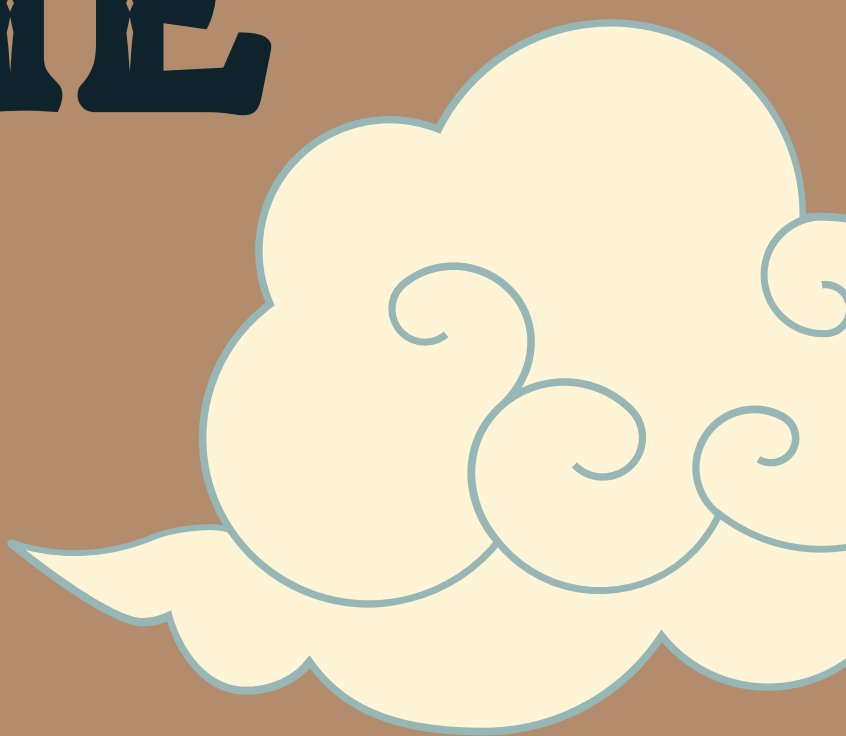




SUPPORTING YOUR STUDENT

BEING SUCCESSFUL IN
AP & DCC CLASSES

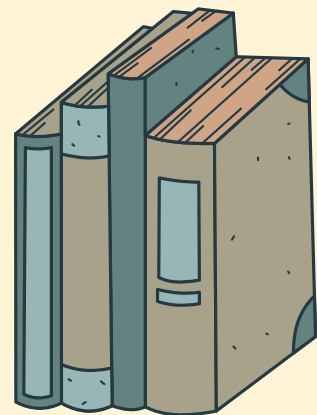
Dawn Clemens, AP US History, BHS





A BIT ABOUT ME

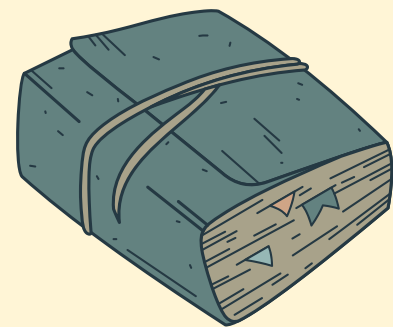
OBJECTIVES



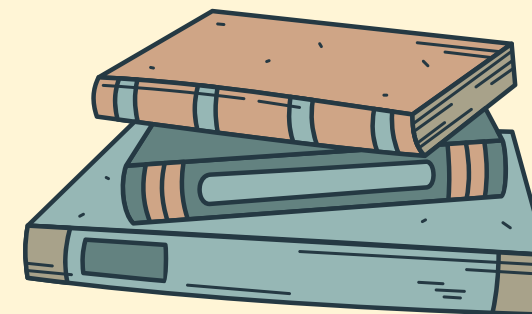
AP VS. DCC



**KEYS TO
SUCCESS**



**PREPPING FOR
COLLEGE
LEVEL CLASSES**



**GRADES,
STUDYING, AND
SELF CARE**



**ADVANCED
PLACEMENT**



**DUTCHESS
COUNTY
COMMUNITY
COLLEGE**

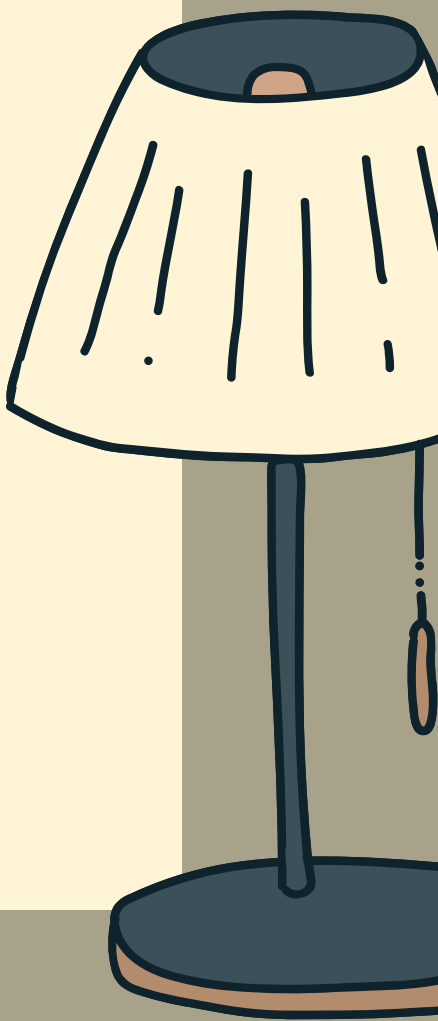
AP VS. DCC

AP

- Courses offered
 - Art History, Studio Art/Drawing
 - Language and Composition, Literature and Composition
 - Computer Science Principles
 - Music Theory
 - Biology, Environmental Science
 - African American Studies, US History

DCC

- Courses offered
 - English 101/102
 - Spanish 201/202
 - Elementary Statistics (MAT 118), Pre Calculus (MAT 185), Calculus (MAT 221)
 - Psychology 111/203, Economics 105, Government 121



OTHER ITEMS OF NOTE

- AP/DCC classes are fast paced, there are often summer assignments and homework during vacations
 - AP time crunch- May exam, southern schools start in August
- Check with individual colleges for awarding of credits
 - Could go in as electives or exempt students from prerequisites
 - May have to submit course syllabus from DCC classes to earn credit
- Scores
 - DCC on Quarter 4 report card
 - AP scores released in early July, can choose which schools to send scores





PREPPING FOR COLLEGE LEVEL CLASSES

STEP #1

- Know course prerequisites (Course Catalog)
- Have student discuss with teacher what they can do to meet qualifications

- Improve academic skills
 - Reading, writing, math, science, organization, procrastination
- Grades- can show improvement

- Recommendations are made in early February
- Participate in class!
- Complete homework assignments
- Show interest

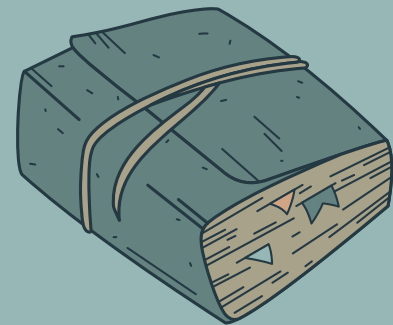
SKILLS & GRADES

TEACHER RECOMMENDATION

KEYS TO SUCCESS



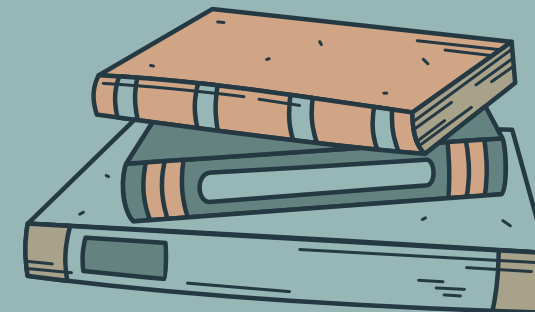
1- MOTIVATION



**2- ORGANIZATION
& TIME
MANAGEMENT**



3- SKILLS



**4- SEEK HELP
WHEN NEEDED**



**WHAT ARE THE
MOTIVATIONS FOR
TAKING A COLLEGE
LEVEL COURSE?**

1- MOTIVATIONS FOR TAKING THE COURSE

HELPFUL



- Skills- learn time management
- Gain knowledge in subject area
- Challenge yourself
- Get accepted into college- college recommendations
- College success- find potential major, reduce workload, cut college costs, have ability to take more electives or get a double major or do an internship
 - Keep these motivations in mind while taking the course - helps to keep students on track for success.
 - Be wary of senioritis in the spring! Colleges will get final transcripts and can rescind admission.

UNHELPFUL



- Friends are taking the class
- Parents want you to take the class
- Just resume boosting (I must take all of the college courses offered so I look good)
- Overall lack of interest in course content



2- ORGANIZATION AND TIME MANAGEMENT



ORGANIZATION

- Keep track of assignments, pace out large projects/papers (DCC Gov and English), extra curricular activities, family responsibilities, college application due dates
 - Use a shared calendar (Google) for family
 - Students should use either an app or paper planner for school assignments
 - Make a daily to do list looking ahead at large projects and tests (could even use notes app, others below)
 - Schedule time for studying (students need to study in these courses)
 - Best apps- Structured, My Study Life, iHomework 2, iStudiez Pro



PROCRASTINATION BUSTERS!

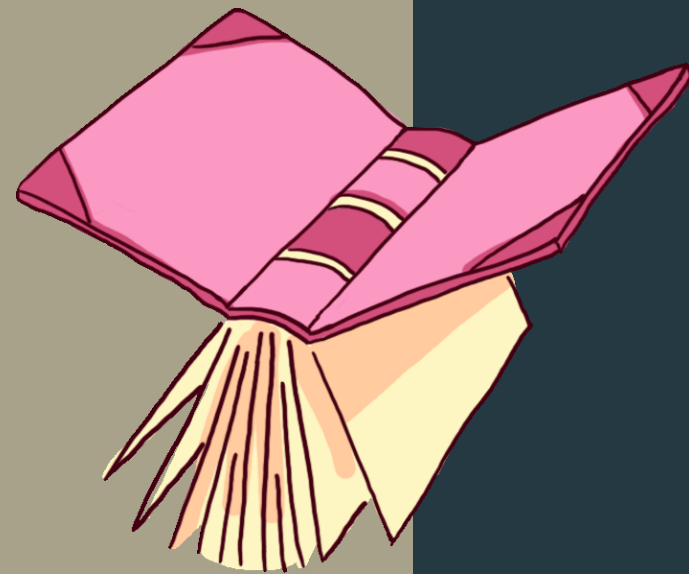
- Avoid "Pseudo Work"- you look and feel like someone who is working hard because you're spending a lot of time doing homework and studying but your not fully focusing on the task (phone, Netflix, social media, etc). You're working a long time at a 3 when you should be working a shorter time at a 10.
- Time management
 - Make use of time- study hall, before practice, on the bus to a game, during homeroom, etc.
- Electronics - - - Fun activity for the family- look at screen time on devices!
 - Turn off notifications or put phone on airplane mode
 - Send a group text to let everyone know you will be unavailable
 - Keep phone in another room
- Accountability
 - Get accountable with a friend - announce plans to do work (can even post on social media)
 - Keep a work progress journal (look at daily to-do list and see what was accomplished)
- Planning
 - Build a routine
 - Choose a "hard day" to get work done
 - Plan time to relax
- Best Apps- Flora, Forest, Pomodoro (I like Be Focused), Todoist, Habitica



OVERALL SCHEDULING



THINK OF YOUR DAY LIKE A PIE - - -
THERE ARE ONLY SO MANY SLICES AVAILABLE



ARE YOU TAKING TOO MANY COLLEGE LEVEL COURSES?

- Generally, you should not take more AP/DCC classes than you can handle while still achieving a high GPA
- It's okay to focus on your strengths or what you hope to major in for college

ARE YOU DOING TOO MANY AFTER SCHOOL ACTIVITIES?

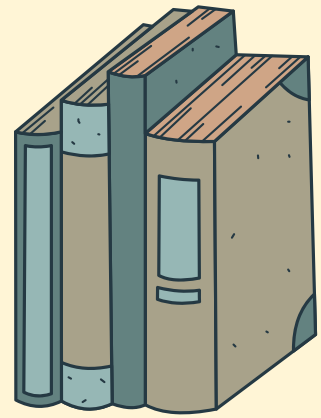
- Look into what colleges are looking for (check out High School Superstar book)
- Changes in admission and essays due to the end of Affirmative Action ([NYT article](#): Colleges Want to Know More About You and Your Identity)
- April and May are tough in AP/DCC courses





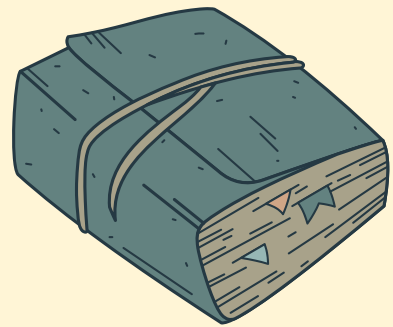
3- SKILLS

SKILLS



VOCABULARY & MEMORIZATION

Social Studies, Science,
Language, Art, Music,
Computer Science



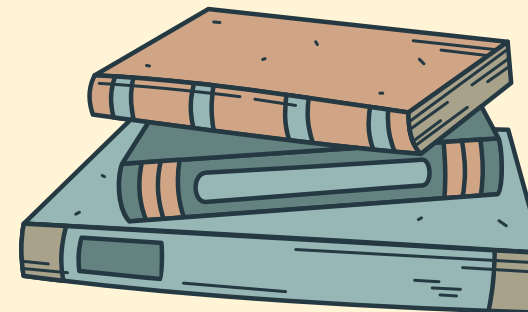
READING

English, Social Studies,
Science, Art, Music



WRITING

English, Social Studies, Math,
Science, Language, Art, Music,
Computer Science



STEAM

Math, Science, Art, Music,
Computer Science

The background is a solid pink color. There are four stylized yellow clouds with dark pink outlines. One cloud is at the top center, one is at the top right, one is at the bottom left, and one is at the bottom right. The text is centered in the middle of the image.

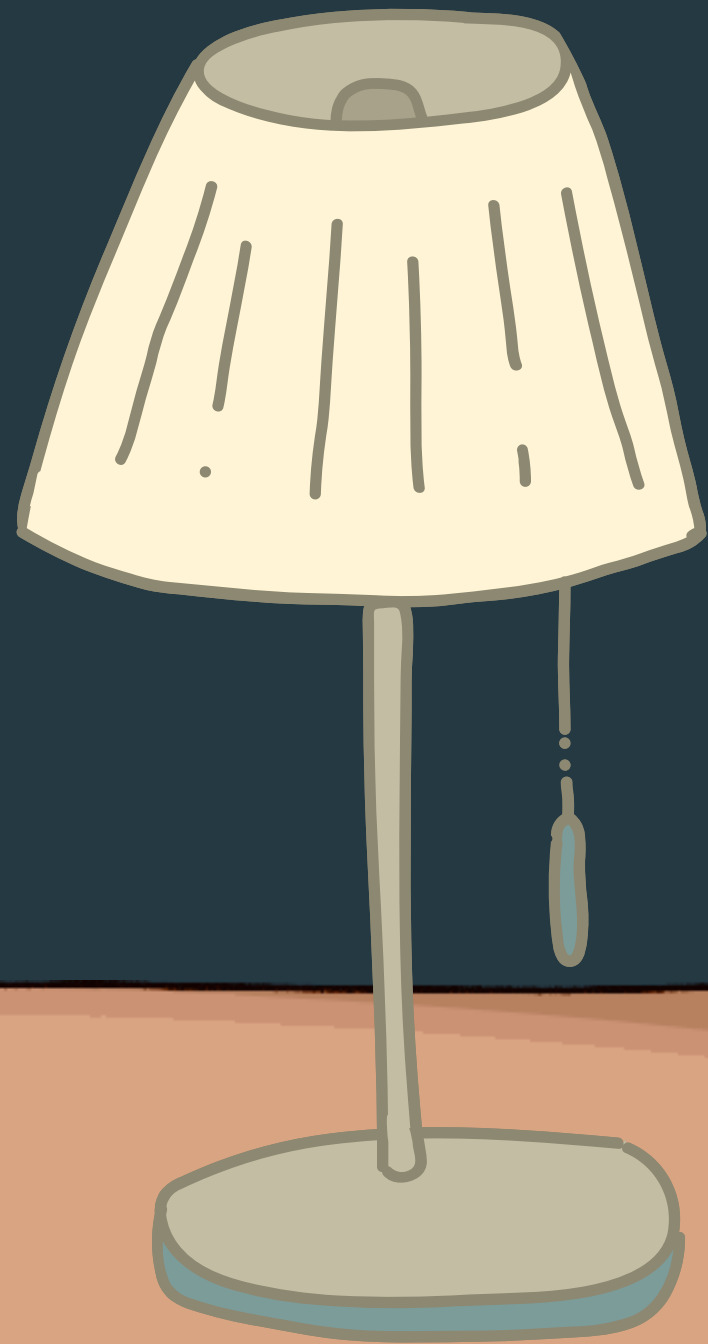
**4- SEEK HELP
WHEN NEEDED**

KNOWING WHEN/HOW TO GET HELP IS A LIFE SKILL

- Recognize when you need assistance
 - If your quarter average is below an 80%
 - If you're having difficulty understanding concepts
 - If you're having difficulty keeping up with work
- Identify people or resources that can provide support
 - Teachers, guidance counselors, friends (study group), parents
- Make the request
 - Ask during or after class, office hours, email, write a note---how ever you feel comfortable
 - Students should be taking responsibility.
 - Students should be reaching out on their own since these are level college courses. Parents can encourage students and check in with a teacher if a student is unable to do so.



GRADES, STUDYING, & SELF CARE

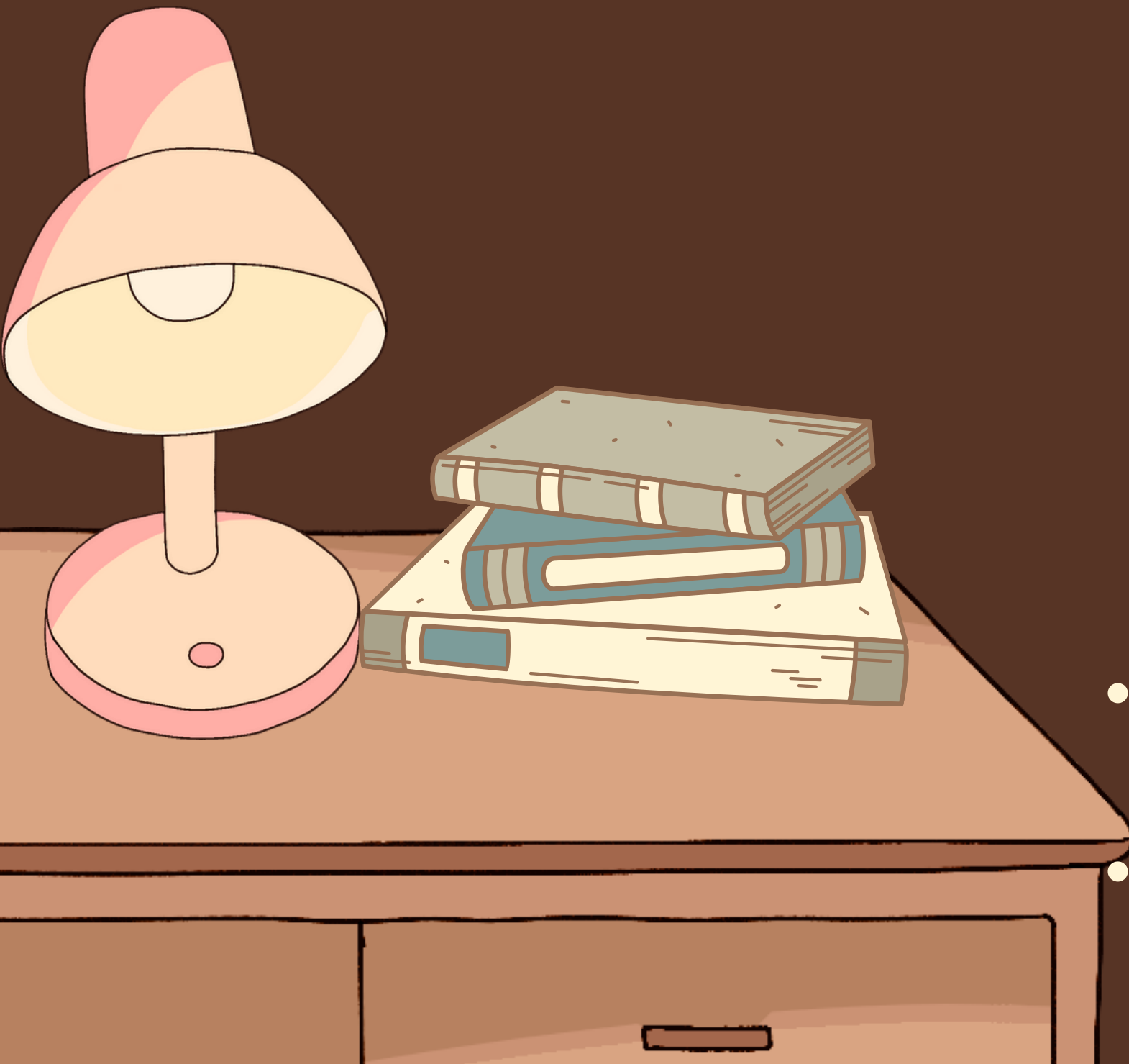


GRADES

- Which is better: an “A” in a Regents class or a “B” in an AP class?
 - Generally- You should take not more AP/DCC than you can handle while still achieving a high GPA.
 - Focus on courses that align with your proposed major or minor
 - Don’t engage in “transcript padding” with easy courses
 - Most competitive colleges are looking for 7-12 college level courses over the course of your high school career - - - college admissions officers consider the amount of courses offered at a school
 - A “B” shows effort, rigor, and interest
 - See "Getting into College" slide 7, includes references
 - Please don’t focus on grades, focus on learning and improvement - - - - There is a flow to the school year!
 - 1st Quarter- uncertainty, adapting to new expectations, lower grades, stress, anxiety
 - Seniors- extra stress around college applications
 - 2nd Quarter- getting into the flow of the class and understanding concepts and how to be successful
 - 3rd Quarter- particularly stressed in AP classes, but test grades are improving
 - Be thoughtful when scheduling SATs- BHS hosts during the Saturday of AP testing
 - Seniors- Senioritis sets in (if it hasn't already!)
 - 4th Quarter- AP classes more relaxed after test, DCC classes- stressed about finals
 - Seniors need to push through
- Grades for AP and DCC classes are weighted on student's transcript- 10% - - - - An 85% becomes a 93.5%

STUDYING

- Students need to do active studying
 - Rereading and highlighting or watching review videos aren't active
 - Use active note taking styles (QEC- Question, Evidence, Conclusion) or Cornell for readings and videos
 - Make Flash Cards based on vocabulary and notes
 - Create practice tests based on notes
 - Create study groups
 - See "APUSH Skills: Notes and Studying" slides
- AP's- do practice exams starting in March and attend after school reviews



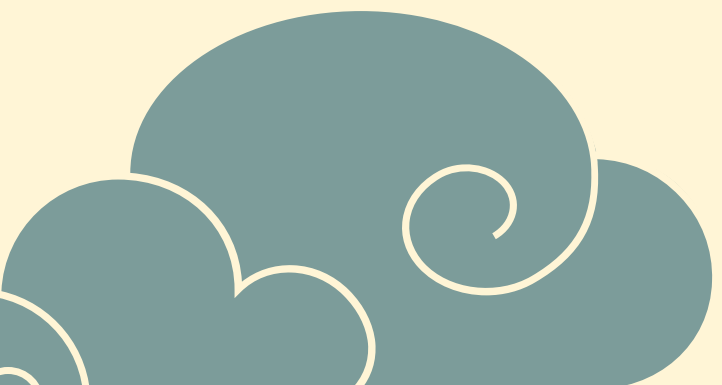
SELF CARE

- Basic Care

- Students should have enough time to eat 3 meals a day
- Students should be aiming for 7-8 hours of sleep a night
- Students should take time to exercise - walks are great!
- Students should be spending time with their friends
- Students should be taking time to recharge

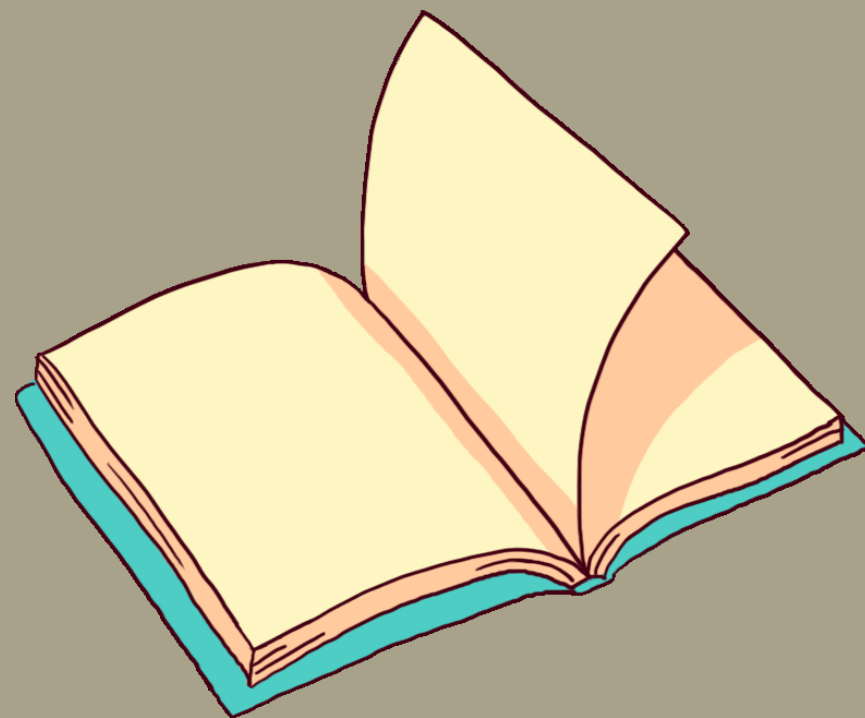
- AP/DCC students are stressed out!

- Make a real assessment if the course load and extra curricular activities are too much
- Look for signs of distress- too much/too little sleep, irritable, anxious, fixated on grades, not engaging in usual activities, not taking care of themselves



RESOURCES

- [BHS Course Guide 2023-2024](#)
- [AP Students College Board](#)
 - [AP Credit Policy Search](#)
- [Dutchess Community College](#)
- Presentations by Mrs. Clemens
 - [APUSH Skills: Notes and Studying](#)
 - [Getting into College and Earning Credit](#)



BOOKS

- ***How to Become a Straight-A Student: The Unconventional Strategies Real College Students Use to Score High While Studying Less***, Cal Newport
- ***How to be a High School Superstar: A Revolutionary Plan to Get into College by Standing Out (Without Burning Out)***, Cal Newport
- ***A Teen's Guide to Getting Stuff Done: Discover Your Procrastination Type, Stop Putting Things Off, and Reach Your Goals***, Jennifer Shannon
- ***College Admissions 101, 3rd Edition: Expert Advice for the New Challenges in Admissions, Testing, Financial Aid, and More***, Princeton Review



Questions?



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