

**ERHS –
Freshman Year
Class of 2028**



ERHS Freshman % 2028

In this presentation, you can learn more about the

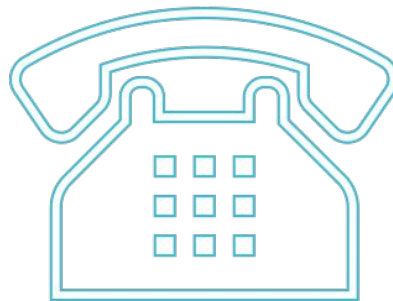
- Counseling department and their role
- Transcript breakdown
- Graduation Requirements
- Scholarships and financial aid
- Reminders about upcoming events.

We commend all of you for your perseverance and dedication to working toward graduation and beyond. Let us know how we can support your efforts.

ERHS Counseling Department

-Curriculum & Counseling Team-

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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.

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.

- English Language Arts (ELA)** 4 credits
Four years of ELA are required: English I and II, and English III and IV or their equivalents
- 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.
- 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.
- Sciences** 3 credits
Three years (six semesters) of science credit are required. Two semesters must be life science. Two semesters must be physical science.
- 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.
- 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.

What is my GPA?

WHAT IS MY GPA?



Grade	Percentage	Grade Point Value
A	90% - 100%	4
B	80% - 89%	3
C	70% - 79%	2
D	60% - 69%	1
F	0% - 59%	0

Your GPA is your **grade-point-average**. A GPA is determined by letter grades. Although different schools may use slightly different formulas for calculating a student's GPA, all formulas are based on the sort of scale to the left. Imagine that these are your grades for the quarter:

Math C
Social Studies B
English D
Science A
P.E. F
Art C

What is the GPA for these grades? Is this student eligible for sports?

All you need to do is find the grade point value for each course and average these numbers.

Math C = 2 points
Social Studies B = 3 points
English D = 1 point
Science A = 4 points
P.E. F = 0 points
Art C = 2 points

Total = 12 points

Calculate total points and divide the total number by the number of classes. In this case, there are 6 classes.

$$12 \div 6 = 2$$

THIS IS
YOUR GPA!

The GPA in the above example is a 2.0

-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.scribborder.com/>



Thinking ahead ...

- 9th grade is a great time to explore many post-secondary options. This will help you become more specific in your plans as you progress through high school.
- Consider different career options, colleges, trade schools, training programs, apprenticeships, military, etc.
- AKCIS - Great place to check out options for college, careers, and scholarships
 - ERHS Username - **eagleriver**
 - Password - **4Student**
 - Students can set up their own profile after the initial login

-AK Performance Scholarship - Up to \$28,000!

***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 \$7,000	\$5,250	\$3,500
GPA	At least 3.5	At least 3.0	At least 2.5
----- OR -----			
ACT/SAT or WorkKeys	25 / 1210 18 w/ no score below 6	23 / 1130 15 w/ no score below 5	21 / 1060 12 w/ no score below 4

*For more details please check the APS website
<https://acpe.alaska.gov/FINANCIAL-AID/AK-Performance-Scholarship>

*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-Boun
d Athlete

DI & DII
Course
Planning
Worksheets

9th Grade Checklist



- ☐ Take challenging classes and check grades often on Student Connect/Canvas
- ☐ Review Transcript (check and review with parents)
- ☐ Alaska Performance Scholarship (APS) review/checklist
- ☐ AKCIS www.akcis.org - Career Interest Inventory, school sort, financial aid sort
- ☐ Listen to announcements and/or check them on the school website daily
- ☐ NCAA Clearinghouse (if planning to participate in Div. 1 or Div. 2 college sports)
- ☐ Get involved! (sports, clubs, volunteer, leadership opportunities)
- ☐ Attend college visits at ERHS (see Curriculum Office for dates and schools)
- ☐ Research potential postsecondary training options (college, military, apprenticeships, etc.)
- ☐ If you are interested in a military academy, now is the time to start researching and planning
- ☐ Apply to Summer Programs and/or Summer School if needed
- ☐ Do the best you can and ask for help if you need support!

-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.

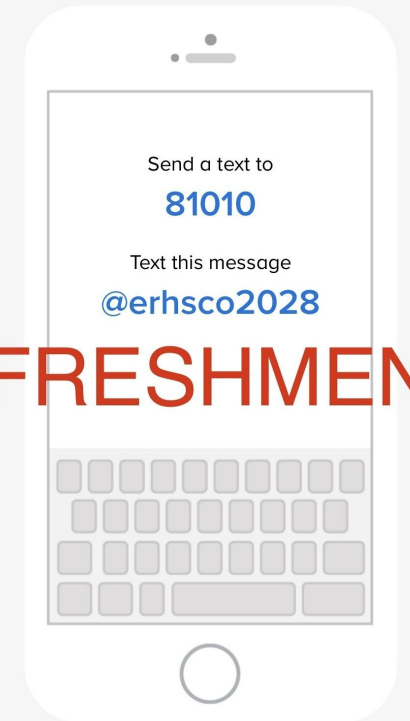


Counselors will visit your classes again in Feb/March to gather course requests for next school year.



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

Tell people to take out their phones.



Local Contacts

University of Alaska
Anchorage

University of Alaska
Southeast

University of Alaska
Fairbanks

Northern Industrial
Training

Alaska Pacific
University

Alaska Vocational
Technical Center
(AVTEC)

Alaska Commission on
Post-Secondary Ed

Alaska Career College

Charter College

Alaska Laborers
Training School

Recruiters:

Air National Guard -Kristina Elliot. kristina.elliott@us.af.mil

Navy - Rico Velacruz, CE2, rico.h.velacruz1@navy.mil

Army - Matthew R. Kuhl, SFC, matthew.r.kuhl.mil@mail.mil

Other Useful Resources

Admissions
Timeline for
11th/12th grade

Quick Guide to
Financial Aid

Evaluating
Financial Aid
Award Letters

Financial Aid
Tips

Scholarship
Application Tips

More
Scholarship
Application Tips

Choosing a
College Tips

College Essay
Tips

More Web
Resources