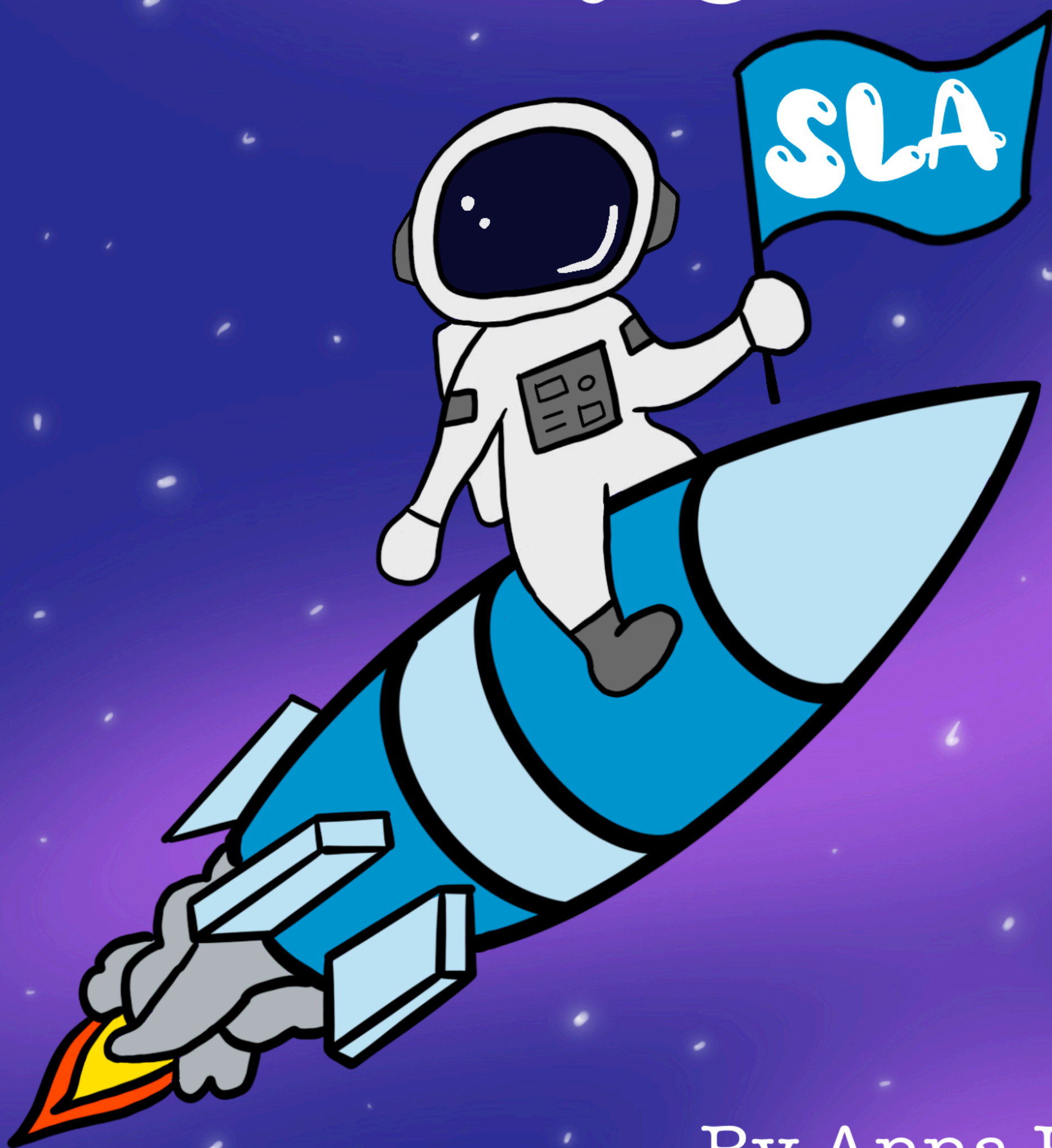
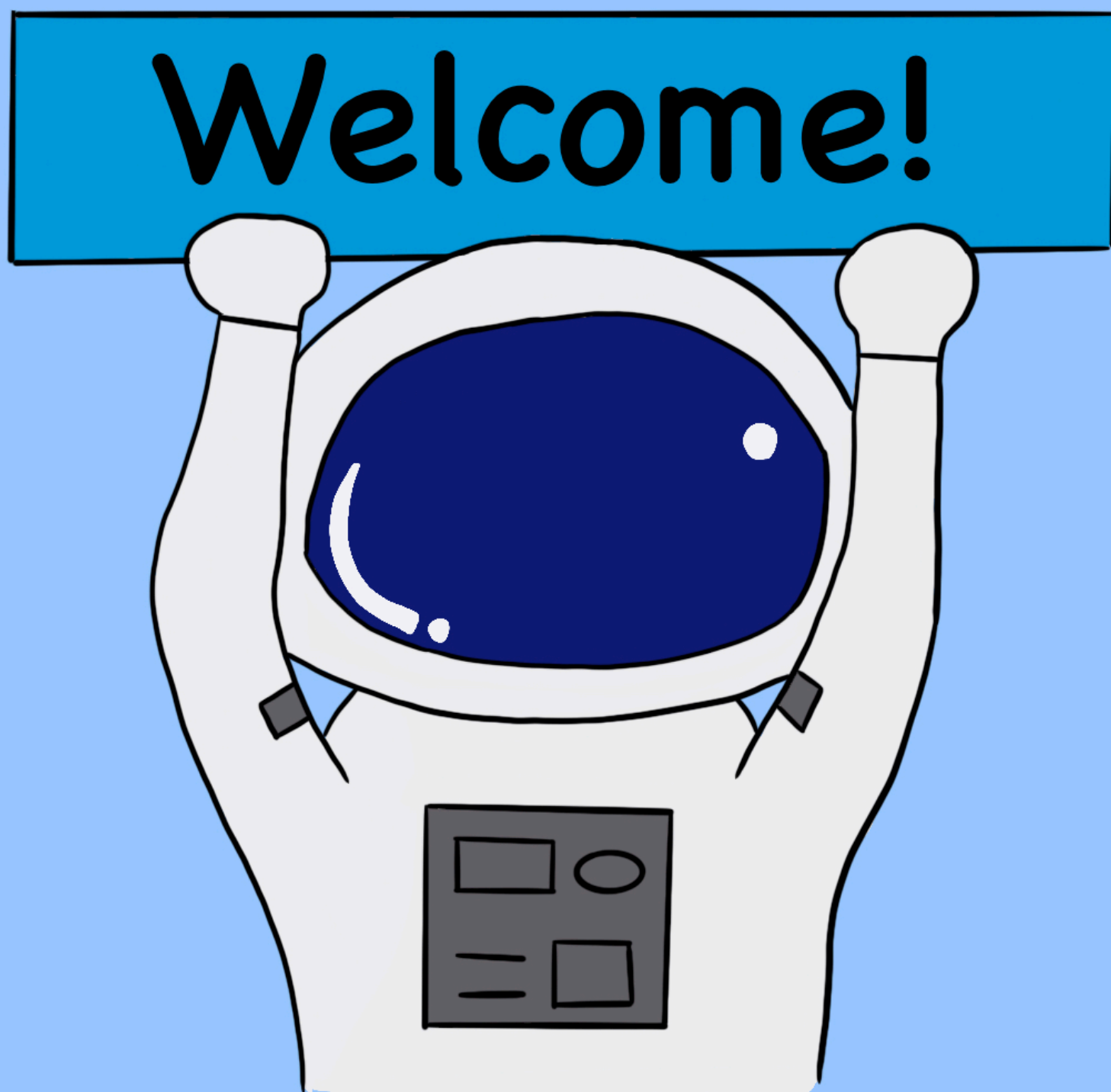


FRESHMAN'S GUIDE TO



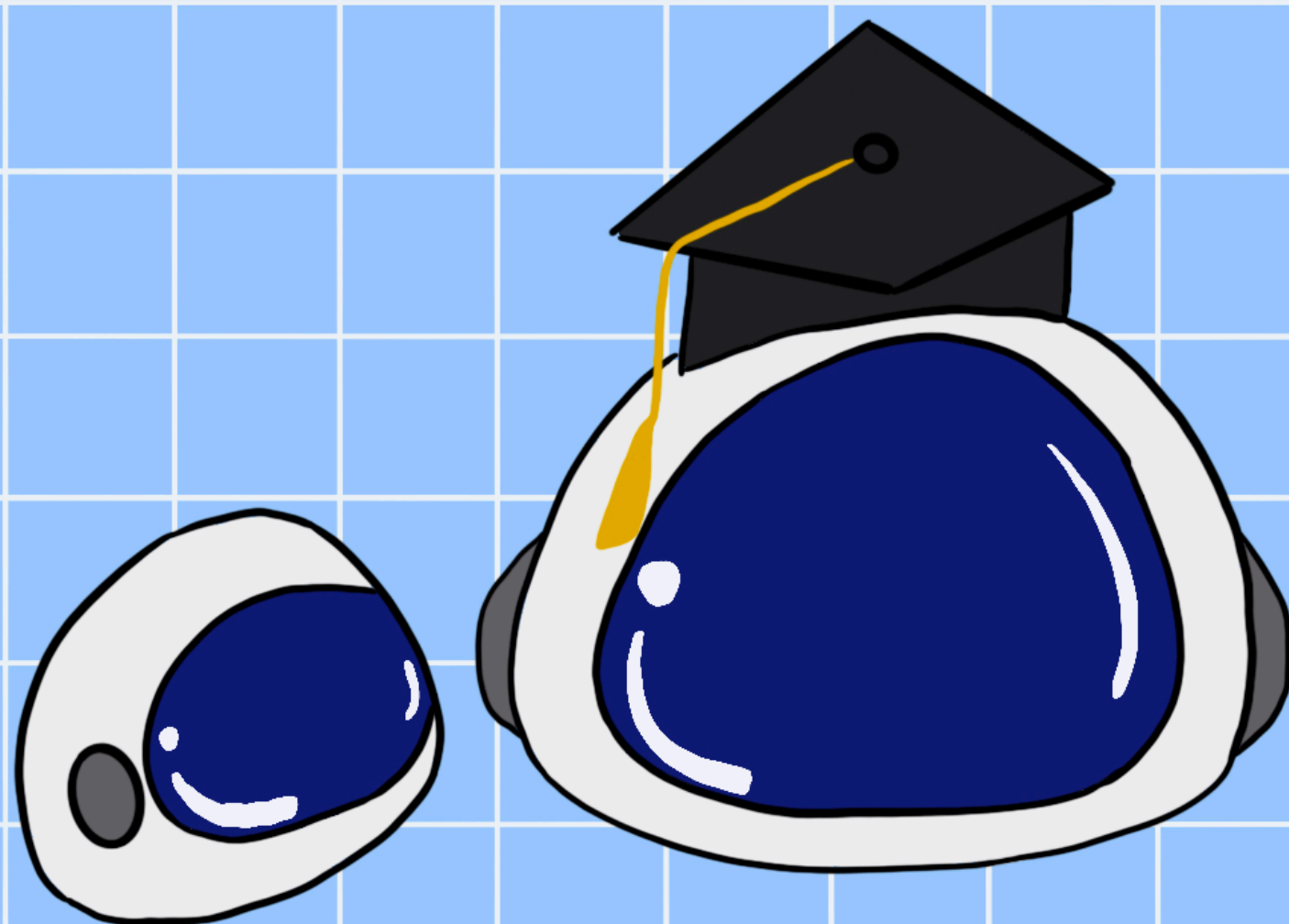
By Anna Flenner

Part 1: Intro to SLA Life



**Hello new Freshman! Welcome
to Science Leadership
Academy, your new home for
the next 4 years!**

You don't know me because I have already graduated, but I've made this book to help show you the ropes of high school, specifically our high school, SLA!



Maybe you're feeling nervous about this new experience, or maybe you're excited, or perhaps a bit of both! Either way, this guide will help you on your high school journey!

Core Values

So. You've gotten into SLA. You're officially a freshman. What do you do now?



Well, let me start by bringing up the five fundamental core values:



It's okay if you don't know what these mean because you will learn as you take on more projects here at SLA.

Projects and Benchmarks

Instead of tests and quizzes, for the most part, you will have projects, or as we call them, benchmarks.

Many of these will be group projects, but some of them will be individual too. You will have at least one benchmark per class each quarter. (Not every single class though, just your main classes like english, history, and math.)

It is important that you work hard and do your best on these benchmarks because they count for a major part of your grade.



Scheduling at SLA

Next, you will notice that at SLA, we do things a bit differently than what you are used to when it comes to classes.

Instead of periods, you will have bands like A,B,C, etc. bands. The bands rotate day to day, but you'll get used to it! Just don't lose your schedule!

You will also have streams. These change each year. Freshman year it's colors, sophomore year metals, and junior year elements.



Streams are basically just the group of people that you will share most of your classes with.

E band
9:25 - 10:30

A band
10:35 - 11:40

What's so special about

Wednesdays?

Mini Courses!

On Wednesdays, we have half days so that you can spend the rest of the day doing different educational activities depending on your grade.

You, as a freshman, will have mini courses which are super cool opportunities to learn new things from experienced people!

M T **W** T F

When I was a freshman, some of the mini courses I took were: video game programming, comic book making, and entrepreneurship mini courses, but there are so many more you can explore!

Sophomore and junior year, you will have internships which are another way you can get involved with things you are interested in after school.

Senior year you will work on a capstone, which is a project you work on for the whole school year. But you don't have to worry about that just yet!



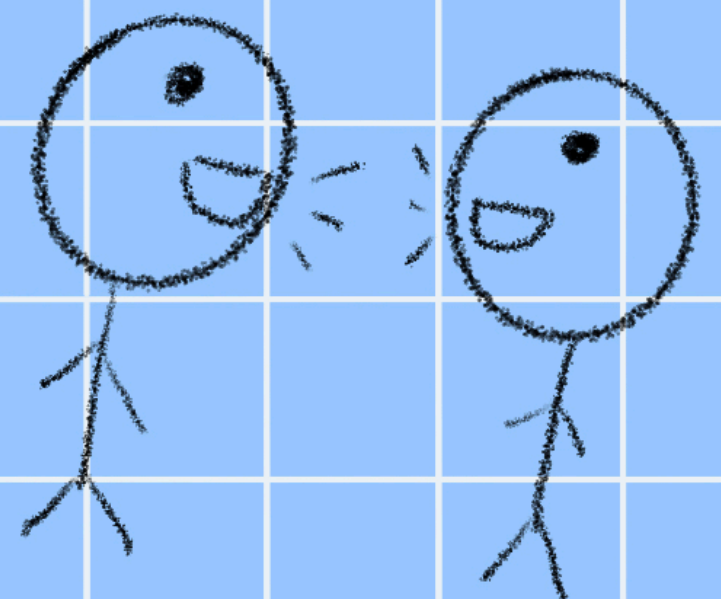
Internships!

All about Advisory

Your advisory and advisor, whom you already will have met, will stay the same for all four years you that are here, so take time to get close with your advisees! You will likely get the chance to do all sorts of fun things with your advisory, like special trips, parties, and activities!

Remember that your advisor is always there to help you with anything you need, so don't be afraid to reach out to them!

Advisory
Monday and Thursday!



Classes

At SLA, there are SO many different classes you can take! You will even get the chance to eventually pick some of your own classes

Some examples of classes we have are: African-American history, American government, algebra, anatomy, drama, geometry, biochem, globalization, philosophy, film, journalism, music, Spanish, computer science, creative writing, world history, phys-ed and much more!

$$5(x+4) = 6x - 5$$



hola!



What is a CTE?

Another very unique thing we have is our CTE program, which is housed on the 6th floor.

↙
CTE = "Career and Technical Education"

We offer 2 programs: digital video and engineering. Each program lasts 3 years.

You apply to be part of the programs freshman year, and start them sophomore year and stick with them until senior year.

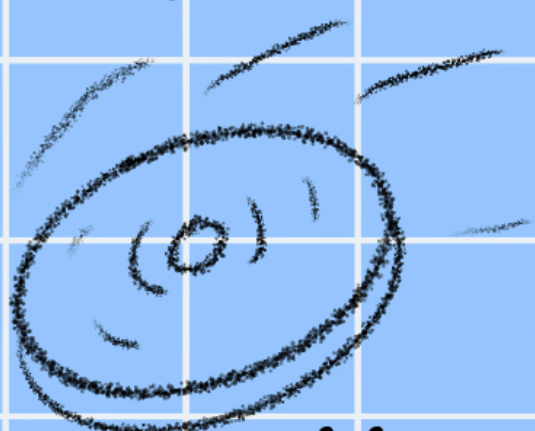
CTE is a commitment and a special opportunity to dive deep into all things media/video production and engineering.

If you are interested in either of those things, you should definitely check them out!

Dig Vid! ♥ Engineering!

Clubs & Sports

Now for the most exciting topic: clubs and sports! There are so many clubs you can join here at SLA, you are pretty much guaranteed to find one that suits your tastes! If you don't you can also make your own club!



Pretty cool, right?



How to start your own club:

All you have to do is find some people who will want to join and a teacher who will support the club!

Check out the next page to see a list of our clubs and sports!

Some examples of clubs and sports we currently have are:

-Students Run Philly

-D&D Club

-Anime Club

-Chess Club

-Poetry Club

-Ultimate Frisbee

-Swimming

-Soccer

-Football

-Basketball

-Volleyball

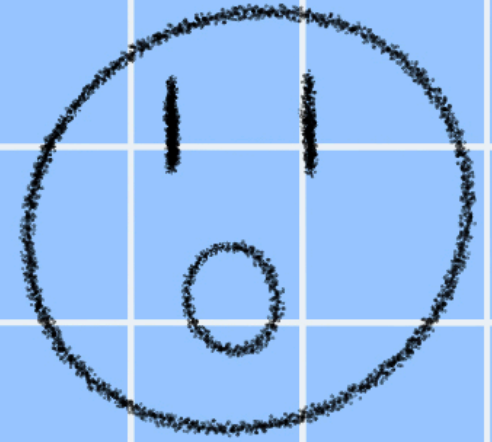
-Lacrosse

-Cross Country

-Track and Field

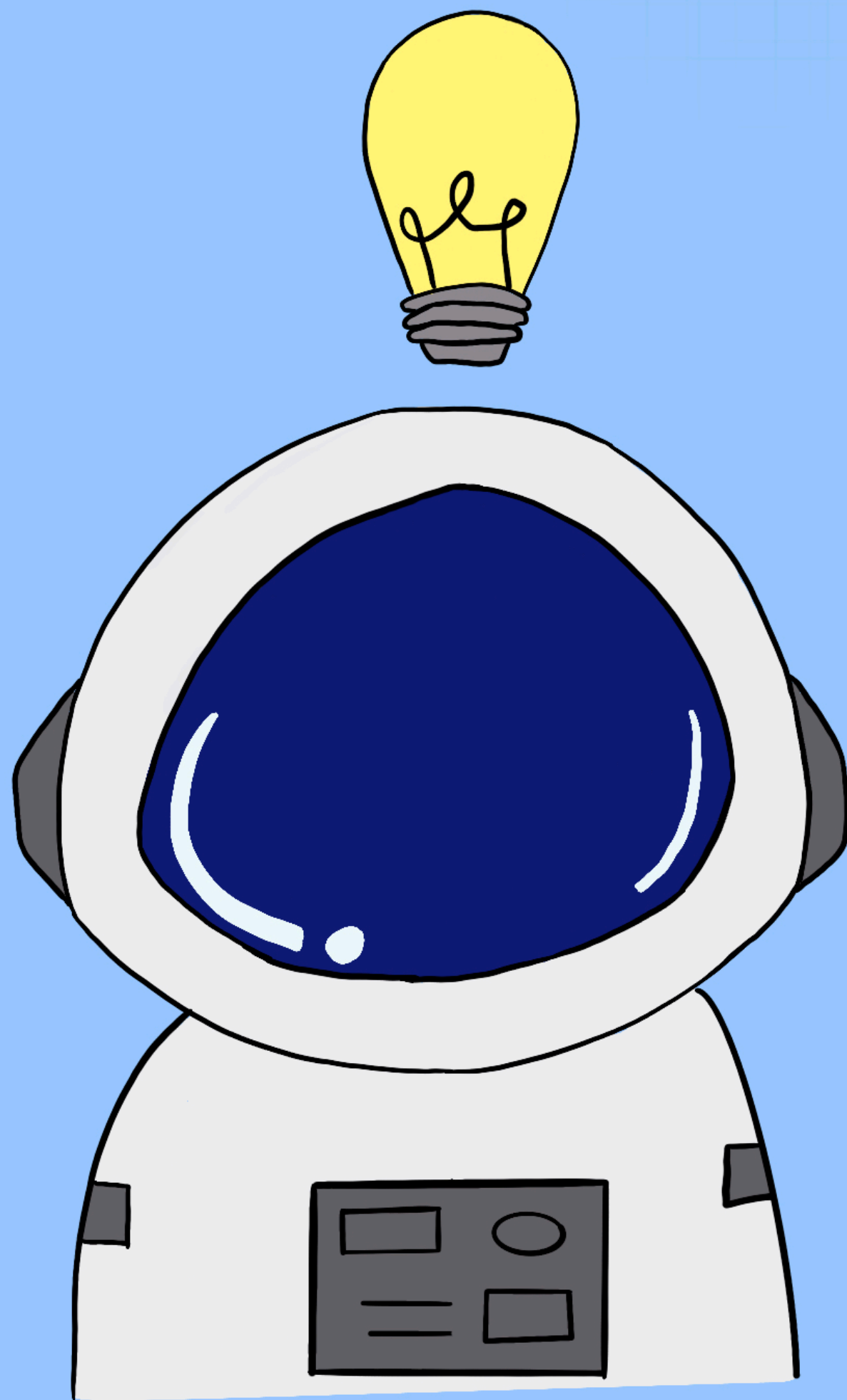
-Baseball

-Cheer



GO
rockets!

Part 2: Advice from SLA Alumni



Making Friends

Starting high school is your chance to get a fresh start in a variety of different aspects.

One of those is making friends. You can connect with new people through clubs, classes, or free periods and lunch.

You also don't have to limit yourself to making friends with just people within your grade.

Having upperclassmen friends can be really helpful because they can share some of their experiences with you.

Don't be afraid to reach out and connect with new people, but at the same time, don't worry about having a huge amount of friends either,

having a small group of close friends is perfectly fine too!

♥ Lunch ♥

Here at SLA, we have one of the longest lunch periods in the school district. So what can you do with all that time?

Well first of all, be sure to eat. School days are long and you need to keep your energy up! Secondly, take time to just relax for a few minutes. As a community here we really value everyone's mental health.



Of course you can also go ahead and connect with friends who are also having lunch! But try to manage this valuable time wisely. If you have some extra work you need to get done, your lunch period is a great time to complete those things.

A few recommended lunch spots are: The cafeteria (obviously), the commons, the ballroom (2nd floor), and the 6th floor roof terrace!

College/Future Plans

You still have a few years ahead of you and you may not want to even think about college right now, or you might not know what you want to study in college, or maybe you don't want to go to college at all.

I myself had no idea what I wanted to study until the end of my sophomore year, and that's okay! It's okay to not know what you want to do yet.

However, it's never too early to start prepping and planning ahead!

As stated before, freshman year is a great time for you to start trying out some new hobbies and explore new ideas! Have you been wanting to try out soccer but haven't been sure if you'll be good at it? Go give it a try! Have you been holding off on writing a book you've been wanting to write? Go write it! You never know what you might be good at or what might really spark your interests until you give them a try.

Starting your college/career path early can be as easy as taking 20 minutes to do some research on those things you are interested in.

Successful Student Tips From Successful Students

Arrive to
class on time

Regulate your
use of
technology

Pay attention in
class

Respect
classmates and
teachers

Advocate for
yourself

Think before you
act

Support and
assist your peers

Try your best

Explore new
things

You only have one freshman year so
make the most of it!

Final Words

At the end of the day, you're no longer a middle schooler, you're a high schooler. This is your life, so the decisions you make are up to you, no one will make them for you.

Everyone here at SLA wants to see you succeed, but it's up to you whether or not you want to see yourself succeed too.

Work hard, enjoy your freshman year, and remember, I'm rooting for you!

