



WELCOME TO UNIONVILLE HIGH SCHOOL

NEW STUDENT SURVIVAL GUIDE

CREATED BY UHS STUDENTS FOR NEW UHS STUDENTS

UHS ADMINISTRATION

Dr. Jenkins, UHS Principal
 Ms. Hunt, Assistant Principal for 9th & 11th grades
 Mr. Clark, Assistant Principal for 10th & 12th grades
 Mrs. Lyles, Dean of Students
 Mr. Vogler, Athletic Director

SCHOOL COUNSELING

Administrative Support
 Ms. Jackson - 610-347-1600 ext 3073
 Mrs. Smith - 610-347-1600 ext 3108
 Counseling Center Fax - 610-347-1677



Back L-R: Vogler, Hunt, Clark
 Front L-R: Lyles, Lenny, Jenkins

Counselor Caseloads 2023-2024					
COUNSELOR 2023-2024	9th Grade Class of 2027	10th Grade Class of 2026	11th Grade Class of 2025	12th Grade Class of 2024	Counselor's Email
C.Miller	A-C	A-Ch	A-C	A-Ch	cmiller@ucfsd.net
R.Findora	D-E	Ci-F	D-F	Ci-Har	rfindora@ucfsd.net
A.Hessenauer	F-J	G-K	G-J	Has-Kd	ahessenauer@ucfsd.net
M.Albrand	K-N	L-N	K-N	Ke-O	malbrand@ucfsd.net
L.Elfreth	O-Sk	O-S	O-Sl	P-Sr	lelfreth@ucfsd.net
C.Spiegel	Sl-Z	T-Z	Sm-Z	St-Z	cspiegel@ucfsd.net



Back L-R: Miller, Findora, Elfreth
 Front L-R: Spiegel, Hessenauer, Albrand

Follow UHS School Counseling on Instagram @uhsschoolcounseling or
 Twitter @UHSCounseling

BELL SCHEDULE

PERIOD 1	8:00 - 8:49am
PERIOD 2	8:53 - 9:38am
PERIOD 3	9:42 - 10:27am
LUNCH & LEARN	10:27 - 11:27am
PERIOD 6	11:31 - 12:16pm
PERIOD 7	12:20 - 1:05pm
PERIOD 8	1:09 - 1:54pm
PERIOD 9	1:58 - 2:43pm

GRADUATION REQUIREMENTS

ENGLISH	4 credits
SOCIAL STUDIES	4 credits
MATH	3 credits
SCIENCE	3 credits
HEALTH	.5 credit
PHYSICAL EDUCATION	.75 credit
BUSINESS APPLICATIONS	.5 credit
ELECTIVES	6.25 credit

UHS GRADING SCALE

Every high school has a unique grading scale and method for calculating GPA. Here's an explanation of the grading system used at UHS.

Marking period, midterm exam, and final exam grades will be reported as percentages on report cards. Completed course grades will be reported as percentages and letter grades on report cards. Transcripts, however, will only display the requisite letter grade. The formula for calculating final course grades for full-year courses is as follows (semester course grades are divided by 5):
 $(2) \times 1\text{st MP} + (2) \times 2\text{nd MP} + (1) \times \text{Midterm Exam} + (2) \times 3\text{rd MP} + (2) \times 4\text{th MP} + (1) \times \text{Final Exam}$

Grade Point Average (GPA) Calculations are based on a weighted system. AP and Honors level courses are weighted by adding quality points to the final grade. One quality point is added for AP Courses and .50 quality point is added for honors courses. Please refer to this scale: To calculate a GPA, determine the quality points earned by multiplying the grade value for each course, by the number of credits for that course. Add up the quality points, and then divide the total quality points by the total number of credits.

Quality Points = Grade Value \times Credit Value

GPA = Quality Points / Credits

Percent	Grade	Academic	Honors	AP
100-97	A+	4.3	4.8	5.3
96-93	A	4	4.5	5
92-90	A-	3.7	4.2	4.7
89-87	B+	3.3	3.8	4.3
86-83	B	3	3.5	4
82-80	B-	2.7	3.2	3.7
79-77	C+	2.3	2.8	3.3
76-73	C	2	2.5	3
72-70	C-	1.7	2.2	2.7
69-67	D+	1.3	1.8	2.3
66-63	D	1	1.5	2
62-60	D-	0.7	1.2	1.7
Below 60	F	0	0	0

NAVIGATING THE BUILDING

It is totally normal to feel overwhelmed for the first few days; however, do not stress! Most students find that it takes 3-5 days to get used to the building and figure out where everything is located. UHS has 3 floors and the classrooms numbers start according to the level they are on.

First Floor (bottom of the building)

- Classroom numbers start with 1: World Language, FCS, Health, Physical Education
- Cafeteria
- Gym

Second Floor

- Classroom numbers start with 2: English, Social Studies, Technology Education, Art, Music
- Main Entrance to building
- Main Office
- Counseling Center
- Nurse
- Auditorium
- Library
- LGI
- Testing Center
- Writing Center
- Cyber Cafe

Third Floor (top floor)

- Classroom numbers start with 3: Math, Science, Business Applications



What Can I Do If I...

Am going to be absent?

Parent/Guardian must email uhsattendance@ucfsd.net or call 610-347-1600, ext 4 by 9:00am on the day you are absent. If a parent/guardian does NOT call, the AutoDialer will call them. Attendance is taken in every class and study hall. In addition to the phone call, you are required to submit a written note to the Attendance Office within three days of an absence in order for the absence to qualify as excused and to allow you to make up all missed work. If a note is NOT received within three days, the absence is UNEXCUSED.

Will be arriving late or leaving early?

Sign in at the main office when you arrive and you get a pass to class. Early dismissal requests must be submitted IN WRITING and signed by the parent or guardian. Please include a phone number of a parent/guardian to verify the dismissal. Submit your requests to the Attendance Office (in the Main Office) by 9:00AM. Students are limited to five early dismissals per year. You will receive a pass for an early dismissal to show to your teacher when it's time to leave. You must sign out in the high school main office.

Need to ride home on different bus?

Both students need to bring in bus notes to the main office and then receive note for the bus driver.

Want to check my grades or attendance?

Login to Powerschool <https://ps.ucfsd.org/public/>

Have a problem with locker?

Report the problem in main office.

Want to join a club, team or activity?

All information about UHS Athletics can be found on the UHS Athletics website.

For the most up to date information on UHS clubs and activities, check out the For Students page and select Activities. A list of school clubs with a brief description and contact information is provided. Also, follow UHS Activities on Instagram @longhorn_life_uhs!



Have a academic issue or problem with a class?

Reach out to your teacher during Lunch & Learn or before/after school to discuss your concerns. If you need additional support you can always contact your school counselor as well!

Have a scheduling issue?

Reach out to your school counselor either by visiting the Counseling Center in person to make an appointment or by emailing your question/concern to your school counselor.

Need a peer tutoring?

The School Counseling website has a page dedicated to Academic Planning & Resources, and requests for a peer tutoring can be submitted through the link on this page.

Words of Wisdom for All Incoming 9th Graders

"My advice to incoming freshmen is that you have to learn to play the game. Each teacher will likely have different rules and the way that he/she teaches, interacts, disciplines and many other aspects in his/her classroom. Just like learning to play or abide by the rules in a game or sport, you must also learn to play or abide by the rules set forth in each teacher's

classroom. You may not always like the rules, but just like arguing with an official during a game is counterproductive, so is arguing with a teacher. It is the student's responsibility to learn to be flexible and to adjust. The student's approach to handling a variety of personalities (teachers and peers alike) is not only an invaluable skill to have during school, but it is critical for life in general. Having a sense of humor is also important because it means you can see that not everything is serious and just makes school and life that much more enjoyable. So, the faster one learns to "play the game" the easier the transition will be." Mr. Wolf (US Cultures Teacher)

"Get involved- Life is not a spectator sport. Also, do lots of push-ups...they are fun for everyone!" Mr. Herman PE Teacher

STEPS TOWARD A SUCCESSFUL TRANSITION TO HIGH SCHOOL!!!

MAINTAIN BALANCE:

While grades are certainly important, so is your physical health and emotional well-being. It is critical that students in high school get enough sleep and eat properly. Your mind and body are growing at a rapid rate during this time. You will be more successful if you maintain proper balance with what your body needs.

MAKE USE OF YOUR AGENDA:

You cannot rely on your memory any longer. It is imperative that you write things down. This is a life skill that you should develop now. Use your agenda for short and long term assignment planning.

PRACTICE EFFECTIVE SELF-MANAGEMENT SKILLS:

The method by which people stay organized is personal. It is difficult for one person to tell another person HOW to organize. Your organizational offense might change depending on the teaching style of your teacher or the structure of a specific course. Get in the habit of making good choices and planning properly. It's best to accustom yourself to get things done early and out of the way rather than waiting until the last minute. Procrastination leads to unhealthy stress. It is important to recognize and understand that there is a significant relationship between stress and overall functioning/performance!

LEARN THE DIFFERENCE BETWEEN HOMEWORK AND STUDYING:

Success in high school requires higher-order thinking, which is obtained through regular and consistent studying. Doing your homework is only the beginning. To understand the material, you must spend time thinking, reviewing, making connections and associations. The content you are learning in the class should make sense and have meaning to you as a learner. If not, strive for it. Use various learning styles until you find several that work for you. Your approach may vary depending on the content of the course or type of assessment.

GET INVOLVED:

High School is a great time to explore and discover your interests, gifts, and talents. You might be good at something you have never considered trying before now. Don't put limits on yourself, rather challenge your comfort zone. Students who get involved in activities and invest in the community tend to be happier and more successful.

CARE NOW ABOUT LATER:

You have four years in high school and each year is weighted equally. As a freshman, you are starting high school with great potential and endless possibilities. Lose any bad habits you brought from middle school and start with a clean slate. Identify your learning strategies and apply them to every class. It has been said that a goal without a plan is only as good as a wish, so plan ahead and take action. Practice responsible decision-making!

ESTABLISH AND MAINTAIN HEALTHY RELATIONSHIP SKILLS:

Be confident and be yourself. Get into the habit of saying hi to people, and don't be afraid to talk to new people. Set a goal to become more comfortable with a more diverse group of people. Accept that changes in social relationships may happen and that is all part of growing up. Understanding that change is inevitable and equipping yourself to navigate such changes is a life skill that will help you later.

DON'T COMPARE YOURSELF TO OTHERS:

Accept that you will face new challenges as a student and as a person, and challenges provide opportunities to grow and equip oneself for future endeavors. High school is a time to focus on developing yourself in all areas of your life. Focus on your strengths, interests, passions, and on seeking opportunities that help further develop these areas. Focus on what you can do to make yourself better. Then, most importantly, go for it!

BUILD SELF-DETERMINATION:

Students generally want to do well, mature, and become more autonomous throughout high school; however, it can be uncomfortable and sometimes frightening to trust the process of growing through challenges. The opportunities for building skills and self-efficacy through such challenges are truly priceless experiences. Students who have a supportive social network, identify and pursue personally relevant goals, and make room for safe failures are more equipped to face the inevitable challenges of life in high school and beyond.

But most importantly, spread kindness and enjoy every moment!