



Welcome  
Future  
Knight!

# School Counselor Role

As a counselor, I cover three main areas:

1. Academic
2. Personal/Social
3. College/Career

# Block Scheduling

<b>First Bell</b>	7:50 AM
Block 1	7:55 AM-9:27 AM
Block 2	9:30 AM-10:58 AM
<b>Knight Time</b>	10:58 AM-11:18 AM
<b>Lunch</b>	11:18 AM-11:50 AM
Block 3	11:53 AM-1:21 PM
Block 4	<b>4A-</b> 1:24 PM-2:13 PM <b>4B-</b> 2:16 PM-3:05 PM

## Perks of block scheduling:

- ❖ The progression through courses/requirements
- ❖ Can focus on fewer courses in a semester
- ❖ Extra time towards the end of class to work with your teachers



# Freshman Year Schedule – Example

## SEMESTER 1

<b>Block 1</b> 7:55 - 9:27	<i>(Term 1)</i> Intro to Computer Science (.5 cr) <i>(Term 2)</i> Freshman Physical Education (.5 cr)
<b>Block 2</b> 9:30 - 10:58	<b>Spanish I</b> (1 cr; approx 90 min; 1 sem)
10:58-11:18	KNIGHT TIME
11:18-11:50	LUNCH
<b>Block 3</b> 11:53 - 1:21	<b>World Cultures</b> (1 cr; approx 90 min; 1 sem)
<b>Block 4A</b> 1:24 - 2:13	<b>Symphonic Band</b> (1 cr; 45 min; all year)
<b>Block 4B</b> 2:16 - 3:05	<b>Algebra I</b> (1 cr; 45 min; all year)

*Block 1, 2, 3 = approx. 90 minutes*

*Block 4A & 4B ("Skinny") = approx. 45 minutes*

## SEMESTER 2

<b>Block 1</b> 7:55 - 9:27	<b>Theology 9</b> (1 cr; approx 90 min; 1 sem)
<b>Block 2</b> 9:30 - 10:58	<b>English 9</b> (1 cr; approx 90 min; 1 sem)
10:58-11:18	KNIGHT TIME
11:18-11:50	LUNCH
<b>Block 3</b> 11:53 - 1:21	<b>Biology I</b> (1 cr; approx 90 min; 1 sem)
<b>Block 4A</b> 1:24 - 2:13	<b>Symphonic Band</b> (1 cr; 45 min; all year)
<b>Block 4B</b> 2:16 - 3:05	<b>Algebra I</b> (1 cr; 45 min; all year)

*Term = 9 weeks (one quarter, ½ credit classes)*

*Semester = 18 weeks (two quarters/one semester, ½ credit skinny classes OR 1 credit block classes)*

# LOURDES ACADEMY HIGH SCHOOL REQUIREMENTS

SUBJECT	GRADE 9	GRADE 10	GRADE 11	GRADE 12
English (4 cr)	English 9*	English 10*	English 11*	SNC English 101 OR English 12
Mathematics (3 cr)	Algebra I* → Geometry* → Algebra II →	Geometry* → Algebra II → Algebra II → Pre-Calculus →	Algebra II → Algebra III → PreCalculus → UWO Mathematics 171 →	Algebra III Pre-Calculus UWO Mathematics 171 off campus
Science (3 cr)	Biology I*	Chemistry (need Bio and Alg I) Anatomy & Physiology Botany & Environmental Science Genetics	Chemistry (need Bio and Alg I) Anatomy & Physiology Physics (need Alg II) Botany & Environmental Science Genetics UWO Chemistry 105 UWO Chemistry 106 UWO Biology 105	Anatomy & Physiology Physics (need Alg II) Botany & Environmental Science Genetics UWO Chemistry 105 UWO Chemistry 106 UWO Biology 105
Social Studies (3 cr)	World Cultures*	US History or AP US History OR	US History or AP US History Amer Gov't or AP Gov't Politics (need US Hist or AP US Hist)	Amer Gov't or AP Gov't Politics
Theology (4 cr)	Theology 9*	Theology 10*	Morality AND Sacraments (offered summer 2024)	Elective Theology AND Elective Theology
Phy Ed (1.5 cr)	Freshman Phy Ed	Sophomore Phy Ed	Elective Phy Ed OR (may earn .5 cr if meet sports criteria)	Elective Phy Ed
Health (.5 cr)		Health		
Business/Information Tech (1 cr)	Intro to Computer Science (PLTW) (0.5 cr)		Personal Finance (0.5 cr) OR	Personal Finance (0.5 cr)
Fine Arts (1 cr)	Art*/Choir/Band*			
(Recommended) World Language (2 cr)	German (IV only) Spanish			

**Total required credits for graduation = 28.5**

**Required service hours = 75 (min. of 25 must be parish hours; 10 per sem)**

\*Honors Option (if qualify)

College and High School Credit - must meet requirements

## PROPOSED Online Courses:

FVTC Medical Terminology  
FVTC Criminal Justice Systems  
FVTC Intro to Psychology

NWTC Oral/ Interpers Comm  
FVTC Intro to Sociology

## AP Courses:

AP US History (10 or 11)  
AP US Gov't & Politics (11 or 12)

(Online courses are for juniors and seniors.)

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## Service Hours Report

(hours subject to approval)

LOURDES  
ACADEMY

Our mission: Our faith. Our future.

(To be filled out by student)

Name \_\_\_\_\_

Grade Level: \_\_\_\_\_

Catholic Parish affiliation (if applicable): \_\_\_\_\_

Location of volunteer service: \_\_\_\_\_

Description of volunteer service: \_\_\_\_\_

Date(s) of volunteer service: \_\_\_\_\_ (include year)

Total number of hours: \_\_\_\_\_

Name of organization: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address of contact person/supervisor: \_\_\_\_\_

Name of contact person/supervisor (other than parent): *Please print* \_\_\_\_\_

Signature of contact person/supervisor (other than parent): \_\_\_\_\_

As a demonstration of our Catholic Christian faith, all students are required to complete **75 hours** of community service in order to graduate. Students must demonstrate progress toward this goal by keeping a pace of 10 hours per semester through their first seven semesters. In other words, a first year student must have at least 10 hours on file by the end of first semester and 20 hours on file by the end of the school year. Failure to keep pace will result in permanent "F" for Christian Service recorded on the student's transcript. Students who belong to a Catholic parish are required to complete 25 hours of parish service as a part of the 75 hour graduation requirement.

*Exceptions: If a student did not attend Lourdes all four years, service hour requirement will be pro-rated as follows:*

*Student starts at Lourdes sophomore year: Must have 10 per semester, cumulative to 60 by end of senior year.*

*Student starts at Lourdes junior year: Must have 10 per semester, cumulative to 40 by end of senior year.*

*Student starts at Lourdes senior year: Must have 10 per semester, cumulative to 20 by end of senior year.*

Any questions should be directed to Natalie Carney, Campus Minister, at 235-5670.

(Campus Ministry Office portion below)

Verified by: \_\_\_\_\_ Date Received by School: \_\_\_\_\_

Parish Service Hours:

Yes

☐

No

☐

Parish Total on File \_\_\_\_\_

Grand Total on File \_\_\_\_\_

(for office use only)

Totals hours on this form(s)

Parish \_\_\_\_\_

Total \_\_\_\_\_

(for office use only)

Per  
Semester!



# Honors Courses...

- ★ Honors English 9,10,11
- ★ Honors Algebra 1
- ★ Honors Geometry
- ★ Honors World Cultures
- ★ Honors Biology 1
- ★ Honors Theology 9 and 10
- ★ Honors Wind Ensemble
- ★ Honors Art 1



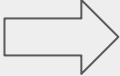
Teachers will discuss taking honors in class during the **first week of school.**

Contract is signed by student and parent at the beginning of the course indicating a **full, permanent commitment** to the outlined expectations.

## Pros Of Honors Courses:

1. Provide an increased level of study through more in-depth curriculum
2. Transcribed as "Honors"

# Your Transcript

- What does it show?
- Why is it important?
- National Honors Society  3.5+ GPA
- College courses have GPA requirements
  - Goals?



# Lourdes Academy High School Transcript

110 N. Sawyer St.  
Oshkosh, WI 54902  
Phone: 920-235-5769

Name:

Guardian Information

EXAMPLE

	T1	T2	T3	T4	Grade Point Average Summary	
<b>15-16 Lourdes Academy High School</b>					<b>9th Grade</b>	<b>11th Grade</b>
American Government	B+ .50	A- .50			T1 GPA: 3.0333	T1 GPA: 3.6200
Chamber Singers	A .25	A- .25	A+ .25	A+ .25	T2 GPA: 3.2000	T2 GPA: 3.6000
Economics			A- .50		T3 GPA: 3.9000	T3 GPA: 3.0625
Ecumenical and Interreligious Issues			A+ .50		T4 GPA: 3.6000	T4 GPA: 3.4625
Journalism	A- .25	A- .25	A .25	A .25	Year GPA: 3.4250	Year GPA: 3.4471
Morality				A- .50		
Sacred Scripture		P .00		A- .50	<b>10th Grade</b>	<b>12th Grade</b>
Service Hours				P .00	T1 GPA: 3.3875	T1 GPA: 3.6125
St. Norbert College English 101	B- .50	B- .50			T2 GPA: 3.4625	T2 GPA: 3.7125
St. Norbert College English 150			B+ .80	B+ .50	T3 GPA: 3.6875	T3 GPA: 3.8500
Topics in Contemporary Mathematics	A+ .50	A- .50			T4 GPA: 3.6875	T4 GPA: 3.9250
					Year GPA: 3.5563	Year GPA: 3.7793
<b>14-15 Lourdes Academy High School</b>					Cumulative Grade Point Average: 3.6492	
Algebra II	B- .50	B- .50			<b>Attendance Summary</b>	
Chamber Singers	A .25	A- .25	A .25	A- .25	<b>9th Grade</b>	<b>11th Grade</b>
General PE		A .50			Absent: 4.000	Absent: 0.5
Honors English 11	A- .50	A- .50			Tardy: 0	Tardy: 0
Personal Finance			A- .25	A- .25		
Pre-Calculus			C- .50	B+ .50	<b>10th Grade</b>	<b>12th Grade</b>
Recent American History	A .25	A- .25			Absent: 0.000	Absent: 2
Service Hours		F .00		P .00	Tardy: 1	Tardy: 0
Spanish IV			B- .50	B- .50		
US History II	A- .50				<b>Graduation Requirements</b>	
WR-Oshkosh Communications 111			A- .50	A- .50	<b>Course</b>	<b>Req</b>
					<b>Business/Technology:</b>	<b>Comp</b>
<b>14-15 Lourdes Academy High School SS</b>					English:	1.0 1.50
Sacraments as Encounters with Christ	A .50				English:	4.0 6.00
<b>13-14 Lourdes Academy High School</b>					Fine Arts:	1.0 4.00
Biology II			A- .50	A- .50	Health:	0.5 0.00
Chemistry I			A+ .25	A+ .25	Mathematics:	3.0 5.00
Concert Choir	A+ .25	A+ .25			Physical Education:	1.5 1.50
Geometry	A- .50	B- .50			Science:	3.0 3.00
Honors English 10	A- .50	A- .50			Social Studies:	3.0 2.00
Jesus Christ's Mission Continues			A .50	A .50	Theology:	4.0 4.00
Mission of Jesus Christ		P .00			Electives:	0.50
Service Hours		A+ .50		F .00	Total Credits Earned: 32.50	
Sophomore Physical Education					Total Credits Required for Graduation: 28.5	
Spanish III	C+ .25	C+ .25	B- .25	B- .25	Civics Exam:	
US History I	B- .50					
<b>12-13 Lourdes Academy High School</b>					<b>Current Year Courses</b>	
Algebra I		B- .50		B- .50		
Biology I	B- .50					
Concert Choir		A+ .50		A+ .50		
English I			A- .50	A- .50		
Freshman Phy. Ed.		A .50				
Revelation of Jesus Christ in Scripture			A .50			
Spanish II	B- .50	C+ .50				
Technology Applications	A- .50					
Who is Jesus Christ?				A .50		
World Cultures			A .50	B+ .50		

Date of Graduation:

Lourdes Academy Grade Values:

A+ = 4.0 A = 4.0 A- = 3.7  
B+ = 3.3 B = 3.0 B- = 2.7  
C+ = 2.3 C = 2.0 C- = 1.7  
D+ = 1.3 D = 1.0 D- = 0.7 F = 0

College Course Grade Values:

A+ = 4.3 A = 4.3 A- = 4.0  
B+ = 3.7 B = 3.3 B- = 3.0  
C+ = 2.7 C = 2.3 C- = 2.0  
D+ = 1.7 D = 1.3 D- = 1.0 F = 0

P = Pass S = Satisfactory  
WD = Withdrawn IP = In Progress

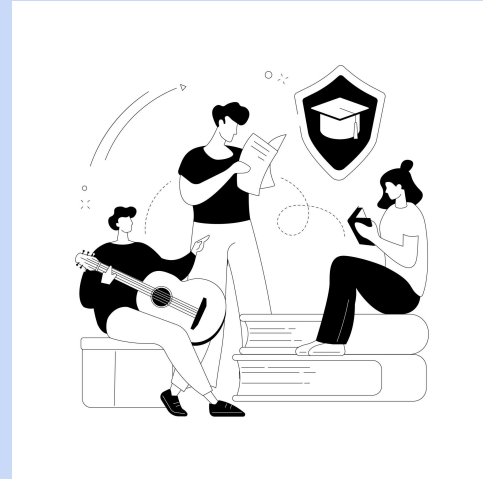
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SEAL

# Get Involved!

- Clubs and Organizations Fair is held the 2nd week of school
- Being a part of a club or organization at school looks great on your resume and college applications
- Colleges are looking for well-rounded students
- Shows commitment and leadership skills

STUDENT  
CLUBS  
AND  
ORGANIZATIONS



# Lourdes Academy Assessments:

## Grade 9

Pre-ACT

## Grade 10

Pre-ACT

AP

## Grade 11

ACT

PSAT

AP

UW Placement

## Grade 12

AP

UW Placement

# xello

## Xello Model for Student Success



### **Build Self-knowledge**

Students define their interests, skills, preferences, and aspirations so they can explore the opportunities right for them.



### **Explore Options**

Students learn about career possibilities and educational pathways by exploring rich engaging content and lessons.



### **Create a Plan**

Students create dynamic, actionable plans that outline the steps needed to achieve school, career, and life goals.



### **Learn & Reassess**

As students gain experience, knowledge, and skills, they can reassess and change their plans for the future.

## Stages of Successful Academic & Career Planning (ACP)



### **Know**

Who am I? Get to know your interests, skills, and strengths.



### **Explore**

Where do I want to go? Explore career pathways and education opportunities.



### **Plan**

How do I get there? Set your route! Set goals, choose courses, join clubs and activities, obtain financing, fill out applications, write resumes.



### **Go!**

Recalculate as needed.

# Questions?

