

## **Freshman Seminar**

### ***What is it?***

Freshman Seminar is an elective course that students receive 2.5 credits per quarter. This course is designed to assist students in the transition from 8th grade to high school by developing the executive function and soft skills necessary for academic and career success as they progress through high school and into college, and/or career endeavors.

### ***Why would I take it?***

Freshman Seminar is a program that ensures all freshmen have a successful first year of high school. The program is designed to address many of the challenges freshmen face and to provide them with the tools they need to make them successful throughout their high school career and beyond. *This course will include instructional support intended to increase students' abilities in: cognitive academic skills, communication and collaboration skills, organization and study skills, problem solving and critical thinking skills, computers and technology skills, and college and career decisions.*

### ***What are my choices?***

Parents have the following options for Freshman Seminar: They take the class as an extra/additional elective course either 0 or 8th period, or parents can choose to opt their student out. If parents choose to opt their students out of Freshman Seminar, they are confirming they will teach the skills listed above in lieu of taking the course

## **Advancement Via Individual Determination (AVID)**

### ***What is it?***

AVID is a nationally recognized elective course that students take all four years in high school. It is designed to prepare students for college and career, and even help them get accepted to college when they are seniors. AVID helps teachers shift from delivering content to facilitating learning, resulting in an inquiry-based, student-centric classroom. These elements are at the core of our approach to closing the opportunity gap. For one period a day, students receive the additional academic, social, and emotional support that will help them succeed in their school's most rigorous courses. [www.avid.org](http://www.avid.org)

### ***Why would I take it?***

Teachers are inherently passionate about education. AVID changes lives by helping schools shift to a more equitable, student-centered approach. AVID train 85,000 educators annually to close the opportunity gap, so they can prepare all students for college, careers, and life.