

## Counselor Blog #3: Taking the Mystery (and Anxiety) Out of Scheduling

*Mason High School scheduling season is about to begin, and with that, inevitably comes many questions from parents and students, sometimes along with some anxiety about the many course selection choices available in our school. In an effort to help reduce stress during this process, our school counselors have listed some tips for both parents and students below. In addition to these suggestions, scheduling presentations will be available to both students and parents on selected dates at the high school. Please remember to check Schoology for all updates. All resources will be posted and additional information can be found in many of our RESOURCE folders, which are located in the Mason High School Counselor Department group in Schoology.*

### SCHEDULING TIPS!

1. Attend the **scheduling presentation** for your current grade level. Listen carefully as graduation requirements are explained.
2. Consult the **COURSE DESCRIPTION** book for a **detailed description** of all courses. Pay attention also to **prerequisites or co-requisites** to avoid disappointment resulting from scheduling errors.
3. Remember you are **REQUESTING** courses, not selecting them. Many variables will determine placement into courses, including availability of sections and how a class works within the structure of your other classes. Not all classes are offered every period or every semester.
4. Understand that your schedule should be as **UNIQUE** as you are--there is no one path that is appropriate for everyone (no matter what you hear from your friends or neighbors!) What works well for a friend may be disastrous for you.
5. Listen and respect **teacher recommendations** in the core subjects. These teachers know your specific strengths, especially as it applies to a particular content area.
6. **Follow your own interests**, but don't be disappointed if you cannot fit everything in---sometimes you have to make difficult choices. If you don't get a specific elective or cannot fit it in one year, try again next year.
7. **Aim for realistic rigor**; take courses that challenge but do not overwhelm. For example, if you are playing a sport or are in marching band first semester, you may want a study hall to help you manage all your activities and homework opportunities/ study sessions. Please click on this link to read more about Realistic Rigor: [Realistic Rigor - MasonComets.org](http://MasonComets.org)
8. Understand that students will experience many learning and teaching styles at the high school and in college. Learning to be flexible and learning how to work with different personalities is a lifelong skill. For that reason, students **may not select/request specific teachers at the high school level**.
9. MHS graduates are very prepared for college by taking the required courses offered at the high school. Try not to worry about "getting ahead" so much that you lose sight of a

**maintaining a balanced and healthy lifestyle.** Additional stress from over-scheduling can derail many students.