

NEWPORT-MESA UNIFIED SCHOOL DISTRICT
Course Description

FRESHMAN SEMINAR
(Elective) – (1AB)

Content covered in this course is described in the Course of Study. Based upon student needs, teachers select appropriate materials from the Instructional Materials List. Classroom presentations of course content are determined by the instructor and described under Teacher Activities. A more detailed outline of this course can be obtained from the instructor.

OVERVIEW:

Freshman Seminar is a one year, two semester class dedicated to helping freshmen build the necessary academic and social skills to be successful throughout their high school careers and beyond. The curriculum is comprised of two main areas; AVID/study skills and advisory/life skills education. Over the 36-week course students will learn, practice and master study skills to enhance their academic success. They will also be involved in advisory lessons and mentoring activities to increase their connection/engagement to the school/learning community. Select upperclassmen will be enrolled in the class and be mentors to the freshmen. The upperclassmen mentors will be trained throughout the year in different advisory/life skill lessons. Teachers of Freshman Seminar will facilitate the lessons, small and large group discussions, activities and journal writing/reflection, and study skill exercises. Upperclassmen mentors will be involved in the class on a daily basis as they co-teach, facilitate, advise and connect with the freshmen in all of the lessons and activities. Students will have their attendance, behavior and academic achievement monitored by the teachers and upperclassmen mentors on a regular basis.

OVERALL GOALS AND OBJECTIVES:

- Improved academic achievement among freshmen.
- Improved behavior and reduction in discipline referrals among freshmen.
- Increased engagement in the school community via clubs, activities, ASB, extracurricular programs and sports.

COURSE OF STUDY OBJECTIVES:

The student will be able to use the Cornell note taking strategy and keep organized binders for each of their classes including Freshman Seminar.

- 1.1 SUGGESTED STUDENT ACTIVITIES:
 - Note taking, small and large group discussion, reading, journaling cooperative group projects and presentations.
- 1.2 INSTRUCTIONAL MATERIALS USED:
 - Supplemental materials and videos listed below
- 1.3 SUGGESTED TEACHER ACTIVITIES:
 - Lecturing, facilitating discussions projects and presentations, binder checks.

2.0 The student will be able to monitor their academic achievement and progress.

- 2.1 SUGGESTED STUDENT ACTIVITIES:
 - Completion of weekly grade checks, participation in teacher/parent conferences, attend after school tutoring sessions.
- 2.2 INSTRUCTIONAL MATERIALS USED:
 - Materials from other classes the student is enrolled in.
- 2.3 SUGGESTED TEACHER ACTIVITIES:
 - Monitor grade checks and achievement, organize parent conferences, oversee tutoring sessions.

3.0 The student will be able to articulate a personal vision and set short and long term goals.

- 3.1 SUGGESTED STUDENT ACTIVITIES:
 - Note taking, small and large group discussion, reading, journaling, cooperative group projects and presentations.
- 3.2 INSTRUCTIONAL MATERIALS USED:
 - Supplemental materials and videos listed below.

- 3.3 SUGGESTED TEACHER ACTIVITIES:
- Lecturing, facilitating discussions, projects and presentations.
- 4.0 **The student will be able to identify the attributes of positive character including honesty, integrity and trustworthiness.**
- 4.1 SUGGESTED STUDENT ACTIVITIES:
- Note taking, small and large group discussion, reading, journaling, cooperative group projects and presentations.
- 4.2 INSTRUCTIONAL MATERIALS USED:
- Supplemental materials and videos listed below.
- 4.3 SUGGESTED TEACHER ACTIVITIES:
- Lecturing, facilitating discussions projects and presentations.
- 5.0 **The student will understand and be able to identify the negative aspects of peer pressure as well as identify successful resistance strategies.**
- 5.1 SUGGESTED STUDENT ACTIVITIES:
- Note taking, small and large group discussion, reading, journaling, cooperative group projects and presentations.
- 5.2 INSTRUCTIONAL MATERIALS USED:
- Supplemental materials and videos listed below.
- 5.3 SUGGESTED TEACHER ACTIVITIES:
- Lecturing, facilitating discussions projects and presentations.
- 6.0 **The student will become a proactive citizen in their school community.**
- 6.1 SUGGESTED STUDENT ACTIVITIES:
- Attendance at ASB club meetings and school sporting events and activities, small and large group discussion, reading, journaling, cooperative group projects and presentations.
- 6.2 INSTRUCTIONAL MATERIALS USED:
- Supplemental materials and videos listed below.
- 6.3 SUGGESTED TEACHER ACTIVITIES:
- Lecturing, facilitating discussions projects and presentations.
- 7.0 **The student will be able to appreciate and celebrate diversity and demonstrate tolerance.**
- 7.1 SUGGESTED STUDENT ACTIVITIES:
- Note taking, small and large group discussion, reading, journaling, cooperative group projects and presentations.
- 7.2 INSTRUCTIONAL MATERIALS USED:
- Supplemental materials and videos listed below
- 7.3 SUGGESTED TEACHER ACTIVITIES:
- Lecturing, facilitating discussions projects and presentations.
- 8.0 **The student will learn to use successful study skills and test taking strategies.**
- 8.1 SUGGESTED STUDENT ACTIVITIES:
- AVID, PSAT, STAR testing preparation activities.
- 8.2 INSTRUCTIONAL MATERIALS USED:
- Supplemental material and videos listed below.
- 8.3 SUGGESTED TEACHER ACTIVITIES:
- Lecturing, facilitating discussions, projects and presentation.
- 9.0 **The student will be able to write and speak effectively in both small and large groups.**
- 9.1 SUGGESTED STUDENT ACTIVITIES:
- Socratic seminars, small group discussions, journaling, thematic essays, portfolio creation and presentation.
- 9.2 INSTRUCTIONAL MATERIALS USED:
- Supplemental material and videos listed below.
- 9.3 SUGGESTED TEACHER ACTIVITIES:
- Lecturing, facilitating discussions, projects and presentation.

10.0 The student will be able to use as a research tool and create a multimedia presentation.**10.1 SUGGESTED STUDENT ACTIVITIES:**

- Use of computer lab, information literacy lessons, research strategies and steps, writing a research paper, use multimedia applications, present research paper using multimedia applications.

10.2 INSTRUCTIONAL MATERIALS USED:

- School and public library, computer lab

10.3 SUGGESTED TEACHER ACTIVITIES:

- Lecturing and demonstrating research and presentation skills. Facilitate the research and presentation process for each individual student.

INSTRUCTIONAL MATERIALS:**TEXTBOOKS:****SUPPLEMENTARY MATERIALS:**

Covey, Sean, *Seven Habits of the Highly Effective Teenager*. New York: Simon & Schuster, 1998

Edwards, Donald L.; Yucas, J. P.. 1992. *Valuing Others* Pennsylvania: The Center for Learning

Canfield, Jack; Hansen, Mark V.; Kirberger, Kimberly 2001. *Chicken Soup for the Teenage Soul*. Florida: Health Communications, Inc.

Social Studies Lessons and Activities

Ignite Advisory activities

Los Angeles Times and Orange County Register

AUDIO-VISUAL MATERIALS:

In Search of Character video series

March, 2004

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