



BISHOP  
MOORE  
CATHOLIC

# Freshman Parent Night

Bishop Moore Catholic High School • Class of 2030

## A Guide to Freshman Year & What Lies Ahead

Brought to you by College Counseling and School Counseling





"Let God grant what is in  
your heart and fulfill all your  
plans."

— *Psalm 20:4*

As we gather tonight, we pause to ask for  
wisdom, clarity, and peace for every family in  
this room — and for the students who couldn't  
be here but are very much on our minds.

**Amen.**



**BISHOP  
MOORE  
CATHOLIC**

# Meet the Team Supporting Your Student

*Your student is supported by a dedicated team throughout freshman year and beyond.*  
School Counselors monitor academic progress, while College Counselors begin building relationships early, working together to support your student every step of the way.

## COUNSELING LEADERSHIP

**Dr. Gabriela McLeod**

Director of Student Affairs & College  
Counseling

**Mr. Mario Spiniello**

Director of School Counseling

**Mrs. Diana Tompkins**

Director of Academic Support Program

**Mrs. Caridad Llerena**

Administrative Assistant

## College Counseling

**Ms. Cherry**

**Mr. Hennes**

**Mr. Wright**

**Ms. Morales**

**Ms. Harrison**

## School Counseling

**Mrs. Gabriel**

**Mrs. Gros**

**Mr. Laegeler**

**Dr. Leipold**

**Ms. Robertson**

**Ms. Mulet**

# Freshman Year Is the Foundation Year

*Middle school is behind your student now — and high school starts counting **immediately**. From day one, grades go on a permanent transcript. GPA calculations begin now. The study habits, time management, and organizational systems your student builds this year will carry them through the next three.*

## Academic Habits Start Now

Students learn to manage multiple teachers, expectations, and deadlines — often for the first time.

## Every Grade Counts

Freshman grades are part of the permanent record used for GPA, class rank, and honors distinctions.

## Course Choices Have Ripple Effects

Decisions made now — like qualifying for Saint Joseph Scholar or Sister Teresa Maria Honors — shape options for years two through four.

**Tonight's goal:** help you understand what "*on track*" looks like from day one — not catch up later.

# Reading the Transcript & Academic Standing

High school is a different environment — more teachers, more independence, more responsibility.

If your student's first report card wasn't what you expected, **you are not alone**, and it does not mean something is wrong.

## Know What "On Track" Looks Like

Your student's counselor can walk you through their schedule and progress at any time — you don't need to wait for a problem to make that appointment.

## Adjusting to High School Rigor

Course levels — regular, honors, and AP — mean different things than in middle school. Have honest conversations about pacing: is your student ready to step up, or would settling into a rhythm first serve them better?

# The Foundation Already in Place

*Resources Your Family Can Use All Year Long*

## Graduation Requirements

- 28 credits, 2.0 GPA minimum
- 100 community service hours
- Personal finance course (*offered in June*)

*Track requirements regularly with your school counselor — don't assume, verify early and often.*

## Student Success Center

- Located in Dorsey Hall, open all lunches.
- **Offers:** tutoring, academic coaching, and mentoring for any student who walks in.

*Encourage your student to use it early  
— not just in a crisis.*

## FACTS (RenWeb)

- Your hub for schedule and grades  
(*updated Thursdays*)
- Attendance, web forms, and Hornet Service Hours

**At-home action:** Log in together once this month — just so it's familiar before it matters.

## Academic Support Program (ASP)

- Support for students with documented learning needs: accommodations, executive functioning help, and testing accommodation requests.
- Reach out to **Mrs. Tompkins** if this applies to your student.

# Graduation Credit Requirements at a Glance

Bishop Moore requires **28 total credits** and a **2.0 GPA minimum** for graduation.

*Here's how those credits break down across core subject areas — this is a reference for reviewing your student's course plan each semester.*

| Subject Area                         | Credits Required  |
|--------------------------------------|-------------------|
| Theology                             | 4 credits         |
| English                              | 4 credits         |
| Math                                 | 4 credits         |
| Science                              | 3 credits         |
| Social Studies (w/ Personal Finance) | 3.5 credits       |
| Art                                  | 1 credit          |
| HOPE                                 | 1 credit          |
| Electives                            | 5.5 credits       |
| <b>Total</b>                         | <b>28 credits</b> |

**Don't forget:** 100 community service hours and a personal finance course are also required for graduation — separate from credit counts.

# SAINT JOSEPH SCHOLARS & SISTER TERESA MARIA HONORS DESIGNATIONS



## Saint Joseph Scholar

*The most distinguished title at Bishop Moore Catholic*

- **GPA:** Maintain consistent 3.7+ unweighted GPA (no final grade below C)
- **Service:** 150+ Community Service hours (incl. internship, Mission Trip, or Beatitudes)
- **Academics:** Most rigorous course load with AP Capstone Diploma opportunity

*\* Review option during Sophomore year for AP Capstone promotion*



## Sister Teresa Honors

*Honors distinction requirements*

- **GPA Requirement:** Maintain at minimum a 3.5 unweighted cumulative GPA
- **Service Requirement:** Complete at least 100 hours of community service

# Saint Joseph Scholar

| SAINT JOSEPH SCHOLARS       | 9th                                                                                               | 10th                                                                            | 11th                                                                                                        | 12th                                                                 |
|-----------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| <b>General</b>              | Minimum of three (3) honors courses in core subject areas, AP Human Geography, and World Language | Minimum of four (4) honors/AP courses in core subject areas, and World Language | Minimum of two (2) honors and three (3) AP courses, AP Research, and three years of the same World Language | Minimum of two (2) honors and three (3) AP courses                   |
| <b>Math *</b>               | 1 credit (Honors)                                                                                 | 1 credit (Honors/AP)                                                            | 1 credit (Honors/AP)                                                                                        | 1 credit (Honors/AP)                                                 |
| <b>English *</b>            | 1 credit (Honors)                                                                                 | 1 credit (Honors)                                                               | 1 credit (Honors/AP)                                                                                        | 1 credit (Honors/AP)                                                 |
| <b>Science *</b>            | 1 credit (Honors)                                                                                 | 1 credit (Honors/AP)                                                            | 1 credit (Honors/AP)                                                                                        | 1 credit (Honors/AP)                                                 |
| <b>Social Studies *</b>     | AP Human Geography                                                                                | AP World History                                                                | 1 credit (Honors/AP)                                                                                        | 1 credit (Honors/AP)                                                 |
| <b>Theology</b>             | 1 credit                                                                                          | 1 credit                                                                        | 1 credit                                                                                                    | 1 credit                                                             |
| <b>World Languages</b>      | Minimum 3 credits in the same World Language                                                      |                                                                                 |                                                                                                             |                                                                      |
| <b>Other/<br/>Electives</b> | 1 credit (HOPE, Program of Distinction Pathway, Art)                                              | AP Seminar                                                                      | AP Research                                                                                                 | 1-2 credits (AP or Honors Art, STEM, or optional 4th World Language) |

# Sister Teresa Maria Honors

| SISTER TERESA MARIA HONORS  | 9th                                                                           | 10th                                                                            | 11th                                                                                                           | 12th                                                                    |
|-----------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>General</b>              | Minimum of three (3) honors courses in core subject areas, and World Language | Minimum of four (4) honors/AP courses in core subject areas, and World Language | Minimum of five (5) honors/AP courses in core subject areas, and three years of the same World Language course | Minimum of four (4) honors/AP courses in core subject areas             |
| <b>Math *</b>               | 1 credit (Honors)                                                             | 1 credit (Honors/AP)                                                            | 1 credit (Honors/AP)                                                                                           | 1 credit (Honors/AP)                                                    |
| <b>English *</b>            | 1 credit (Honors)                                                             | 1 credit (Honors)                                                               | 1 credit (Honors/AP)                                                                                           | 1 credit (Honors/AP)                                                    |
| <b>Science *</b>            | 1 credit (Honors)                                                             | 1 credit (Honors/AP)                                                            | 1 credit (Honors/AP)                                                                                           | 1 credit (Honors/AP)                                                    |
| <b>Social Studies *</b>     |                                                                               | AP World History                                                                | 1 credit (Honors/AP)                                                                                           | 1 credit (Honors/AP)                                                    |
| <b>Theology</b>             | 1 credit                                                                      | 1 credit                                                                        | 1 credit                                                                                                       | 1 credit                                                                |
| <b>World Languages</b>      | Minimum 3 credits in the same World Language                                  |                                                                                 |                                                                                                                |                                                                         |
| <b>Other/<br/>Electives</b> | 1 credit<br>(HOPE, Program of Distinction Pathway, Art)                       | AP Seminar<br>(optional)                                                        | AP Research<br>(optional)                                                                                      | 1-2 credits<br>(AP or Honors Art, STEM, or optional 4th World Language) |

# Common Freshman Adjustments

A dip from middle school performance is **common and expected** as students transition into a new environment.



## Heavier, More Varied Workload

Managing assignments across multiple subjects simultaneously is a new skill that takes time to develop.



## 7 Classes vs. One Homeroom

Tracking deadlines across many teachers — without built-in reminder structures — requires new organizational habits.



## New Grading Scale & Weights

The grading system works differently than middle school. Understanding it early prevents surprises later.



## Attendance Habits Set Early

Even a few absences a month compound quickly over four years.  
Flag concerns early — a 5-minute conversation in September is easier.

# Building Study Habits Freshman Year

## 1 Set a Routine Early

A consistent homework and study rhythm established in September is far easier to maintain than one introduced in February.

## 2 Use a Planner or Digital Calendar

The organizational skills freshmen build now are the same ones that make junior and senior year — college applications, testing, multiple deadlines — manageable instead of overwhelming.

## 3 Normalize Asking for Help

The Student Success Center and teacher office hours exist so students build the instinct to seek support before a small gap becomes a bigger one.

**How involved should you be?** Check in regularly this year, but frame it as coaching your student toward independence. The goal by junior year is a student who monitors their own progress — freshman year is where that habit gets built.



**BISHOP  
MOORE  
CATHOLIC**

# A Freshman Year Timeline

*Here's the year laid out in one picture.*

**October 15**

1

**PSAT** — No prep required, but know it's coming.  
A strong baseline sets up junior-year test prep.

2

**December**

**Semester 1 Exams** — The first major finals stretch of the year. Encourage consistent study habits leading in.

3

**January – March**

**Course Selection Meetings** with School Counseling.

**Buzzing Beyond BMC** college +Career sessions | *Tuesday's at 9th hour.*

4

**April – May**

**Pre-ACT** administered school-wide.

**Semester 2 Exams** — close out the year strong.

5

**All Year**

**Fall College Rep Visits**

**Buzzing Beyond BMC** drop-in advising

# Understanding the PSAT: A Compass, Not a Scoreboard

The freshman PSAT doesn't count for anything official — no college will ever see it, no scholarship hinges on it. Its value is as an early, low-pressure diagnostic tool to guide high school planning.



## It's a Diagnostic

Shows strengths and gaps before real testing (SAT/ACT) begins — a baseline, not a verdict.



## It Buys Time

Two+ years of runway to plan calmly.

Bigger score jumps may mean starting prep as early as January of sophomore year.



## It Builds Skills

Reinforces reading, grammar, and math reasoning — critical practice for broad academic thinking, not just test-taking.

**Let them do their best — but don't stress about the number.**

There is no “behind” in 9th grade.

Frame this early experience as coaching toward confidence and independence.

# Extracurriculars: The Exploration Year

This might be the most freeing thing you hear tonight: **freshman year is for exploration.**

Your student does not need to have it figured out yet. Colleges are far more interested in what a student does *after* this exploratory period than in a fully locked-in résumé by 9th grade.



## Academic / Intellectual

Clubs, competitions, research, math leagues, science fair.



## Service / Community

Volunteering, faith-based service, and early exposure to causes that matter.



## Creative / Physical

Arts, music, athletics, and performance.



## Work / Entrepreneurial

Part-time jobs, small projects, or family business involvement.

💡 Encourage your student to sample broadly across two or three of these categories. The narrowing and committing conversation comes next year.

# Start Tracking, Not Perfecting

One small, practical ask for this year: **start a simple record** of what your student tries — even if it's just a running note on your phone. For each activity, jot down:

## 01 Activity & Role

What it was and what position or part they played.

## 02 Dates & Hours

Roughly when and how often they participated.

## 03 What They Did

A sentence or two on their actual contribution.

## Why It Matters

You don't need a polished résumé freshman year. You need a **paper trail**.

When it's time to build a real résumé in a year having this record already in place will save your student — and you — a lot of guesswork trying to remember what happened four years ago.

# Introducing: Buzzin' Beyond BMC

This year we launched **Buzzin' Beyond BMC** — a program designed to give students a low-pressure, healthy way to start exploring college topics early and at their own pace, one topic at a time instead of all at once.

## Monthly Newsletter

Each edition breaks down timely topics — application timelines, supplemental essays, college fit, and how majors connect to future careers.

*A quick, digestible read for students and parents alike.*

## Weekly Tuesday 9th Hour Sessions

Informal drop-in sessions in the College Counseling Office. Students stop by, learn something new, do a quick activity, and ask questions —  
*no pressure, no big commitment.*

*Some sessions are grade-specific; others are open to all.*



# Move from manager to coach

Independence grows through guided practice—not sudden withdrawal.

## Instead of...

*"I emailed your teacher."*

*"You forgot your assignment again."*

*"Give me your phone—I'll make the schedule."*

## Try...

- 1 What happened?
- 2 What needs to happen next?
- 3 Who should you contact?
- 4 When will you do it?
- 5 How should I follow up?

**Support the process. Let the student own the message.**

# Know the support map—and use it early

The best first contact depends on the type of concern.

## **Teacher**

Class content, missing work, feedback, retakes or classroom expectations

## **Mental Health**

Emotional distress, coping, safety concerns or significant changes in functioning

## **Campus Ministry**

Belonging, faith, values, encouragement and connection to community

## **School Counselor**

Academic planning, social-emotional concerns and coordination

## **Academic Support**

Organization, time management, accommodations, accountability and skill building

## **Quick Tip**

Not sure where to start? Check in with your School Counselor first—they can help guide you to the right resource.

# Five questions that keep communication open:

- 1 What felt easier than expected?
- 2 What felt harder than expected?
- 3 What is coming up next?
- 4 Who could help you with that?
- 5 What is one small step tonight?



**Listen first. Problem-solve second.**

# Staying Connected — and What Comes Next

## How to Stay in the Loop

### Parent Portal / Gradebook

Check regularly, but resist the urge to over-monitor every assignment in real time.

### Counselor Outreach

Don't wait for a crisis; counselors welcome proactive check-ins.

### Newsletter & School App

Key dates, college fair announcements, and event updates.

### Conference Scheduling

Office hours are available; reach out anytime to schedule.



### Email Us

[BMCcollegecounseling@bishopmoore.org](mailto:BMCcollegecounseling@bishopmoore.org)



### Call Us

(407) 293-7561