

Viking 101

HNHS has restructured homeroom for our incoming freshmen. *Viking 101* is a homeroom designed to help freshman students transition to the expectations and opportunities available at the high school level.

Each freshman student will receive a complementary datebook where they will be expected to keep track of assignments, deadlines, and important dates. Teachers in the *Viking 101* classrooms will check grades regularly and encourage students to pass each class. The datebooks also include informational pages for academics, important vocabulary, and calendars and bell schedules.

The teachers will also serve as advisers to the students in their *Viking 101* class. As teachers get to know their students within homeroom and other courses it is our hope that each student will have one encouraging adult at this high school with whom they are comfortable seeking help and sharing concerns.

Goals of *Viking 101*

1. Learn to project into the future and understand the consequences of today's choices and actions.
2. Understand how to match academic and educational effort to lifestyle expectations.
3. Learn and practice responsible communication and social media, interpersonal and self-management skills necessary to succeed in today's educational and workforce setting.
4. Identify and plan for the challenges and stumbling blocks that are inevitable in today's fast pace, competitive world.
5. Become proactive, rather than reactive, in managing the change situations in their lives.
6. Become empathetic to others and respect the infinite worth of each individual.
7. Develop a sense of pride, school spirit, and belonging among their classmates.
8. Explore their interests, passions, and dreams; capitalize on their talents; and pursue a career pathway.

Topics being taught/discussed include:

- Time management
- Expectations of high school students
- Study skills
- Note taking skills
- Test taking strategies
- Pressure
- Interpersonal communications
- Listening skills
- Digital citizenship
- Bullying
- Social media
- Legal consequences of bullying me and harassment via social media
- Habits of highly effective teams
- Teaching people how to treat you
- What kind of an impact do you want to have on others?
- Developing goals
- Understanding grades, credits, and graduation
- Grade checks will occur frequently
- Where and how to get mental health assistance