

Ms. DelSolio
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Academic Support Syllabus 2022-2023

Course Description

This class is designed to help students with executive functioning skills. Students will spend the class period completing assignments/projects for their classes and preparing for tests/quizzes.

Executive Functioning Skills

Planning: ability to figure out how to accomplish goals.

Organization: ability to develop and maintain a system that keeps materials and plans orderly.

Time Management: having an accurate understanding of how long tasks will take and using time wisely & effectively to complete the tasks.

Task Initiation: ability to independently start tasks when needed. The process that allows you to just begin something even when you don't really want to.

Working Memory: the mental processes that allow us to hold information in our minds while working with it.

Metacognition: being aware of what you know and using that information to help you learn.

Self-control: ability to regulate yourself, including your thoughts, emotions, and actions.

Attention: being able to focus on a person or task for a period of time and shifting that attention when needed.

Perseverance: ability to stick with a task and not give up, even when it becomes challenging.

~~Flexibility~~ ability to adapt to new situations and deal with change.

Year long Goals:

- Strengthen executive functioning skills.
- Consistent work completion throughout all your classes.
- Self-advocate for yourself when you need help.
- Be the best version of yourself.

Executive Functioning Curriculum- SMARTS

SMARTS empowers students by helping them understand their strengths and weaknesses and teaching them critically important executive function strategies. SMARTS stands for strategies, motivation, awareness, resilience, talents, and success. This is a comprehensive curriculum spanning multiple months and teaches students critical executive function strategies that promote academic success. This curriculum provides explicit instruction in the 5 key executive function processes:

1. Goal setting
2. Cognitive flexibility/thinking flexibly
3. Organizing and prioritizing
4. Accessing working memory
5. Self-monitoring and checking

In Academic Support, students will follow along to guided instruction and complete independent activities relating to the 5 key executive functioning processes. It is expected that students take part in the lessons/activities on a daily basis and this will factor into their grade for the class.

Classwork Policy

It is important that all students use their time effectively during Academic Support. You must come to class prepared to work on assignments. Ms. DelSolio will help you organize your materials for your classes, as well as assist you on homework assignments and prepare for upcoming tests/quizzes, when needed. You need to do your best to stay on task and work on assignments during the Academic Support period. If you are not working on assignments and you are using the time unproductively, you will not earn full credit and can fall behind in your classes.

Calculating Your Grade

Each day a student can earn up to 10 "Daily Academic Support Points".

- Accurately and thoroughly fill out organizational tool for assignments- 5 points

- Using the class period effectively to work on assignments and receive help- 5 points

Students can earn up to 5 points for completing SMARTs activities (5 points per activity)

Throughout each quarter students will have to complete reflection assignments which will be factored into their grade.

Attendance/Participation:

Students are expected to come to class every day with their required materials. Students are expected to use the time period effectively to complete assignments and receive help, if needed. **Important note: you are never allowed to arrive to class late without a note from a teacher.** Any late arrival to class will automatically cause you to receive a 10-minute teacher session after school. Failure to appear for your teacher session will result in a disciplinary referral and an official detention.

Winthrop High School Plagiarism Policy

Any student who cheats/plagiarizes on an examination, or any other assignment, shall receive a zero, and may not make-up such work. The students' parents/guardians will be notified.

Classroom Rules:

- Arrive to class on time and prepared to work.
- No food, drinks, or hats.
- Students will be asked to put their phones in their bag at the beginning of class. Students will be given breaks throughout the class period in which they can use their phone. Students are not allowed to use their phones during non-break time. If they are caught using their cell phone during non-break time, they will be asked to put their phone in the classroom phone holder.

- If a student is caught watching Netflix/Youtube or any other videos that are not explicitly assigned by either myself or another teacher, they will first receive a verbal warning. If it happens again, the student will receive a 10-minute teacher session after school.
- If a student is caught playing any video games at all, they will first receive a verbal warning. If it happens again, the student will receive a 10-minute teacher session after school.
- Students must be attentive and quiet when either the teacher or another student is speaking.
- Respect your fellow students. Everyone in this class has different learning styles and different strengths and weaknesses. We can help each other out, but we will NEVER put down another student in the class, ever.

Extra Help:

I am always willing to help out students before or after school. You can send me an email to ask a question, or schedule a time to meet. I am available everyday before school typically starting at 7:00am and after school until 2:25. I strongly encourage you to reach out to me if you are experiencing difficulty so we can set up a time for you to meet with me.

Vision of the Graduate

Winthrop High School strives to ensure its graduates are able to become productive citizens of their town, their state, and their nation. To do this, the school in 2011 embraced the following learning objectives, on which students are evaluated quarterly. Taken together, they express a community vision for what we want our graduates to be, know, and do.

WHS Students will become...

Critical Thinkers

- They will use, apply, and evaluate multiple problem-solving strategies in a variety of disciplines.
- They will be able to select, organize, and evaluate new ideas.

- They will demonstrate the ability to actively and critically read.
- They will develop the skills and acquire the knowledge necessary to prepare them for college and career success
- They will be able to set priorities, and manage their time and tasks.

Effective Communicators

- They will communicate ideas and information with clarity and with an understanding of their audience.
- They will integrate and use a variety of communication forms.
- They will listen effectively and respond appropriately to spoken communication.
- They will master standard English-language conventions.

Conscientious Citizens

- They will be aware of, and follow, their community's rules and laws
- They will respect themselves and the community at large.
- They will be aware of and respect social and cultural diversity.
- They will understand, promote, and show the importance of hard work to achieve success.
- They will own their mistakes, and will learn from them.

Creative Achievers

- They will show curiosity and enthusiasm in everything they do.
- They will work and think originally.
- They will appreciate the arts in their many forms.
- They will select, organize, and develop innovative ideas.
- They will build off the ideas of others.