



Freshman Seminar

Course Description: Freshman Seminar course is designed to help freshmen learn and apply skills that will enhance their educational experiences and prepare them for the next steps on their journeys, whether they attend post-secondary colleges or proceed directly into the workforce. Some of the topics to be studied include goal-setting, study skills, time management, and learning styles.

Attendance: Students are required to be in school every day. Students are responsible for communicating with their teachers to make up for missed learning.

Essential Skills:

1. I can choose the RCAS Academy I am most interested in by researching and understanding my interests and aptitude.
2. I can collaborate and communicate respectfully with a diverse group of people.
3. I can develop an understanding of Soft Skills and how they are important to become a successful employee.
4. I will participate in Lifeways presentations to learn about the effect of drug use and skills for healthy behaviors.

Course Expectations: Although not everything is graded, everything is important. In order to demonstrate growth and learning, students will need to:

1. Participate in class activities (take notes, work in a group, complete in class tasks, ask questions) without distractions (cell phones, games, etc.)
2. Use morning time and the teacher to seek help outside of class when needed.
3. Complete all assessments within teacher timelines.

Grading

Learning (Practice) includes instructional activities in and outside of class and are not used in grade determination.

Skyward Assessment (Grades) may include quizzes, labs, learning checks, tests, speeches, performances, and projects.

Final Grade	
P	100% - 60%
F	0% - 59%

Central High School Courses:

- Will determine grades based on student performance and growth.
- Will not include practice and behavior in grade determination.
- Will give all students regardless of absence an opportunity to demonstrate learning.
- Will not include extra credit.

Instructional Resources: Canvas - learning management system

Course Calendar/Pacing:

1st Half	2nd Half
<p data-bbox="321 898 545 934">Team Building</p> <p data-bbox="233 972 644 1008">Overview of an RCAS Grad</p> <p data-bbox="266 1045 602 1081">HS School Grad Skills</p> <p data-bbox="277 1119 597 1155">Academies Overview</p> <p data-bbox="233 1192 644 1228">Lifelong Healthy Behaviors</p>	<p data-bbox="863 898 1446 934">Employability/Soft Skills Development</p> <p data-bbox="940 972 1370 1008">Soft skills Scenario Training</p> <p data-bbox="972 1045 1338 1081">Goal Setting & Planning</p> <p data-bbox="1024 1119 1276 1155">Mock Interviews</p> <p data-bbox="948 1192 1362 1228">Lifelong Healthy Behaviors</p>