

RCHS Survival Guide

Know What to Expect in High School

People experience success when they know what to expect.

Understand Your Academic Record

1. RCHS graduation Requirements
 - 28 credits to graduate which includes
 - 4 credits of English
 - 3 credits of Math
 - 2.5 credits of Social studies
 - 3 credits of Science
 - 4 credits of Physical Education
 - .5 credit Humanities
 - .5 credit Internet Technology
 - 1 credit Art, Music, World Language, or Vocational Elective

In addition to the above requirements, the state law of Illinois requires the U.S. and Illinois Constitution Tests be passed in order to graduate from high school.

2. Grade Point Average (GPA)

- Is simply the average of a student's semester (or end of term) grades starting with freshman year.
- RCHS is on a 4.0 scale in which an A=4, B=3, C=2, and a D=1.
- RCHS also has some Weighted classes such as our honor's program. This means that these courses is worth more in the GPA. An A=5, B=4, C=3.

3. Class Rank

- Show where a student stands in relation to the other members of his/her class.
- Because GPAs are used to determine class rank, you must have a high GPA in order to have and impressive class rank.

4. High School Transcript

- Is a document that details a student's academic achievement in grades 9-12.
- They are used when a high school, organization, or college need and official copy of a students academic record.
- All colleges will request for you to have your High School send an official transcript for admissions.

Know RCHS

1. Know attendance and Tardy policies (which can be found in your school planner)
2. Know all RCHS Rules (rules provide a safe environment that encourages learning)

To Succeed at RCHS one must have good attendance.

- When you miss school you miss lectures, notes, tests and class discussions to name a few. In order to get good grades, you need to be to school every day!

Set Goals

- Setting short-term and long-term goals gives you focus, direction, and purpose.

Get Involved

- High School is like anything else – the more you put into it, the more you get out of it.
- Being involved helps you meet new people, try new things, develop skills, relieve stress and just have FUN!

Know How to Handle Stress

- Life is full of stress, but learning to handle it now will help you in the future.
 1. Take a deep breath and slowly release it. Do this until you feel your body relax.
 2. Think of a Happy Place and close your eyes and visualize being in that place.
 3. Talk to someone they may help you relax and see the positive.

Use Available Resources

- In order to get the most out of your high school experience at RCHS, take advantage of the many people, services, and resources that are available to you.
- Peer Helpers, Student Assistance Team, peer tutoring etc.