

COLLEGE NEWSLETTER

Freshman

Harding freshman plan

- Freshman QUEST
- Build a college resume
- Life vision & adaptation skills
- Explore career interests
- Self-awareness lessons
- Academic success
- Individual meetings with counselor

GPA

A student's grade point average is the cumulative average of semester grades from grades 9 through 12.

Need Help?

Counseling Email:
counseling@harding.edu

Counseling Blog:
hardingcounselingservices.webly.com

Counseling Phone:
(901) 763-3280

The freshman class enjoyed kicking the year off with Freshman QUEST. In this one day workshop students learned about GPA, explored careers, participated in team building activities, and increased their college awareness. Since then, we've spent time together in class exploring personal goals for the future and discussing the skill of adaptation. Our most recent lesson was centered on self-awareness and the implications it has on our personal and academic success. I have also enjoyed getting to know these students better as I've had the opportunity to meet with them in their individual college/academic meetings. The Class of 2020 is a promising group of students and I look forward to the time I will spend with them the rest of the year!



-Mrs. Canterbury and the Counseling Team

What do we need to know about the GPA?

- GPA = Cumulative average for grades 9-12
- Calculated on semester averages only
- Most students will have 56 grades in the GPA (4 years/8 semesters * 7 classes a year).
- We use the weighted scale (in handbook)
- Extra points for C or better in AP (1/sem) and honors (.5/sem.)
- Fitness (PE) classes not included
- Courses taken in 7-8 not included
- One test cannot wreck a GPA.
- But freshman grades do matter.





Naviance

Family Connection

Naviance is a comprehensive college and career readiness solution for middle and high schools that helps align student strengths and interests to post-secondary goals, and improve student outcomes. All Harding students grades 7 through 12 have access to Naviance. It is a tool that the counseling office uses constantly throughout each school year.

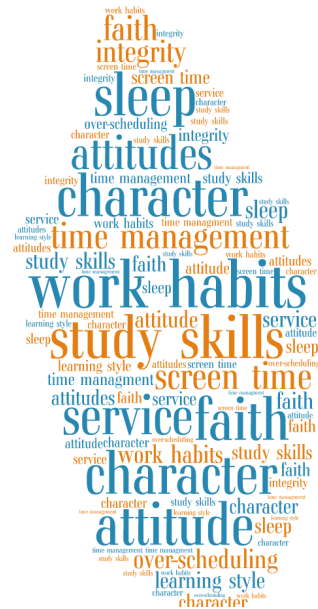
Naviance helps students:

- Build a resume for college and scholarship applications
- Keep track of colleges to which the student has applied
- Research college interests
- Increase college knowledge
- Communicate with counselors and teachers about recommendations
- Schedule course classes
- Explore career interests based on assessments

Access Naviance through the Harding website or the Harding Counseling Blog.

So what should be important to freshmen?

- Character
- Work habits
- Attitudes
- Faith
- Time management
- Screen time
- Over-scheduling
- Sleep
- Service
- Learning style
- Integrity



What should freshman parents do?

- Foster resilience
- Allow failure
- Welcome struggle
- Nurture strong roots
- Pray with and for your child

