

Step by Step Instructions for Preparing for College Part Four

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College Prep Middle School

To more effectively prepare for college, students should begin the planning process in middle school. Several planning steps should be kept in mind to facilitate the process:

- Develop good study habits.
- Maintain good grades
- Start saving for college -check out the Mississippi Affordable Savings Program-<https://www.ms529.com>
- Get involved in extracurricular activities such as clubs, student organizations, sports and volunteer work. Keep track of your activities to use on a resume later.
- If you're given opportunities to pursue academic subjects and extracurricular activities that are new to you, take them! It will help you to expand your outlook.
- Look into additional academic options that may be available in your area, such as magnet programs and school enrichment programs.
- Check out summer programs available in your community.
- Practice your time management skills. Learning to make the most efficient use of your time can help prevent you from getting overwhelmed.
- Improve your reading, writing, and math skills. These basic skills will serve you well in both college and career.
- Take an Interest Survey - (Preparing for College - Part II)
- Study careers that might relate to your interests- (Preparing for College Part III)
- Talk to your guidance counselor, teachers, family members, and/or trusted adults about your plans for college. Class choices must be made in the ninth grade, choices that will begin to impact your preparation and plans for college.
- Choose classes for ninth grade year and begin to make a plan of study for your class choices throughout high school.

Class choices and requirements for the ninth grade year are listed on the following chart.

GHS Freshman Class of 2017

9th Grade Class Requirements and Electives

Class Requirements: 1 English, 1 Math, 1 Science, 1 Social Studies, Technology STEM Class, 1 Health Unit (containing - either 1/2 unit of PE and 1/2 unit of Health Classes), and 1 Elective - One whole unit.

Required Classes

English - Choose one - Required
English 1 (230107) -1 Credit
Accelerated English 1 (230170)-1 Credit

Mathematics - Choose one - Required

Algebra 1 (270404) - 1 Credit
Algebra II (270405) - 1 Credit
Geometry (270408) - 1 Credit
Honors Geometry (270402) - 1 Credit
Honors Algebra 1 - 1 Credit

Science - Choose one - Required

Pre-Biology (260128) - 1 Credit
Biology (260128) - 1 Credit
Honors Biology - 1 Credit

Social Studies - Choose Two 1/2 Units - Required

Mississippi Studies (450705) - 1/2 Credit
Geography (450704) - 1/2 Credit
Minority Studies (050211) - 1/2 Credit

Health - Choose Two 1/2 Units - Required

Comprehensive Health (340133) - 1/2 Credit
Family & Individual Health (200126) - 1/2 Credit
Physical Education - 1/2 Credit

Technology - Required

STEM Applications (273) - 1 Credit

Electives - Choose 1 Elective in 9th Grade

The Arts

Business Education

Word Processing (70641) - 1/2 Credit
Desktop Publishing (110156) - 1/2 Credit

Military Science

NJROTC 1 (280311) - 1 Credit

Family Dynamics (200121) - 1/2 Credit

Oral Communications -1 Credit

Sociology - 1 Credit

Psychology - 1 Credit

Personal Finance - 1 Credit

Accounting - 1 Credit

All 1 hour Vocational Classes 1 Credit

All Sports/Visions/Band - If they have tried out and made it. = 1 Credit

- To formulate a plan of study for all of your high school years, keep in mind the requirements for graduation from GHS.

Students graduating from GHS must earn 24 credit units unless participating in the Graduation Opt-Out Policy, in which they must earn 21 credits. (Opt-out allows one less science, 1/2 less economics and 1/2 less geography, 1/2 less physical education, and one less elective.)

GHS graduation requirements include:

- * English - 4 Credits
- * Mathematics - 4 Credits
- * Algebra 1 is required. Next 2 credits must be math subjects higher than Algebra 1.
- * Science - 4 Credits; Biology is required
- * Social Studies - 4 Credits; Mississippi Studies, Geography, World History, U.S. History, U.S. Government, Economics
- * Health and P.E. - 1/2 Credit each;
- * Arts - 1 Credit; Art 1, Intro Theater, or Band
- * Business & Technology -1 Credit
- Computer Applications - 1/2 Credit; Keyboarding 1/2 Credit
- ICT II (8th Grade) is accepted in lieu of the above two 1/2 unit courses.

Electives - 5 Credits

Information for this article was compiled from the website www.ms.bridges.com

Do It for Your SweetHEART

Every year Americans observe Valentine's Day as a time to celebrate their love for one another. One of the greatest ways to show your loved ones you care about them is to commit to a healthy and smoke-free life. If you're a smoker, quitting would be the best gift this Valentine's Day. And if you aren't a smoker, how about committing to help them in their fight with tobacco?

"February is American Heart Month, and smoking is one of the major contributors to heart disease," said Roy Hart, Director of the Office of Tobacco Control at the Mississippi State Department of Health. "This is a great time for people to take the opportunity to protect themselves and their loved ones by quitting smoking."

Mississippi ranks first in the nation in heart disease deaths and smoking accounts for an estimated 5,400 deaths in the state each year. Smoking causes stroke and coronary heart disease, two of the leading causes of death in Mis-

issippi. But if you stop smoking, your chances of coronary heart disease are reduced within the first two years of quitting.

"Help is just a call or click away for Mississippians who want to quit smoking," said Sue Mashburne, Director of the Mississippi Tobacco-Free Coalition of Grenada, Yalobusha, and Calhoun Counties. "If you want to quit smoking, contact the Mississippi Tobacco Quitline at 1-800-QUIT-NOW to receive free counseling and medications, such as a nicotine patch or gum."

For more information on how you can quit smoking, contact the Tobacco-Free Coalition of Grenada, Yalobusha, and Calhoun Counties at 662-226-2589. You may also contact the Mississippi Tobacco Quitline at 1-800-784-8669 or visit www.quitlinems.com.



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