

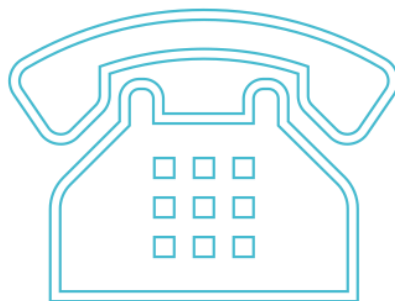
**ERHS –
Freshman Year
Class of 2026**



-Curriculum & Counseling Team-

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Please contact us if we can be of assistance. Visit our website to learn more. <https://www.asdk12.org/domain/1869>



What do school counselors do?

- Our role as school counselors falls into three main categories: academic, social/emotional, and postsecondary planning.



To support academic excellence, counselors assist students in selecting classes that meet ASD graduation requirements and prepare them for life after high school. We also assist students in developing strategies to improve their academic performance. In collaboration with teachers and parents, we are happy to host conferences to bring everyone to the same table. We acknowledge that all students are different, and we are happy to support those who need alternative programming.



In an effort to create a healthy community, we are available to help students navigate the tricky and sometimes challenging parts of life. As school counselors, it is within our scope of practice to offer short term counseling often related to personal struggles, mental health concerns, and peer issues. If further therapeutic services are needed, we can provide referrals to community resources. Furthermore, we can connect families experiencing other types of hardship with additional support. At ERHS, we play an integral role in crisis intervention and response.



Lastly, we are committed to helping students identify options for life after high school. The four years of high school can certainly zoom by, and our goal is to help students create a plan for pursuing their aspirations. It can be overwhelming to navigate applications, financial considerations, and the many pathways available. Counselors can assist students in this process by providing guidance and referrals.

A collection of school supplies is arranged on a white surface. In the top left, a portion of a white tablet is visible. Below it is an open notebook with blank white pages. A wooden ruler with black markings lies horizontally across the notebook. A yellow pencil is positioned vertically next to the ruler. In the bottom left corner, a black pencil case is open, revealing several colorful pens and pencils in shades of red, orange, yellow, green, and blue. A pair of white-handled scissors and a yellow eraser are also visible inside the case. The background features a blue geometric pattern on the right side.

What can I do to be successful at school?

- ▶ **Attend school.**
- ▶ **Be on time and do your best.**
- ▶ **Complete and turn-in class/homework.**
- ▶ **Develop productive study habits.**
- ▶ **Ask for help when needed.**
- ▶ **Check grades regularly.**
- ▶ **Get involved in the school community through joining a club, sport or activity.**
- ▶ **Be positive!**

Credit Tracker Example

Eagle River High School Credit Tracker

Write the grade earned for each class in its corresponding box. Each box is worth .5 (semester) credit.

English – 4 credits required

Eng I Eng II Eng III (or AP) Eng IV (or AP/Eng elective)

A			
A			

Math – 3 credits required

Algebra Math Elective Math Elective

A		
A		

Science – 3 credits required

Physical Sci Life Sci Sci Elective

A		
A		

Social Studies – 4 credits required

AK/Soc Elective World Hist US Hist. US Gov/Econ

A			
A			

PE – 1.5 credits required

*Each season of a school sport gives a .25 PE Waiver. Two PE waivers are needed to check off one .5 credit box. If PE waivers are used, the same number of boxes will need to be added in the elective rows. PE waivers do not grant credit, but rather waive the PE requirement.

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Elective – 7 credits required

If you take more than the required credits for Eng, math, sci, soc, or PE, add those credits to the elective boxes.

A	A					
A	A					

22.5 total credits are required for graduation



[Click here for ERHS Credit Tracker Form \(look under Student Tools\)](#)

ASD Grad Requirements

GRADUATION REQUIREMENTS

Students must complete 22.5 credits to receive a high school diploma.

- 1. English Language Arts (ELA) 4 credits**
Four years of ELA are required: English I and II, and English III and IV or their equivalents
- 2. Social Studies 4 credits**
World History, U.S. History, one semester of Alaska Studies, one semester of Economics, one semester of United States Government, one semester of a Social Studies elective. Students may waive the .5 credit social studies requirement by completion of Level III of a world language (ASL, Chinese, French, German, Japanese, Latin, Russian, or Spanish); immersion students may waive the .5 social studies requirement by completion of any one high school immersion course in the required immersion continuum.
- 3. Mathematics 3 credits**
Six semesters of Mathematics electives. In order to satisfy the algebra requirements, students must complete one of the following options: Algebra I, semester 1 and 2; **or** Survey of Algebra I and 2; **or** Credit-by-Choice Challenge by Examination.
- 4. Sciences 3 credits**
Three years (six semesters) of science credit are required. Two semesters must be life science. Two semesters must be physical science.
- 5. Physical Education/Health Education 1.5 credits**
Three semesters of physical/health education are required. A wide variety of courses are offered at each school. Elective credit must be earned to replace a Physical Education/Health Education requirement that is waived.
 - A) Students may obtain a waiver of .25 of the physical education graduation requirement for each full season of ASAA-sanctioned sports participation within the Anchorage School District.
 - B) Students may also waive comparable physical education requirements through Credit By Choice, correspondence, or college coursework in Physical Education/Health.
 - C) A maximum of 1.0 waiver of the physical education requirement is available upon successful completion of 2 years (four semesters) of JROTC.
- 6. Electives 7 credits**
Fourteen semester courses have not been specified so as to provide students an opportunity to pursue individual educational goals. Electives may include additional courses in Language Arts, Social Studies, Mathematics, Science, Technology, Fine Arts, World Languages, Physical Education and Career Technology.

Total 22.5 credits

- A student may be considered for graduation when he or she has acquired a minimum of 22.5 credits after grade 8 in required and elective subjects.
- Seniors entering the ASD for the first time may graduate by meeting requirements of their previous school when the ASD requirements create hardship.

-How to find and request your transcript-



- You can view your unofficial transcript through Q/parent/student connect.
- If you have questions or concerns about your transcript, please talk with your counselor.
- To request an official transcript you will need to input your request at the link below.

This link is for official transcripts for personal use or to be sent to colleges, scholarships, or other institutions.

<https://anchorageak.scriborder.com/>

High School & Post Secondary Assessment Timeline



Freshman Year (9th Grade)

- MAPS Testing 1st Semester (Math and English)
- STAR/PEAKS 2nd Semester

Sophomore Year (10th Grade)

- PSAT(Optional)
- AK Science Assessment
- Practice ACT/Practice SAT with [Frontier Tutoring](#)

Junior Year (11th Grade)

- Consider taking the Pre-SAT (PSAT)
- Practice ACT/Practice SAT with [Frontier Tutoring](#)
- [ACT](#) or [SAT](#) in Spring

Senior Year (12th Grade)

- Re-take ACT or SAT if not happy with scores

Students can also take the ASVAB at any point in their high school career (offered twice yearly at ERHS.)

-AK Performance Scholarship-

***Math & Science Option**

All Scholarship Levels

4 units math

4 units science

4 units language arts

4 units social studies

***Social Studies & Language Option**

All Scholarship Levels

4 units language arts

4 units social studies

2 units of the same world language

3 units math

3 units science

	Level 1	Level 2	Level 3
Amount	Up to \$4,755	\$3,566	\$2,378
GPA	At least 3.5	At least 3.0	At least 2.5
ACT or SAT	25 / 1210	23 / 1130	21 / 1060
or WorkKeys	13 or higher, no sub-score lower than 4, only good for tech school		

*For more details please check the APS website at
<https://acpe.alaska.gov/>

*Specific course requirements apply. Please see your counselor
for more details



- ← If you are planning to play a division I or II college sport, please make sure you have completed the requirements of the [NCAA Clearing House](#).
- ← Contact your counselor, if you have any questions and/or concerns.

[Division I
Academic
Requirements](#)

[Division II
Academic
Requirements](#)

[Initial
Eligibility
Brochure](#)

[Registration
Checklist](#)

[Guide for the
College-
Bound
Athlete](#)

[DI & DII
Course
Planning
Worksheets](#)

9th Grade Checklist



- ☐ **Take challenging classes & do your best.**
- ☐ **Do your class/homework & turn it in.**
- ☐ **Use your resources & ask for help when needed.**
- ☐ **Check your grades often & review your transcript (check and review with parents.)**
- ☐ **Listen to daily announcements and/or review them on the school website.**
- ☐ **Get involved! (sports, clubs, volunteer, leadership opportunities)**
- ☐ **Research potential postsecondary training options (college, military, apprenticeships, etc.)**
- ☐ **Apply to Summer Programs and/or Summer School if needed.**
- ☐ **If interested in a military academy, start researching now.**
- ☐ **Get a summer job to start saving money for your post secondary plans.**

-Reminders-



Check the ERHS daily announcements

<https://www.asdk12.org/domain/3310>



To be eligible for sports/activities, you must be enrolled in and pass at least 5 classes a semester and have a 2.0 GPA.



Counselors will visit your classes again in Jan/Feb/March to gather course requests for next school year.



Contact your counselor and/or curriculum department if you have any additional questions and/or concerns - we are here to help!

