



NORTHWEST EARLY COLLEGE HIGH SCHOOL

#BestSmallDistrictinTexas

Freshmen Foundations

Goal: Help 9th grade students build foundational skills in self-awareness, study skills, resiliency and goal setting through monthly advisory meetings and check-ins.

Program Overview

Transitioning into high school can be both exciting and challenging. The Freshmen Foundations Workshops are designed to support students in developing the personal, academic, and social-emotional tools they need to thrive throughout high school and beyond.

Each month, freshmen will engage in structured advisory lessons focused on self-discovery, effective learning habits, and building resilience. Advisors will also provide individual or small-group check-ins to monitor progress and support goal attainment.

Advisory Structure

- **Frequency:** Once per month (during designated advisory period)
- **Duration:** 30–45 minutes per session
- **Facilitators:** Advisory teachers and counselors
 - **Components:**
 - Interactive activities and discussion
 - Self-assessment and journaling
 - Goal check-ins and academic reflections
 - Peer and advisor feedback

Expected Outcomes

By the end of the Freshmen Foundations program, students will be able to:

- Demonstrate greater self-awareness of their strengths and challenges
- Apply effective study skills and time management techniques
- Show resilience when faced with obstacles or setbacks
- Set and monitor SMART goals to support academic and personal growth
- Build stronger relationships with peers, teachers, and advisors

Why It Matters

The habits and mindset developed in 9th grade often determine a student's long-term success. By intentionally focusing on these foundational areas, we empower students to take ownership of their learning, build confidence, and prepare for the opportunities ahead in high school and beyond.

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Upcoming Workshops

August - Surviving High School: Getting Organized	January - Goal Setting and Reset
September - Growth Mindset and Academic Habits	February - Identity, Purpose and Personal Strengths
October - Developing Independence, Confidence, and Resiliency Navigating Stress, Anxiety, and Asking for Help	March - College Readiness and Accountability
November - Building Relationships and Communication Skills	April - Finishing Strong
December - Celebrating Success	May - Celebrating Success