



Welcome!

Student Success 101: A Parent Seminar

Agenda/Topics to Be Covered

- Attendance
- Tips for Parents
- Study Skills
- PowerSchool
- Career Readiness

Attendance

- Absences accrue all school year unless a student is taking a semester class.
- After multiple absences
 - Parent/guardian may be contacted directly by school staff
 - Letter will be mailed home identifying continued absences
- If you have an excused absence (*sick, medical appointment, death in family, religious observance, court, etc.*) Submit a note to the office within 2 days
 - Ask teacher for make-up work and return it by the deadline
 - Attend after-school tutorial sessions for additional assistance on missed work

How Parents Can Help Teens Establish Good Attendance Practices

- Talk to your child about school
- Help your teen maintain daily routines
- Try not to schedule appointments during school hours
- Don't let your teen stay home unless they are genuinely sick
- Be aware of your child's social contacts
- Encourage meaningful extracurricular activities
- Set clear parameters about part-time work
- Monitor your child's attendance and school performance

Tips for Parents

- Communicate clear expectations
 - Set expectations and consequences for not following expectations
- Be supportive and encouraging
 - Make time to listen and hear them out
 - Give them some leeway and help them learn from their mistakes
- Pay attention to what they are up to
 - Know their friends
 - Monitor what they see and read
 - *Particularly monitor social media and cell phone usage
 - Be aware of warning signs

Warning Signs



Anxiety

- Excessive worrying
- Difficulty falling/staying asleep
- Restlessness
- Irritability
- Difficulty concentrating
- Gastrointestinal problems

Depression

- Changes in eating/sleeping habits
- Drop in school performance
- Change in personality
- Withdrawal from family, friends, or usual activities
- Signs of self harm
- Use of drugs or alcohol

PowerSchool for Parents

Attendance By Class																		
Exp	Last Week					This Week					Course	Q1	Q2	S1	Absences		Tardies	
	M	T	W	H	F	M	T	W	H	F					17-18	17-18	17-18	17-18
1(A)				AP Statistics Gale, Theresa Anne - Rm: 2469			83 82.75	1	1	0	0
2(A)				Anatomy & Physiology Honors Himes, William C. - Rm: 1465			100 100	1	1	0	0
3(A)				AP Physics 1: Algebra-Based Berube, Tad Arthur - Rm: 3463			100 101.16	1	1	0	0
4(A-B)											Modern Dance Advanced Honors  Comden, Amy Lynn - Rm: 1210	99 99	[i]		3	3	0	0
4(A-B)	-	-	-	-	-	-	-				IB Dance SL  Comden, Amy Lynn - Rm: 1210				0	0	0	0
1(B)		.	.	.	2A	.	.				AP Biology Wimberly, Heather Griffin - Rm: 1463			85 84.83	1	1	0	0
2(B)		.	.	.	2A	.	.				Creative Writing I Honors Reilly, Patrick Anthony - Rm: 3315			99 99.41	1	1	0	0
3(B)		.	.	.	2A	.	.				AP English Literature and Composition Peters, Candace Michelle - Rm: 3323			93 92.66	1	1	0	0
Attendance Totals														9	9	0	0	



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Connect with Us

Website: [GMHS HomePage](#), [Students](#), [Career Services](#)
or <http://gmhscareersrvcs.weebly.com/>



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GMHS Career Services



gmhs27529

Earn While You Learn

CTE Course Workforce Credentials/Certificates
CTE Course Articulation @ WTCC
NC Triangle Apprenticeship Program -NCTAP
College & Career Promise




Career Planning

Job Shadowing - 9th & 10th Grade
Interest Inventories - CFNC
Internships - 11th & 12th Grade
Career Research - OOH



Off-Campus Programs Programs

WRAL Post 5 - Media and Communications 
ACE Mentoring - Architecture, Construction and Engineering
FLAMES - Computing for Girls
Wake AHEC—Wake Area Health Education Center
Wake County Emergency Medical Services Club - EMT

Part-Time Employment

Part-Time Job Information
Job Search - Indeed.com
Job Search - Snagajob.com



Military Information

ASVAB Testing/Scores
Military Guidance
Recruiter Lunchroom Visits



Career & Technical Student Organizations/CTE Clubs

FBLA - Business Education—**Ms. Daughenbaugh**



FCCLA - Family & Consumer Science Education—**Ms. Collier/Epps**



HOSA - Health Sciences Education—**Ms. Poole**

DECA - Marketing Education—**Mr. Hill** 

TSA - Technology & Engineering Education—**Mr. Norman**

Skills USA - Trade & Industrial Education—**Mr. Barbour**

Annual Field Trips

Great Explorations - 9th Graders
Introduce a Girl to Engineering - 10th-12th Graders
Xtreme Beginnings - 11th graders
WRAL Job Shadow - 10th - 11th Graders
DesignBlitz - Digital Media & Drafting Students
Health Symposium - Health Science Students
Rule of Law—Interested in Criminal Justice or Law

How To Get Good Grades



**Good Study Habits
Produce Good Grades!**





Study Skills Include:

Personal Skills	In-Class Skills	Out-of-Class Skills
Asking for assistance	Attending class	Finding resources
Setting Goals	Listening	Organizing material
Motivating Oneself	Effective note-taking	Editing/Reviewing notes
Finding interest in what you are doing	Taking tests	Reading & writing effectively
Time management	Group work	Comprehending material
Stress management	Asking questions	Remembering
Maintaining a positive attitude	Participating in class discussions	Completing Assignments
Maintaining a healthy lifestyle		Talking to teachers



Study Tips!

- **Set a regular time to study**
- **Remove distractions**
- **Have necessary supplies**
- **Record assignments in an assignment book or on a calendar**



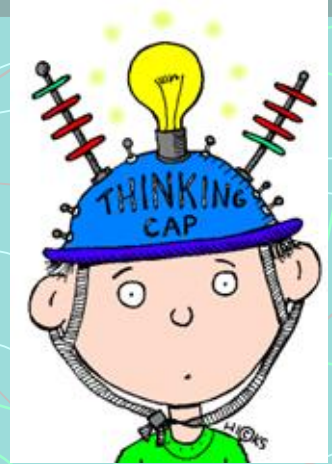
WORK TO BE COMPLETED

COMPLETED WORK

ENGLISH I

**TWO POCKET FOLDERS-ONE WAY TO ORGANIZE
ONE FOLDER FOR EACH CLASS**

Before Class!



- ❖ Think about what the class is going to be about
- ❖ What were the main points covered in the last class
- ❖ Review what your assignment was for the class
- ❖ Have your Homework Assignment out on your desk – ready to turn in.
- ❖ Prepare for every subject in this manner.



During Class!

- ❖ Does your general knowledge provide any information about the subject being taught?
- ❖ What comes to mind during the instruction that may be helpful?
- ❖ Concentrate on the subject being taught
- ❖ Take notes on the main points





After Class!

- ❖ **Review** your notes and think about what was covered in class.
- ❖ Some people like to rewrite their notes as they study.
- ❖ Some people like to underline and highlight important ideas and vocabulary.



Learning to Listen!

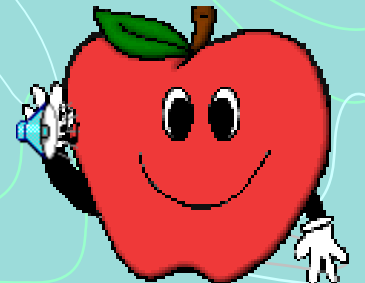
- Good listening means you are paying attention.
- You can not listen if you are talking!
- Try to hear what is said, not what you want to hear.
- Think “around” the topic and “between the lines”.
- Relate it to what you already know.
- What is the main point?





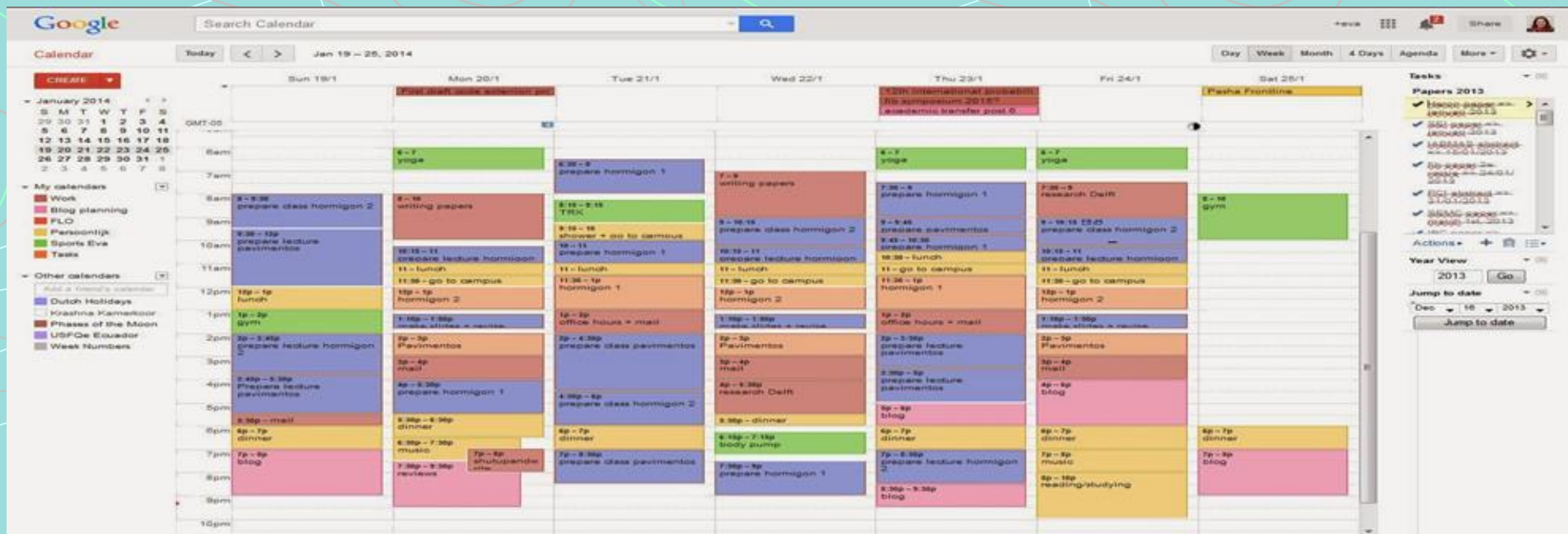
Taking Notes In Class!

- **Be prepared to take notes when class begins.**
- **Avoid any distracting conduct.**
- **Participate constructively in class discussions.**
- **Ask Questions!**
- **Write notes in a concise, organized manner.**
- **Date your notes everyday to help you know what happened each day in class.**



STUDY TIMETABLE

- Study sessions just don't happen when you feel like doing them.
- They need to be scheduled on an organized timetable.



How can we help students build RESILIENCY?

- **Build positive relationships between staff and students, and between schools and home.**
- **Foster positive qualities and give students a chance to use them.**
- **Notice and support qualities that are key to resilience.**
- **Avoid focusing on failure or negative behaviors.**
- **Teach by example.**
- **Encouraging reflection.**
- **Set high expectations for students.**
- **Teach students to set realistic and achievable goals.**
- **Teach students how to reach out for help when needed.**

SIGNS OF A RESILIENT STUDENT

- ✓ **The ability to bounce back**
- ✓ **The capacity to have courage**
- ✓ **The motivation to move forward**
- ✓ **The power to stay centered**
- ✓ **The awareness of knowing themselves**
- ✓ **The gift of laughter**
- ✓ **The potential of showing promise**
- ✓ **The capacity to ask for help**
- ✓ **The tenacity to accomplish goals**
- ✓ **The willingness to share feelings**
- ✓ **The capacity to connect with others**
- ✓ **The inspiration to give back**



RESILIENCY-

The capacity to recover quickly from difficult experiences.





Are There Any Questions?

Thank You from the Student Services
Professional Learning Team