, learn and grow!



# Co-curricular Activities

- ◆ Explore to find out what you really enjoy
- ◆ Spend your time on what's really important to you
- ◆ Don't be a "resume builder"
- ◆ Be an active member of your community



click on the link above.

## Club List 2023/2024

If you are interested in  
joining a club please



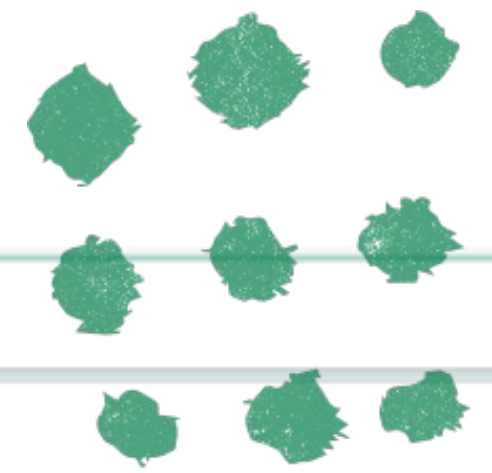


# Success in Academics

**Academic Planning Tools**



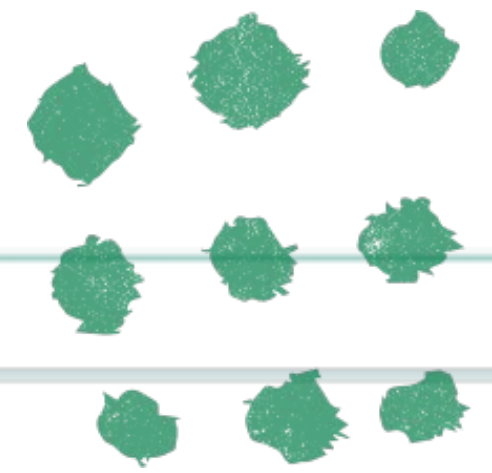
# Success in academics



- **Manage your time**
- **Develop good study habits**
- **Check Google Classroom**
- **Communicate with teachers**
- **Maintain a balance**
- **Utilize academic supports - NtS tutoring, meeting with teachers, etc**
- **Get enough sleep and eat well**
- **Use a planner or organizational system**



# Academic Planning Tools



- Graduation Requirements Worksheet
- Suggested Course Sequences
- Four Year Academic Planning Worksheet
- Time Management Worksheet





TIME MANAGEMENT ACTIVITY

This activity is intended to help students anticipate the time they will need to remain balanced, healthy, happy and engaged learners.

Fill out for your BUSIEST Term:  
School Day (5 Days x 7 Hours)

35

Anticipated Hours of Homework*	Average Hours/Week
AP: 1 hour x 5 nights weekly x # courses	
Honors & CP: .5 Hours x 5 nights weekly x # courses	
Total School Hours:	

Extra-Curricular Activities	Average Hours/Week
Clubs/Interests/Hobbies	
Paid Job	
Community Service	
Sports/Physical Activity	
Music/Theater/Performance	
Other (Driver's Ed, SAT Prep, College Apps, etc)	
Total Extra-Curricular Hours:	

Daily Living Activities	Average Hours/Week
Sleep (7 days x 9 Recommended Hours)	
Necessities (Eating, Showering, Chores, etc)	
Travel to and from School	
Family Time	
Free Time (Friends, TV, Phone, Internet, etc)	
Total Daily Living Hours:	

School Day Hours = 35  
Homework Hours = \_\_\_\_\_  
Extra-Curricular Hours = \_\_\_\_\_  
Daily Living Hours = \_\_\_\_\_  
YOUR TOTAL HOURS = \_\_\_\_\_ VS.

Available Hours/Week

168

Based on the information above we acknowledge the workload  
we are going to undertake with this schedule:

Student Name \_\_\_\_\_ Signature \_\_\_\_\_  
Parent/Guardian signature \_\_\_\_\_  
Counselor \_\_\_\_\_ Year of Graduation \_\_\_\_\_

\*Daily homework amounts are estimates\*

Time Management Activity  
and 4-year course planning

Suggested Course Sequence for Business

	Course 1	Course 2	Course 3	Course 4	Course 5	Course 6	Course 7
Grade 9	<b>English (5.0)</b>	<b>Math (5.0)</b>	<b>Science (5.0)</b>	<b>History (5.0)</b>	<b>World Language (5.0)</b>	<b>PE/Wellness (2.5) and Health (2.5)</b>	Intro to Business & DECA Prep (2.5) and/or Marketing CP1(2.5)
Grade 10	<b>English (5.0)</b>	<b>Math (5.0)</b>	<b>Science (5.0)</b>	<b>History (5.0)</b>	<b>World Language (5.0)</b>	<b>PE/Wellness (2.5)</b>	Accounting CP1 (2.5) and/or Management CP1 (2.5)
Grade 11	<b>English (5.0)</b>	<b>Math (5.0)</b>	<b>Science (5.0)</b>	<b>History (5.0)</b>	<b>PE/Wellness (2.5)</b>	Microsoft Certified (2.5) and/or Web Page CP1 (2.5)	Public Speaking CP1 (2.5)
Grade 12	<b>English (5.0)</b>	<b>Math (5.0)</b>	<b>PE/Wellness (2.5)</b>	Psychology (CP1 2.5 or H/AP 5.0)	Personal Finances CP1 (2.5)	Economics CP1 (2.5) or Micro/Macro Economics H (5.0)	Entrepreneurship H (5.0)

\*Classes in **BOLD** are required for graduation  
Each course block is either one 5.0 credit full year class or two 2.5 credit half-year classes.  
Students must also complete 2.5 credits of Visual or Performing Arts and 2.5 credits of Technology at some time during their four years.  
**Please see Program of Studies for prerequisite grade or course requirements for courses**  
Each student's journey will be different based on their talents and interests. Please consult with your school counselor regarding the appropriate path for you.





# Looking Ahead

Grad requirements

Transcripts

School to Careers Program



# WA's graduation requirements:

- English: 20 credits
  - Math: 20 credits
  - Science: 15 credits
  - History: 15 credits
  - World Language: 10 credits
  - PE: 10 credits
  - VPA: 2.5 credits
  - Health: 2.5 credits
  - Other electives: 22.5 credits
- 117.5 credits total
- MCAS grade 9 (Science)
  - MCAS grade 10 (English, Math)



# WA transcript...

Westford Academy  
30 Patten Road  
Westford, MA 01886

Official Transcript for:

Last Name	First Name	Middle Name	Gender	Student ID#
Home Address	City	State	Zip	Home Telephone
	Westford	MA	01886	
Parent or Guardian	Graduated	Total Earned Credits	GPA:	Based on Semesters

Course	1st Quarter	Final	Credits
Grade 09 2012-2013			
English 9 Honors			
Spanish II CP1			
World History II CP1			
Geometry Honors			
Biology Honors			
Marketing I CP1			
Microsoft Certified			
PE Wellness			
Health Education			

Course	1st Quarter	Final	Credits
Grade 10 2013-2014			

Course	1st Quarter	Final	Credits
Grade 11 2014-2015			

Course	1st Quarter	Final	Credits
Grade 12 2015-2016			

Course	1st Quarter	Final	Credits
Grade 12 2015-2016			

Course	1st Quarter	Final	Credits
Grade 12 2015-2016			

Course	1st Quarter	Final	Credits
Grade 12 2015-2016			

Course	1st Quarter	Final	Credits
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Grade 12 2015-2016			

Course	1st Quarter	Final	Credits
Grade 12 2015-2016			



# School to Careers Program



★ Career Inventory (10th grade)

★ Career Exploration Breakfast (10th & 11th grade)

★ Job Shadow (11th grade)

★ Capstone Experience (12th grade)





# Maintaining a Healthy balance



What you can do....



# What can you do?



## SLEEPING WELL:

- STRENGTHENS IMMUNITY 
- SUPPORTS A HEALTHY HEART 
- REPAIRS MUSCLES 
- BOOSTS BRAIN POWER 
- REDUCES STRESS 
- CAN IMPROVE YOUR MOOD 



## Self-Care

TO DO LIST: H & R [mistudies]

66 I have to believe that caring for myself is not self indulgent.  
Caring for myself is an act of survival. 99  
AUDRE LORDE


HYDRATION	HYGEINE	HYPERACTIVITY
Did you drink enough today?  There is endless benefits to staying hydrated all day long!	Stay clean, stay focused.  <ul style="list-style-type: none"><li>• Shower daily</li><li>• wear clean clothes (even on lazy days)</li><li>• brush your teeth twice a day</li><li>• wash your face</li></ul>	have you moved around today?  <ul style="list-style-type: none"><li>• get up and do some exercise!</li><li>• reduces stress</li><li>• sleep better</li><li>• have fun</li></ul>
• s fatigue	• s fatigue	• s fatigue
• acne	• acne	• acne
• digestion	• digestion	• digestion
• should be very Z	• should be very Z	• should be very Z
• y can:	• y can:	• y can:
• s memory	• s memory	• s memory
• creativity	• creativity	• creativity
• attention	• attention	• attention
• stress	• stress	• stress

REWARD: recognize hard work  
  
[don't save special things for "special occasions"...  
MAKE THE OCCASION **SPECIAL**  
• brighten your mood

RECHARGE: Introvert extrovert  
  
• how do you feel today?  
• pick something to do that you always enjoy (a movie, a store, a friend, etc.)

IT'S OK TO TAKE A ME DAY TO BE A BETTER YOU





# Questions?

Reach out to your  
counselor... We are here to  
help!

