



Freshman Seminar – Syllabus

Rapid City High School

RCAS Policies/Procedures

Learners will be required to follow all RCAS policies and procedures. To view the RCAS High School Student Handbook, please visit the [Student Handbooks](#) section of the RCAS district website.

Course Description

Freshman Seminar is an introduction to high school and the Rapid City Academies and Pathways Approach. This course focuses on cultivating successful school habits, healthy behaviors, introduces workplace norms, and gives students an overview of their RCAS Academy and Pathways choices.

Capstone: 0.5 Credit

Course Learning Outcomes

1. Learners will analyze personal interests and aptitudes to make an informed decision about the RCAS Academy of their choice.
2. Learners will investigate high school and life success skills in order to develop grit.
3. Learners will define and practice professional skills.
4. Learners will connect adolescent development, impacts of drug use, relationships, and healthy coping skills through participating in Lifeways activities.

Course Expectations

Be Respectful- Making safe choices by being kind to self and others to empower all.

Be Present- Being here and being aware of yourself and your surroundings focused on the here and now.

Be Courageous- Taking appropriate risks, persevering, doing what is right, even if it is uncomfortable or unpopular.

Grading





All learners must reach the "Meets Mastery" level for each Course Learning Outcome. This requires the learner to fully participate in all aspects of the course. A learner must provide evidence of mastery through feedback and reflection/growth.

So what does this really look like in the Capstone course?

Learners are presented with nine modules. During each module, learners will be asked to show mastery of competency in that unit. Learners will do this by demonstrating multiple points of proficiency (providing evidence).

Learner mastery will be evaluated on a scale. The key to mastery learning is that learners can always demonstrate growth. If a learner did poorly the first time, they can always try again and improve their level.

Learners must reach the "Meets Mastery" level for every Course Learning Outcome in order to pass the class. That means that a learner must complete each Course Learning Outcome. This is not like other courses where a learner can skip sections and still pass. Learners are not done with the course until they have completed all the checks and demonstrated mastery.

| | |
|---|--------------------|
|  | Exceeds Mastery |
|  | Meets Mastery |
|  | Near Mastery |
|  | Well Below Mastery |

Instructional Resources

All instructional resources are presented on Canvas. There are no additional textbooks. Within Canvas there are directions for accessing external resources including but not limited to, YouScience.

In addition, two community partnerships are utilized to provide direct instruction to learners in this course. Lifeways delivers to all Freshman Seminar learners the Project SUCCESS curriculum. Project SUCCESS is recognized by the U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Prevention as effective evidence based programs designed to prevent and reduce substance abuse among students 12 - 18 years of age. Youth and Family Services delivers the Relationships Smarts Plus curriculum.

Attendance Expectations

All students are to adhere to Rapid City High School attendance policies. Tardy arrivals will be recorded in accordance with school policy.

Communication

Communication with the supervising teacher is key to success. Learners are encouraged to communicate professionally, directly, and often with their supervising teacher.