

Freshman Seminar

Students, as you enter the room, please pull out your chromebook and go to:
mcpasd.k12.wi.us/mhs

Once at the high school website, please pull up this slideshow by clicking on:

- For Students
- Post High School Planning
- Events and Presentations
- Scroll down to Freshman Seminars and open up the slide show.

With your chromebook, please open:

1. Your Four Year Planning Template &
2. Your Freshman Seminar Pre-Planning ACP Worksheet

★ You can also pull them up from the link below and **DOWNLOAD** each for the fillable version:

[A four-year planning template](#) (click on link and **DOWNLOAD** for fillable form).

[Freshman seminar Pre-Planning ACP Fillable Worksheet](#) (click on link and **DOWNLOAD** for fillable form).

Registration Timeline

(Selecting your 10th grade classes)

- Begins the first week of Semester 2: January 23 - February 5
 - Course selection sheets will be distributed in Advisory
 - Videos and slideshows shown in Advisory
 - Please talk with each of your teachers about possible classes for next year.
 - [MHS Course Registration](#)
 - [Course Offering Booklet](#)
- Counselors are in computer labs during ASR: January 27, 29, 31, and February 4.
- Course Selection Sheets due to your advisor February 5.
 - Detailed instructions will be on your course selection sheets.

MHS Graduation Requirements

- **English** - 4.0 credits
- **Math** - 3.0 credits
- **Science** - 3.0 credits
- **Social Studies** - 3.0 credits
- **Physical Education** - 1.5 credits
- **Health** - 0.5 credits
- **Financial Literacy** - 0.5 credits (starting next year, can be taken in 10th grade)
- **Additional Credit Requirement:**
 - Option A:**
Fine Arts - 1.0 credit and CTE - 1.0 credit
 - Option B:**
World Language - through level III proficiency
Fine Arts - 0.5 credit and CTE - 0.5 credit
- **Electives** - 4.0-6.0 credits
- **Service Learning** - 40 hours

Total Credit Requirements - 23.75

Service Learning

- 40 hours of service are required to graduate.
- Service hours can be viewed on Infinite Campus (hours are posted at the end of each semester).
- If you have additional questions, contact Service Learning Coordinator, Ben White:
bwhite@mcpasd.k12.wi.us or 829-9819
- Get more information [here](#).

College Credit Opportunities

- Advanced Placement (AP)
Examples: AP Psychology, AP Calculus, AP Statistics, etc.
For specific information on how colleges grant credit, visit [College Board](#).
- Cooperative Academic Partnership Program (CAPP, UW-Oshkosh)
Examples: World languages - levels V and VI, Personal Finance, Sociology, etc.
For specific information on how Colleges that accept CAPP credit visit [CAPP](#).
Please note: In most circumstances CAPP credit cannot be awarded until 11th grade.
- Project Lead the Way (PLTW, MSOE, etc.)
Examples: Principles of Biomedical Sciences, Introduction to Engineering Design, etc.
- Early College Achievement Program (ECAP, Madison College)
Examples: Technical College Math, Computer Applications, etc.
- Please see pages 7-8 of the [Course Offering Booklet](#) for additional information.

Career Based Learning Opportunities



Youth Apprenticeship

- Paid job placement in coordination with Dane County Consortium
- Earn high school credit with work release time
- Take online course, typically college credit or dual college credit course
- Some opportunities are selective with interview process
- Junior/Senior year



Work Experience

- Combination of coursework and work release
- Minimum 480 work hours
- Classroom curriculum on: communication skills, safety at work, labor laws, job attitudes and responsibilities, job sources and searches, applications, cover letters/resume writing/interviewing skills, business and workplace etiquette, time management, stress management, and budgeting
- Credit for work and classroom

Sample 10th grade schedules from four year plans

*Traditional schedule

Semester	Credits	Semester	Credits
English 10	.5	Communication Studies	.5
Contemporary US History	.5	US Government & Politics	.5
Math (Geometry)	.5	Math (Geometry)	.5
Science (Chemistry)	.5	Science (Chemistry)	.5
Physical Education/Elective (Ropes)	.5	Intro to Medical Occupations	.5
Advisory	.125	Advisory	.125
Human Body Systems PLTW	.5	Human Body Systems PLTW	.5
Photography I	.5	Digital Music Production	.5

Pathways in Math, HIGAP

Semester	Credits	Semester	Credits
English 10	.5	Communication Studies	.5
Contemporary US History	.5	US Government & Politics	.5
Math HIGAPA	.5	Math HIGAPA	.5
Science (Chemistry)	.5	Science (Chemistry)	.5
Physical Education/Elective	.5	Culinary Arts	.5
Advisory	.125	Advisory	.125
Personal Finance	.5	Computer Programming	.5
Spanish II	.5	Spanish II	.5

Semester	Credits	Semester	Credits
English 10	.5	Communication Studies	.5
Contemporary US History	.5	US Government & Politics	.5
Math Geometry	.5	Math Geometry	.5
Science (Chemistry)	.5	Science (Chemistry)	.5
Physical Education/Elective	.5	Culinary Arts	.5
Advisory	.125	Advisory	.125
Algebra II	.5	Algebra II	.5
French III	.5	French III	.5

*Taking a full year course as a Music and World Language student

*Accessing rigor early, with balance (PE taken Junior and Senior year in 4 year plan)

Semester	Credits	Semester	Credits
English 10	.5	Communication Studies	.5
Contemporary US History	.5	US Government & Politics	.5
Math (Algebra II)	.5	Math (Algebra II)	.5
Science (Chemistry)	.5	Science (Chemistry)	.5
AP Psychology	.5	AP Psychology	.5
Advisory	.125	Advisory	.125
Concert Band	.5	Concert Band	.5
German IV	.5	German IV	.5

The importance of talking to your teachers about classes for 10th grade

- Math department will make recommendations before course selection
- AP Readiness
 - Thinking about taking an AP class as a 10th grader?
 - Strongly recommend discussing with your current teacher in that subject
 - Ex: AP Psychology - talk to Modern World History teacher
 - Ex: AP Computer Programming - talk to Computer Programming teacher
- Always consider balance of a rigorous course with the rest of your schedule and outside of school obligations or activities
 - Am I being thoughtful about taking Human Body Systems and AP Psychology along with my other courses and activities?

What can I do now....

- Consider subject areas where you might add rigorous courses while maintaining balance with your other activities and interests
- Maintain or improve your grades
- Attend After Hour: Monday - Thursday 4:00 to 5:00 p.m. in the CLC
- Utilize ASR to work with your teachers
- Take care of self, mind, body
- Access your [Xello Student Access](#) account
 - Interest Inventory, College and/or Career searches
- Start or update your activities list (student resume)

What does your free time look like?

- Importance of finding meaningful activities to explore and get involved with outside of class:
 - Clubs, athletics, a part time job, volunteer work, other...
while thinking about opportunities to stay consistent all 4 years
 - Seek volunteerism and leadership opportunities
 - Use your [Freshman seminar Pre-Planning ACP Fillable Worksheet](#) for ideas
 - Access your [Xello Student Access](#) account
 - [MHS website](#) - Student Organizations tab

Online Resources

MHS Website → For Students/For Parents → Post High School Planning

- College Resource Center
- Events and Presentations
- Summer Opportunities
- ACT/SAT Information
- Financial Aid
- Scholarships
- Transcripts
- Apprenticeships
- Gap Year Opportunities
- Military
- Work

After considering all of this, let's do some work...

- Pull up your version of the [four-year planning template](#) and fill it in or review what you may like to take in 10th grade
 - **note that these are not your final choices
- Use your [Freshman seminar Pre-Planning ACP Fillable Worksheet](#) as you review your options/selections for 10th grade classes
- Questions???
- Programming in place each year - 10th grade Seminar, 11th grade Seminar, Senior advisory visits

Share your documents with your counselor!

- gathanas@mcpasd.k12.wi.us (Gust Athanas)
 - Students only: join Mr. Athanas' class of 2023 remind account by texting @aca6dbb to the number 81010
- abrendemuehl@mcpasd.k12.wi.us (Abby Brendemuehl)
 - Students only: join Ms. Brendemuehl's class of 2023 remind account by texting @a9dgee to the number 81010
- tbrown@mcpasd.k12.wi.us (Theresa Brown)
 - Students only: join Ms. Brown's class of 2023 remind account by texting @689fa6 to the number 81010
- mkusch@mcpasd.k12.wi.us (Mike Kusch)
 -
- jpellegrino@mcpasd.k12.wi.us (Jessica Pellegrino)
 -
- msmith@mcpasd.k12.wi.us (Marcy Smith)
 - Students only: join Ms. Smith's class of 2023 remind account by texting @74d8kh to the number 81010