

# Vista Heights Middle School

## 8<sup>th</sup> Grade CCR (College & Career Ready)



**Success is  
the only  
option!**

### Utah Scholars

- Sign up for eligibility for Regents
- Site: [utahscholars.org](http://utahscholars.org)

### Regents' Scholarship

- Encourages high school students to prepare for college by taking the Utah Scholars Core Course of Study.
- Awards subject to legislative funding
- Site: [higheredutah.org](http://higheredutah.org)

### New Century Scholarship

- Students must complete an Associate's Degree or equivalent with a 3.0 GPA –
- Approx. 60 Credit hours
- Site: [higheredutah.org](http://higheredutah.org)

### Utah Futures

- Career exploration website
- College and scholarship information
- Site: [utahfutures.org](http://utahfutures.org)

### NCAA

- Speak with your NCAA Counselor at the High School
- Site: [www.eligibilitycenter.org](http://www.eligibilitycenter.org)

### US Congressional Award

- Service and Personal Development Award
- Site: [congressionalaward.org](http://congressionalaward.org)

### Shmoop

- Test prep and homework help.
- Site: <http://www.shmoop.com>

### Westlake High School Scholarship Info.

- Site: <http://whs.alpineschools.org/departments/counseling/>

### Middle School Scholarships Info.

- Site: <http://vistaheights.alpineschools.org/wp-content/uploads/sites/12/2014/09/Scholarships-for-Children-Under-Age-1311.pdf>

### Counseling Contact Info

Main Office: #801-610-8770

Counseling Office: #801-610-8771

Mr. Wiltbank (A-G): [twiltbank@alpinedistrict.org](mailto:twiltbank@alpinedistrict.org)

Mr. Ringger (H-O): [rtingger@alpinedistrict.org](mailto:rtingger@alpinedistrict.org)

Mrs. Webb (P-Z): [jmwebb@alpinedistrict.org](mailto:jmwebb@alpinedistrict.org)

Mrs. Pauga 9<sup>th</sup> Grade: [kpauga@alpinedistrict.org](mailto:kpauga@alpinedistrict.org)

Mrs. O'Connor (Reg.): [loconnor@alpinedistrict.org](mailto:loconnor@alpinedistrict.org)

Mrs. Lewis (Secretary): [tlewis@alpinedistrict.org](mailto:tlewis@alpinedistrict.org)

### Important Dates:

#### Registration is request only.

**March 6<sup>th</sup>—March 13<sup>th</sup>**

- Registration Window ***Opens*** on Skyward **March 6<sup>th</sup> @ 3:00pm** (use student Skyward login)
- Registration Window ***Closes*** on Skyward **March 13<sup>th</sup> 2015 @ 11:59pm** (requests must be complete)
- Feb. 12—Parent/Teacher Conf. 3:30-7:00
- March 13—8<sup>th</sup> Grade Career Activity

#### How to Log-on to Skyward

Go to:

[www.vistaheights.alpineschools.org](http://www.vistaheights.alpineschools.org)

Click on the Skyward icon

Username: \_\_\_\_\_

#### Grade Point Average

The average grade earned by a student, figured by dividing the grade points earned by the number of credits attempted.

Grade	Value
A	4
A-	3.7
B+	3.4
B	3
B-	2.7
C+	2.4

Grade	Value
C	2
C-	1.7
D+	1.4
D	1
D-	0.7
F	0

**Alpine School District  
High School Graduation Requirements**

28 Credits Required for Graduation

32 Credits Possible on normal A/B Schedule  
1 Credit = 1 Full Year Class

Subject	Req. Credit
<b>English</b>	<b>4</b>
<b>Math</b>	<b>3</b>
<b>Science</b> At Least 2 of the Following Areas	<b>3</b>
<b>Earth</b> <b>Biological</b> <b>Chemical</b> <b>Physics</b>	
<b>Social Studies</b> 1.0 World Studies (9) (.5 World Geography) (.5 World Civilizations) 1.0 U.S. History (10) 0.5 Elective (11) 0.5 Citizenship and Government	<b>3</b>
<b>Fine Arts</b>	<b>1.5</b>
<b>Career/Technical Education</b>	<b>1</b>
<b>Computer Technology</b>	<b>0.5</b>
<b>Financial Literacy (12)</b>	<b>0.5</b>
<b>Health (10)</b>	<b>0.5</b>
<b>Movement and Fitness (PE)</b> 0.5 PE Skills (must take in 9th) 0.5 Fitness for Life (10) 0.5 Individualized Lifetime Act.	<b>1.5</b>
<b>Electives</b>	<b>9.5</b>
<b>Total Credits Required</b>	<b>28</b>

### 4 Year Plan 9-12

								<b>9</b>	English 9 Math Lab Science World Geography/ World Civilization
								<b>10</b>	English 10 Math Lab Science U.S. History
								<b>11</b>	English 11 Math Elective Science U.S. History
								<b>12</b>	Language Arts

**Most Universities Recommend:**

**3-4 Years Lab Sciences**

**4 Years Math**

**2-3 Years Foreign Language**

### Be an Effective, Efficient Student

**Get Organized:**

- Don't rely on your memory.
- Write down assignments and due dates in your planner at the end of each period.
- Keep a second copy of complete assignments.

**Manage Your Time:**

- Allow plenty of time to complete assignments.
- Have a set time for homework.
- Write a schedule for homework, studying, and other activities.
- Look ahead in your planner often.

**Manage Your Space:**

- Organize your locker.
- Keep a list of what to bring home in your planner.
- Clean out your locker, backpack, and binder once a week.

**Communication:**

- Talk with your parents.
- Talk with your teachers.
- Do study groups with your friends.
- Network!