

# Freshmen Group Guidance Class of 2027



**Navigating LTHS & Your Freshman Year**

# Freshmen Class Team

## Counselors

Mrs. Ziroli (A-D)  
708-579-6515

[nziroli@d204.lth.net](mailto:nziroli@d204.lth.net)

Mr. Figueroa (E-Le)  
708-579-6514

[dfigueroa@d204.lths.net](mailto:dfigueroa@d204.lths.net)

Ms. Kozlowski (Li-Re)  
708-579-6509

[kkozlowski@d204.lths.net](mailto:kkozlowski@d204.lths.net)

Ms. Strickland (Ri-Z)  
708-579-6513

[astrickland@d204.lths.net](mailto:astrickland@d204.lths.net)

## CLASS OF 2027



## Social Workers

Ms. Palacios (A-Le)  
708-579-6518

[mpalacios@d204.lths.net](mailto:mpalacios@d204.lths.net)

Ms. Nunez (Li-Z)  
708-579-6522

[munez@d204.lths.net](mailto:munez@d204.lths.net)

## Assistant Principal

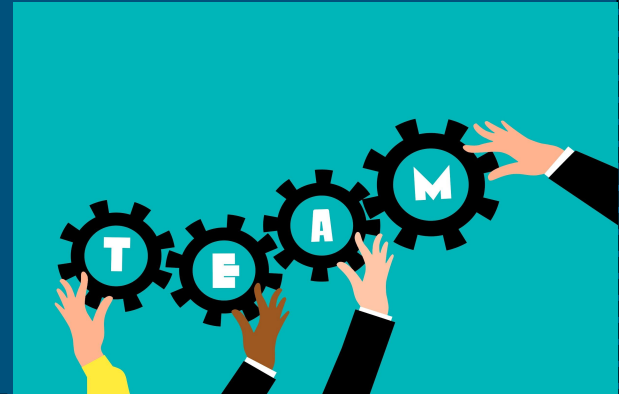
Ms. Godziszewski  
Room A106

[mgodziszewski@d204.lths.net](mailto:mgodziszewski@d204.lths.net)

# Counselor Information

## Counselors are located in A105

- ★ Complete a Conference Request Form
  - fill it out in the counseling office and drop in their mailbox
- ★ Stop in before OR after school OR during lunch/study hall
- ★ Email or use Calendly to set up an appointment



# Developmental Group Guidance & Individual Meetings





# Grade Point Average

[Understanding GPA video](#)

## Quarter Grades

- ★ Used for honor roll designation

## GPA (Weighted & Unweighted)

- ★ Cumulative each semester (GPA starts freshmen year, these grades are part of your final GPA)
- ★ Semester grades are on your permanent transcript

## Credit / No Credit Deadline - 4 Weeks from the Start of the Semester (September 15th)

- ★ Allows you to try classes without worrying about earning an A or B (must earn a C- or better to get credit)
- ★ Some selective colleges may not accept CR/NC
- ★ California State colleges DO NOT accept CR/NC for their creative art requirement (as of Fall 2017)
- ★ One Elective per semester
- ★ See your teacher for this form, discuss with your counselor, if appropriate

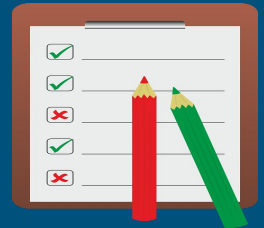
## Academic Level Change Deadline - 4 Weeks from the Start of the Semester (September 15th)

- ★ Must speak to current teacher first
- ★ Ask your teacher for the level change form
- ★ Parent permission required for level change
- ★ Space must be available in the desired course and any other courses that may need to be changed to accommodate the request

# Importance of High School Planning

## Factors in Post High School Planning:

- ★ Grades/GPA: Main factor colleges consider for admittance as well as for scholarships. Colleges see both weighted and unweighted GPA.
- ★ Test Scores: (ACT/SAT) can be factors for college admittance as well as scholarships
- ★ Rigor: Colleges want to see that you are challenging yourself AND earning good grades.
- ★ Other Factors: People want to know what you do outside of the classroom as well
  - Activities/Community Service/Jobs
  - Leadership Roles/Experiences



# Acknowledge, Care, Tell

If you or one of your friends are experiencing an emotional problem...or any problem, know that there is help and support out there. Please seek support from one of the resources below.

- School Counselor, Social Worker, Assistant Principal
- Trusted Adult
- In an emergency, dial 911 or report to the emergency room.
- Dial 988 for National Suicide Prevention & Crisis Lifeline

# R.O.A.R - Reach Out and Report-Against Bullies

- Report inappropriate behavior to your teacher, assistant principal, counselor, or social worker.
- Anonymously report to the Speak-Up Line – 708-588-7326.

# Transitioning to High School Tips

## Responsibility

- Take care of your learning and actions
- Advocate for yourself
- Stay organized and use student planner
- Get involved!

<https://www.lths.net/domain/51>

## Communication

- Use your LTHS email
- Resources
- Organization
- Communicate with your teachers
- Ask for help
- Speak Up Line



# Importance of Balancing Academics with Activities

- B – believing it is ok to be less than perfect
- A – accepting when things go wrong
- L – learning how to reframe
- A – accessing support systems
- N – negotiating emotions
- C – challenging irrational expectations
- E – Enjoying the journey
- Reference: Davis, T. (2007) Find the Balance. ASCA School Counselor, 45 (1), 32-39

# Academic Resources @ LTHS

- ★ Infinite Campus & Canvas
- ★ Meet with your teacher before / after school
- ★ Referral to Lunch/Study Hall Support
- ★ Drop in Centers for Academic Subjects
  - Language Arts - B102
  - Math/Science - C228
  - Social Studies - C130
  - World Language -C221
- ★ After School Tutoring Program (Tuesdays & Thursdays 3:15pm - 4:15pm starting in Nov)
- ★ Meet with your counselor
- ★ LTHS Website - Test Center Makeups – [Testing Center Link](#)

# STUDENT INFORMATION SURVEY

Please complete the student information survey for your counselor. You can use the QR code below with your phone or go to the following link:

<https://forms.gle/9aTEpLYFWtg23G4T7>

