WELCOME PARENTS EHS CLASS OF 2030

Roles of a HS Counselor

· Support students in their transition from 8th to 9th grade

· Guide academic planning, including course selection and graduation requirements

· Assist with future planning (college, career pathways, post-secondary options)

· Provide support for social and emotional well-being

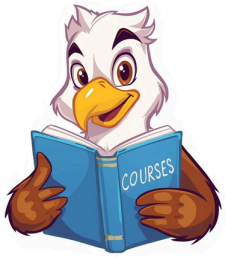
· Offer a safe space for students to discuss concerns and challenges

· Help students build coping skills, confidence, and decision-making skills

· Collaborate with families, teachers, and administrators to support student success

These are just a few of the many ways school counselors support students. Our role is diverse and ever-evolving — we are truly the #1 resource in helping students succeed academically, socially, and emotionally throughout high school.

Selecting
High School Courses



Review of Activities

8th Grade Information Night
December 1st

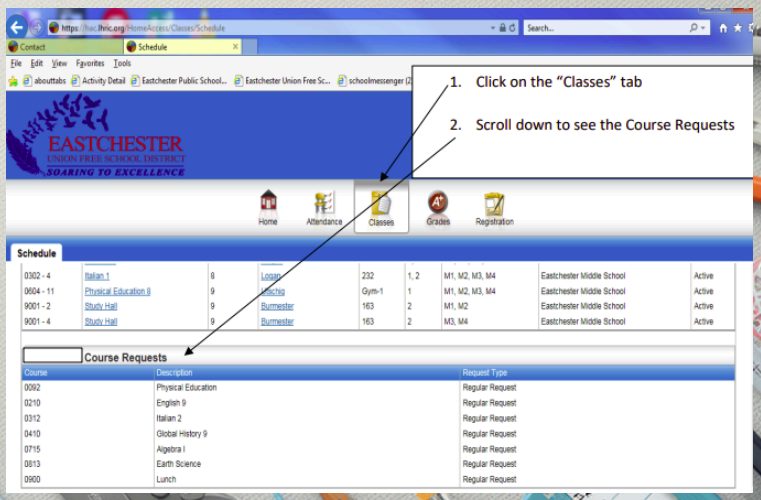
Course Recommendations available in Home Access
February 25th

Student Information Sessions with Department Chairs
February 26th and 27th

English Honors Assessment March 2nd
Social Studies Honors Assessment 3rd

View Course Recommendations
Home Access Center

Course recommendations based on marking period 1 and 2 grades for core subjects



Learn About Course Options

February 26th and 27th

<u>Subjects:</u>

English
Social Studies
Math
Science
World Languages
Business

<u>Topics:</u>

Courses offered in 9th grade

Course options for grades 10-12

Clubs and Honor Societies related to subject areas

Course Information Worksheet

Student Name: _____

9th Grade Course Information Worksheet for the 2026-2027 School Year: Core Courses

Department	Course	Prerequisite	Notes
ENGLISH	English 9	English 8	
	English 9H	95%- immediate acceptance 90%- application/assessment	
SOCIAL STUDIES	Global History and Geography 9	Social Studies 8	
	Global History and Geography 9H	95%- immediate acceptance 90%- application/assessment	
MATHEMATICS	Algebra 1	Math 8	
	Geometry	Algebra 1	
	Geometry H	90% in Algebra 1	
SCIENCE	Earth & Space Sciences	Science 8	
	Biology	Earth & Space Sciences	
	Biology H	90% in Earth Sciences	
	AP Environmental Science	90% in Earth & Space Sciences, Algebra 1, and English	
WORLD LANGUAGES	French 2	French 1	
	Italian 2	Italian 1	
	Spanish 2	Spanish 1	
ART	Studio in Art		
MUSIC	Songwriting		
	Orchestra		
	Symphonic Band		
	Mixed Choir		
	Music Theory		

9th Grade Course Information Worksheet for the 2026-2027 School Year: Electives

Department	Course	Notes
ENGLISH	Film Studies (1/2 credit)	
MATHEMATICS	Computer Programming AP Computer Science Principles	
	Web Design (1/2 credit)	
SOCIAL STUDIES	Philosophy (1/2 credit)	
	Global Issues in the 21st Century (1/2 credit)	
SCIENCE	Environmental Science (1/2 credit)	
WORLD LANGUAGE	Latin 1	
BUSINESS	Investing & Finance (1/2 credit)	
	Personal Finance (1/2 credit)	
	Introduction to Business (1/2 credit)	
	Social Media Marketing (1/2 credit)	

Selecting Classes

April 8th and 10th

during English Class

Changes to course recommendations

For example APES vs Bio Honors

Select Art or Music

Some students able to enroll in Art AND Music

Select Electives / Support/ Study Hall

This is a personal decision.

Several factors to consider

Course Planner Worksheet

Eastchester High School Course Planner Worksheet
9th Grade in 2026-2027

Name: _____ Date: _____

1. Required Courses for 9th Grade:

Courses:	My Requests:
English (English 9 or 9H)	
Global (Global 9 or 9H)	
Math (Algebra 1, Algebra 1A, Geometry, Geometry Honors)	
Science (Earth & Space, Biology, Biology Honors, AP Env Science)	
Lab/PE	
Language (Spanish, Italian, French, Latin) Though NYS only requires 1 year of Language, students are encouraged to continue.	
Art/Music (Studio Art, Songwriting, Orchestra, Symphonic Band, Mixed Choir, Music Theory)	
Electives / Study Hall / Support	Add below

2. Elective Courses I'm Interested In:

All 9th grade students must enroll in **at least 6.5 credits**. While you may choose to take more, carefully consider the workload of each class, extracurricular commitments, and responsibilities outside of school to ensure you can maintain a healthy balance and be successful. Think about subjects that interest you, or explore something new:

1st Choice Electives:	Backup choices:

Classes will NOT be in this order.

3. My Interests and Goals (check all that apply)

- ☐ Science/Math/Engineering/Technology (STEM)
- ☐ Arts (music, drama, visual art, etc.)
- ☐ Languages
- ☐ Social Studies/History
- ☐ Career/Technical Education
- ☐ Advanced or Honors classes
- ☐ Other: _____

Career or college plans (if any): _____

4. Questions for My Counselor

- _____
- _____
- _____

Bring this worksheet to your course planning meeting!

Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
1	A	B	C	E	D
2	B	A	E	D	A
3	C	D	A	C	E
4	D	E	B	B	C
5	F	G	G	F	F
6	G	H	Advisory	G	H
7	H	I	F	H	I

Wednesday period 6 and 7 are the only differences between week 1 and week 2!

F
Office Hours

Student Experiences

Advisory

SEL
Team Building
Assemblies
College & Career Activities

Office Hours

During office hours, students can schedule a meeting with teachers to ask questions, review class material, get extra help with assignments, or clarify anything they don't understand.

A teacher may also invite a student to meet during office hours if they think the student could benefit from extra support.

Factors to Consider

Academic support

Office Hours, After school extra help, Geometry Lab, English Workshop, Social Studies Workshop, Science Workshop, Math Workshop, Learning Workshop, Resource Room

Extracurricular Activities

Joining clubs and sports is an important part of high school. You should consider the time commitment when selecting courses

Interest in course areas

We offer a great variety of electives and encourage students to select areas that they are interested in learning more about.

Resources

Eastchester Middle School Counseling Department

- Home
- Contact Us
- Parent/ Caregiver Resources
- **Community Resources**
- Student Resources
- 8th to 9th Grade Transition
- Self Care Center



EHS EASTCHESTER HIGH SCHOOL

Contact Information for High School Department Chairs

Department	Chairperson	Email Address
Art	Ms. Rachel Sydlowski	rsydlowski@eufsdk12.org
Business	Ms. Lauren Stipo	lstipo@eufsdk12.org
English	Mr. Bryan Johnson	bjohnson@eufsdk12.org
Math	Ms. Jacquelyn Osmanaj	josmanaj@eufsdk12.org
Music	Mr. Mark Dodge	mdodge@eufsdk12.org
Science	Ms. Alexandra Bloshenko	abloshenko@eufsdk12.org
Social Studies	Mr. Michael Boyle	mboyle@eufsdk12.org
Special Education	Ms. Diane Silva	dsilva@eufsdk12.org
World Language	Ms. Karina Barrera	kbarrera@eufsdk12.org

Future Dates

April 8th & 10th

Students meet with Counselors to select courses during ELA

Mid June

8th Grade Counselor Meetings

- **Counselors will meet with all 8th grade students**
- **We will engage in fun activities designed to introduce high school life and facilitate student interaction & bonding**
- **Students will participate in a tour of Eastchester High School**

August

- **Student schedules will be available in Home Access late summer**

September

- **9th grade parent night**

Transition to High School

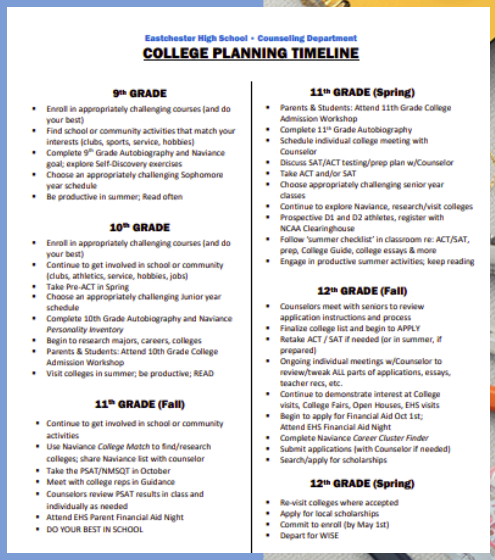
- More independence and responsibility
- New environment, new opportunities

High School experience

- Explore interests: electives & activities
- Build strong academic skills
- Start your GPA: every grade counts

Preparing for life after high school

- Begin college/career exploration
- Develop essential life skills
- Plan for your goals: High School is a stepping stone



Eastchester High School • Counseling Department

COLLEGE PLANNING TIMELINE

9th GRADE

- Enroll in appropriately challenging courses (and do your best)
- Find school or community activities that match your interests (clubs, sports, service, hobbies)
- Complete 9th Grade Autobiography and Naviance goal; explore Self-Discovery exercises
- Choose an appropriately challenging Sophomore year schedule
- Be productive in summer; Read often

10th GRADE

- Enroll in appropriately challenging courses (and do your best)
- Continue to get involved in school or community (clubs, athletics, service, hobbies, jobs)
- Take Pre-ACT in Spring
- Choose an appropriately challenging Junior year schedule
- Complete 10th Grade Autobiography and Naviance *Personality Inventory*
- Begin to research majors, careers, colleges
- Parents & Students: Attend 10th Grade College Admission Workshop
- Visit colleges in summer; be productive; READ

11th GRADE (Fall)

- Continue to get involved in school or community activities
- Use Naviance *College Match* to find/research colleges; share Naviance list with counselor
- Take the PSAT/NMSQT in October
- Meet with college reps in Guidance
- Counselors review PSAT results in class and individually as needed
- Attend EHS Parent Financial Aid Night
- DO YOUR BEST IN SCHOOL

11th GRADE (Spring)

- Parents & Students: Attend 11th Grade College Admission Workshop
- Complete 11th Grade Autobiography
- Schedule individual college meeting with Counselor
- Discuss SAT/ACT testing/prep plan w/Counselor
- Take ACT and/or SAT
- Choose appropriately challenging senior year classes
- Continue to explore Naviance, research/visit colleges
- Prospective D1 and D2 athletes, register with NCAA Clearinghouse
- Follow 'summer checklist' in classroom re: ACT/SAT, prep, College Guide, college essays & more
- Engage in productive summer activities; keep reading

12th GRADE (Fall)

- Counselors meet with seniors to review application instructions and process
- Finalize college list and begin to APPLY
- Retake ACT / SAT if needed (or in summer, if prepared)
- Ongoing individual meetings w/Counselor to review/tweak ALL parts of applications, essays, teacher recs, etc.
- Continue to demonstrate interest at College visits, College Fairs, Open Houses, EHS visits
- Begin to apply for Financial Aid Oct 1st; Attend EHS Financial Aid Night
- Complete Naviance *Career Cluster Finder*
- Submit applications (with Counselor if needed)
- Search/apply for scholarships

12th GRADE (Spring)

- Re-visit colleges where accepted
- Apply for local scholarships
- Commit to enroll (by May 1st)
- Depart for WISE

Advice for Selecting Courses From Current 9th Grade Students

challenge yourself

I would have tried to take electives that actually interest me and not pick them just because my friends take them

Something I wish I knew when picking out my classes for 9th grade is that there are so many choices to choose from in the future and that I should not be stressed over what electives I chose or whether or not I will regret any of my classes because either way I am going to learn something new for each class and that it's really important that I can explore other subjects and see what I could be interested in!

Balance your schedule, take what truly interests you,

Having a better understanding of the electives when selecting

Advice From Current 9th Grade Students:

What advice would you give to help students feel ready and confident when they start High School?

Don't worry, things become routine quickly and help is always available.

It might seem intimidating because you are the youngest now but high school is so much fun and so enjoyable.

It is not that different from middle school, and I was nervous at the beginning, but all the teachers and upper grade people are all nice.

learn to prioritize and schedule your school and homework.

Just be yourself and don't compare yourself to others.

THANK YOU!