

9th Grade Information Night

Manhasset School Counseling Department
October 16, 2025



*Mrs. Danielle
Cerulli*

High School Counseling Department

Kerry Fallon

Director of School Counseling Services

Mrs. Marcy Fogel

A-Ci

Mrs. Kristen Ruthkowski

Liu-Pan

Mrs. Jennifer Landman

Co-Ha

Ms. Kimberly Cosenza

Pap-Te

Mrs. Lori Margulies

He-Ling

Mrs. Danielle Cerulli

Th-Z



The Wellness Team

- *School Counselors, Social Workers, Psychologists, Nurses*
 - *Building-level and districtwide*
 - *Provides team approach to student and family wellness*
 - *Northwell Behavioral Health Center*
 - *Outside Referrals and Resources*



Members of the Wellness Team

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9th Grade Orientation Guide

Class of 2029

- Detailed information on every topic covered in this presentation
- Electronic copy available on HS Counseling webpage
- Valuable resource for all 4 years of high school.



The Role of the Counselor

- Course Planning & Scheduling
- Academic Progress Monitoring
- Social-Emotional Support and Education
- Post-Secondary Research & Planning
- College Application Process
- Collaborate & Advocate for Students
- Source of Referral and Resources

Mrs. Marcy Fogel

Tips for Success in High School

- ☐ **Take school seriously**
- ☐ **Attendance is key**
- ☐ **Work AND Play (Balance!)**
- ☐ **Organization Skills (Create your system/weekly checks)**
- ☐ **Extracurricular activities and community service**
- ☐ **Promoting independence and responsibility**
- ☐ **Remember that you have support**



Course Credits Required for Diploma

22 Course Credits distributed in the following curriculum areas:

- **English:** 4 Credits
- **Social Studies:** 4 Credits
- **Mathematics:** 3 Credits
- **Science:** 3 Credits (*must include one life science, one physical science and one lab science*)
- **World Language:** 1 Credit (*Manhasset requires 3 credits*)
- **Art, Music, and/or Theater:** 1 Credit
- **Physical Education:** 2 Credits
- **Health** ½ Credit
- **Electives/Other:** 3 ½ Credits

(1 full year course = 1 credit , 1/2 year course = 1/2 credit)

Students are required to enroll in a minimum of 6.5 academic credits per year

Required NYS Regents Exams

Regents Diploma with Advanced Designation

2 Science

3 Math

2 Social Studies

1 English

FLAC B

Passing Grade = 65

Regents Diploma

1 Science

1 Social Studies

1 Math

1 English

1 Pathway Exam (typically 2nd Social Studies exam)

Passing Grade = 65

Local Diploma

All Students:

- *NYS Appeals can be requested for scores between 60-64*

Students classified by the Committee on Special Education:

- *Exam passing grade 55+*
- *NYS Appeal may be requested for scores between 52-54*
- *Compensatory scores may be utilized for meeting requirements*

English Language Learners:

- *NYS Appeal may be requested for scores below 65*

Additional Manhasset Requirements

World Language REQUIREMENT

- **2 additional credits** in World Language
- Passing grade on the World Language assessment (FLAC B)

Alternative to the World Language Requirement

- Students who choose not to continue in World Language **after** earning minimum NYS 1 credit
- **REQUIRES** five-credit sequence in the Visual Arts
- Permission from the Director of Music and the Arts **REQUIRED**

Senior Community Service REQUIREMENT

- 15 hours of community service during your senior year
- Hours must be logged in Passport for Good by March of senior year

Community Service Awards OPTIONAL

Manhasset Volunteer Service Award:

- Certificate can be earned for each school year
 - 9th: 50 hours
 - 10th: 75 hours
 - 11th: 100 hours
 - 12th: 125 hours

Service & Citizenship Award:

- Graduation Chord can be earned once
 - 85+ hours: July 1 of Freshman year to June 30 of Junior year.

Students must log ALL hours in Passport for Good

*Ms. Jennifer
Landman*

Course Selection Timeline

Late December	Course Guide becomes available and link to submit elective choices (be sure to check prerequisites)
Early January	Elective submissions are due on Google Form
February	Teacher course recommendations are communicated
March	Course requests are available for viewing on parent portal (not a schedule yet)
Early May	Override application are due for specific requests
Late May/Early June	Course conflicts are identified and resolved
Late August	Schedules are available on Parent Portal.

- ***Advanced Placement (AP) Courses: MUST take corresponding AP exam(s).
AP Exam Scores are NOT reported on the high school transcript***
- ***Students are not permitted to take an AP exam at Manhasset High School unless they are enrolled in the AP course***

Manhasset's Grading System

- Manhasset High School has a **quarterly grading system**.
- You will receive grades at the **end of each marking period** as indicated on the school calendar.
- You can access your report cards on the **Parent Portal**.
- Your **final grade** in each course will be based on the grades earned for each quarter as well as the grades earned on the mid-term and final exams/Regents.
- **Quarterly grades** will count for 20% of your **final grade** and the grades on your midterm and final exams will each account for 10% of your final grade

The Regents grade is the final exam grade for courses ending in a Regents exam

Grade Point Average (GPA)

Grade Point Average (GPA)

Average of all the Manhasset courses taken in high school, except Physical Education, including Regents-level courses taken in 8th grade. (Regents courses taken in 7th grade are not included).

Cumulative Weighted GPA

Calculated at the end of each year using only the final grade received in each course. Final grades are granted weighting, if applicable, and then averaged with all other courses taken.

Honors/Advanced = .25

Advanced Placement = .50

Weighted courses are clearly indicated in the course catalog

In the event of a failing grade in any academic quarter, the numeric average earned in each marking period will be used to determine the final course grade.

GPA Facts

- **Cumulative Unweighted GPA and Cumulative Weighted GPA both appear on your transcript.**
- **The GPA calculated at the completion of 11th grade is the GPA reported to colleges.**
- **The Valedictorian and Salutatorian of the class are chosen based on the 7th semester (mid-senior year) Cumulative Weighted GPA.**
- **Manhasset Schools does not report student class rank.**

Ms. Lori Margulies

Extracurricular Activities

- **Extracurricular Clubs/Organizations and Athletic Participation**
 - allow for personal growth and a greater sense of connection to school and community.
 - can help students develop social skills like communication, teamwork, leadership, and conflict resolution.
 - encourage time management and organizational skills.
- **Community Service/Volunteerism**
 - is valuable in developing self esteem, cultivating responsibility, fostering civic readiness, and can bolster post-secondary planning
- **Summer Activities/Work Experience**
 - can promote networking skills, foster confidence, and provide rewarding and meaningful experiences.
- **Honor Societies** are offered in multiple disciplines in addition to our chapter of the National Honor Society

**See 9th Grade Orientation Guide for more details*

NCAA Eligibility Center

- In 11th grade, students must register with the NCAA Eligibility Center if they seek to compete in Division I or Division II Collegiate Athletics.
- Students must submit the NCAA Transcript Release form to The Counseling Office so that their initial and final transcript can be submitted to NCAA.
- The NCAA Eligibility Center reviews and approves the academic course offerings in each high school throughout the country to ensure that they meet NCAA criteria established for college preparatory courses.
- Refer to guide for Division I and Division II eligibility worksheets

**Remedial courses are not accepted for consideration when determining a student's GPA.*



Standardized Testing

PSAT

Pre-ACT

SAT

ACT

College Admissions Exams

Glossary of exams located in 9th Grade Orientation Guide

Post-Secondary

NAVIANCE: College/Career preparation tool (students access via Class Link account)

- 10th Grade Classroom Lesson to identify strengths, interests, and research options
- College and Career Research Tools
- Scattergrams: comparative data
- Senior year: Electronic submission of transcript for college admissions.

School Counseling Department 9th grade calendar

<i>September</i>	Schedule Adjustments, if needed
<i>October</i>	9th Grade Information Night, Review of 1 st progress reports
<i>November</i>	Review 1 st quarter report cards
<i>Nov. – Jan.</i>	“Getting to Know You” – individual student/counselor meetings
<i>December</i>	Review 2 nd quarter progress reports
<i>January</i>	As needed meetings prior to mid-terms, review at-risk students, begin scheduling for tenth grade and input student elective choices
<i>February</i>	Review 2 nd quarter report cards
<i>Feb.- May</i>	Individual student/parent/counselor conferences; CSE and 504 meetings
<i>March</i>	Review 3 rd quarter progress reports
<i>April</i>	Review 3 rd quarter report cards
<i>May</i>	Review 4 th quarter progress reports, AP EXAMS
<i>June</i>	Resolve 10 th grade schedule conflicts, summer school registration

****PLEASE NOTE – Students MUST see Department Coordinator if intending to enroll in an accelerated course during the summer!***

*Ms. Kristen
Ruthkowski*

Starting on the Right Foot...

- ☐ **Organization: Using a planner/Canvas calendar**
 - ☐ *Set a weekly or bi-weekly time to clean out and re-organize materials*
 - ☐ *Use your Canvas, email, and even a written planner if needed.*
- ☐ **Understanding school policies**
 - ☐ *Attendance*
 - ☐ *Code of conduct*
 - ☐ *Academic integrity*
- ☐ **Understanding individual teacher policies**
 - ☐ *Homework, Exam schedule*
 - ☐ *Grading*
- ☐ **Managing and balancing personal time**
 - ☐ *Create opportunities for fun and family time*
 - ☐ *Choose activities that help you grow as a young adult*

Social/Emotional Concerns

- Balancing Activities
- Maintaining/Developing
New Friendships
- Shifting friendships
- Getting the Grades
- Making the team/getting
the part
- Conflict Resolution
- Social Networks
- Instagram, Snapchat,
Twitter, Facebook
- Feeling connected/FOMO
- Peer Pressure
- Alcohol and drugs: CASA
outreach

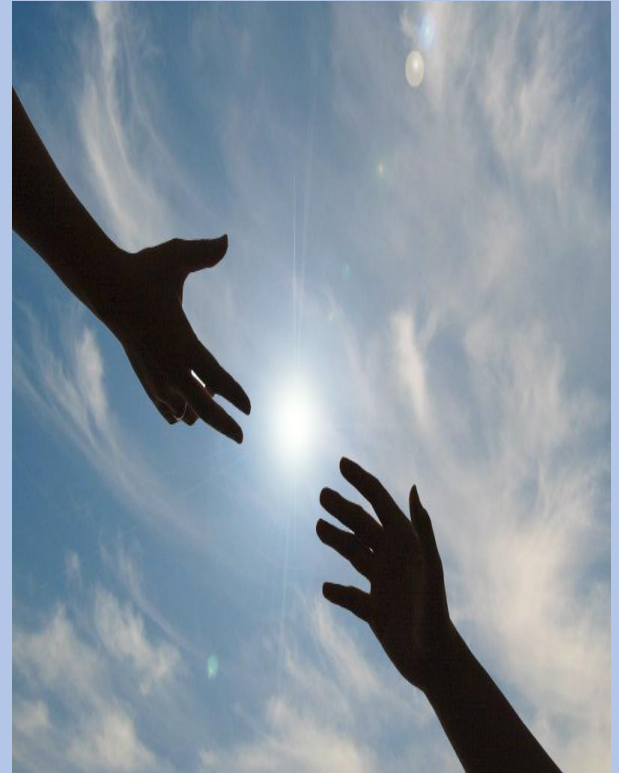


Recommendations from High School Counseling...

- Focus on the *here and now*.
- Don't define your child or allow them to define themselves by their grades alone.
- Encourage your child to begin identifying one or two serious interests and look for opportunities to develop them.
- *Think broadly and realistically about post-secondary opportunities.*

How Parents Can Help...

- Maintain/establish policies at home regarding homework, use of the computer, phone, games, etc. Set Limits!
- Support student organizational skills
- Monitor time management skills
- Communicate often and authentically with your child.
- Help your child develop “coping” skills...resist the temptation to solve every issue, recognize uncomfortable feelings are temporary.
- Trust your instincts if you think something is wrong. Reach out to us! Remember...it's better to JUST ASK!



Self-Care Tips

1. *Speak with your child* about the importance of self-care.
2. *Tap into their world:* ask about the best/worst parts of their day, who they interact best with, what goals they've set for themselves.
3. *Make time for “the fun stuff”* ...see friends, dinner, movie, etc.
Some ideas: Do at least one “nice thing” for yourself a day
Walking/hiking/outdoor activities
Create an enjoyable music playlist

Useful Wellness Tools

1. **APPS** for Mindfulness/Stress Reduction: *CALM, HEADSPACE*
2. **AMAZON** products: *Hatch Rest, Kinetic Sand, “Pinch Me” Scented Therapy Dough, Essential Oils.*
3. **LEARNING PROGRAMS:** *CASA, NORTHWELL HEALTH FAMILY PARTNERSHIP, etc. Topics including: School Avoidance, Anxiety/Depression, Coping Strategies, Digital Parenting, etc*

Counseling Referrals and Resources always available: Contact US!

Stay Connected...

- **HS Counseling Website**
- **Monthly Reminders**
- **Progress Reports/Report Cards**
- **Additional Parent Nights such as...**
 - *Financial Aid Night*
 - *Mock College Interview Program*
 - *Grade Level Information Nights*
 - *Supportive College Program Panel*
 - *CASA, SCA, Counseling Social/Emotional Programming*



Always remember.....

