



Junior Year: STEPS TO SUCCESS

GRADES

- ⇒ Use your agenda book to stay organized
- ⇒ Communicate with your teachers about your grades in class
- ⇒ Review your transcript, credits, and GPA with your guidance counselor

ATTENDANCE

- ⇒ Be in school and on time every day
- ⇒ Request make-up work if you are absent for an excused reason

CONDUCT

- ⇒ All suspensions must be explained on a college application

Guidance Appointments

- All Juniors will have a scheduled guidance appointment during the year
- Do not request to leave class to see your counselor unless you have a scheduled appointment (additional appointments may be requested on the clipboards outside of guidance offices)

MCAS

- Juniors are required to retake and pass the ELA, Math, and Science MCAS if they have not received a passing score

Extra-curricular Activities

- Get involved! (Durfee has over 40 clubs and 17 team sports)

Helpful Websites

*www.fallriversschools.org/durfeehigh.cfm

*www.masscis.intocareers.org

*www.collegeboard.com

The Importance of the High School Junior Year

In the Junior year of high school you'll make critical decisions that could have a major impact on the next five years (and beyond) as you start to narrow lists of colleges and career paths.

Here are FIVE critical issues that you will be dealing with to increase your chances of success in college and career.

1. **Classes and grades:** The junior year selection of classes and the grades you receive in them is very important because it is the last full year of grades that admissions folks will review while deciding your fate.
2. **Standardized tests:** Just when you thought you were done with MCAS comes another year of standardized tests. Make sure you fill out the SAT or ACT test accommodations before December, see your guidance counselor if you have any questions. If you plan on taking the SAT or ACT test, you can register for any of the tests starting in January. See your guidance counselor if you have any questions.
3. **Planning for life after high school:** The junior year is the time to get organized and begin planning for life after Durfee High School.
 - **Career/Military bound:** You should begin to look at perspective employers for after graduation. If you start looking now, you might be able to get a position with them early. You might also want to begin to look into some type of career training. If your thinking of a military career, now is the time to meet with military recruiters to learn more about the process/options.
 - **College bound:** Begin to get prepared for all the college material that will be coming your way (via mail, email and from college fairs). Remember just because you get information from a college doesn't mean you are automatically in that college, you must apply and be accepted. You are encouraged to attend college fairs and to visit any colleges you are interested in.
4. **Career research:** Your career choice may have a big impact on the list of potential colleges you consider. You should take a career assessment test if you didn't complete the one during your sophomore year to help narrow down career possibilities.
5. **Creating a resume:** Creating a resume can be a daunting task but if you followed these steps it will be easy. Start by listing all your high school accomplishments, including your coursework, academic or athletic accomplishments, awards and honors, and any other achievements. List your work and volunteer experience. Example resume is included in this booklet.

Final tips: Remember the more you accomplish in your junior year, the more you can relax and enjoy your senior year in high school.

Action Plan: High School Juniors

September

- Confirm you are in the right classes by reviewing your transcript. Any courses that you have failed and did not attend summer school need to be repeated.
- When reviewing your schedule of courses, keep in mind whether they are challenging enough to get into the college or school of your choice and that they reflect your future plans.
- Get involved with extracurricular activities; consider leadership roles.
- Begin to keep track of all of your achievements and activities for your resume that you will develop.
- Keep focus of your grades and your attendance.

October

- Talk with teachers, family members, and other adults about the colleges they attended.
- Explore career and college interests by looking at websites or books
- Attend Durfee's college fair on October 20th 6-8 pm and other college fairs.
- Visit colleges to which you may apply in your senior year. This can be done by scheduling an appointment with the admissions office, or attend an open house.
- Sign up for the free scholarship searches through collegeboard.com, fastweb.com, and finaid.org
- Begin studying for the SAT and ACT. Check out collegeboard.com and act.org for practice questions.
- If you have SAT or ACT test accommodations; make sure forms are submitted to Collegeboard or ACT.
- Junior Interviews being with guidance counselors.

November

- Continue your research for potential colleges and careers.
- Continue gathering materials for your resume.
- Visit colleges to which you may apply in your senior year.
- Apply for any scholarships through your free scholarship search.

December

- Look ahead in the spring and plan when you are going to take the SAT or ACT. (these test are only if you plan on attending a four year college)
- Visit colleges to which you may apply in your senior year.
- Stay focused on grades and attendance.
- Apply for any scholarships through your free scholarship search.

January

- Continue your research for potential colleges and careers.
- Stay focused on grades and attendance.
- Apply for any scholarships through your free scholarship search.
- Continue preparing for the SAT and ACT if you plan on taking the test.

February

- Attend Junior parent's night; financial aid will be discussed at this time.
- Begin to focus on several colleges that are a good fit based on academic and career choices.
- Choose your senior year schedule.
- Stay focused on grades and attendance.
- Apply for any scholarships through your free scholarship search.
- Visit colleges to which you may apply in your senior year.

March

- Register for the May SAT if you plan on taking it by the deadline.
- Register for the April SAT if you plan on taking it by the deadline.
- Develop a file for each of the colleges on your list to keep all information organized.
- Apply for any scholarships through your free scholarship search.
- Research summer job, volunteer and internship opportunities.
- Stay focused on grades and attendance.
- Visit colleges to which you may apply in your senior year.

April

- Register for the June SAT if you plan on taking it by the deadline.
- Take the April SAT if you registered.
- Visit colleges to which you may apply in your senior year.
- Apply for any scholarships through your free scholarship search.
- Begin to think of teachers to ask for letters of recommendation (if needed).

May

- Take the May SAT if you registered.
- Register for the June ACT if you plan on taking it by the deadline.
- Visit colleges to which you may apply in your senior year.
- Apply for any scholarships through your free scholarship search.
- Ask teachers for letters of recommendation if needed.

June

- Take the June SAT if you registered.
- Take the June ACT if you registered.
- Apply for any scholarships through your free scholarship search.
- Get the summer reading list for English 4

- **Listen to daily announcements for important information.**
- **Strive for good grades and being in school every day.**
- **Make an appointment with your guidance counselor if you have any questions.**
- **PAY ATTENTION TO DEADLINES!!!**

MCAS Test Taking Tips

**Do not rush through the test. Try to relax!
Remember this is NOT timed.**

Most importantly: Make sure you are in school and arrive on time for test dates and know where you have to report.

Take the time to read each question carefully so you will have a better understanding of what it is asking.

Eat a good dinner, get a good night's sleep, have a good breakfast and dress comfortable.

Read and follow directions VERY carefully. If you aren't sure guess wisely and eliminate as many answers as possible.

Trust yourself: Your first thought is usually correct!

Grade 11 & 12: MCAS Retest Exam Dates: English Nov 3-5 and March 2-4 Math: Nov 8-9 and March 7-8

Science: February 1-2 and June 1-2

MCAS Tutoring

- If a student does not receive a passing score (220 or above) on the English, Math and Science MCAS they will have an opportunity to retake the test during their Junior and Senior Year. Dates are listed on the MCAS Test Taking Tips sheet included in this booklet.
- Students will also be scheduled into MCAS prep classes for MCAS exams they did not pass during their Junior and Senior year. **If you are not scheduled into an MCAS prep class please see your Guidance Counselor for a schedule change.**
- **MCAS retest help sessions are available starting September 27th until the MCAS retest from 2:30-3:30 Monday through Thursday in Room 443-445**
- Bristol Community College also provides an MCAS Academy which provides:
 - Orientation to college and assistance with the application for admission process
 - Individualized instruction in Math and English Language Arts
 - Instruction in reading skills targeted to the English Language Arts and Math tests
(learn how to understand and answer the questions)
 - Practice in writing the MCAS ELA essay
 - Practice in analyzing and solving the MCAS math problems
 - Opportunity to complete Ability to Benefit Tests for qualified students
 - **Contact BCC at (508) 678-2811 for further information**
- Durfee's Homework Club is also available everyday Tuesday and Thursday in Room 373 for students who need help with a specific assignment or just needs some extra help.
- Student's teachers are also available for extra help, please see the teacher to make arrangements to stay after.

Graduation Requirements

(Minimum stands for all graduating classes)

English - 4 credits

Math - 3 credits

- Algebra 1, Plane Geometry & Algebra 2 required for 4 year college admission

Science - 3 credits

- Minimum of 2 Lab Sciences required for 4 year college admission

History - 3 credits

- US History 1 & 2, World History

World Languages - 2 credits

- 2 or more years of a World Language is required for 4 year college admission

Physical Education - 2 credits (9th & 10th Grade)

Health - 2 credits (9th & 10th Grade)

MCAS Information:

- ⇒ Must pass English, Math & Science to receive High School Diploma
- ⇒ If pass 1 section or no sections of MCAS: Student will receive Certificate of Completion

Promotion Requirements:

- ⇒ To enter Grade 10, a student must have passed a minimum of 5 Credits
- ⇒ To enter Grade 11, a student must have passed a minimum of 11 Credits
- ⇒ To enter Grade 12, a student must have passed a minimum of 17 Credits
- ⇒ To graduate - 22 credits

Career websites

Just thinking about careers can raise lots of questions. What jobs suit your interests? What type of work do you have to do at the jobs? What are the education and training requirements? Here are some helpful websites providing lots of career information.

www.bridges.com - career interest inventory

All Durfee students should have completed this in their Freshman or Sophomore year

www.masscis.intocareers.org—Mass CIS

www.quintcareer.com

www.acinet.org - America's Career Info net

www.bls.gov/oco - Occupational Outlook Handbook (a free online search for careers)

www.mappingyourfuture.org - free information on careers

www.careerkey.org—interest inventory to match personality types with careers

Military Information

www.airforce.com - U.S. Air Force 1-800-423-USAF

www.goarmy.com - U.S. Army 1-800-USA-ARMY

www.marines.com - U.S. Marines 1-800-MARINES

www.gocoastguard.com - U.S. Coast Guard 1-877-NOW-USCG

www.1800goguard.com - Army National Guard 1-800-GO-GUARD

www.goang.af.mil - Air National Guard 1-800-To-GO-ANG

www.militarycareers.com - career paths for enlisted military personnel and officers

*** The ASVAB—(Armed Forces Vocational Aptitude Battery) is the *entrance test* to enlist in the US Military. You can't enlist in the US Military without taking the ASVAB.

- The ASVAB has two primary purposes: First, it determines whether you have the mental aptitude to enlist in the military branch of your choice, and second, the results help the service(s) determine which military job(s) you have the mental aptitude for.
- The ASVAB is usually given in your Senior year of high school.

Accommodations you may be able to get

What disabilities make students eligible for accommodations?

There are many disabilities that impact a student's academic functioning. Here are a few:

- Blindness/Vision Impairment
- AD/HD (formerly known as A.D.D. /A.D.H.D.)
- Learning Disabilities
- Deafness/Hearing Impairment
- Certain Medical Conditions
- Certain Physical Disabilities

Available accommodations for colleges and SAT/ACT test

College Accommodations:

- Early or preferential registration
- Support for students on medication (e.g. students with ADHD)
- Writing, reading, math, study skills centers
- Use of calculators, spelling aces, lap computers in classes
- Taped textbooks, readers, electronic text readers
- Assistance with note-taking

SAT Accommodations:

- **Presentation** (e.g., large print; Braille; Braille device for written responses; visual magnification; audio amplification; audiocassette; sign/oral presentations)
- **Responding** (e.g., verbal/dictated to scribe; tape recorder; computer without grammar/cut & paste features; large block answer sheet)
- **Timing/scheduling** (e.g., frequent breaks; extended time; multiple day; specified time of day)
- **Setting** (e.g., small group setting; private room; special lighting/acoustics; adaptive/special furniture/tools; alternative test site [with proctor present]; preferential seating)

ACT Accommodations:

- **Extended Time Testing**—You will have 5 hours total to work on the multiple-choice tests at your own pace (including breaks between tests). The ACT Plus Writing, you will be allowed 5 hours and 45 minutes total to work on all five tests.
- **Stand Time Testing with Accommodations**— (Examples include: assignment to a wheelchair-accessible room, large type test booklet (18-pt.), marking responses in the test booklet, permission for diabetics to eat snack)

How is college different from high school?

Following the rules in high school

- High school is mandatory and usually free
- Your time is structured by others
- You need permission to participate in extracurricular activities
- You can count on parents and teachers to remind you of your responsibilities and to guide you in setting priorities
- Each day you proceed from one class directly to another, spending 6 hours each day-30 hours a week in class
- Most of your classes are arranged for you
- You are not responsible for knowing what it takes to graduate
- You will usually be told what to do and corrected if your behavior is out of line

Going to high school classes

- The school year is 36 weeks long; some classes extend over both semesters and some don't
- Classes generally have no more than 35 students
- You may study outside class as little as 0 to 2 hours a week and this may be mostly last minute test preparation
- You seldom need to read anything more than once and sometimes listening in class is enough
- You are expected to read short assignments that are then discussed and often re-taught, in class
- You will usually be told in class what you need to learn from assigned readings

Choosing responsibility in college

- College is voluntary and expensive
- You manage your own time
- You must decide whether to participate in co-curricular activities
- You must balance your responsibilities and set priorities. You will face moral and ethical decisions you have never faced before.
- You often have hours between classes; class times vary throughout the day and evening and you spend only 12 to 16 hours each week in class
- You arrange your own schedule in consultation with your adviser. Schedules tend to look lighter than they really are
- Graduation requirements are complex, and differ from year to year. You are expected to know those that apply to you
- You are expected to take responsibility for what you do and don't do, as well as for the consequences of your decisions

Succeeding in college classes

- The academic year is divided into two separate 15-week semesters, plus a week after each semester for exams
- Classes may number 100 students or more
- You need to study at least 2 to 3 hours outside of class for each hour in class
- You need to review class notes and text material regularly
- You are assigned substantial amounts of reading and writing which may not be directly addressed in class
- It's up to you to read and understand the assigned material; lectures and assignments proceed from the assumption that you've already done so

How is college different from high school? continued

High School Teachers

- Teachers check your completed homework
- Teachers remind you of your incomplete work
- Teachers approach you if they believe you need assistance
- Teachers are often available for conversation before, during, or after class
- Teachers have been trained in teaching methods to assist in imparting knowledge to students
- Teachers provide you with information you missed when you were absent
- Teachers present material to help you understand the material in the textbook
- Teachers often write information on the board to be copied in your notes
- Teachers impart knowledge and facts, sometimes drawing direct connections and leading you through the thinking process
- Teachers often take time to remind you of assignments and due dates
- Teachers carefully monitor class attendance
- High school is a teaching environment in which you acquire facts and skills

College professors

- Professors may not always check completed homework
- Professors may not remind you of incomplete work
- Professors are usually open and helpful, but most expect you to initiate contact if you need assistance
- Professors expect and want you to attend their scheduled office hours
- Professors have been trained as experts in their particular areas of research
- Professors expect you to get from classmates any notes from classes you missed
- Professors may not follow the textbook. Instead, to amplify the text, they may give illustrations, provide background information discuss research about the topic you are studying. Or they may expect *you* to relate the classes to the textbook readings.
- Professors may lecture nonstop, expecting you to identify the important points in your notes. When professors write on the board, it may be to amplify the lecture, not to summarize it. Good notes are a must
- Professors expect you to think about and synthesize seemingly unrelated topics
- Professors expect you to read, save, and consult the course syllabus; the syllabus spells out exactly what is expected of you, when it is due, and how you will be graded
- Professors may not formally take roll, but they are still likely to know whether or not you attended
- College is a learning environment in which you take responsibility for thinking through and applying what you have learned

How is college different from high school? continued

Tests in high school

- Testing is frequent and covers small amounts of material
- Makeup tests are often available
- Teachers frequently rearrange test dates to avoid conflict with school events
- Teachers frequently conduct review sessions, pointing out the most important concepts
- Mastery is usually seen as the ability to reproduce what you were taught in the form in which it was presented to you, or to solve the kinds of problems you were shown how to solve

Grades in high school

- Grades are given for most assigned work
- Consistently good homework grades may raise your overall grade when test grades are low
- Extra credit projects are often available to help you raise your grade
- Initial test grades, especially when they are low, may not have an adverse effect on your final grade
- You may graduate as long as you have passed all required courses with a grade of D or higher
- *Effort counts.* Courses are usually structured to reward a "good-faith effort."

Tests in college

- Testing is usually infrequent and may be cumulative, covering large amounts of material. You, not the professor, need to organize the material to prepare for the test. A particular course may have only 2 or 3 tests in a semester
- Makeup tests are seldom an option; if they are, you need to request them
- Professors in different courses usually schedule tests without regard to the demands of other courses or outside activities
- Professors rarely offer review sessions, and when they do, they expect you to be an active participant, one who comes prepared w/questions
- Mastery is often seen as the ability to apply what you've learned to new situations or to solve new kinds of problems

Grades in college

- Grades may not be provided for all assigned work
- Grades on tests and major papers usually provide most of the course grade
- Extra credit projects cannot, generally be used to raise a grade in a college course.
- Watch out for your *first* tests. These are usually "wake-up calls" to let you know what is expected--but they also may account for a substantial part of your course grade. You may be shocked when you get your grades
- You may graduate only if your average in classes meets the departmental standard--typically a 2.0 or C
- *Results count.* Though "good-faith effort" is important in regard to the professor's willingness to help you *achieve* good results, it will not *substitute* for results in the grading process.

Bristol Community College

Upward Bound

- High School (9-12)
- Academic year and summer programs
- Instruction in college preparatory subjects
- Workshops on college preparatory topics
- Mandatory one-on-one and group tutoring
- Group Activities
- Monthly Saturday programs
- Monthly Field trips
- Intensive, six-week summer program on a college campus
- Financial Aid counseling
- College application assistance
- Weekly program contact (or more)
- Must be first generation college bound

Educational Talent Search

- Middle School (6-8) and high school (9-12)
- Academic year
- Workshops on college preparatory topics
- Optional group tutoring
- Group activities
- Saturday Programs (3 per year)
- Field trips (4 per year)
- Financial aid counseling
- College application assistance
- Monthly program contact (or more)