

School Counseling

Medford High and Vocational Technical High School

Freshman Year Planning Checklist



FALL

- Get to know your teachers. Learn how to contact them and other staff members by email. Ask your teachers which days they are available after school to meet with you if you have questions or concerns.
- Attend the Activity Fair in September and join after school clubs, organizations, and sports teams.
- Meet your guidance counselor and understand graduation requirements and GPA. Discuss taking challenging courses in the future and know the prerequisites for specific classes.
- Develop and maintain good study skills. Take advantage of National Honor Society students available after school in the library, Monday-Thursday from 2:30-3:30 for peer tutoring. Tufts Tutoring Program is also available for kids wanting extra help. See guidance counselor for more information.
- Start your community service for the year. Search medfordhighguidance.com for more information.
- Attend the college and career fair just to get a feel for what's out there.
- Use your agenda book to help you organize. Keep track of all homework assignments, projects, tests, and quizzes for each quarter.

WINTER

- Check out a new club, sport, or organization that interests you!
- Keep your grades high and make sure you are focusing on your academics.
- Schedule a meeting with your guidance counselor to go over mid-year grades and how the transition to high school has been so far.
- Continue to stay involved in your school and community.
- Career and technical education students select CTE program for quarters 3 and 4.

SPRING

- Continue to explore your interests through activities, community service, etc.
- Register for Naviance and become familiar with the features.
- Start thinking about selecting a more challenging course load for next year if you meet the prerequisites for specific classes.
- Register for your sophomore year classes. Look through the MHS handbook/course selection book and make sure you are meeting all graduation requirements.

SUMMER

- Get experience! Find a job, land an internship, or get some community service completed in a field that interests you.
- Rest and relax! You successfully survived your freshman year of high school!