



## Student-Led Conference Frequently Asked Questions

### *PSATs*

See attached PSAT FAQ.

### *SATs and university-bound students*

Most U.S. colleges and universities have dropped the SAT/ACT requirement for the Fall 2021 admissions cycle. For students that need to “pad” their applications (due to a slightly lower cumulative GPA, lack of extracurriculars and/or involvement for example) then it is recommended that students take it (if seats are available.)

Testing dates and locations may be found at [www.CollegeBoard.org](http://www.CollegeBoard.org).

### *My student has failed one or more courses due to distance learning, what next?*

Delta’s counselor regularly monitors student progress. When necessary and if possible, retrieval opportunities will be embedded into your student’s schedule (typically, Senior year.) We recommend you contact Lisa Muir to discuss your particular student’s academic plan, as well as supports that are available. Should summer school be recommended, she will include that information in her correspondence with you. She may be reached at

[Lisa.Muir@thedeltahighschool.com](mailto:Lisa.Muir@thedeltahighschool.com) or (509) 416-7860 ext. 5902. You may also schedule a 1-to-1 Zoom via the following link:

[https://calendly.com/ms\\_muir\\_counselor](https://calendly.com/ms_muir_counselor).

### *My student has failed all of their classes, will they be asked to leave Delta?*

No, your student will not be asked to leave Delta. We do recommend, however, that you reach out to our Counselor for additional supports. She may be reached at [Lisa.Muir@thedeltahighschool.com](mailto:Lisa.Muir@thedeltahighschool.com) or (509) 416-7860 ext. 5902. You may also schedule a 1-to-1 Zoom via the following link:

[https://calendly.com/ms\\_muir\\_counselor](https://calendly.com/ms_muir_counselor).

### *My student is not doing well with the isolation of distance learning (loss of peer interaction, loss of structured classroom environment, not understanding how to access teacher for help outside of synchronous sessions, feeling uncomfortable being on screen/microphone during synchronous sessions), what can be done to assist them?*

Your student is not alone! This unprecedented time has been extremely difficult for students and staff alike. The traumatic conditions of isolation, chronic unpredictability, and physical and emotional constraints are affecting all of us at some level. We must make students’ emotional and social well-being a priority. Moreover, we must find intentional ways to connect with one another. Please contact our Counselor for both school and community supports available. She may be reached at [Lisa.Muir@thedeltahighschool.com](mailto:Lisa.Muir@thedeltahighschool.com) or (509) 416-7860 ext. 5902. You may also schedule a 1-to-1 Zoom via the following link.

[https://calendly.com/ms\\_muir\\_counselor](https://calendly.com/ms_muir_counselor).

*My student is struggling with time management and not having a schedule for most of the day, what can be done to assist them?*

It is important to teach routines and self-advocacy during remote learning. A predictable daily schedule supports students' overall well-being. While schedules may differ between families (we all have unique situations to consider) we encourage you to create a schedule for your student that best fits the needs of your household. Example:

8am-9am	Wake-up, breakfast, get dressed, prep for the day
9am-11:30am	Check TEAMS for each class, review weekly expectations, complete asynchronous classwork (allow yourself a 10-minute stretch break, when needed!)
11:30am-11:45am	Get up and move! Practice self-care.*
11:45am-12:45pm	Visit teacher Office Hours (to be used for clarification, feedback, help, or to say hello! This helps teach self-advocacy.)
12:45pm-1:15pm	Lunch
1:20pm-3:30pm	Attend class Zooms for synchronous learning
3:30pm-4:00pm	Get up and move! Be creative, get some fresh air, and grab a snack.
4:00pm-5:00pm	Chore time/Quiet time/Independent time
5:00pm-6:00pm	Academic time
6:00pm-7:00pm	Dinner/Family time
7:00pm-9:00pm	Academic time/Independent time
9:00pm-Bedtime	Free Choice/Self-care* (try to be "electronic-free")

Again, this is only an example. Help your student create a schedule that works for your family and that can be flexible, when needed. Important components should include brain breaks and self-care\*. *\*Self-care should include the 5 senses: see, touch, taste, hear, and smell. Have your student choose something healthy/helpful for each category to do daily.*

*My student is struggling with the ever-changing information about start dates and is losing hope of going back "to normal", can there be less going back and forth and just stick with distance learning for the remainder of the year?*

There is no easy answer to this question. We continue to plan for a potential opening to a hybrid model (part-time at school, part-time virtual), and have several different scenarios prepared. However, the unpredictability of the virus makes it very difficult to set any expected date for return at this time. Local health conditions will be monitored continuously, the district will work with the Benton Franklin Health District, and the PSD school board will act upon recommendations for any possible date to return. At this time there is no set date for an expected return.

*Will there be normal bussing once hybrid learning begins?*

Cohort groups have been sent to each district. Once a date for hybrid learning begins each district will provide information on how bussing will work. It may not be “normal” bussing, but busses will be available for all students who would normally catch a bus to go to school.

*Will all of my kids be on the same day schedule, either all As or all Bs?*

Yes (and no). A/B cohorts have been coordinated with each KSD and PSD, as those districts are also planning to utilize an A cohort on Monday/Tuesday and B cohort on Thursday/Friday. The most recent plans from RSD seem to show they will be utilizing a different model so we cannot make RSD Delta students match their siblings at other RSD schools.

*Is there any way to get grades updated more frequently, so that we can work with our student at home to keep them on track?*

Our teachers are working diligently to plan for both asynchronous and synchronous learning times and to prepare for the eventual return to in-person learning and are working as hard as ever! They also understand the importance of timely feedback for students and families and will work to get grading info out as soon as possible. Never hesitate to contact a teacher directly if you have questions.

*My student plans to go to college. What should he/she be doing now so they are a competitive candidate for college? How do Delta's grades look compared to other high schools?*

Delta graduates are highly competitive during the college entrance process. Colleges and universities in Washington State are familiar with Delta's STEM-focus, strong history of success on state achievement exams, and availability of college-level coursework. In addition, a copy of our school profile form is included with student transcripts when applying to universities to familiarize admissions counselors with the Delta grading system, available clubs and academic competitions, and school demographics. While Delta GPAs may be slightly lower, student performance and experiences make them sought after university members.

To have the greatest number of opportunities, including scholarships, it is important students maintain a good GPA, take a rigorous course load, and participate in additional experiences, such as senior year internships, student clubs, leadership opportunities, and community service.

*What college classes are offered in upcoming terms? How does my student sign-up for a college dual credit course? Will the college classes my student took at Delta count towards their college degree?*

Please see the Delta College Courses hand-out on the last page of this packet for specific terms, grade levels, and prerequisites.

Students should consider their post-high school plans when deciding whether to enroll in a dual-credit college course. Most Washington state colleges and universities will accept transfer credits for the courses offered at Delta, however, there are some exceptions. You should check with colleges you are interested in attending to determine what will be accepted as transfer credit, especially if you are considering out-of-state universities.

Students who wish to enroll in dual-credit courses complete an initial sign-up during spring course requests, when students request all of their courses for the upcoming school year. College options and prerequisites are explained to students during these presentations each spring. Students must meet the listed prerequisites in order to enroll for college credit; students who do not meet the prerequisite are still permitted to enroll but will earn only high school credit.

College registration forms are completed in the college dual-credit courses, typically within the first 3 weeks of the trimester. Students are billed \$35.00 per credit hour\*; state grants and scholarships from the student's home district may be available but are not guaranteed.

*\*This is the current tuition rate agreement between Delta and Central Washington University. This rate is negotiated annually and is subject to change.*

*My student does not plan to go to college. How will you help them be prepared for their future plans?*

A Delta education prepares students for college, career, and citizenship. Each year, a number of our graduates pursue post-secondary training through military service, trade schools, and trade union membership. Students are encouraged to take advantage of internship and other work-based learning opportunities to make themselves marketable employees after earning their diploma.

*How does my student get a senior year internship?*

Preparation for senior year internships begins during the 9<sup>th</sup> grade year. Students are learning a number of workplace skills, including teamwork, collaboration, and seeking help when needed. During 10<sup>th</sup> grade, students focus on career exploration, including career interest inventories, attending multiple career guest speaker presentations, and drafting an initial resume and cover letter. In 11<sup>th</sup> grade, internship preparation begins in earnest. Students polish resumes and cover letters, complete mock interviews, attend job shadows, and participate in the spring intern fair. Students and families are invited to an internship informational meeting mid-year in 11<sup>th</sup> grade, prior to summer and fall internship job postings and application deadlines. Students are encouraged to contact the Delta internship coordinator with questions.

Students receive workplace readiness scores at the end of each trimester. These scores are a strong indicator of a student's readiness for a senior year internship experience. While early performance does not bar any student from an internships experience during the senior year, some internships require specific GPAs. All internships carry an expectation of respectful and responsible behavior.

*What classes does my student have to take to meet his/her graduation requirements?*

Core 24 is the required coursework for all WA State graduates beginning with the Class of 2021. Each home school district has additional graduation requirements above and beyond Core 24. Delta's counselor tracks student progress and ensures that each student is provided the opportunity to meet all requirements.

Core 24 requirements:

- English Language Arts, 4.0 credits
- Social Sciences, 3.0 credits
- Mathematics, 3.0 credits
- Science, 3.0 credits
- Career-Technical Education, 1.0 credit
- Art, 2.0 credit (1.0 credit may be substituted with personal pathway courses)
- Health and Fitness\*, 2.0 credits
- World Language, 2.0 credits
- Electives, 4.0 credits

\*Note: See additional question regarding PE credits below.

*What additional requirements does my student need to meet for graduation, besides coursework?*

Students must complete the following:

- Completion of Washington State History, during either middle or high school
- High School and Beyond Plan, completed during advisory
- Pass state achievement exams, currently required in English and Mathematics (Science exams will also likely be required)
- 15 community service hours, due by the end of Trimester 2 of 11<sup>th</sup> grade

*My student did not pass one or more of their classes this term. What do we do?*

Families should work with the Delta counselor to determine if courses need to be made up during the summer or can be retrieved in a subsequent school year at Delta. It is important students remain on track for graduation. In general, students will be moved to the next grade level course, with the exception of math. Students must pass a minimum of two trimesters of their math course to enroll in the next higher course the following year.

Students enrolling in summer school must enroll with their home high school or home school district. Some students may have free summer school options available, while others are provided at a cost to the student's family.

Delta makes every effort to ensure students graduate on time. For students who do not meet the minimum graduation requirements by the end of their senior year, they will be withdrawn from Delta and enrolled at their home high school for course completion during a fifth year. In this rare circumstance, it is critical you work with your home high school counselor to find the program that best meets your student's needs for completing a high school diploma.

*How does my student earn P.E. credits at Delta?*

Delta recommends your student complete our independent study P.E. course to earn their P.E. credits. Students can earn 0.5 P.E. credits per school year, for a maximum of 1.5 credits. The independent study packet can be picked up in the student information center in the front office. Credits must be submitted in the year they are earned.

Please note your student is not required to complete the independent study P.E. credits. If your student attends Delta full-time for four (4) years, the P.E. credit requirement will be waived at graduation.

Delta currently offers the below-listed college courses in partnership with Central Washington University. Students must meet any college-required prerequisites to enroll for college credit. Please note that entrance requirements are subject to change based on criteria provided each year by Central Washington University. Terms courses are offered may also be subject to change, and classes may be added or removed based on staffing changes at the school.

<b>Subject</b>	<b>Grade/Trimester</b>	<b>Course/Credits</b>	<b>Prerequisites</b>
English	11 <sup>th</sup> Grade/T2	<b>ELA 101: Composition I</b> (5 credits)	Entrance Exam
English	11 <sup>th</sup> Grade/T3	<b>ELA 105: Introduction to Literature</b> (5 credits)	ELA 101
English	12 <sup>th</sup> Grade/T3	<b>ELA 102: Composition II</b> (5 credits)	ELA 101
Social Sciences	10 <sup>th</sup> Grade/T2	<b>SOC 101: Social Problems</b> (5 credits)	None
Social Sciences	10 <sup>th</sup> Grade/T1	<b>SOC 107: Principles of Sociology</b> (5 credits)	None
IT	12 <sup>th</sup> Grade/T1	<b>IT202: Change Ready: Technology Skills for Civic and Community Leaders</b> (4 credits)	None
Science	12 <sup>th</sup> Grade/T2	<b>Phys 103: Physics of Musical Sound</b> (5 credits)	Entrance Exam
Science	12 <sup>th</sup> Grade/T2	<b>Phys 111: Introductory Physics</b> (5 credits)	Completion or co-enrollment in Math 153
Science	12 <sup>th</sup> Grade/T2	<b>Phys 112: Introductory Physics II</b> (5 credits) <b>Not offered 2020-2021</b>	Phys 111
Mathematics	12 <sup>th</sup> Grade/T2	<b>Math 130: Finite Math</b> (5 credits)	Entrance Exam
Mathematics	12 <sup>th</sup> Grade/T3	<b>Math 211: Statistical Concepts &amp; Methods</b> (5 credits)	Entrance Exam
Mathematics	10 <sup>th</sup> -12 <sup>th</sup> Grade/T2	<b>Math 153: Pre-Calculus I</b> (5 credits)	Entrance Exam
Mathematics	10 <sup>th</sup> -12 <sup>th</sup> Grade/T3	<b>Math 154: Pre-Calculus II</b> (5 credits)	Math 153
Mathematics	10 <sup>th</sup> -12 <sup>th</sup> Grade/T2	<b>Math 172: Calculus I</b> (5 credits)	Math 154 -or- Entrance Exam
Mathematics	10 <sup>th</sup> -12 <sup>th</sup> Grade/T3	<b>Math 173: Calculus II</b> (5 credits)	Math 172
Mathematics	11 <sup>th</sup> -12 <sup>th</sup> Grade/T2	<b>Math 272: Multivariable Calculus I</b> (5 credits)	Math 173
Mathematics	11 <sup>th</sup> -12 <sup>th</sup> Grade/T3	<b>Math 273: Multivariable Calculus II</b> (5 credits)	Math 272

Pick a way to receive messages for Delta HS Class of 2024:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/xdelta2024](https://rmd.at/xdelta2024)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message @xdelta2024 to the number 81010.

If you're having trouble with 81010, try texting @xdelta2024 to (865) 329-7465.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/xdelta2024](https://rmd.at/xdelta2024) on a desktop computer to sign up for email notifications.



# Mental Health Tips and Tricks

14 daily healthful things to do to reset your mental outlook during long periods of social isolation.

- Take a shower
- Drink water
- Take medication, if prescribed by your doctor
- Clean one thing or space
- Tend to something growing or living

Be mindfully present to...

- A sound or song playing
  - A sensory feeling
  - Something you see in your surroundings
  - A Spiritual practice
- 
- Reach out to a human outside your home
  - Do one thing to get your heart rate up
  - Do one thing you will be glad you did later
  - Do one thing just because you want to
  - Get in at least one good laugh

If you are too overwhelmed at first, just start with one of these things. Then try one from each section when you are up to it. Keep adding each day, as you can, until you can do the whole list.

You are worth the effort!

## About the PSAT Test

The PSAT/NMSQT is the Preliminary SAT/National Merit Scholarship Qualifying Test. The PSAT is a great primer for the SAT but it's more than just a trial run. PSAT scores are used to identify National Merit Scholars and award merit scholarships. More than 3.4 million high school students (mostly juniors and sophomores) take this nationwide, multiple-choice test every year.

### **What is the PSAT and why is it important?**

The PSAT won't count towards your college admissions applications, but it is the qualifying test for the National Merit Scholarship. Some of the highest scoring students may win scholarship money, so while you shouldn't stress out about the PSAT, you certainly shouldn't ignore it either. Use the PSAT as practice for the SAT and ACT and an important guidepost on your college admissions journey.

### **When is the PSAT and how much does it cost?**

Typically, Delta offers this test in October each year. Due to COVID, however, an additional test date has opened up. Delta will be offering it January 26, 2021. Delta pays for the administration of the PSAT so there is no cost for Delta students.

### **What does the PSAT test?**

The PSAT has two sections: Math and Evidence-Based Reading and Writing. You'll encounter passage-based questions—sometimes accompanied by tables, graphs, and charts—and math problems drawing upon algebra, geometry, and a little trig.

### **How do I prepare for the PSAT?**

The PSAT is an assessment of College Board. (College Board is a mission-driven not-for-profit organization that connects students to college success.) College Board has all of the tools you need to get ready for the PSAT/NMSQT – and they're free. Visit [www.CollegeBoard.org](http://www.CollegeBoard.org), scroll down, and click on the PSAT/NMSQT link.



# DELTA CLUBS

## AMBASSADOR

Want to tour campus guest, do 8th grade recruitment, and volunteer at STEM nights? Join Ambassadors! Meetings are Wednesday at 1:30. Email Mrs. Hoppe for more information.  
heather.hoppe@thedeltahighschool.com

## DELTA & DRAGONS

Delta and Dragons is currently not holding meetings.

## FINE ART

If you enjoy music, drawing, photography, or any other medium of art, come join us! They meet every Monday at 3:40 p.m. If you are interested you can email the advisor or President:  
orissa.lozano@thedeltahighschool.com  
emma732@students.thedeltahighschool.com

## KEY CLUB

Key club is a community service orientated group. They have service projects and monthly guest speakers! Meetings are Tuesday, 3:45-4:30. Have questions? Contact the club advisors:  
deborah.burke@thedeltahighschool.com  
joshua.hogg@thedeltahighschool.com

## NHS

Value scholarship and want to help elevate the community? Consider joining National Honor Society! Meetings are Thursday at 10 AM. Interested or want more information email the Club President:  
viviana001@students.thedeltahighschool.com

## SPEECH & DEBATE

Do you enjoy presenting? Do you want to improve your public speaking? If so, Speech & Debate is the club for you! They meet on Wednesdays @ 2:45-3:30. Email president at  
erin001@thedeltahighschool.com

## STUDENT SENATE

Want to plan school events, such as spirit weeks and dances, or make a change in Delta? Join Student Senate! Meetings are Tuesday and 9am. Email DHSsenate@psd1.org to learn more.

## TECH CLUB

The Delta Tech (Robotics) Club is dedicated to building robots and competing in the FIRST Tech Challenge. They meet every Wednesday at 3:30. Email benjamin003@students.thedeltahighschool.com to get involved.