

# AP AND DCC OVERVIEW

LEARN MORE ABOUT OUR  
PROGRAMS AT BHS

Dawn Clemens, AP US History

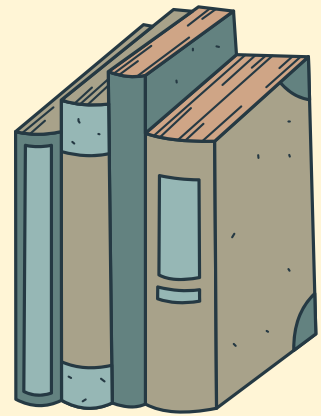
Theresa Lucarini, DCC Pre Calc and Calc





# **A BIT ABOUT US**

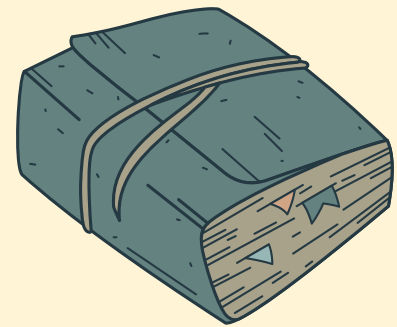
# OBJECTIVES



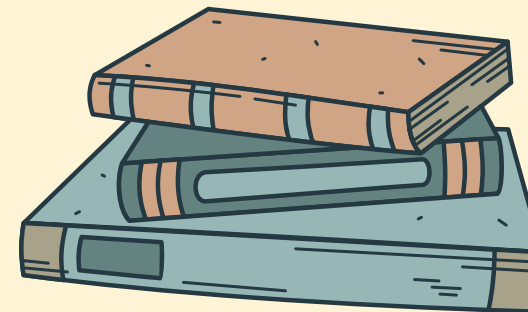
**AP VS. DCC &  
BENEFITS**



**KEYS TO  
SUCCESS**



**PREPPING FOR  
COLLEGE  
LEVEL CLASSES**



**GRADES,  
STUDYING, AND  
SELF CARE**



**ADVANCED  
PLACEMENT**



**DUTCHESS  
COUNTY  
COMMUNITY  
COLLEGE**

# AP VS. DCC

Intro to  
Teaching-  
Mount St. Mary

## AP

- Courses offered
  - Art History, Studio Art/Drawing
  - Language and Composition, Literature and Composition
  - Computer Science Principles
  - Spanish (new)
  - Music Theory
  - Biology, Environmental Science
  - African American Studies, Human Geography, US History

## DCC

- Courses offered
  - English 101/102
  - Spanish 201/202, Italian 201/202 (new)
  - Elementary Statistics (MAT 118), Pre Calculus (MAT 185), Calculus (MAT 221)
  - Psychology 111/203, Economics 105, Government 121

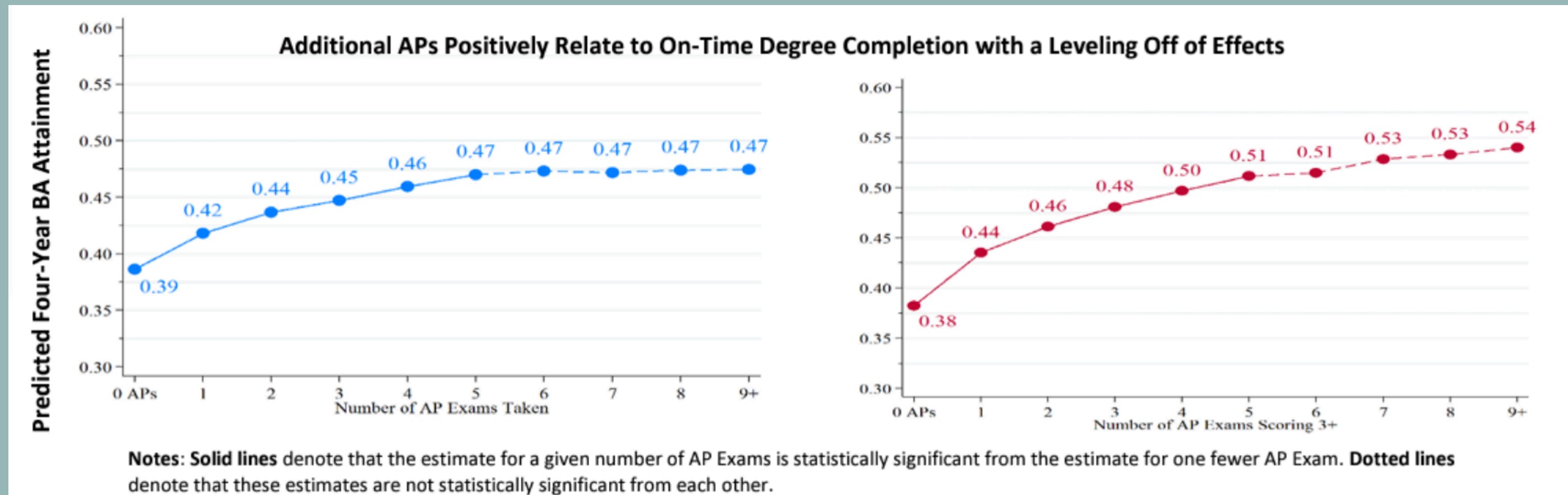


# OTHER ITEMS OF NOTE

- AP/DCC classes are fast paced, there are often summer assignments and homework during vacations
  - AP time crunch- May exam, southern schools start in August
- Check with individual colleges for awarding of credits
  - Could go in as electives or exempt students from prerequisites
  - May have to submit course syllabus from DCC classes to earn credit
- Scores
  - DCC on Quarter 4 report card
  - AP scores released in early July, can choose which schools to send scores



# BENEFITS OF TAKING COLLEGE LEVEL COURSES



## COLLEGE BOARD STUDY

- Studied impact of taking AP courses on the college success and completion.
- Most significant boost came from moving from 0 to 1 AP and from 1 to 2 APs
- “Rigors of AP courses is strongly associated with future college success and is associated with the largest return on college outcomes.”
- “Taking and performing well on more than five AP Exams does not markedly alter first-year college grades and four-year degree completion.”

# BENEFITS ACCORDING TO PAST STUDENTS

- Before College
  - Have experience with a college workload
  - Learned time management
  - Looked great on academic resume - shows colleges you are challenging yourself
  - Gained in-depth knowledge over standard classes
  - These courses go at a slower pace in high school than in college. Allowed for time to understand material and gain skills.
- In College
  - Helped reduce amount of gen ed classes taken in college
  - Opened up room for more electives
  - Saved money
  - Associates degree in one year instead of two
  - Ability to move on to “more interesting” courses sooner





# **PREPPING FOR COLLEGE LEVEL CLASSES**

## FIRST STEPS

- Know course prerequisites (Course Catalog)
- Have student discuss with teacher what they can do to meet qualifications

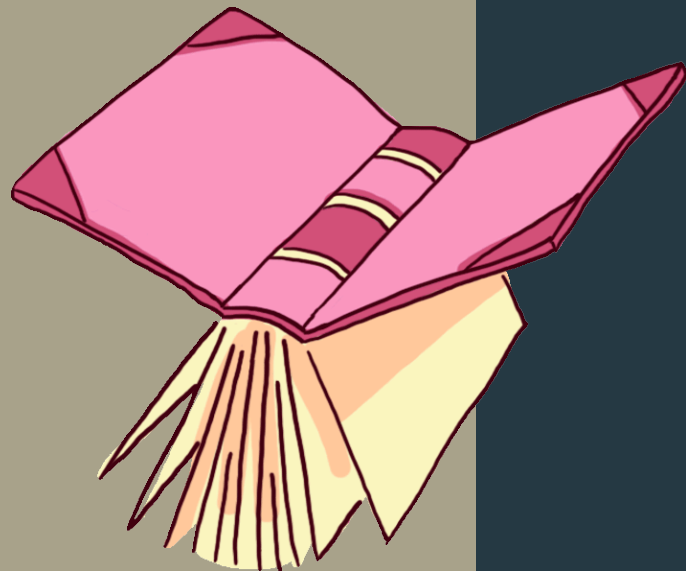
- Improve academic skills
  - Reading, writing, math, science, organization, procrastination
- Grades- can show improvement

- Recommendations are made in early February
- Participate in class!
- Complete homework assignments
- Show interest

SKILLS & GRADES

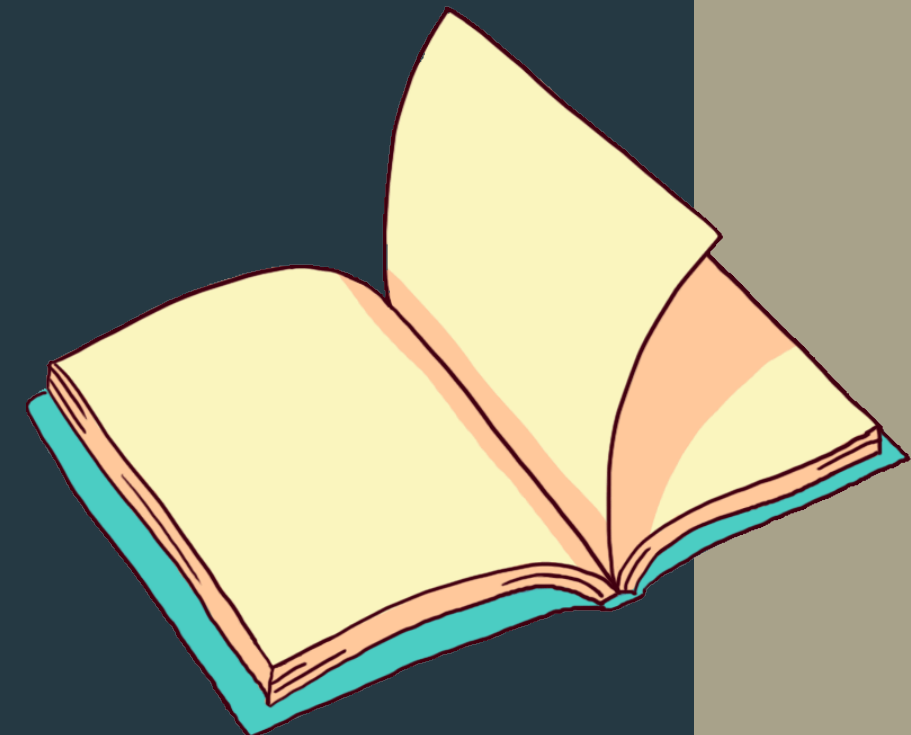
TEACHER RECOMMENDATION

# EXPECTATIONS OF AP/DCC TEACHERS



## MS. LUC'S RULES FOR SUCCESS

- Respect yourself, others, and the school
- Do your best
- Be on time
- Be prepared
- Pay attention
- Take notes and ask questions
- Do your homework - all 5 parts
- Make up work when you are absent
- Seek help when needed
- Keep trying!!!



# HIGH SCHOOL VS. COLLEGE

- 9 class periods to take classes
  - Example of a student's schedule
    - APUSH, AP Lang, AP Bio, Physics, DCC Pre Calc, DCC Stats, DCC Spanish
    - Newspaper, Track, NHS
- Extra curriculars
- Sports
- Work
- Family
- Friends
- Hobbies

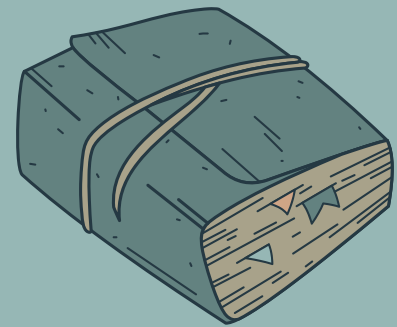
- 5-6 courses
  - Make your own schedule
  - Longer term assignments
  - More free time
- Extra curriculars
- Sports?
- Work
- Friends
- Hobbies



# KEYS TO SUCCESS



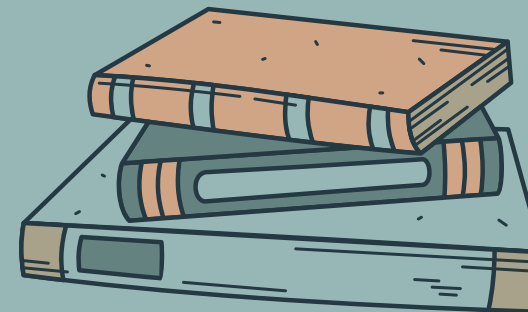
**1- MOTIVATION**



**2- ORGANIZATION  
& TIME  
MANAGEMENT**



**3- SKILLS**



**4- SEEK HELP  
WHEN NEEDED**





**WHAT ARE THE  
MOTIVATIONS FOR  
TAKING A COLLEGE  
LEVEL COURSE?**

# 1- MOTIVATIONS FOR TAKING THE COURSE

## HELPFUL



- Skills- learn time management
- Gain knowledge in subject area
- Challenge yourself
- Get accepted into college and get college recommendations
- College success- find potential major, reduce workload, cut college costs, have ability to take more electives or get a double major or do an internship or study abroad
  - Keep these motivations in mind while taking the course - helps to keep students on track for success.
  - Be wary of senioritis in the spring! Colleges will get final transcripts and can rescind admission.

## UNHELPFUL



- Friends are taking the class
- Parents want you to take the class
- Just resume boosting (I must take all of the college courses offered so I look good)
- Overall lack of interest in course content
- Taking/not taking a course just because of a teacher

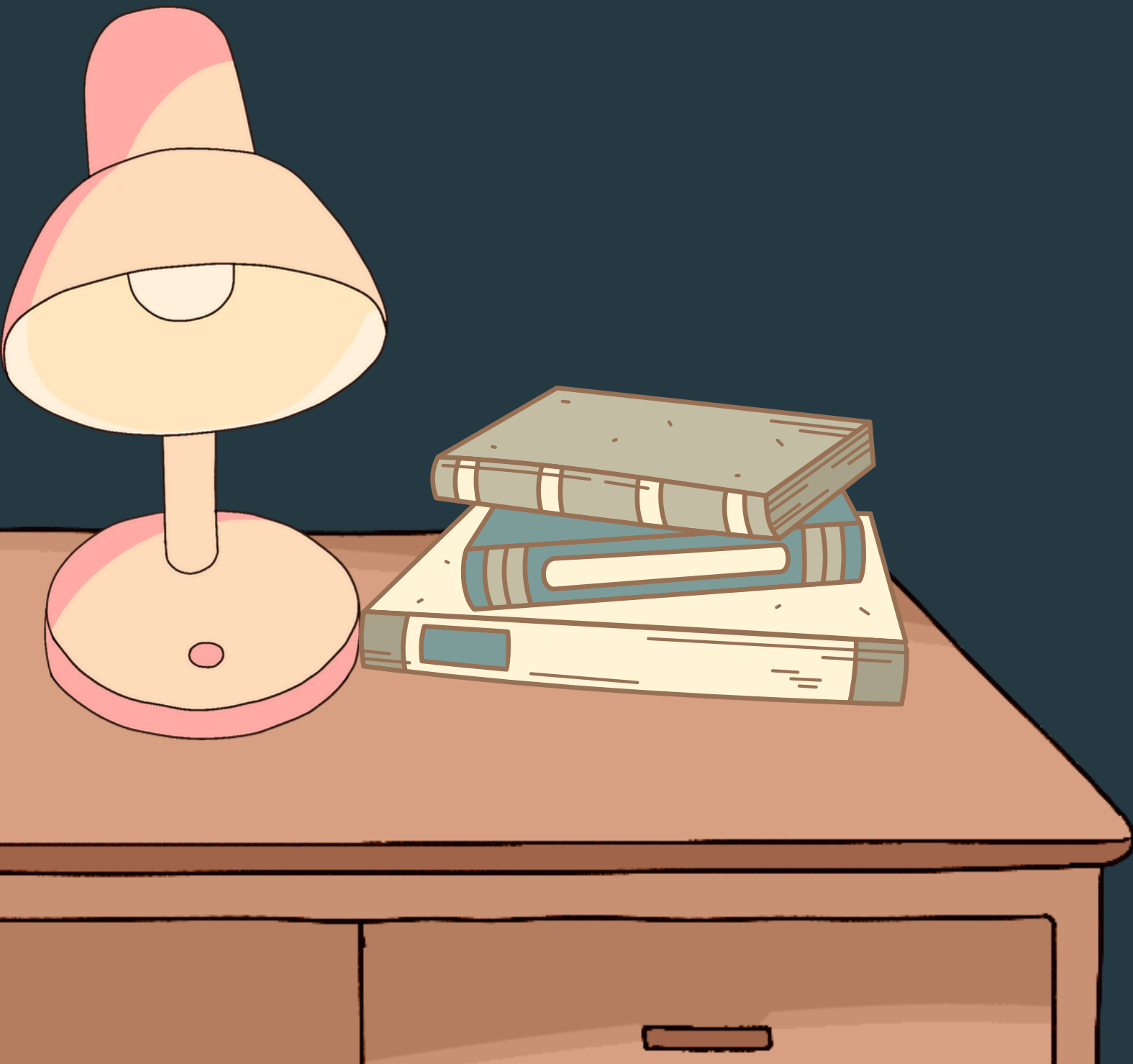


# 2- ORGANIZATION AND TIME MANAGEMENT



# ORGANIZATION

- Keep track of assignments, pace out large projects/papers (DCC Gov and English), extra curricular activities, family responsibilities, college application due dates
  - Use a shared calendar (Google) for family
  - Students should use either an app or paper planner for school assignments
  - Make a daily to do list looking ahead at large projects and tests (could even use notes app, others below)
  - Schedule time for studying (students need to study in these courses)
  - Best apps- Structured, My Study Life, iHomework 2, iStudiez Pro



# PROCRASTINATION BUSTERS!

- Avoid "Pseudo Work"- you look and feel like someone who is working hard because you're spending a lot of time doing homework and studying but your not fully focusing on the task (phone, Netflix, social media, etc). You're working a long time at a **3** when you should be working a shorter time at a **10**.
- Time management
  - Make use of time- study hall, before practice, on the bus to a game, during homeroom, etc.
- Electronics - - - Fun activity for the family- look at screen time on devices!
  - Turn off notifications or put phone on airplane mode
  - Send a group text to let everyone know you will be unavailable
  - Keep phone in another room
- Accountability
  - Get accountable with a friend - announce plans to do work (can even post on social media)
  - Keep a work progress journal (look at daily to-do list and see what was accomplished)
- Planning
  - Build a routine
  - Choose a "hard day" to get work done
  - Plan time to relax
- Best Apps- Flora, Forest, Pomodoro (I like Be Focused), Todoist, Habitica

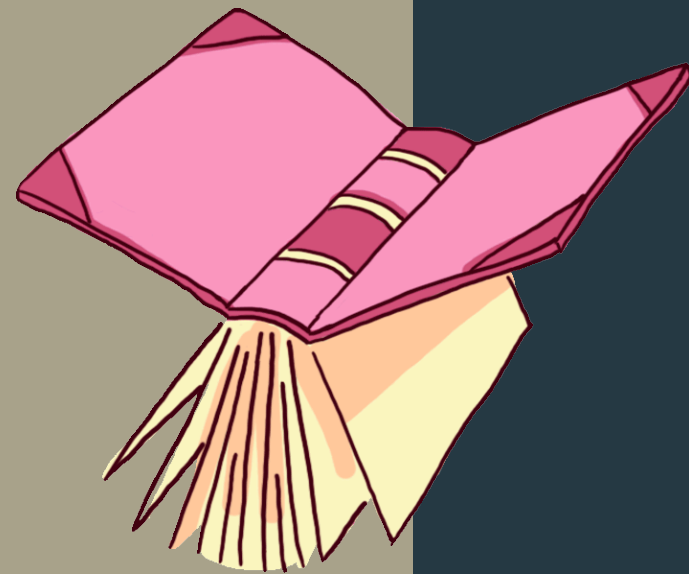




# OVERALL SCHEDULING



THINK OF YOUR DAY LIKE A PIE - - -  
THERE ARE ONLY SO MANY SLICES AVAILABLE



## ARE YOU TAKING TOO MANY COLLEGE LEVEL COURSES?

- Generally, you should not take more AP/DCC classes than you can handle while still achieving a high GPA
- It's okay to focus on your strengths or what you hope to major in for college

## ARE YOU DOING TOO MANY AFTER SCHOOL ACTIVITIES?

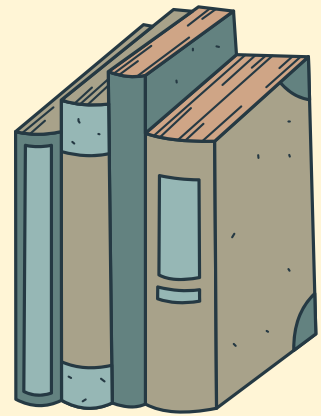
- Look into what colleges are looking for (check out High School Superstar book)
- Changes in admission and essays due to the end of Affirmative Action ([NYT article](#): Colleges Want to Know More About You and Your Identity)
- April and May are tough in AP/DCC courses





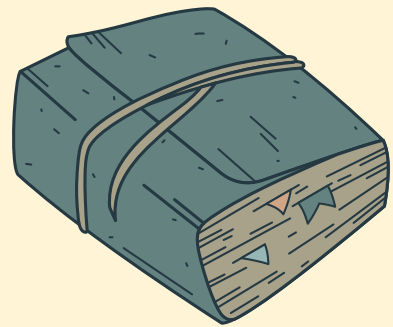
# **3- SKILLS**

# SKILLS



## VOCABULARY & MEMORIZATION

Social Studies, Science,  
Language, Art, Music,  
Computer Science



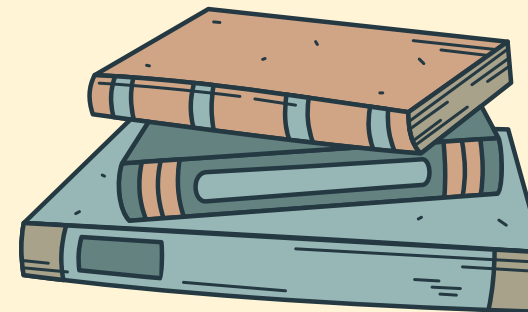
## READING

English, Social Studies,  
Science, Art, Music



## WRITING

English, Social Studies, Math,  
Science, Language, Art, Music,  
Computer Science



## STEAM

Math, Science, Art, Music,  
Computer Science

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**4- SEEK HELP  
WHEN NEEDED**

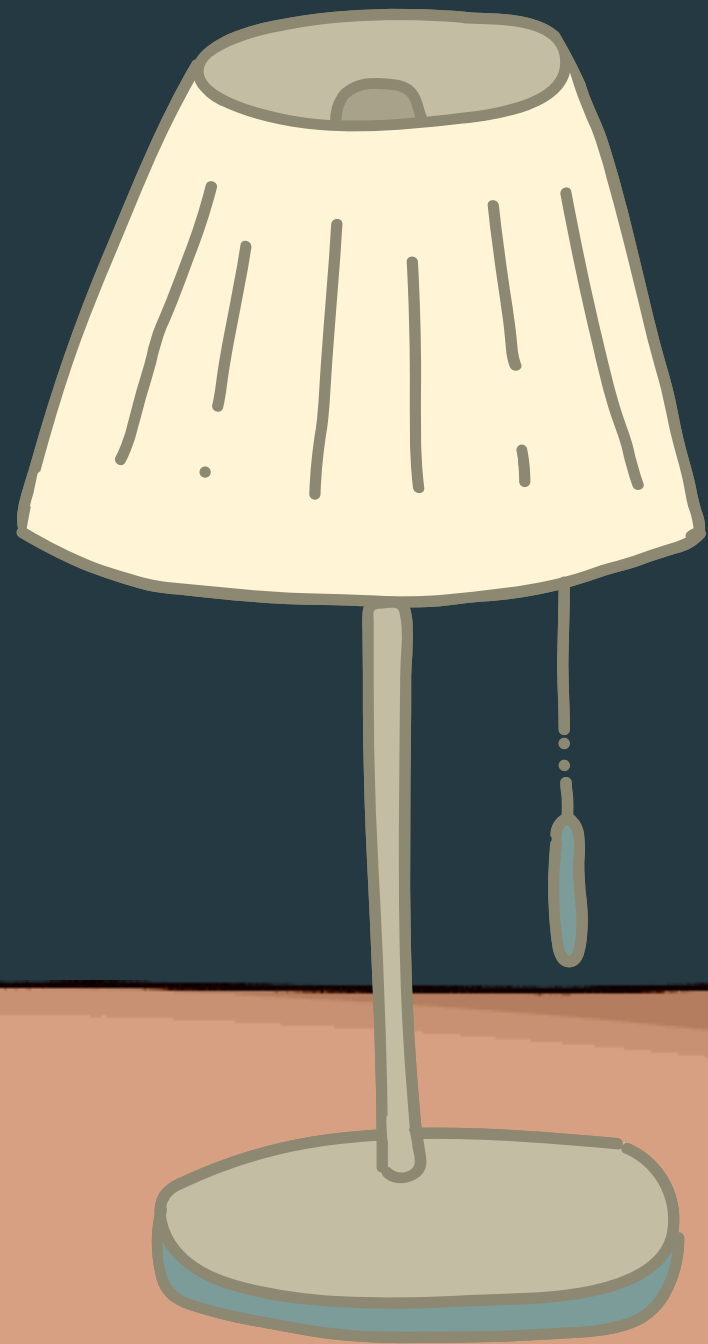
# KNOWING WHEN/HOW TO GET HELP IS A LIFE SKILL

- Recognize when you need assistance
  - If your quarter average is below an 80%
  - If you're having difficulty understanding concepts
  - If you're having difficulty keeping up with work
- Identify people or resources that can provide support
  - Teachers, guidance counselors, friends (study group), parents
- Make the request
  - Ask during or after class, office hours, email, write a note---how ever you feel comfortable
  - Students should be taking responsibility.
    - Students should be reaching out on their own since these are level college courses. Parents can encourage students and check in with a teacher if a student is unable to do so.





# GRADES, STUDYING, & SELF CARE

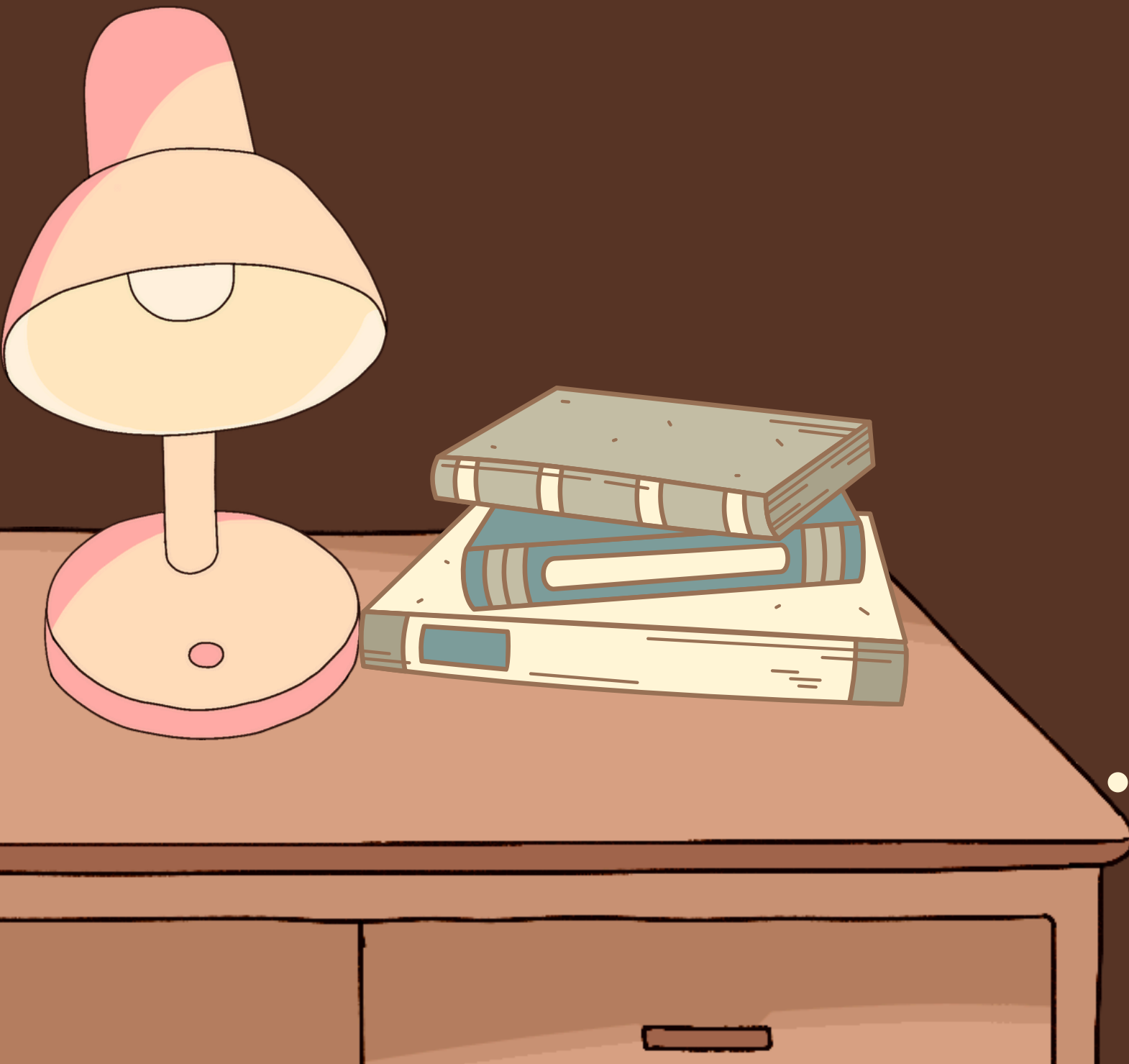


# GRADES

- Which is better: an “A” in a Regents class or a “B” in an AP class?
  - Generally- You should take not more AP/DCC than you can handle while still achieving a high GPA.
    - Focus on courses that align with your proposed major or minor
    - Don’t engage in “transcript padding” with easy courses
    - Most **competitive** colleges are looking for 7-12 college level courses over the course of your high school career - - - college admissions officers consider the amount of courses offered at a school
    - A “B” shows effort, rigor, and interest
      - See "Getting into College" slide 7, includes references
  - Caregivers: Please don’t focus on grades, focus on learning and improvement - - - - There is a flow to the school year!
    - 1st Quarter- uncertainty, adapting to new expectations, lower grades, stress, anxiety
      - Seniors- extra stress around college applications
    - 2nd Quarter- getting into the flow of the class and understanding concepts and how to be successful
    - 3rd Quarter- particularly stressed in AP classes, but test grades are improving
      - Be thoughtful when scheduling SATs- BHS hosts during the Saturday of AP testing
      - Seniors- Senioritis sets in (if it hasn't already!)
    - 4th Quarter- AP classes more relaxed after test, DCC classes- stressed about finals
      - Seniors need to push through
- Grades for AP and DCC classes are weighted on student's transcript- 10% - - - - An 85% becomes a 93.5%

# STUDYING

- Students need to do active studying
  - Ms. Luc's 5 Parts of Homework
  - Rereading and highlighting or watching review videos aren't active
  - Use active note taking styles (QEC- Question, Evidence, Conclusion) or Cornell for readings and videos
  - Make Flash Cards based on vocabulary and notes
  - Create practice tests based on notes
  - Create study groups
    - See "APUSH Skills: Notes and Studying" slides
- AP's- do practice exams starting in March and attend after school reviews



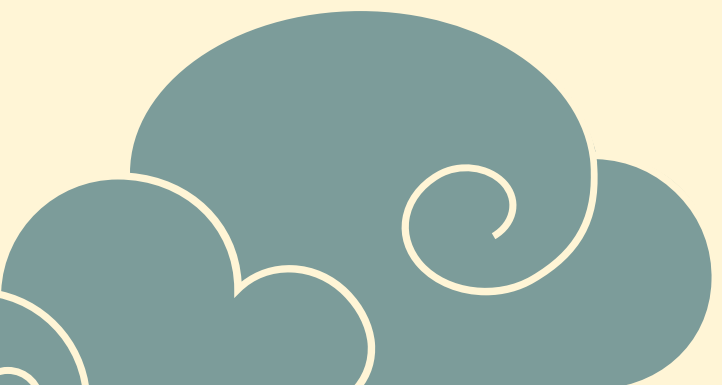
# SELF CARE

- Basic Care

- Students should have enough time to eat 3 meals a day
- Students should be aiming for 7-8 hours of sleep a night
- Students should take time to exercise - walks are great!
- Students should be spending time with their friends
- Students should be taking time to recharge

- AP/DCC students are stressed out!

- Make a real assessment if the course load and extra curricular activities are too much
- Look for signs of distress- too much/too little sleep, irritable, anxious, fixated on grades, not engaging in usual activities, not taking care of themselves





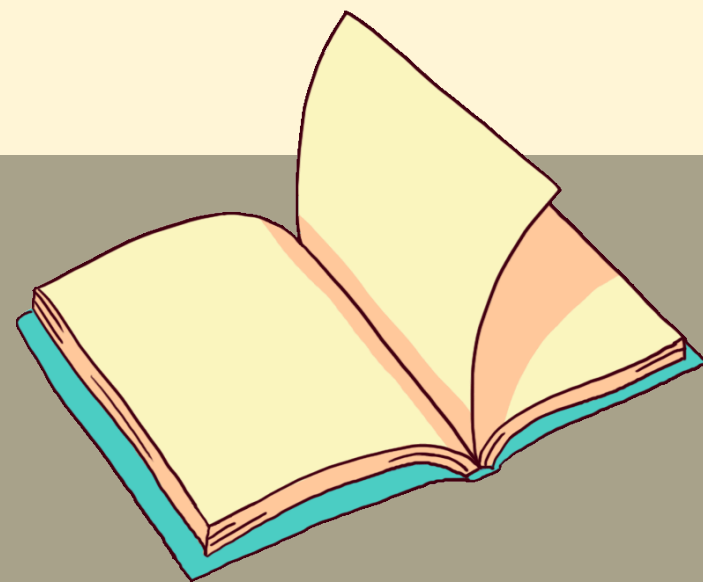
# ADVICE ACCORDING TO PAST STUDENTS

- Take the college classes that will apply to the colleges you are interested in
  - AP- out of state, selective, DCC- in state, SUNY/CUNY
  - Some students preferred DCC because getting credits is not guaranteed in an AP course
  - If taking an AP, be aware of what scores you will need to earn credit from colleges you are looking at
- Ask questions if you don't understand something
- **Take the classes that you will actually enjoy versus just taking a class for the credits (interest in the subject matters)**
- Prioritize core classes that will apply to any college major so that you have wiggle room in college
- Taking the classes in high school is so much easier than having to take them in college
- Ask other students about their experiences in the course before signing up
- Take a course load that YOU can handle---it's you that has to do the work
- You will need to prioritize your college level classes over other classes
- Remember that if you go to DCC, your GPA in DCC classes will follow you



# RESOURCES

- [BHS Course Guide 2025-2026](#)
- [AP Students College Board](#)
  - [AP Credit Policy Search](#)
  - [How to Pick AP Courses](#) (scroll down for other articles such as popular by grade and courses that go together)
- [Dutchess Community College](#)
- Presentations by Mrs. Clemens
  - [APUSH Skills: Notes and Studying](#)
  - [Getting into College and Earning Credit](#)



## BOOKS

- ***How to Become a Straight-A Student: The Unconventional Strategies Real College Students Use to Score High While Studying Less***, Cal Newport
- ***How to be a High School Superstar: A Revolutionary Plan to Get into College by Standing Out (Without Burning Out)***, Cal Newport
- ***A Teen's Guide to Getting Stuff Done: Discover Your Procrastination Type, Stop Putting Things Off, and Reach Your Goals***, Jennifer Shannon
- ***College Admissions 101, 3rd Edition: Expert Advice for the New Challenges in Admissions, Testing, Financial Aid, and More***, Princeton Review



# Questions?

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