



Freshman Year 'Who Am I?'

Ninth grade is a foundational year for high school students. Building strong organizational and time management skills, getting involved at school, and developing a four-year plan are key aspects for a successful freshman year. Building on the question, "Who am I?," our counseling department encourages students to lean into their relationships with Christ, and grow in their understanding of their identity in Him. This is the most important foundation to build upon over the span of four years.

- **Freshman Counseling Curriculum: Staying Organized in High School** - Starting freshman year with time management and organization skills is essential to student success. School counselors partner together with the theology department to present a short lesson on staying organized in high school from a Christ-centered point of view at the beginning of the school year.
- **Freshman Four-Year Planning Presentation (September)** - Ninth grade students will hear a presentation covering graduation requirements and college-eligibility requirements, which will help them craft the outline of their four-year plan. This presentation will take place during a Wednesday life group with all freshmen.
- **Freshman Parents: Four-Year Planning Presentation (September)** - Ninth grade parents are invited to attend our Zoom presentation covering four-year planning. The presentation will mirror the presentation students will hear during the life group. A Q&A session will follow the presentation.
- **Freshmen Conferences (September-November)** - Freshmen will build upon their four-year plans, and check-in with their school counselor about their start to high school during their freshman conference. These conferences are by appointment, and allow school counselors to get to know students' hobbies, interests, school involvement, academic and spiritual goals, current classes, and your initial post-graduation ideas.
- **National Testing Day (October)** - Freshmen take the PSAT 8/9 which will help familiarize them with standardized tests, and prepare them for future tests (e.g. SAT, ACT). The PSAT 8/9 does not require students to study or practice beforehand - it is a snapshot of their current skills and abilities, and serves as a baseline standardized testing score. Score reports typically are released by the College Board in January.
- **Presidential Service Award** - Freshmen are encouraged to pursue service hours within their passion area during their high school career. Ninth grade is a great time to start these hours to gain more understanding of God-given gifts and abilities. These hours also help students earn the Presidential Service Award during freshman year. Hours must be turned in to the Presidential Service Award Coordinator, Stacy Kemp, on your CLHS Community service activity log no later than January 31st of the next calendar year to confirm your hours.
- **Congressional Service Award** - Ninth grade students interested in developing long-term goals in the areas of public service, physical fitness, and personal development are encouraged to learn about, and begin pursuit of the Congressional Award. It is best for freshmen to register online for the award program prior to February of their freshman year, if they are interested in including the Gold Medal on their college application and resume. Hours must be turned in to the Congressional Service Award Coordinator, Stacy Kemp, on your CLHS Community service activity log no later than January 31st of the next calendar year to confirm your hours.

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Proverbs 3: 5-6