

## Central High School Counselors

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# ARE YOU READY ???



## *Riverhawk Readiness*

*Everything you need to know to be ready  
for success at Central High School!*

## ***High School is What You Make It!***

Every student can have a successful high school experience if they follow a couple of important tips for managing this transition.

### **Riverhawk Readiness Tip #1: School is Preparation for Life**

School teaches you valuable life skills that you need regardless of your future path. Use your time in high school to practice essential adult skills like communicating respectfully and effectively, punctuality (being on time), trying your best, asking for help, taking accountability for your mistakes, meeting deadlines, etc.

### **Riverhawk Readiness Tip #2: Attendance Matters**

Attendance is the BIGGEST predictor of high school success.

**Be in every class. Every day.**

### **Riverhawk Readiness Tip #3: Advocate for Yourself**

Everyone needs help from time to time and the staff at Central are here to help and support you. When you are struggling with academics, social concerns, or just life in general, ask for help. You can ask your teachers, your counselor, or any other staff member. If you are struggling or do not understand something, let an adult know right away so we can support you in getting back on track.

### **Riverhawk Readiness Tip #4: Get Involved**

For many students the activities they participate in high school give them the motivation to stay focused. Central has sports, clubs, and activities and there is something for everyone. Being involved helps you meet new people, provide a valuable service, try something new, become a leader, and relieve stress.

### **Riverhawk Readiness Tip #5: Take Care of Yourself**

High school can be stressful at times. It is really important that you take care of yourself so that you stay mentally and physically healthy. Having a consistent bedtime, eating healthy foods, drinking water, limits on

screen time, exercising, and mindfulness are all activities that can help you live your best life even under stress.

### **Riverhawk Readiness Tip #6: Make Reasonably Wise Decisions**

We know that teens will make mistakes from time to time. It is our goal to ensure that you learn and grow without irreparably harming yourself or others. When you make a mistake that is harmful to yourself or others, we will hold you accountable for your actions AND help you to learn how to avoid the mistake in the future.

### **Riverhawk Readiness Tip #7: Practice Empathy and Treat Others with Respect**

Every student who attends Central belongs here and has a right to their education. We expect that all students treat each other with basic respect and dignity. All students have the right to learn and feel safe at school. The way students treat each other has a significant impact on whether high school is enjoyable.

### **Riverhawk Readiness Tip #8: Attend Resource**

Your Resource Class is how you will learn about activities, clubs, special events, and other school related information. Resource is also the class where you will learn essential adult skills like collaboration, self-advocacy, stress management, communication, study skills, etc. Many students think of their resource teacher as a mentor and an additional source of support at school.

### **Riverhawk Readiness: Tip #9: Check Canvas/Skyward Often**

It is important to check your progress in class often. You can monitor your grades by checking Canvas. If you are unsure about why you earned a certain grade, talk to your teacher directly. If you are struggling in a class, talk to your teacher right away and make a plan.

### **Riverhawk Readiness Tip #10: Be You!**

We all benefit from diversity. Central is a school with a lot of different people that can learn with and from each other. You have the right to be your authentic self at school.

