

CLASS PROCEDURES, RULES, DISCIPLINE AND HELPFUL HINTS

Mr. Forrest 2022/2023 – Physics → Welcome!

THINGS YOU'LL NEED (in addition to pencil, paper, etc.):

1 lab folder with brads (provided by me)

1 problem notebook for HW (provided thanks to your student fees)

1 scientific or graphing calculator

Additional materials for projects as needed

NOTE: Within a week or so, each of you will have your own mail slot. You may put your materials in this, but I can't guarantee their security. I recommend that you keep your problem notebooks and lab folders in the classroom except on days where you need them to complete an assignment. You can put your materials (other than labs) wherever you find space. In general, better organization leads to better grades.

What you can expect from this class

We'll talk about the best 'mindset' to have for a class like Physics, and how that mindset can help you be successful in class and beyond.

1. **GRADING** - Grades will be based on tests (3-4 per quarter), reading quizzes at times, labs and lab write-ups, effort and involvement in labs and discussions, building and design projects, and a small extent on homework. The main part of your grade will be based on labs and lab write-ups and lab involvement, and tests. The grade scale is the same as that used for all courses and is indicated in your student handbook – check it out! Tests will be cumulative (to actually make sure you learn the material) but the district has a retake policy again this year. We'll need to have a class discussion early in the school year as I would like to use something called Standards Based Grading (which I've used last years in Physics) but I need your input!

2. **ASSIGNMENTS AND MAKE-UP WORK** - GET THINGS DONE WHEN THEY'RE DUE! I will collect assignments at the beginning of the period on the due date, or they will need to be submitted online by the time specified. I don't accept late work except under dire circumstances – this goes along with mindset. If you forget or lose an assignment, make sure you understand the material so you can have a chance to do well when it is covered on a test. If you are absent on the date an assignment is given, you will be given the same number of days to make it up as you were absent; again, as per the student handbook. However, if you are absent on the date an assignment is DUE, it will be due the first day you return to school. Befitting an upper level course, it is your responsibility to hand in assignments and get assignments (including info. & notes from other students) when you are absent. I WILL NOT TRACK YOU DOWN, BUT I WILL TRY TO PUT ANY HANDOUTS IN YOUR MAIL SLOT.

There are also problems assigned for your problem notebook that will be checked. These are checked for quality, detail and effort shown, but not for correctness. Give all problems a try, even if you don't think you "get" it. *NOTE: I also solve all HW problems I assign, and I will also try and post solutions online in 'Screencast' and PDF form which I'll show you early in the year.*

Physics is truly a team effort, and if you need extra help, talk with your friendly teacher, use one of my available physics problem guides for practice, do extra problems in your book, or **study with classmates**. (In a few days, I'll pass around a list for us to make a "phone/texting tree" of your fellow Physics students.). We'll also be using Google Classroom, Remind, and Logger Pro, all of which I'll give instructions about within the first two weeks of the course.

3. **TESTS** - Tests will be cumulative, which means that what you learn in week one will be appearing on tests in week four, week eleven, etc. all the way up through the last week of school. Tests will normally be free response, and often there will be questions based on your understanding of labwork. In general, there will be three or so tests each grading period.

4. **A THINKING CLASSROOM** – I really want this to be a classroom where you can think and collaborate. There are several ways we're going to do this including whiteboard presentations, working on vertical surfaces, multi-group collaboration during labs, visibly random grouping, making sure you focus on "keep thinking" questions, and more.

What you can expect from me

1. **I'll try my best.** This is the first time I've taught this particular course in two years, and I'm excited to do so, and to try some new things!

2. **I'll challenge you.** Yes, yes I will. I want to do so in a way that supports your growth as a thinker, and leads to a positive environment in class.

3. **I'll be here to help you.** I will give you time during my professional time period and after school, and strongly encourage you to come to study sessions. If you are having trouble, please try to let me know in advance when you want to work so that I know when to expect you. I guarantee that coming in for help sessions will improve your grade. However, many students find that working through difficulties with a study group of peers is a very effective way of learning physics. ***** If you are in extracurriculars, work, or have an odd schedule, let me know. I am usually here until at least 5 or 6 P.M., but I have stayed later if a student needs extra help. *****

Also, my e-mail address is **doug_forrest@plsd.us** and my syllabus (and other important readings, copies of w.s., etc.) are in the Physics homepage on my website, which you can get to through the district Directory, or by going to: <http://www.pickphysics.com>

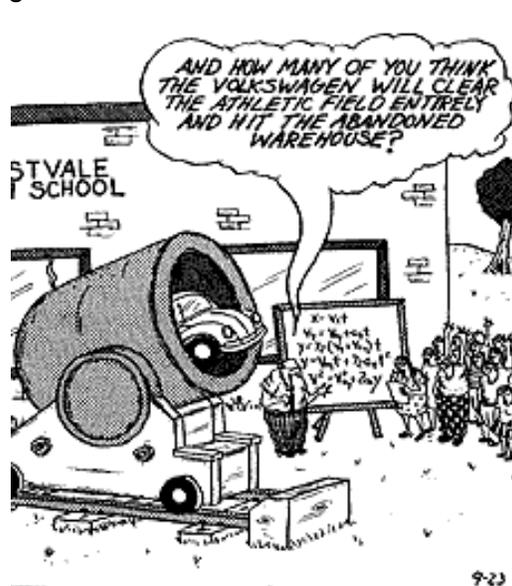
4. **The good news!** I'm really excited about teaching Physics and I'm flexible as to how to make it the most successful it can be for students.

Rationale for Instructional Methodology. You learn best by doing things for yourself and figuring out things for yourself. Studies show that you retain 10% or less of what you're told, but a much higher percentage when you are actively involved in classes and forming a correct understanding of physics in your own mind. My job as a teacher is to provide you with situations where you can do this successfully. The official strategy for this is called 'Modeling Instruction', as it helps you create a correct mental model of how physics really works. Go to my website and listen to the podcast of renowned Harvard professor Eric Mazur for an interesting discussion of this. This course is set up so you can do well and so you'll really learn a lot, which can be very satisfying. Don't be afraid of asking questions during labs or during discussion in class. Don't be afraid to approach me if you have a concern about something in class. We work together to make physics a success. This is NOT the class about getting the right answer first; it's the class for figuring out what we know, how confident we are about what we know, and finding out what that knowledge means and how we can use it. "A life without mistakes is a life without living".

Helpful hints:

- 1) Have good attendance
- 2) Come and get extra help if needed
- 3) Be confident and vocal! ☺ (We'll be doing a 'Mindset' activity early on, and I hope you take it to heart!)

"A mistake only becomes a failure when we don't learn from it."



Thanks to the innovative labs of teacher Doug Forrest, physics quickly became Westvale High's most popular course.

Classroom Expectations, discipline, and such

Here are the Classroom Expectations as noted throughout the building, along with some physics-specific additions below them.

- **I will be in assigned area, on time, prepared and ready to learn.**
- **I will communicate in a respectful manner and be mindful of how communication impacts others.**
- **I will refrain from using my cell phone and electronic devices during instructional times, unless otherwise permitted by teacher.**
- **I will respect others' personal space and property.**

Self-discipline is really the key. You're young adults, you're busy people, you know what to do and how to act. If (in some unexplained fit of craziness) you misbehave, then I will follow a series of disciplinary steps. Each student has the right to learn and be in a safe environment. "Misbehavior" is anything that infringes upon those rights.

We'll actually have some discussions in the first few weeks about Academic Integrity, which I think will be interesting and useful for all of us. Please be here on time (I'll make sure to release you on time even if there's no bell).

No food or drinks (other than water) unless you check with me first. (We have a lot of students with food allergies at PHSN and in my classes)

** Cell phone policy --> OK, we'll need to talk about this. But, basically don't use your phone unless you get permission from me for information, texting, etc. There are times when it may be OK to do this (ask!!) but if you abuse this policy then we'll proceed down the discipline pathway, which includes lunch detentions, phone calls home, etc. Please keep phones away until the END of class when permitted by Mr. Forrest. *Some students say they need to message their parents, but that isn't something that should happen during instructional time* and gets in the way of having a **Thinking Classroom**.

If you wish to Tweet out a positive message about what we're doing in class (I'm **@Pickphysics** on Twitter), again just ask! I'm thinking about some sort of incentive for positive academic messages – any ideas??

Contact information for Mr. Forrest: → **E-mail (and Remind) are the best way to contact me.**

* **To sign up for Remind for Physics:**

* School E-mail: doug_forrest@plsd.us (this is also a good way to reach me)

* School phone: 614-830-2700, extension 2758 (sorry, but I seldom check this, but with a phone in my room, I may get better)

As a final note, I want you to know that by signing my name below I pledge to you my very best effort **ALL YEAR** long to help you be successful in this class. As stated earlier, if you think you might need help, don't hesitate to contact me.

Google Classroom Code to Join: **f5gvwpc**



Sign up for important updates from Mr. Forrest.

Get information for Pickerington High School North right on your phone—not on handouts.

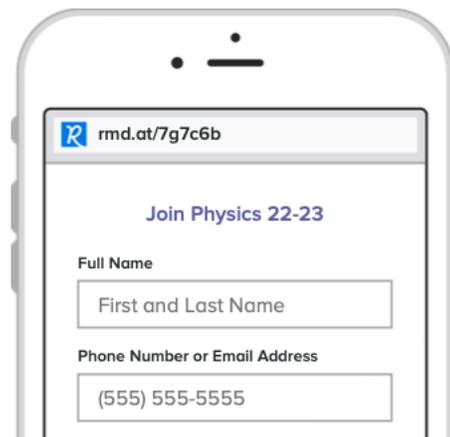
Use the Remind app to pick a way to receive messages for Physics 22-23 from Mr. Forrest and to communicate with classmates

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/7g7c6b

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@7g7c6b](https://t.me/@7g7c6b) to the number **81010**.

If you're having trouble with **81010**, try texting [@7g7c6b](https://t.me/@7g7c6b) to **(571) 364-6571**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/7g7c6b on a desktop computer to sign up for email notifications.