

Welcome to the Pride



A New Chapter Begins



Meet the Team

Meet the friendly faces of
North Hunterdon High

School:

Our administration,
counselors, and Director
of Student Activities are
excited to meet you!

Gather the Tools

Learn some tools for
communication, studying,
and cultivating a positive
mindset.

Campus Orientation and Tour

Familiarize yourself with
our building and
campus by taking a tour
with our peer leaders.

Administration



Principal

Dr. Gregory Cottrell

Assistant Principals

John Deutsch

(oversees Class of 2030; Physical Education & Health, Music, Fine Arts, Technology Education)

Stacy Ditze

(oversees Class of 2028; Science and Math (STEM); Polytech and Biomedical Academy)

Timothy Flynn

(oversees Class of 2027; Social Studies and World Language)

Chris Maslonka

(oversees Class of 2029; English, Family & Consumer Sciences, Business)

Assistant Principal/Director of Athletics

Courtney Murgittroyd

(oversees Athletic Program, Coaches, Trainers and Nurses)

Director of Student Activities

Mr. Anthony Petraglia

Trivia Question: What is a pride of lions?

- The term “pride” is a collective noun.
- A pride of lions is a social group of lions.

What does it mean to be part of a PRIDE?

be proud of yourself

be proud of school

be proud of
community

Counseling Office

[Link to counseling website
for more information](#)

Ms. K. Baratta

Ms. N. Craske

Mr. S. DeLorenzo

Mr. R. Niznik

Mr. W. Robaey

Mr. D. Raupp

Mrs. K. Steele

Together we are your support network



In high school, sometimes, things that seemed easy before get harder.

This is normal.

In today's session, we will talk about the people, the strategies, and the places you can go to in order to help you manage these challenges in a supported and healthy way.

Ice Breaker

- Line up from one end of the room to the other by birthday.
- Pair up with the person next to you. Take three minutes to get to know the person.
- Introduce your partner to the group by sharing three important things about them.



The Regional Advantage

Diverse Perspectives

By uniting students from 5 different sending districts, you all bring different perspectives, diverse experiences, and many talents to our campus!

Expanded Opportunities

Our collaboration and knowledgeable staff allows us to offer you specialized programs and diverse opportunities. Collegiate academic pathways, innovative labs and workshops, and unique electives, activities, and clubs to learn new skills and meet new people



Study Skills and Habits of Mind

01.

How do you study?

Where and how you read matters to how much you focus and how much you retain.

02.

Mindset Matters

Accountability and communication tools to help you on your journey.

03.

How to Build a Habit

Once you have cultivated the mindset, certain habits can help keep you on track



01.

Study Habits for Success

"It doesn't get better with time, it gets better with work."

TJ Tyus

Reassessing your study habits

9th-grade is a great time to reflect on your study habits. Questions for reflection:

What does studying **mean to you**?

How do you **read**?

Where do you do **homework**?

Are there **distractions** nearby?

How much **time** do you give yourself? What time of day?

Tips:

Designate a homework spot:

When students have a designated spot (at a table or desk, they tend to be able to focus better).

No phone!

It is HARD to do this, but if you can put your phone in another room while you're working, you will focus better and retain things afterwards because of that enhanced focus.

Encourage work flow and go back and review!

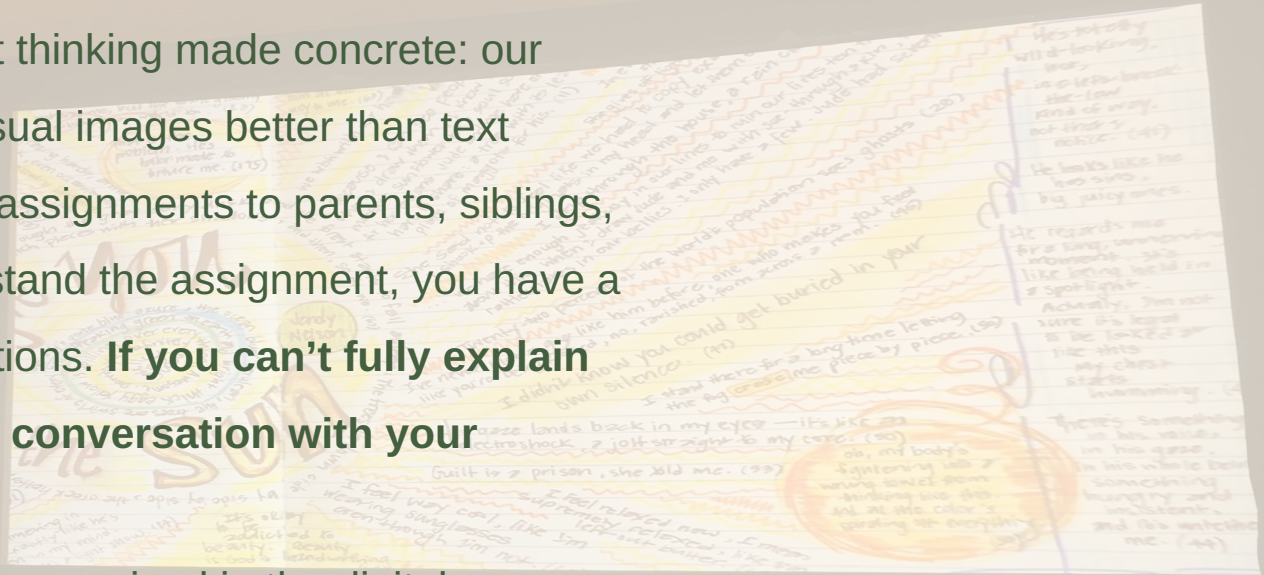
Once you've got your study spot, and cut back on distractions, allow yourself time to be curious and go back and review to make sure you understand everything.

Look at this cool [infographic on the forgetting curve](#) and what happens when you review! It pays to re-read!



Note taking and reading strategies

- ❖ Notes (double entry notebooks)
- ❖ Sketch notes - Abstract thinking made concrete: our brains tend to retain visual images better than text
- ❖ Explain directions and assignments to parents, siblings, or peers. If they understand the assignment, you have a solid grasp on expectations. **If you can't fully explain it, you need to have a conversation with your teacher.**
- ❖ Bookmarks and staying organized in the digital age.





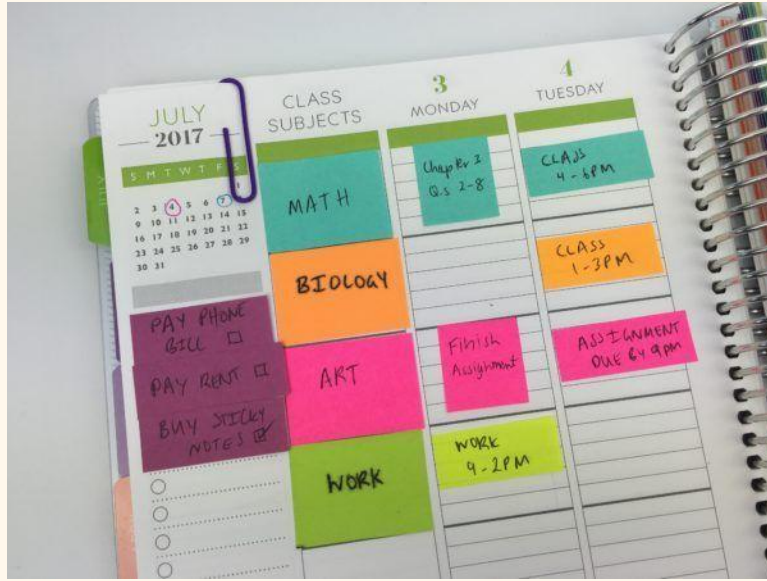
Resources for Extra Help

Resource Room and Tutor.com

C & I time: 2:30-3:10

Study Skills Toolkit

Organization is Your Superpower



- Turn and Talk: Identify one achievable organizational goal for this coming school year.

- Get a dedicated notebook or binder for each class
- Use color-coding for different types of notes
- Create a consistent system for tracking assignments
- Tip: Color-code by genre, writing type, or reading notes (for ELA)
- What works for one, may not work for another – find the organizational technique that works best for you!
- [Task manager in mail app \(Add a task\)](#)
- [Synching Google Classroom with Google calendar](#)

Effects of technology on the brain

Viewing others on social media encourages jealousy

Tweeting for ten minutes can raise levels in the blood as much as 13%

Increased memory loss occurs with frequent internet users

The way technology is craved can be similar to the reaction of an addict-our bodies even receive adrenaline

Between 2000 and 2013 the average attention span has decreased by four seconds (12 in 2000 to 8 in 2013)

Autocorrect can impair our brain's ability to read and write.



Source: huffingtonpost.com socialmediatoday.com

Infographic by Sydney Weiss

Some food for thought:

Technology helps us in many ways, but too much can impact our own critical thinking.

OUR MINDS ARE **VISUALLY WIRED**

80%

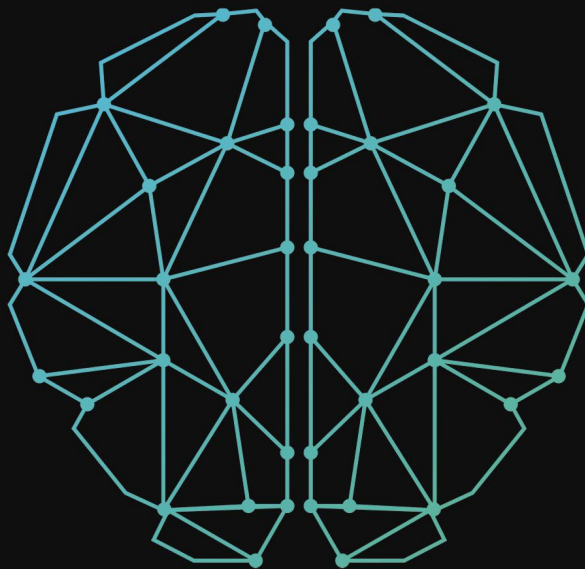
of text on most pages doesn't get read

90%

of information transmitted to the brain is visual

We retain
80%

of what we see, 20% of what we read, and 10% of what we hear



The human brain processes images

60,000x

faster than text

Google receives approximately

70k

search queries every second

In 2018, Google Images accounted for

22.6%

of all internet searches

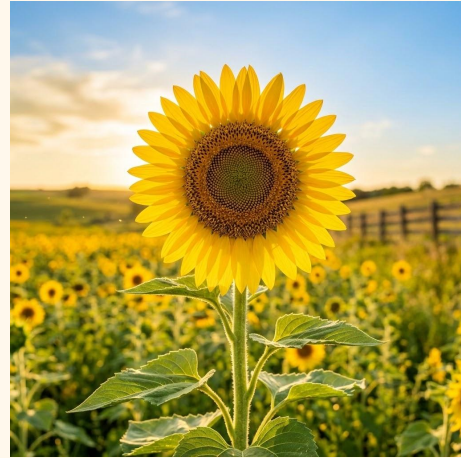
The brain can identify images seen for as little as

13
milliseconds

Brain Break

- Have students put their chairs in a circle (facing each other)
- Each student should stand in front of their chair.
- The goal is for everyone to sit down one at a time.
- If two people go to sit down at the same time, you need to start over.
- There is NO TALKING!!!

GOOD LUCK!!



A lion stands prominently on a rock in the foreground, looking towards the left. In the background, a herd of zebras grazes in a vast, open savanna under a hazy sky. The overall tone is warm and golden.

2

Mindset Matters

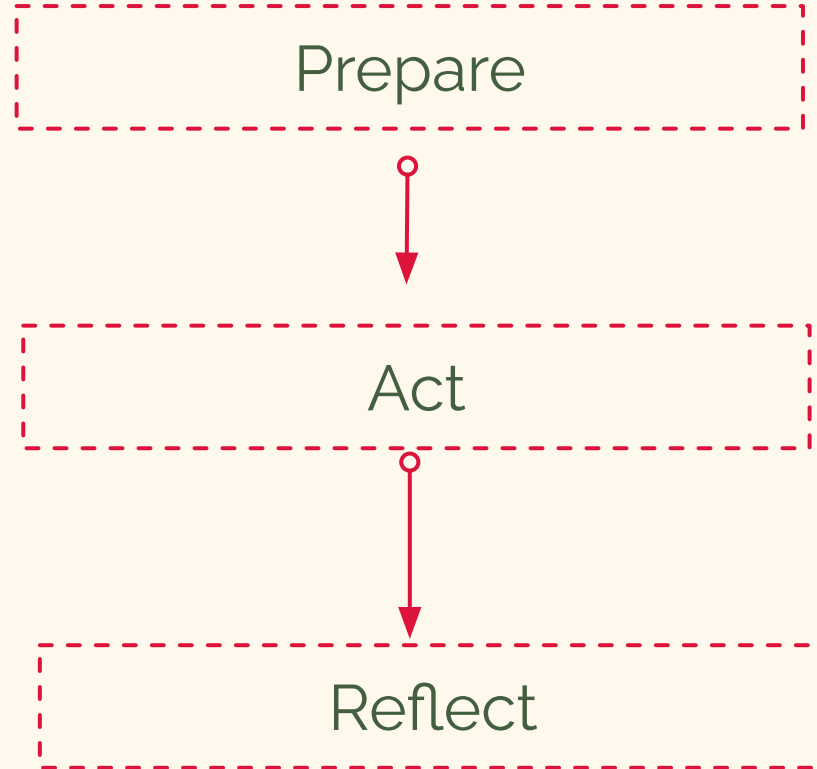
You're in the driver's seat. Accountability and communication for the win.

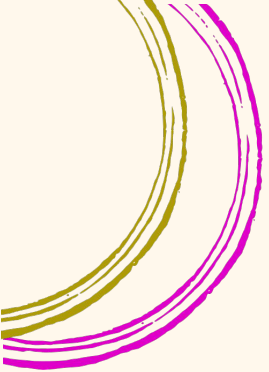
“Enthusiasm is common. Endurance is rare” (Angela Duckworth).

Question for self-reflection: *How do you feel when you turn in a long-term project?*

- a. Confident. You’ve done your best, and you feel confident in your work.
- b. Pretty confident, but unsure about what your grade will be. You were given the rubric ahead of time, but who knows what kind of mood your teacher will be in when he/she grades it.
- c. Whatever. It’s done and it’s on time. Glad it’s over.

Your response to this question can help set the stage for a successful high school career. **Owning your education** and the choices you make as part of your schooling, can set you up for success and offer you support when you experience obstacles and failures.





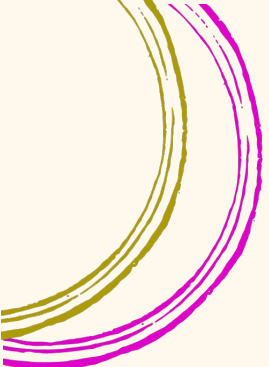
Prepare: *Stick-with-itness*

Grit and perseverance for the win! Learning is a process and we get better the longer we hang in it.



How to demonstrate **GRIT** in your academic life:

- © Don't judge yourself if you forget things. Just go back and **keep reviewing**. Eventually, your retention will improve.
- © Making information relevant to you will help you **hold onto the information**. When you take notes, make comments about how the concepts relate to things you already know or have heard about.



Act:

Effort > Swifttness

Getting the answer right the first time
isn't always the goal -- learning is!



What does this look like in daily student life?

- © Sometimes we need to **spend more time** on an assignment or performing a task in order to **truly master** it. ***There are no shortcuts to deep thinking.***
- © Proactively seeking extra help from your teacher, a peer tutor, or counselor.

It's a marathon, not a sprint.

Act:

Email etiquette

Proactive communication is a great way to seek help, but we also have to be sure we are asking the right questions and being respectful.



Email in 6 steps:

1.

Use a polite greeting.
For example:
Dear Ms. – or
Hello, Mr. –

2.

Identify your question
and ask it politely. Avoid
demands.

3.

Provide background
information or explain
problem if relevant.

4.

Acknowledge respect for
recipient's time.
For example:
“Thank you for your
time.”

5.

Capitalize, spell check,
punctuate.

6.

Use a closing.
For example:
“Thank you” or
“Respectfully”

Example email

Battle of the Books Interview

Abby Hendrickson (cfschools.org)

Battle of the Books Interview

Dear Mrs. Hendrickson,

I am writing a story about the Battle of the Books for our journalism unit in 8th grade English. Would I be able to interview you for this article? It will only take about 5-10 minutes of your time. I am available before school, 2nd and 5th periods, and after school. Please let me know if you would be willing and which time works best for you.

Thank you!

Michelle Johnson

Sans Serif



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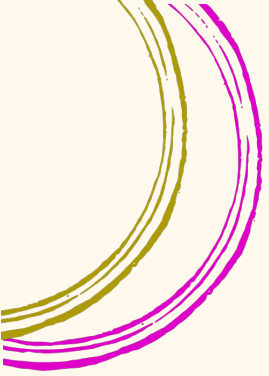
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1 —
2 —
3 —

- **Management**
- **Marketing**
- **Finance**

Send





Reflect:

Use Feedback to feed forward

What should we do with feedback?

Too often we receive feedback after we've turned in an assignment instead of during the process of completing an assignment. While your teachers are working hard to redirect this general pattern, in the meantime there is something you can do...

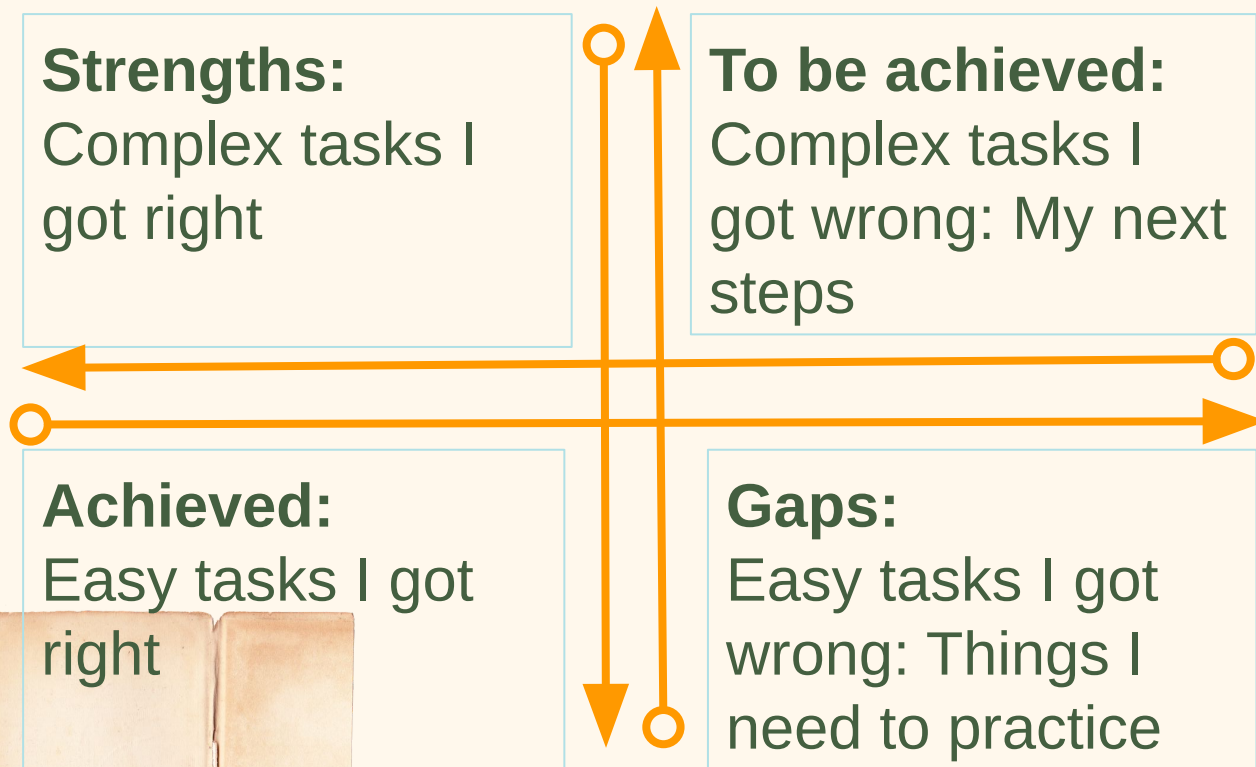
Reflect on the feedback you are given, and allow that feedback to inform future choices and writing.

“Feedback is the breakfast of champions.”

--Ken Blanchard, American author

Consider self-assessment ...

Allow
the
feedback
to *fuel*
your
learning.



Growth mindset:

*"The glory is not in never falling, but
in rising every time you fall. "*

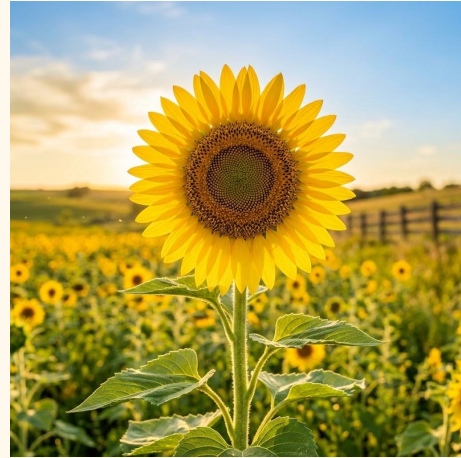
~ Chinese proverb



Break

5 minutes for what you need (restroom, water, stretch).

Come back and we'll move on to our last segment of the orientation!



A lion stands prominently on a rock in the foreground, looking towards the left. In the background, a herd of zebras grazes on the savanna under a hazy, golden sky. The entire scene is overlaid with a semi-transparent text box.

3.

How to Build a Habit

5 steps to a healthy habit

A guide to building healthy habits:

1. **Set a micro-goal:**
Don't try to do everything all at once. Pick small things, such as:
"Use my agenda to record assignments for English class each day."
2. **The power of "yet":** If you catch yourself saying "I can't," immediately add "yet."
3. **Increase your habit in small ways.** For instance: Once you've got the agenda down pat for English class, begin adding another class within the week.
4. **When you slip up or forget, just get back on track.** Don't judge yourself, everyone makes mistakes. Just get back to building the habit.
5. **Be patient.** Stick with a goal you can sustain. And rest! Sleep locks it in!

Next stop: the tour!

Distribute scavenger hunt forms.

Transition Page Information

If you still have questions about what to expect from your freshman year, please reference the Transition Website links which has tons of great information.

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Developing a Four Year Plan