

Dear Freshmen:

Welcome to NDP! We are so excited to partner with you during your four years of high school. This Freshmen guide has been created to help you navigate high school and prepare for the college admissions process. Please use the information provided in this booklet to help you understand, organize, and track your high school experience.

As your counselors, we are here to support you academically, emotionally, and spiritually as you prepare for the next chapter of your life: College! We will work together to make sure you are hitting yearly goals, maintaining a strong GPA, challenging yourself academically, and becoming the most well-rounded student, you can be. We look forward to working together this year and to helping make your transition to high school as smooth as possible.

Go Saints!

Your NDP Counseling Team

Important Information

School Contact Info: Notre Dame Preparatory High School
9701 E. Bell Road
Scottsdale, Arizona 85260
Main: (480) 634-8200

Counseling Center: Located on the first floor of the 800 building.

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Graduation Requirements

To receive an NDP Diploma, a student must complete **thirty-two (32)** credits total; **thirty (30)** academic credits and **two (2)** Christian Service credits.

The required courses for all students in the Class of 2029 are:

Discipline	Required credits	Notes
Theology	4	
English	4	
Math	4	
Social Studies	4	
World Language	3	Must be sequential and in the same language.
Fine Arts	1	One year-long or two semester fine arts courses in the same discipline may be recommended.
Personal Fitness/Health	1	
Electives	5.5	
Intro to Finance	.5	The Intro to Finance courses are designed for juniors and seniors.
Christian Service	2	
	Total: 32	

Graduating with Distinction

There are two options for graduating with distinction: Summa Cum Laude and Magna Cum Laude. If you plan to consider this path, there are some important things to take note of:

Honors at Graduation for Class of 2029		
	Summa Cum Laude	Magna Cum Laude
Credits:	32	32
Weighted GPA:	4.0	3.85

Grade Point Average (GPA)

You will hear the word GPA often over the next 4 years. Your GPA is used for:

- College admissions and scholarships
- Identifying National Honor Society candidates
- Academic advisement
- Much more!

GPA is an average score calculated based on your final semester grade for each class and the weight of the courses you are taking.

The grading scale is:

A = 93%-100%	4.00	B- = 80%-82%	2.67	D+ = 67%-69%	1.33
A- = 90%-92%	3.67	C+ = 77%-79%	2.33	D = 63%-66%	1.00
B+ = 87%-89%	3.33	C = 73%-76%	2.00	D- = 60%-62%	0.67
B = 83%-86%	3.00	C- = 70%-72%	1.67	F = 0%-59%	0.00

- An Honors class carries a weight of 0.50 added to the grade earned.
- An AP class carries a weight of 1.0 added to the grade earned.

Example: Oliver takes 8 classes. One class is an honors class. **His GPA would be 3.69.** (Calculated by adding up the points and dividing by the number of classes).

English: B (84%) = 3.00

Social Studies: B+ (88%) = 3.33

Math: B (83%) = 3.00

Science: A- (90%) = 3.67

Honors Spanish: A (97%) = 4.00 + .50 Honors weight= 4.50

PE: A (95%) = 4.00

Theology: A (96%) = 4.00

Art: A (93%) = 4.00

Total points = 29.5

29.5 ÷ 8 classes = **3.69 GPA**

Dual Enrollment

Dual Enrollment (DE) courses are college level courses offered on campus at NDP. You can begin taking DE courses in your sophomore year.

For an additional fee, you can receive college credit for these courses and begin your college GPA while in high school. This saves time and money by getting those college credits completed early.

Not every college will accept Dual Enrollment transfer credits. All Arizona state universities do, and a useful resource is www.aztransfer.com. For out-of-state universities/colleges, check their individual transfer credit policies to know if the DE credit will transfer.

Here is a list of Dual Enrollment classes we are currently offering through Scottsdale Community College unless otherwise specified:

- US History Honors
- English 3 Honors
- English 4 Honors
- Pre-Calculus Honors
- Calculus Honors
- Spanish 3 Honors
- Spanish 4 Honors
- French 3 Honors
- French 4 Honors
- Engineering & Design Honors (University of Arizona)
- Ethics, Economy, & Entrepreneurship Honors (University of Arizona)
- Rock Music & Culture

Factors in Selective College Admissions

- **Grades** - Your freshman year grades do count!
- **Strength of Curriculum** - Colleges are looking to see what courses Notre Dame Prep offers and how students challenge themselves within what was available.
- **Standardized Test Scores** - Colleges accept either the ACT or the SAT. Please be aware that requirements and usage in scholarship consideration are specific to each school.
- **Personal Statement/Essay** - This is where you can highlight your personality and share information that is not already in your application.
- **Letters of Recommendation** - Schools may require teacher and/or counselor letters of recommendation. Develop a good rapport with your teachers and counselor!
- **Extracurricular Activities** - Colleges want to know how you are spending your time outside of school. It is all about the *quality* of involvement, not *quantity*.
- **Institutional Need** - this “7th factor” is difficult because we **do not** know what colleges will be looking for year-to-year.

Additional admission considerations:

- **Exceptional Academic Talent** - Independent research, a science fair project, or National Merit recognition may be what singles you out.
- **Special Talents** - This applies mostly to arts and athletics where a sample of student work/performance is required.
- **Legacy** - Some schools give preference to applicants who have relatives that are alumni of the school.
- **Geographic Mix** - Each college is trying to have representation from every state.
- **Diversity of Background and Cultures** - Each college is working to create a diverse student body.
- **Demonstrated Interest** - Colleges want to know if you are interested in them. This can be by attending college visits (in-person or virtual) at NDP, college fairs, campus tours, or contacting the admissions team directly.
- **Institutional Need** - This is difficult to predict because it is based on the specific needs of colleges, each particular year.

Standardized Testing

PSAT

- All freshman students will take the PSAT 8/9 at home on their own devices on October 29, 2025.
- Taken in the fall of sophomore and junior year, on NDP campus, free of cost, administered during the school day
- NDP requires that students take this practice test in anticipation of the official SAT
- Junior year PSAT scores will determine if you qualify to be a National Merit Scholar
- Scores are used in the appeal process for Honors/AP classes

Practice ACT

- Taken in the spring of sophomore and/or junior year
- Taken at NDP, for a fee, administered outside of school hours
- Optional, but highly encouraged that students take this to prepare for the official ACT

SAT & ACT

- Taken in the spring of junior year
- Serves as a predictor of how students will perform academically during their freshman year in college
- Scores will be used for college admission decisions, scholarships, and placement in college courses

How to prepare for the tests

- Bluebook Digital Testing App
- Khan Academy
- ACT Academy
- Albert
- Reading a book during your free time
- Test prep tutoring and classes
 - Summer before junior year is the best time to start preparing
 - Counselors can provide you with a list of referrals

****If you have any questions about the tests or how to better understand your scores-- please reach out to your counselor!**

Extracurricular Activities

- When it comes to extracurriculars, we always emphasize **quality over quantity**.
 - Colleges are not interested in knowing that you have joined every club our school has to offer. Instead, they are looking for a student involved in 1-2 activities for all four years, students who take on a leadership role, and are passionate about their work. This rule applies to clubs, sports, fine arts, jobs, volunteering, etc.
- Please see the NDP website for information on athletics, clubs, and fine arts offered on our campus.
- If you do not find something you are interested in on our current list, you can start a new club! If you need help locating information on clubs or want to know how to start your own club, see your counselor.

College Visits

Colleges and universities all over the country and the world will hold information sessions just for NDP students. This is a wonderful opportunity to learn more about your dream school and meet with admissions representatives who will be reading your application in the next few years.

- Sign up in SCOIR
- Sign up at least 24 hours in advance
- All visits are during school hours.
- Classes cannot be missed for college visits if there is a summative exam or presentation.
- Every NDP student is allowed an unlimited number of visits with college reps if you are academically eligible (No D's or F's in your classes).

College Admission Trends

- **Standardized Testing.** Many colleges are making policy changes regarding testing. This is ever changing, so please look at each college's website for up-to-date information.
- **More students applying, more competition.** There has been a significant increase in applications for admission, resulting in a decline in the percentage of students accepted. This means increased competition. The more applications a school receives, the more selective it can afford to be.
- **New Majors.** Majors continue to merge into interesting new areas of study, such as intelligence studies, corporate and governmental security, forensic chemistry and toxicology, sports business management, professional convention management, bioarcheology, cyber-security, and courses in the medical field.
- **Funding.** In general, more funds are allocated towards need-based (financial need) aid rather than merit-based (academic excellence) aid. Loans continue to be the primary means of federal aid to students, comprising about half of the aid received.
- **Medical Schools.** They seek undergraduates who have studied majors in their fields of interest, are articulate, can speak publicly, are well-rounded, and interesting. The highest rate of acceptance into medical school is from liberal arts and sciences colleges where students have strong relationships with professors.

Skills Needed to Maximize Your Chances for Admission

- **Communication Skills:** being able to make your point in writing and in person.
- **Organizational Skills:** being able to effectively stay on top of multiple activities.
- **Leadership:** the ability to motivate classmates to make effective change.
- **Critical Thinking Skills & Logic:** intelligence and problem-solving skills, from analytical to creative.
- **Effort:** a passionate desire to succeed.
- **Group Skills:** being part of a team and collaborating with others.
- **Initiative:** seeing a need and acting on your own to achieve a goal.
- **Be an independent learner.** Do not just do the bare minimum. Read books that interest you or contact professionals in your areas of interest.
- **Be you!** Do not live your high school years obsessed about what you should be doing to please a college admissions officer. The most impressive college applications show that you have pursued your passions, and that you have lived your life according to the values you profess.
- **Growth Mindset!** The most selective universities reject as many wonderful and talented groups of students as they admit. If you are not admitted, do not get discouraged! Have confidence that the right college will find you!

SCOIR

SCOIR is a college and career readiness platform. It will help you to search for colleges, learn more about each college, sign up for college visits, match you with potential careers, keep a resume, and much more.

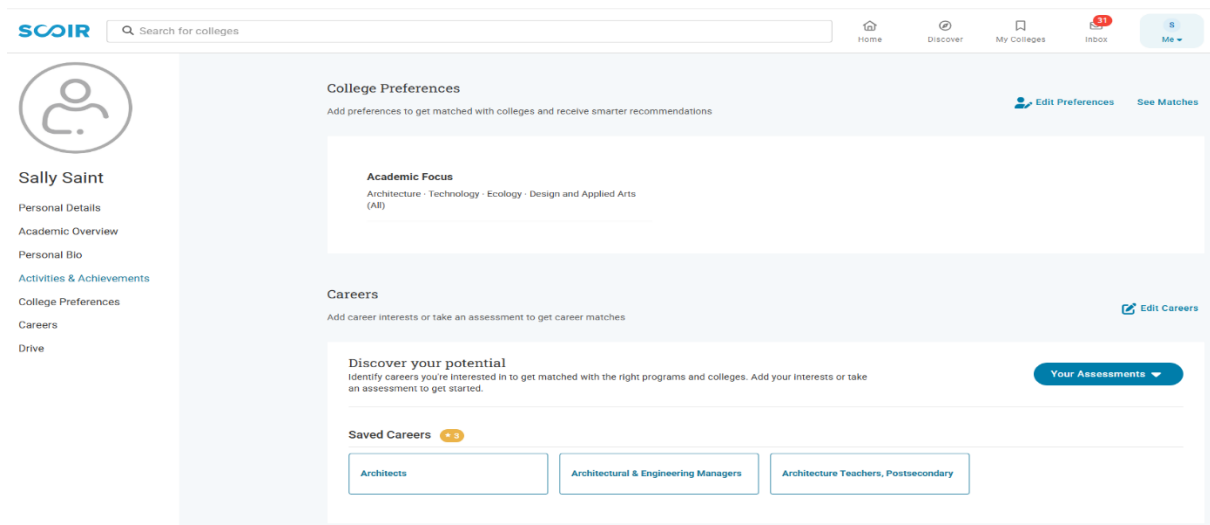
SCOIR is one of the best tools we have regarding the college process. This is a college prep school, so we want you to be familiar with this tool as early as possible.

All freshman students and parents will receive information to access SCOIR.

College Preferences

Personalize your SCOIR experience by choosing a few qualities that characterize your ideal college. Use this as a guide to start asking yourself what you value in a college. Then, your counselor can suggest schools to you based on your preferences

“My Profile” ⇒ “College Preferences” ⇒ “+ Add”

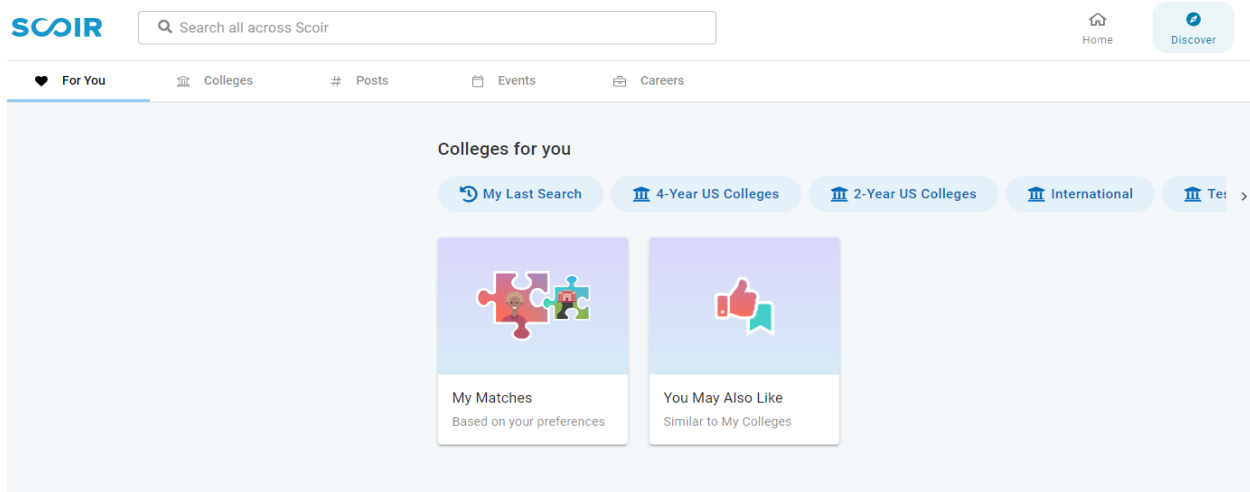


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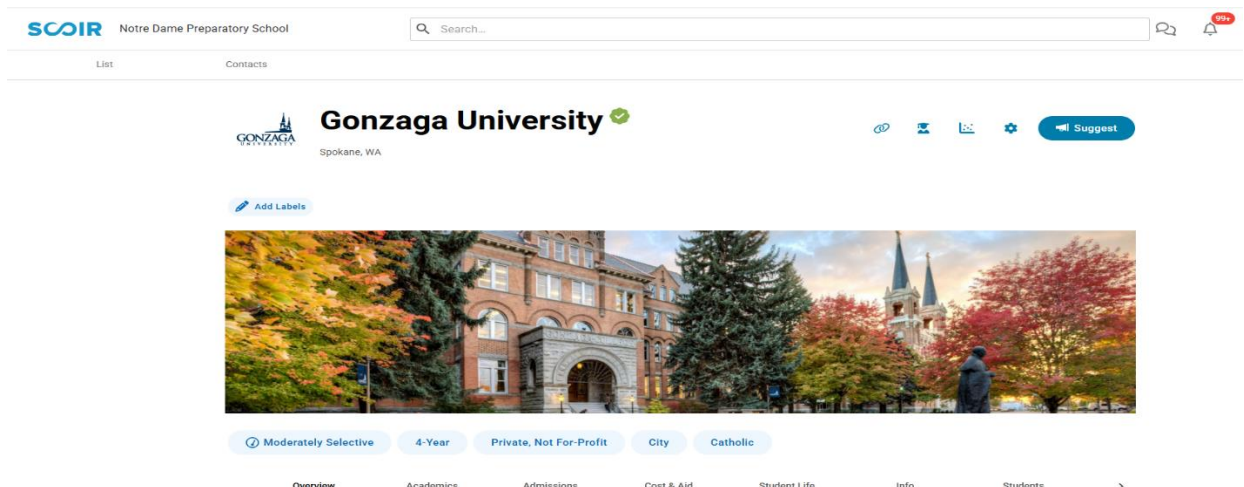
Discover

Discover is a college search tool and is a great starting point for the college search process. You can enter information into a set of filters: matches based on your College Preferences, similar matches to your College Preferences, majors, school size, location, much more. The search will then create a list of schools that fit the criteria you have entered. You can then “pin” colleges to save them to your “My Colleges” list.

“Discover” ⇒ use the search filter of your choice



You can then click on each college to find more detailed information. This includes acceptance rate, cost, virtual tours, student life, makeup of the student body, retention rates, top majors, and proximity to transportation.



My Colleges - Following

You can add colleges to your “My Colleges” list. This will help you and your counselor to keep track of your schools as you go through the college search process.

“My Colleges” ⇒ Add and view colleges under “Following”

The screenshot displays the SCOR 'My Colleges' dashboard. The top navigation bar includes the SCOR logo, a search bar, and links for Home, Discover, My Colleges (active), Inbox, Me, and Apply with Sc. Below this, a secondary bar shows 'Top Choices' and buttons for Docs, Sort: Deadline, Export, and Add College. The main content area is divided into four columns: Suggested (0), Following (3), Applying (2), and Applied (1). The 'Following' column lists three colleges: Arizona State University (Tempe, AZ), University of Arizona (Tucson, AZ), and University of Mississippi (University, MS). Each college entry includes its logo, name, location, and a 'Likely' status. The 'Suggested' column features a 'Plan with your supporters' section with a 'Collapse' button and an 'Invite a Parent/Guardian' link. The 'Applying' column shows two colleges: Clemson University (Clemson, SC) and Texas Christian University (Fort Worth, TX), both with 'Docs Sent 0' and 'Continue Application on Common App' buttons. The 'Applied' column shows The University of Tennessee (Knoxville, TN) with 'Early Action Fall 2025 Nov 1' deadline, 'Outcome Unknown', 'Match' status, and 'Docs Sent 0'. A 'Common App' button is also visible. A vertical sidebar on the left contains 'Not Interested' and 'View' buttons. A red notification bubble with the number '7' is in the bottom right corner.

Sign Up for College Visits

Many college admissions representatives visit NDP during the school year. They give a 30–40-minute presentation about their college or university and allow time for the students to ask questions. These visits occur during the school day.

“Me” ⇒ “Visits & Deadlines” ⇒ click the checkmark



[Home](#) [Discover](#) [My Colleges](#) [Inbox](#) [Me](#) [Apply with Scoir](#)

Visits & Deadlines

Filters

- ☒ Application Deadlines
- ☒ College Visits
 - ☒ All Upcoming Visits
 - ☐ Visits from My Colleges
 - ☐ Only My Registered Visits
- ☒ Office Hours

September 2025

22 Mon

 College of the Holy Cross Worcester, MA	Time: 08:00 AM – 09:10 AM Location: Counseling Conference Room	View	Register
 Kenyon College Gambier, OH	Time: 08:00 AM – 09:10 AM Location: Counseling Conference Room	View	Register
 Northern Michigan University Marquette, MI	Time: 08:00 AM – 09:10 AM Location: Counseling Conference Room	View	Register
 DePaul University Chicago, IL	Time: 09:30 AM – 10:40 AM Location: Counseling Conference Room	View	Register

Compare & Contrast

Do a side-by-side comparison of up to four schools. In this view, you can really see the differences and similarities between the colleges.

“Me” ⇒ “Compare Colleges” ⇒ “Add College”

The screenshot displays the Scoir 'Compare Colleges' interface. At the top, a search bar contains 'Gonzaga University'. The main section is titled 'Compare Colleges' and features a 'Manage Your Comparison' button. Three college profiles are shown side-by-side:

- Gonzaga University** (Spokane, WA):
 - Admissions: Average SAT 1315, Average ACT 28
 - Acceptance Rate: 75% (represented by a green bar)
 - Requirements: Essay/Statement (Required), SAT/ACT (Optional), Resume (Optional), Portfolio (Optional), Interview (Optional)
 - Application Fee: \$50
- Arizona State University** (Phoenix, AZ):
 - Admissions: Average SAT 1175, Average ACT 23
 - Acceptance Rate: 82% (represented by a green bar)
 - Requirements: SAT/ACT (Optional)
 - Application Fee: \$80
- Boston College** (Chestnut Hill, MA):
 - Admissions: Average SAT 1485, Average ACT 34
 - Acceptance Rate: 16% (represented by a green bar)
 - Requirements: Essay/Statement (Required), SAT/ACT (Optional), Subject Tests (Optional), Resume (Optional), Portfolio (Optional)
 - Application Fee: \$80

To the right of the profiles is an 'Add a college' section with a search bar labeled 'Search for college'. On the far right, there is a vertical sidebar with a 'UNIVERSITY' logo and a help icon.

Creating a Resume

SCOIR makes it easy to create a resume. This is something that can be created early and updated throughout your high school career. You can enter your information item-by-item, and SCOIR will create a resume for you.

“Me” ⇒ View Profile” ⇒ “Activities & Achievements” ⇒ “+ Add”

The screenshot shows the SCOIR user interface. At the top is a navigation bar with the SCOIR logo, a search bar, and links for Home, Discover, My Colleges, Inbox, and Me. A left sidebar lists navigation options: Personal Details, Academic Overview, Personal Bio, Activities & Achievements (selected), College Preferences, Careers, and Drive. The main content area is titled 'Activities & Achievements' and includes a '+ Add Personal Statement' button. Below this, there are two sections: 'Work Experience' and 'Athletics'. The 'Work Experience' section lists a job as 'Hostess' at 'Zippo, a local sports bar' during the 'Junior' year, with '20 hours/week, 35 weeks/year'. The 'Athletics' section lists 'Varsity Track' as a 'Freshman, Sophomore, Junior' with '10 hours/week, 15 weeks/year'. Both sections have a blue pencil icon for editing.

To Download Your Resume:

“View Profile” ⇒ “Personal Details” ⇒ “Download Resume”

The screenshot shows the 'Personal Details' page in the SCOIR interface. The navigation bar and sidebar are identical to the previous screenshot. The main content area is titled 'Personal Details' and includes a 'Download Resume' button. It is divided into three columns. The first column contains personal information for 'Sally Saint', including address (9701 East Bell Road, Scottsdale, AZ), phone number ((480) 634 - 8200), birth date (Jan 10, 2007), and legal details (Legal Sex: Female, Race: White, Ethnicity: Not Hispanic or Latino, Citizenship: United States). The second column is for 'Parents', with an option to 'Invite a Parent' and a question 'I will be a first-generation college student.' with 'Yes' and 'No' radio buttons. The third column contains account information, including email (dlarson@ndpsaints.org), a link to 'Add Alternate Email', and FERPA release authorization status (Unsigned). It also shows the 'Application ID' and 'Common App ID'.

Major Clarity

Major Clarity is an additional career planning platform along with SCOIR. You will be able to take assessments, get matched up with careers, learn in-depth information about different career fields, and much more! All students are automatically registered and can login with their current NDP credentials.

Major Clarity Student Sign-In Instructions

1. Go to **app.paper.co/majorclarity**
2. In the “Email” box, enter your NDP student email address (ie: **jsmith30@ndpsaints.org**)
3. In the “Password” box, enter: [first four letters of last name] + [Student ID Number]
 - Make sure letters of last name are all **lowercase**
 - Example: If your last name is “Smith” and your Student ID Number is “98765”, your initial/temporary password that you would enter is, **smit98765**
 - **IF** your last name has **two (2)** letters or less, you will need to add **zero (0)** to the end of your Student ID Number.
 - Example: If your last name is “Yu” and your Student ID Number is “98765”, your initial password that you would enter is, **yu987650**
4. Click “Sign in”
5. Choose a permanent password. Click **“Edit your profile”** → Enter your initial/temporary password under **“Current password”** → Enter your permanent password under **“New password”** → confirm your permanent password by entering it again under **“Password confirmation”**

Assessments

Can be either Personality Assessment or Learning Styles Assessment

MajorClarity
by PAPER

Feedback Role Messages 0 Sign Out

Assessments
Complete these assessments to help us make better career path suggestions.

Personality Assessment
Rate your enjoyment of the following activities to generate better career recommendations.

0/48 complete

Would you enjoy performing the following activity?

Sell restaurant locations to individuals

No maybe Yes

Learning Styles Assessment
Find out more about your learning style by answering yes or no.

0/25 complete

Is this statement usually true for you?

When I make things for my studies, I remember what I have learned better.

No Yes

Support

Navigation Menu:
My Portfolio
Student Journal
Assessments
Career Exploration
Academic Planning
Postsecondary Exploration
Financial Resources
Resume Builder
Work-Based Learning
Application Center
Select Language
Powered by Google Translate

Research & Test Drive Careers

Explore Different Pathways

MajorClarity
by PAPER

Feedback Role Messages 0 Sign Out

Explore Pathways
Select a pathway so that you can work on your Plan of Study

Business & Accounting
Career cluster
Business Management and Administration
Description
This is a customized pathway. Please send a message to your counselor to inquire about this pathway.
Select this pathway

General Studies
Career cluster
Other
Description
Select this pathway

STEM & Engineering
Career cluster
Science, Technology, Engineering, and Mathematics
Description
Select this pathway

Quick Links
My Portfolio
My Profile
Sign Out

Recently Visited
Financial Resources

Frequently Visited
Students
Your Student Journal
Explore Pathways
Career Exploration
My Portfolio

Support

Navigation Menu:
My Portfolio
Student Journal
Assessments
Career Exploration
Academic Planning
Postsecondary Exploration
Financial Resources
Resume Builder
Work-Based Learning
Application Center
Select Language
Powered by Google Translate

Career Exploration: See which careers you were matched with, research each career, watch interviews, and experience day-to-day activities in that career.



Michele Meyer

[Edit your profile](#)

- [My Portfolio](#)
- [Student Journal](#)
- [Assessments](#)
- [Career Exploration](#)
- [Academic Planning](#)
- [Postsecondary Exploration](#)
- [Financial Resources](#)
- [Resume Builder](#)
- [Work-Based Learning](#)
- [Application Center](#)

Career Exploration

Explore the Career Paths that might interest you based on your skills and strengths. If you've taken the Personality Assessment, each Career Path will have a personalized Fit Score to help you get started.

You can watch interviews by real professionals or try an activity to learn by doing! Make sure you record your rating for each interview and activity to update your Fit Score. You can also favorite Career Paths and Occupations. You'll find all your ratings and favorites in your Portfolio!

Before you start exploring...

You should complete the [Personality Assessment](#). This will update your Fit Score which can help you find career paths that align with your interests.

Subject Strengths	Career Path Cluster	Career Path Status
Select a Strength	Select a Cluster	Select a Status
Search Career Paths by Occupation ⓘ		Search for a Career Path
Start typing the occupation to show suggestions		Start typing the career path to show suggestions

66 career paths

[Support](#)

College Guidance Network (CGN)

CGN helps students and parents create a roadmap for applying to college. They also host live events, videos, webinars, and much more, covering all facets of the college search and application process!



[Home](#)[FAQs](#)[About Us](#)[Roadmap Login](#)

Transforming College and Career Counseling

CGN is a comprehensive college and career planning solution that uses expert-enhanced AI to enable better post secondary outcomes

[Schedule a live demo](#)

Enabling access to expert content for all students and families

CGN is an integrated college and career solution that leads students and families through the entire college and career planning process.

By enabling districts, schools, and counselors to **better support families and students** through the process, your counseling staff can save valuable time each day.



CGN Login Information

Notre Dame Preparatory High School College & Career Library Access for Students and Parents

- Type in your browser:
<https://www.school.collegeguidancenetwork.com/activate/030392>
- Click: Home | CGN
- Click: Roadmap Login (top right-hand corner of page)
- Click: Activate your account (at the bottom) same as “Don’t have an account?”
- Select your school from the drop-down menu “Notre Dame Preparatory High School”
- Click on the correct “Activate your account” button based on whether you are a student (Student PIN: 691906) or a parent (Parent PIN: 239492).
- To create an account: Fill in your information.
- Click: “Activate your account” button.
- Check email for link to verify email address provided.
- Bookmark login page for future use.

Resources: Intro Guides, Video Resources and NextGen Journeys

Here are a few examples of Intro Guides but there are many more that cover other important topics for your college search. Video resources on a wide variety of topics for students and their families.

Intro Guides

Intro Guides collect the best expert advice on a single topic for you, not only helping you to get on the road but as you get further along in your journey.



Intro Guide: Family Dynamics

Students entering adulthood benefit from the support of family—including parents, guardians, and mentors. They want a sense of autonomy during this often stressful time even as they continue to need your guidance. It's crucial for students to trust in their own abilities but also to seek support when necessary. Launching into the post-secondary world is a stressful time for students. Limiting discussions with external parties—even if they're well-meaning—can cause anxiety during the process.



Intro Guide: College Affordability

Well before colleges hand down admission decisions and financial aid offers, families should be discussing affordability. Ideally you take affordability into account when you create your college list. College costs are typically financed through a mix of institutional aid, savings, work-study programs, and loans.

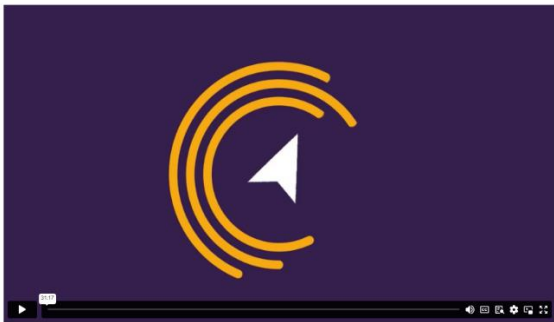


Intro Guide: Post-Secondary Pathways

Consider your options—there are a variety of colleges and credentialing programs. What are your academic interests and career goals, and what is your budget?

NextGen journeys are videos from young professionals sharing their own story. Be inspired!

Working together as a family
Getting organized
Athletics
Choosing a major
College Visits
Career Assessments
Career Exploration
Career...



Personalized Playlist | **Best of the Web**



Advising Students on College Fit in a World of Data Overload
Data isn't the starting point of the college search, nor is it the final word. But if used correctly, it can help you...



Counselor Bites: Cutting Through The Noise: A Conversation With NACAC CE...
Parents and students are being flooded with information about college admissions. How can...



Counselor Bites: Counseling for Conflict & Identity
Featured Experts: Whitney Soule, Vice Provost and...

NextGen Journeys

Inspirational Stories From Young Professionals

Hey, future leaders! Curious about life after high school? Here are videos from people like you who share their stories and tips for your success.

Working together as a family
Getting organized
Athletics
Choosing a major
College Visits
Career Assessments
Career Exploration
Career...





NextGen Journey: Biniyam Estifanos - From Ethiopia to NYC
Biniyam explains the key traits that took him and his family from Ethiopia to become a leading grant manager who funds nonprofit organizations. How do values of hard work, building connections, and kindness help you through your journey? Salary Data: The average starting salary for a grants manager is \$50,000. Mid-career salaries average around \$140,000.



NextGen Journey: Evan Auguste - My Path to Psychology

Study Skills

After your first big test, you will wonder if there was a way you could have better prepared. The answer is...Yes!

Here are some tips and tricks our previous students have used to be successful at NDP while also managing the stress that comes with high school level courses.

- Find a quiet place and put the electronics away (Airplane mode)
- Concentrate with intention, keep the end goal in mind
- Set a study goal
- Vary your study activities
- Set up a study system
- Take breaks
- Flashcards
- Set a timer
- Keep a planner
- Read chapters backwards
- Practice, practice, practice
- Use study skills for how you learn (visual, auditory)
- Create a study schedule
- Quiz yourself

Below are some tips on how to reduce stress. The counseling department is also available if you are feeling overwhelmed.

- Stress ball
- Take small breaks
- Deep breaths
- Think of a “happy place”
- Exercise
- Be in nature
- Write in a journal
- Talk to your counselor or a trusted adult
- Positive self-talk
- Listen to music
- Snuggle with family pets

Recommendations for Freshmen

Academics

- ☐ Focus on your grades

- ☐ Evaluate your course load and take an appropriate level of coursework for *YOU*
- ☐ Increase your commitment in extra-curricular activities and keep a resume
- ☐ Meet with your counselor

Testing

- ☐ Look ahead and start to develop a standardized testing plan
- ☐ Download the dictionary.com app on your phone
- ☐ Read for fun!
- ☐ Khan Academy & ACT Academy

College

- ☐ Become familiar with college planning and the admissions process
- ☐ Expand your knowledge about prospective schools by attending college fairs and information sessions
- ☐ Log on to SCOIR and utilize College Search tools
- ☐ Meet with your counselor

NDP Counseling Curriculum

Here is a timeline of events over the next four (4) years when counselors will be meeting with you and/or your student. We may be calling your student to the counseling office additional times. You and/or your student is welcome to make an appointment at any point throughout the

year.

9th Grade Fall

- Freshmen Parent Night
- Presentations in classrooms regarding academics, college planning, and personal/social readiness
- Individual student meetings with assigned counselor for an introduction and to check-in

9th Grade Spring

- Presentation in classrooms regarding course registration for next year
- Individual student meetings to discuss credits and required courses to take sophomore year.

10th Grade Fall

- Presentation in sophomore classrooms regarding the PSAT
- Individual student meetings with assigned counselor for an introduction and to check in.
- Presentation in sophomore classrooms regarding academics, college planning, and personal/social readiness

10th Grade Spring

- Presentation in classrooms regarding course registration for next year.
- Individual student meetings to review PSAT scores and courses to take junior year.

11th Grade Fall

- Presentation in junior classrooms regarding the PSAT.
- Individual student meetings.

11th Grade Spring

- Junior parent night: "College 101"
- Presentation in classrooms regarding course registration for next year
- Presentation in junior classrooms regarding the college application process
- Individual parent/student meetings for college planning.

12th Grade Fall

- Presentation in senior classrooms regarding the college application process
- Individual parent/student meetings for college planning.

12th Grade Spring

- Senior Awards Night
- Individual student meetings for final check-in

Action Plans for Parents

Freshman Year Action Plan

- Make the most of high school – make sure your student is enrolled in challenging courses.
- On October 29, 2025, your student will take the 8/9 PSAT at home on their own device.
- Help your student review his/her results on the PSAT and use it as a study guide in preparing for the PSAT to be taken again in sophomore year.
- Monitor academic progress – log on to Canvas for current grades and attendance information.
- Help your student get organized and budget his/her time. It is important to schedule time to complete homework assignments, prepare for tests and quizzes, complete projects and still have time for social activities.
- Help your student build a resume. Keep a folder that contains records of Christian service, honors and awards received.
- Encourage your student to get involved in activities that he/she enjoys. Colleges like to see involvement in activities throughout the high school years because it shows focus and commitment.
- Encourage your student to volunteer for Christian Service.
- In February, review your student's course request form, making sure he/she has selected appropriate courses for the sophomore year.
- Encourage summer reading. Look on the NDP website for information regarding required summer reading for sophomore English classes.

Sophomore Year Action Plan

- Continue to monitor academic progress.
- Your student will take the PSAT in October.
- Help your student review his/her results on the PSAT and use it as a study guide in preparing for the PSAT to be taken again in junior year.
- In February, review your student's course request form.
- Start attending college nights and college fairs with your student(s). Students should begin developing a preliminary list of colleges.
- Continue to encourage your student to update his/her resume.
- Encourage your student to stay involved in school and community-based extracurricular activities.
- Encourage summer reading. Look on the NDP website for information regarding required summer reading for junior English classes.

Junior Year Action Plan

- Continue to monitor academic progress. Encourage your student to keep his/her grades up – remember that junior year is the last full year of grades that colleges and universities will see for admission.
- Your student will take the PSAT in October. Remember, it is during junior year that students enter in the National Merit Scholarship Program.
- If applicable, help your student register online to take the SAT and/or ACT in the spring of junior year (www.collegeboard.org OR www.act.org).
- In February, review your student's course request form, encouraging them to take challenging classes.
- Attend the Junior Parent College Presentation in January.
- Review materials and information with your student presented to all juniors in the college preparation lesson taught by the counselors in February.
- Plan to attend the Junior Parent/Student Individual Meetings with counselors.
- If applicable, make sure your student has registered for Advanced Placement exams.
- Help your student(s) review their resume. The resume should include clubs, sports, and Christian Service and potential leadership opportunities.
- Encourage your student to take responsibility for college planning. It is important to keep on top of things and take the initiative.
- Encourage your student(s) to begin searching for scholarships. Be sure your student registers on a scholarship website, such as www.fastweb.com or www.goingmerry.com, amongst other options.
- Attend college nights and arrange college visits with your student(s).
- Help your student narrow his/her college list.
- If your student qualifies, encourage him/her to take Honors, AP, and/or Dual Enrollment classes.
- Student athletes should register with the NCAA and NAIA eligibility centers: NCAA.org; www.playnaia.org.

Senior Year Action Plan

- Continue to monitor your student's academic progress.
- Encourage your student to update their resume.
- Review with your student the "College Planning 101" booklet to make sure he/she is keeping up with timelines.
- Encourage your student to meet with the college and university representatives when they visit the NDP campus.
- Check NDP counseling website for available scholarships.
- Discuss finances with your student.
- Together with your student, submit the FAFSA electronically (www.studentaid.gov) after October 1.
- If applicable, make sure your student has registered for Advanced Placement exams.
- Discuss with your student his/her final college choices.
- Check dates for registering for college – most offer parent nights and/or parent weekends.
- WATCH WITH PRIDE AS YOUR SENIOR GRADUATES!