

Westlake High School

Guidance & Counseling Department

Welcomes

Our 9th Grade Class



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Westlake High School Graduation Requirements

Credit Requirements

(Apply to all diploma types: local, Regents,
Regents with advanced designation)

	Minimum number of credits
English	4
Social Studies <i>Distributed as follows:</i> <i>U.S. History (1)</i> <i>Global History and Geography (2)</i> <i>Participation in Government (½)</i> <i>Economics (½)</i>	4
Science <i>Distributed as follows:</i> <i>Life Science (1)</i> <i>Physical Science (1)</i> <i>Life Science or Physical Science (1)</i>	3
Mathematics	3
Languages Other than English (LOTE)	1(**)
Visual Art, Music, Dance, and/or Theater	1
Physical Education <i>(participation each semester)</i>	2
Health	0.5
Electives	3.5
Total	22

(**) Students with a disability may be excused from the requirement for 1 unit of credit in LOTE if so indicated on their IEP, but they must still earn 22 units of credit to graduate.

** Additional diploma options available

COLLEGE! Will I Get in Four Years from Now?

What are colleges looking for?

Know the most important factors for gaining admission, and compare them to what YOU are doing now, or will be doing throughout your four years of high school!

♦ A strong GPA

What it says to a college: *This student is conscientious and potentially capable of passing courses at our college.*

♦ A strong course load

What it says to a college: *This student has challenged him/herself with as many upper level courses he/she can handle, and has taken advantage of the resources offered by the school.*

♦ Strong SAT/ACT scores

What it says to a college: *This student has the innate and learned ability to handle college level courses and be successful, and not likely to fail and/or withdraw/drop out of school. (RETENTION RATE IS VERY IMPORTANT TO A COLLEGE'S IMAGE).*

♦ Community Service

What it says to a college: *This is a caring and compassionate student that gives up his/her free time to help others in need. This student may have been exposed to others who are less fortunate than them and has decided to reach out, hopefully resulting in the ability to show empathy for others and an appreciation for those different from him/her.*

♦ Strong Involvement in Sports/Clubs/Activities

What it says to a college: *This student has made a contribution to his/her school and is a "do-er." He/she is likely to become involved in clubs and activities at our school too.*

♦ Part-time employment

What it says to a college: *This student may have a strong work ethic, holding a job for a significant period of time. This student has had valuable work experiences that may have taught him/her responsibility and how to get along well with others.*

♦ Strong counselor and teacher letters of recommendation

What it says to a college: *This student is being supported by people in the field of education and are putting their professional opinion in writing, therefore what they say holds a lot of weight and is taken seriously.*

♦ Perseverance/Overcoming Obstacles

What it says to a college: *This student has overcome adversity, or a significant obstacle in their young life; this proves he/she will not be quick to give up, or drop out, or fall to pieces when faced with challenges in college.*

♦ Demonstrated Interest towards the colleges

What it says to a college: *This student has taken the time to research a specific college and has networked with them through open houses, virtual events, campus tours and/or interviews; this affirms that they are a serious, qualified applicant who may likely end up attending if admitted.*

ACT vs SAT

WESTLAKE HIGH SCHOOL GUIDANCE & COUNSELING DEPARTMENT

ACT	SAT
Time: 3 hours, 40 mins (with optional essay)	Time: 3 hours
4 Sections: English, Math, Reading, Science plus an optional essay	4 Sections: Evidence-based Reading and Writing, Math w/out calculator, Math w/ calculator
Score: 1-36 (based on an average of sub sections scores, also 1-36) Optional writing score of 0-12, not included in overall composite score	Score: Out of 1600, 800 for Math, 800 for Evidence-based Reading & Writing
Wrong answer penalty: No penalty	Wrong answer penalty: No penalty
Math content: Arithmetic, Algebra, Geometry, Algebra 2 & Trigonometry	Math content: Algebra, Data analysis, some Geometry, Trigonometry, Algebra 2
Calculator: Permitted on whole test	Calculator: Permitted for 38 questions but not for 20 questions
General focus: Broad range of content and skills	General focus: In-depth analysis of evidence and content
Multiple Choice: 5 answer choices	Multiple choice: 4 answer choices

Getting Involved

Getting involved in school clubs, sports and activities presents a wide range of advantages:

- Finding new interests
- Meeting new people (students & faculty)
- Discovering new strengths
- Paving the way for possible college majors/career interests
- Looks impressive to colleges and scholarship organizations

Clubs, Sports & Activities

Clubs & Activities:

Art Club	Pep Band
Autism Speaks	Photography Club
Blendors—Select Choral Group	Rock Band
Book Club	SADD
Business Club	Science Honor Society
Chess Club	Science Olympiad—Physical
Convention II / Speech (JSA)	Service Club
Drama Director	Sketch Comedy Club (<i>*new*</i>)
English Honor Society	Social Studies Honor Society
Environmental Club (<i>*new*</i>)	Spanish Club & Spanish Honor Society
Fashion Club	Student Council
Gay/Straight Alliance (GSA)	Students Talking About Relationships (STAR/DASA)
International Culture Club	Thespian Club
Italian Club & Italian Honor Society	Video Club
Jazz Band	Westlake Revue (<i>Talent Show</i>)
Math Club & Math Honor Society	Westlake Technology Crew
Musical Production	Yearbook (<i>"Pendulum"</i>)
National Honor Society	
Newspaper — <i>Westlake Word</i>	
P.A.L.S. (Peer Advice & Leadership Service)	

Sports:

Fall Season...

Cheerleading - Varsity
Cross Country - Varsity
Football - JV/Varsity
Soccer - Boys/Girls - JV/Varsity
Swimming/Diving (merged team) - Girls - Varsity
Tennis - Girls - Varsity
Volleyball - Girls - JV/Varsity

Winter Season...

Basketball - Boys/Girls - JV/Varsity
Cheerleading - Varsity
Ice Hockey (merged team) - Varsity

Swimming/Diving (merged team) - Boys - Varsity
Indoor Track - Boys/Girls - Varsity
Wrestling (merged team) - JV/Varsity

Spring Season...

Baseball - JV/Varsity
Golf - Varsity
Lacrosse - Boys/Girls - JV/Varsity
Softball - JV/Varsity
Tennis - Boys - Varsity
Track & Field - Boys/Girls - Vars

Westlake High School

Mt. Pleasant Central School District

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Thornwood, NY 10594
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Mr. Keith Schenker
Principal
email: kschenker@mtplcsd.org

Mr. Kenneth Amann
Assistant Principal
email: kamann@mtplcsd.org

Dear Sponsor:

As Coordinator of the School/Community Service Program, I wish to thank you for the support, encouragement, assistance, and effort given to the student who has volunteered time under your sponsorship. I am hoping that this student has been of service to you, and that you have received as much from this young adult as you have given.

In order for this student to receive recognition for hours served, it is necessary for you to fill out the information below. If you have any questions, comments, or pertinent information you would like to share with me, please feel free to contact me at (914) 769-8311 from 8:00 a.m. to 2:30 p.m.

Again, many thanks. **Please return this form to me as soon as possible c/o Westlake High School, 825 West Lake Drive, Thornwood, NY 10594 or give back to your student volunteer, who, in turn, will return it to me.**

Sincerely,

Kenneth Amann

Mr. Kenneth Amann
Assistant Principal

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(PLEASE PRINT CLEARLY - COMPLETE & RETURN ENTIRE FORM)

Student Name _____ CIRCLE Current Grade: **9 10 11 12**

Organization with which service rendered (if applicable) _____

Brief Description of Service: _____

START Date ____/____/____ END Date ____/____/____ # of Service Hours _____

EVALUATION OF SERVICE RENDERED: _____

SPONSOR'S NAME _____ CONTACT PHONE NO. _____
(PRINT IN FULL)

SPONSOR'S SIGNATURE _____ Dated ____/____/____

SCHOOL OFFICE USE ONLY - School/Community Service Coordinator to check and sign for approval.

Community Service Coordinator Signature Approval Date

Honor Societies

National Honor Society

The National Honor Society is a way of recognizing students who excel in school. Membership in local chapters is an honor bestowed upon a student. Selection for membership is by a Faculty Council and is based on outstanding scholarship, character, leadership, and service. Once selected, members have the responsibility to continue to demonstrate these qualities.

To become a member of the National Honor Society is truly an honor. **The academic average necessary to be considered for membership is 88.** A student is academically eligible if they have an 88 average or better in all subjects from freshman year **through the first marking period** of either their junior or senior year depending on when they apply. However, in addition to the academics, each student must also demonstrate **character, service and leadership.**

- **Character-** The student of good character upholds principles of morality and ethics, is cooperative, demonstrates high standards of honesty and reliability, shows courtesy, concern, and respect for others, and generally maintains a good and clean lifestyle. The student must also adhere to the school rules and policies. Students will be expected to have faculty members write evaluations on their behalf.
- **Service-** this quality is defined through the voluntary contributions made by a student to the school or community, done without compensation and with a positive, courteous, and enthusiastic spirit. The student is expected to demonstrate a pattern and commitment to serve rather than isolated projects. Service activities must be completed and turned in no later than **September 30** of the year in which they apply for National Honor Society. Simply forgetting to hand in the service hours by the due date **IS NOT AN ACCEPTABLE EXCUSE.** Students will need a minimum of 40 hours of service to be considered eligible for NHS. Students with questions about the acceptability of their service should speak with the advisor well in advance of the NHS process.
- **Leadership-** Student leaders are those who are resourceful, good problem solvers, promoters of school activities, idea-contributors, dependable, and persons who exemplify positive attitudes about life. Leadership experiences can be drawn from school or community activities while working with or for others. The student must be **actively** engaged in a minimum of **THREE** different activities, one of which can take place outside of the Westlake High School.

The process for becoming a National Honor Society member is also explained in the student handbook and is available for viewing on the school home page. In addition to these places, the NHS advisor speaks at the opening assemblies for both juniors and seniors the first week of school. Please take an active role in pursuing membership in this society.

Italian Honor Society

Italian Honor Society is an academic organization which was founded at Westlake High School almost 27 years ago to encourage and promote the advanced studies of the Italian language and culture. The students who distinguish themselves through hard work and determination are honored in their junior and senior years by being inducted into this very prestigious society.

Sociedad Honoraria Hispánica

Students of the advanced level Spanish courses (levels IV and V) attaining a cumulative 92% average in Spanish (9 – 12) will be invited in the fall to become an inducted member of the Lazarillo de Tormes chapter of the Spanish National Honor Society at Westlake. In addition to the academic average required, the member is to be a model student portraying academic integrity, cultural appreciation, and global awareness. The goal of this academic language honor is to engage its members in student driven initiatives that expose and enrich the school and the community through the use of the target language. This can be accomplished through: a meaningful service effort, as a Spanish tutor, as a willful participant in fundraising for a charity, to enter a competition for travel abroad and/or to strive for a college scholarship.

English Honor Society

The English Honor society seeks to promote interest in English, literature, and the humanities among the Westlake High School community. The purpose of EHS is to foster excellence in the English curriculum by advocating lifelong learning and active participation in the betterment of the Westlake school and community. Members will participate in school functions, maintain a unique forum for creative written expression, and volunteer for school and community activities. Students in grades 9 and 10 remain as general members of the club. Induction and the status of EHS is conferred only to qualified 11th and 12th grade students who meet the club's criteria.

Math Honor Society

The Westlake High School Math Honor Society is a scholastic organization that recognizes students who have demonstrated outstanding mathematical achievement as well as overall academic excellence. The organization promotes the enjoyment and understanding of mathematics among high school students who exemplify personal integrity by using their mathematical knowledge for the good of society and contribute to the school's community through service.

Social Studies Honor Society

The Westlake High School Social Studies Honor Society is a scholastic organization that recognizes students who have demonstrated outstanding achievement in Social Studies as well as overall academic excellence and service to the community. The organization promotes the enjoyment and understanding of Social Studies among high school students who exemplify personal integrity by using their civic knowledge for the good of society and contribute to the school's community through service.

Science Honor Society

Science Honor Society is an academic organization which was founded at Westlake High School in 2015 by two students intent on recognizing the honor and prestige of the sciences at Westlake. SHS seeks to encourage and promote the advanced studies of research and the sciences. The students who distinguish themselves through hard work and determination are honored by being inducted into this very prestigious society.

Extra Help/Student Resources

- ▶ Teacher office hours
- ▶ Math Lab (TBD)
- ▶ Writing Lab (TBD)
- ▶ Before/After school extra help
- ▶ Peer Tutoring through honor societies
- ▶ Guidance & Counseling website
- ▶ Counseling services

What does a School Counselor do?

EVERYTHING!!! Well, just about. We are here to help with:

Scheduling, academic counseling, college and career questions, getting involved, finding part-time jobs, transitioning to high school and college, talking about issues with friends, teachers, family etc.

Introducing Naviance from the Westlake High School Guidance Department



A Quick Guide for Students and Parents to Sign into Family Connection

What is Family Connection?

- An On-line Resource for Students and Parents for Post High School Planning & Advising
- A web-based resource for students and parents that encourages and supports post high school career and college planning
- Family Connection is specific to your school
- Family Connection is linked with Naviance Succeed, a service that is used in the counseling office

What Can Students And Parents Do Using Family Connection?

- View guidance news bulletins
- Create a résumé
- View college visits and sign up
- Complete a college search
- Develop a prospective college list
- Provide access to scholarship search engines; over a hundred national scholarships are available
- Maintain journal entries
- Game Plan Survey
- Complete surveys
- Compare colleges
- Links to selected third party resources
(i.e. College Board, Financial Aid, College Athletics, College searches, etc.)
- Track deadlines

How Do Students and Parents Register for a Family Connection Account?

- Students receive a registration code
- Parents receive a separate registration code
- Registration codes are used to create accounts
- Codes are random and alphanumeric for security reasons
- **Codes can be used only once**
- On your first visit, enter the code in the New User box, then follow on-screen instructions to create a user name and password
- **Your school will provide you with a password**
- On subsequent visits, sign in using the Returning User box

National Collegiate Athletic Association (NCAA)

Steps to take, Grade by Grade...

Get Ready. Get Set. Go!

Grade 9

- Ask your counselor for a list of your high school's [NCAA core courses](#) to make sure you take the right classes.

Grade 10

- Register with the NCAA Eligibility Center at eligibilitycenter.org.

Grade 11

- Check with your counselor to make sure you will graduate on time with the required number of [NCAA core courses](#).
- Take the [ACT or SAT](#) and submit your scores to the NCAA using code 9999.
- At the end of the year, ask your counselor to upload your [official transcript](#) to the NCAA Eligibility Center.

Grade 12

- Finish your last [NCAA core courses](#).
- Take the [ACT or SAT](#) again, if necessary, and submit your scores to the NCAA using code 9999.
- Complete all academic and [amateurism](#) questions in your NCAA Eligibility Center account at eligibilitycenter.org.
- After you graduate, ask your counselor to submit your final [official transcript](#) with proof of graduation to the NCAA Eligibility Center.

ONE OPPORTUNITY. LIMITLESS POSSIBILITIES.

If you want to play NCAA sports at a Division I or II school, you need to register with the NCAA Eligibility Center at eligibilitycenter.org. If you plan to compete at a Division III school or currently are not sure in which division you want to compete, create a [free Profile Page account](#).

ACADEMIC REQUIREMENTS

To play sports at a Division I or II school, you must complete a total of 16 [NCAA-approved core courses](#), earn a corresponding test score* that matches your core-course GPA and submit proof of graduation to the Eligibility Center.

CORE-COURSE REQUIREMENTS

Complete a total of 16 core courses in the following areas:

Division I



To study and compete at a Division I school, you must complete 10 of your 16 core courses, including seven in English, math or natural/physical science, before the start of your seventh semester.

Division II



GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your [core-course grade-point average](#) based only on the grades you earn in NCAA-approved core courses.

- » Division I requires a minimum 2.3 GPA.
- » Division II requires a minimum 2.2 GPA.

SLIDING SCALE

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. Find more information about sliding scales at ncaa.org/test-scores.

TEST SCORES

Every time you register for the SAT or ACT, use code 9999 to send your scores directly to the NCAA Eligibility Center from the testing agency. You may take the SAT or ACT an unlimited number of times before you enroll full time in university. If you take either test more than once, the best subscores from each test are used for the academic certification process.

**More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Spring2023.*



HIGH SCHOOL TIMELINE

GRADE

9

Freshman Year: Register

- » Start planning now! Take NCAA-approved courses and earn the best grades possible.
- » Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist.
- » Register for a free Profile Page account at eligibilitycenter.org for information on NCAA initial-eligibility requirements.

GRADE

10

Sophomore Year: Plan

- » If you fall behind academically, ask your counselor for help finding approved courses you can take.
- » If you are being actively recruited by an NCAA school and have a Profile Page account, **transition** it to a **Certification account**.
- » Monitor the task list in your Eligibility Center account for next steps.
- » At the end of the school year, ask your counselor from each high school you have attended to upload an official transcript to your Eligibility Center account.

GRADE

11

Junior Year: Study

- » Check with your counselor to make sure you are on track to complete the required number of NCAA-approved **core courses** and graduate on time with your class.
- » Take the SAT/ACT and submit your scores to the Eligibility Center using code 9999.*
- » Ensure your sports participation information is correct in your Eligibility Center account.
- » At the end of the school year, ask your counselor from each high school you have attended to upload an official transcript to your Eligibility Center account.

GRADE

12

Senior Year: Graduate

- » Complete your final NCAA-approved **core courses** as you prepare for graduation.
- » Take the SAT/ACT again, if necessary, and submit your scores to the Eligibility Center using code 9999.*
- » Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at eligibilitycenter.org.
- » After you graduate, ask your counselor to upload your final official transcript with proof of graduation to your Eligibility Center account.
- » **Reminder:** Only students on an NCAA Division I or II school's **institutional request list** will receive a certification.

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

9TH GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

10TH GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

11TH GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

12TH GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

SEARCH FREQUENTLY ASKED QUESTIONS: ncaa.org/studentfaq

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ELIGIBILITY CENTER