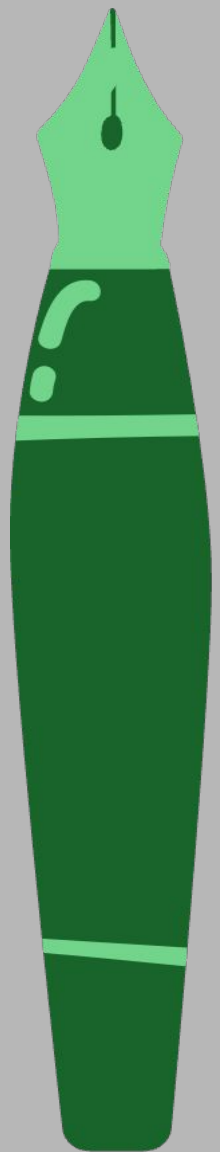
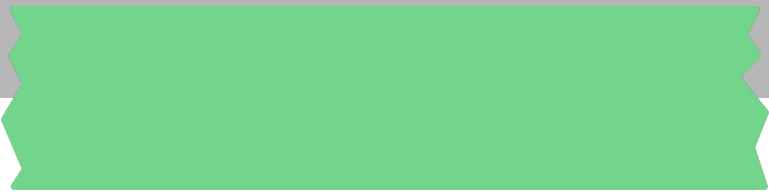




LEWISTON-PORTER HIGH SCHOOL

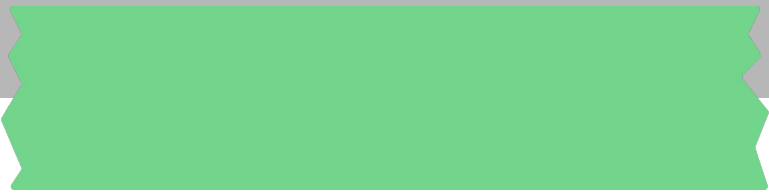
Freshman Seminar





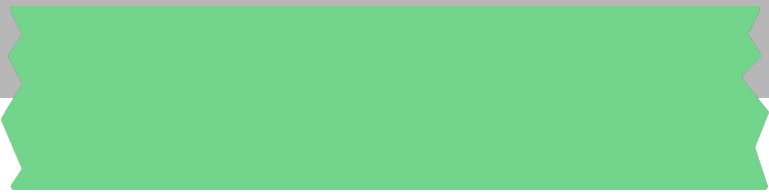
Freshman Seminar Overview

Freshman Seminar is designed to support students in their transition to high school by developing academic skills, social-emotional awareness, and long-term planning for success.



Who the Course Is Intended For

Freshman Seminar is designed for **all incoming 9th grade students**. The course will be taught by **high school faculty members**, also including counselors, administrators, and teachers who work closely with freshmen. The goal is to provide every student with consistent guidance and support during their first year of high school.



What the Course Will Cover

Study skills and organization

Public speaking and presentation skills

Time management and goal setting

Digital citizenship and responsible technology use

Social-emotional learning and self-awareness

Career awareness and exploration

Vocabulary development and academic language skills

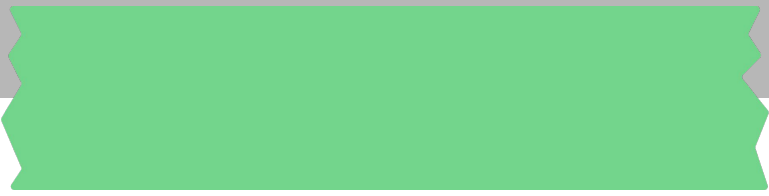
Understanding graduation requirements and Regents exams

Handwriting and written communication expectations

School expectations, culture, and available student supports

Manners, professionalism, and respectful communication

Students will develop skills that help them become independent, responsible learners prepared for high school and beyond.



Life Skills

Basic clothing care (laundry, ironing, and maintaining professional appearance)

Personal organization and responsibility

Time management and daily routines

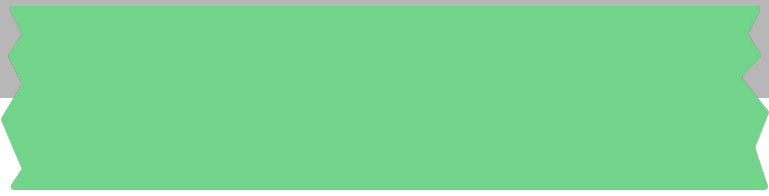
Proper manners and respectful communication

Professional behavior and etiquette

Basic problem-solving and decision-making

Preparation for real-world responsibilities

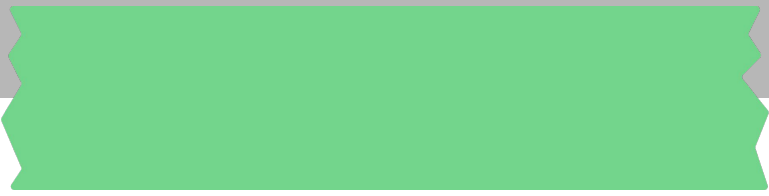
Freshman Seminar will help students build practical life skills that support independence, responsibility, and everyday success.



When Students Will Take the Course

Students will take Freshman Seminar during **9th grade**. The course may be offered as a **full year - every other day course**, meeting regularly throughout the school year to reinforce skills and provide continued support during students' transition into high school.

Period:	Course:
1	ELA 9
2	Social 9
3	Algebra
4	Algebra Lab (1/3/5), Physical Education (2/4/6)
Lunch	Lunch
5	Living Environment
6	Living Environment Lab (1/3/5), Freshman Seminar (2/4/6)
7	Studio in Art/Orchestra/DDP/Acting/Chorus/Band
8	Spanish / French / Chinese

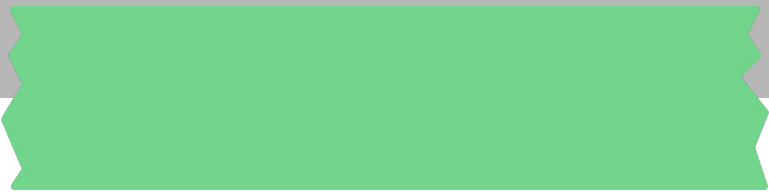


Why the Course Is Being Introduced

Freshman Seminar is being introduced to:

- Support the **transition from middle school to high school**
- Improve **organization, study habits, and academic readiness**
- Build **positive relationships with staff and peers**
- Increase student awareness of **graduation requirements and pathways**
- Promote **social-emotional well-being and resilience**
- Help students set goals for **college, careers, and future opportunities**

Research shows that students who receive structured support during their freshman year are more likely to **stay on track academically and graduate on time**

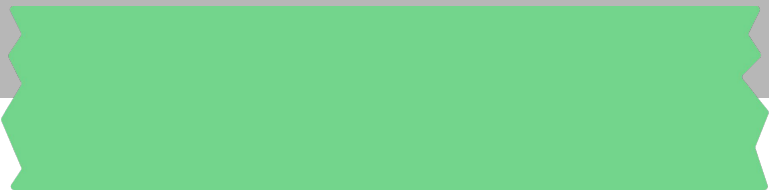


Connection to the Four-Year High School Plan

Freshman Seminar helps students begin planning for their **entire high school experience**. During the course, students will:

- Learn about **graduation requirements**
- Understand **Regents exam expectations**
- Explore **career pathways and elective options**
- Begin developing a **four-year academic plan**
- Discuss **college and career readiness skills**

The course may carry **credit toward graduation or elective credit**, depending on district approval.



Student Outcomes

Demonstrate improved **study and organizational skills**

Understand **school expectations and resources**

Develop **short-term and long-term academic goals**

Gain awareness of **career interests and pathways**

Feel more confident and connected within the high school environment

Questions ???