



High School 101: Preparing for Your Future

Course Description

High School 101 is a foundational, semester-long course designed to equip 9th grade students with the academic, personal, and future-ready skills necessary to thrive in high school and beyond. Through five connected units, students explore high school life, build essential study and organization habits, understand academic planning and GPA, discover their strengths and career interests, and develop emotional intelligence and self-awareness. The course integrates reflection, goal-setting, and practical applications to help students take ownership of their learning, plan for future success, and confidently navigate the transition into high school.

Course Goals

- Compare middle and high school experiences, routines, and expectations, and prepare for a successful transition to high school.
- Apply personalized study habits, organizational strategies, and time management tools to support academic success.
- Understand how GPA is calculated, identify graduation requirements, and plan for academic progress using school-specific tools.
- Identify personal interests, strengths, and values to explore career options, postsecondary pathways, and high school CTE programs.
- Develop and articulate short- and long-term academic and career goals through personalized plans and presentations.
- Practice mindfulness, emotional regulation, and positive self-talk to manage stress, build confidence, and strengthen self-advocacy.
- Reflect on personal growth and apply self-awareness strategies to navigate social, academic, and emotional challenges in high school.

Units Provided:

- Welcome to High School Life
- Study & Organization Skills
- Understanding GPA & Graduation
- Career Exploration & Goal Setting
- Self-Awareness