



# **HIGH SCHOOL 101**

**Presented By:  
Sequoia High School  
School Counselors**

**UNALIYI "a place of friends"**

# High School is a place to

- **Learn**
- **Gain Real Life Skills**
- **Have Meaningful Experiences**
- **Prepare For Your Future**
- **Have Fun**



# Preparing for High School

- **Read, Read, Read**
- **Be prepared**
- **Attendance matters**
- **Be on time**
- **Do your homework**
- **Study**
- **Ask for help**
- **Challenge yourself**
- **Follow your interests & passions**
- **Be engaged**



**These are habits and it takes practice, starting now!**

# Standardized Tests

- **For example:**
  - **Smarter Balanced aka CAASPP**
  - **High School Math & English placement tests**
- **Try your best on these tests**
- **Read everyday**
- **Homework is one way to study & practice**
- **Do your homework everyday**
- **Go to tutorials**
- **Study space & time**
- **Teachers are your best resource**

# Course Selection Process

- **Your Middle School counselor, principal or teacher will be giving you the Course Selection form in March**
- **High School counselors will pick up your completed & signed Course Selection form at the end of March**



# Typical Sequoia 9th Grade Schedule

- 1. English I or English I-ICAP**
- 2. Algebra I, Geometry, or higher math**
- 3. Biology or Physics**
- 4. Life Skills & World Studies I/II**
- 5. PE-1 or PE- Dance (required for all 9<sup>th</sup>)**
- 6. Spanish, French, or other elective**

# World Languages at Sequoia

A large, faint watermark of the Sequoia High School logo is centered in the background. The logo is circular and features a central figure, possibly a Native American, surrounded by the text 'SEQUOIA HIGH SCHOOL' and 'UNALIYI'.

- **French I-P**
- **French II-P (recommendation required)**
- **Spanish I-P**
- **Spanish II-P (recommendation required)**
- **Spanish II NS-P**

**[French Commercial YouTube Link](#)**



# **Advanced/Honors Classes in High School**

- **Take at least one advanced class in high school**
  - **Why?**
- **Sequoia High School: IB - International Baccalaureate**
- **Woodside, Carlmont, and M-A: AP - Advanced Placement**



# ICAP & IB at Sequoia

- **ICAP** courses are offered in the 9<sup>th</sup> and 10<sup>th</sup> grades and prepare you for IB level courses.
- **English I ICAP** - is the only ICAP class in the 9th grade.
- **IB is:**
  - **Global Perspective**
  - **Challenging & Accessible**
  - **Helps you stand out in college apps**
  - **Prepares you for college success**
  - **Recognized internationally**
  - **Saves time and \$ in college**



IB is for me

IB is for all of us

# Courses Eligible as a 7th at Sequoia

- **Advanced Dance XL - P (Audition Required)**
- **AVID I, II, III, IV - P**
- **Advanced Band - P (Audition Required)**
- **Band II - P**
- **BUILD - P (9th & 10th graders only)**
- **Choral I, II - P**
- **CTE Journalism I, II, III - P**
- **Orchestra - P**
- **Leadership-ASB**
- **Sports Leadership**
- **Student Leadership (9th only)**
- **Stagecraft - P**
- **CTE Wood II**
- **Wood III**
- **CTE Java Programming**
- **CTE Mobile Apps - P**
- **P.E./Dance - 10th grade students pursuing IB Art in 11th & 12th grade**
- **Student Clerk/Technical Assistant**
- **IB Theory of Knowledge-HP (TOK). Required for IB Diploma candidates. Only AVID students pursuing the full IB Diploma are allowed to take TOK as an 8<sup>th</sup> class.**
- **Work Experience (not a scheduled class, after hours)**

## **Students in the following courses will be scheduled to take 7 classes:**

- **Students with 1 or more support classes**
- **Study Skills (Students with IEP's)**
- **Academy students planning to go to a university and who need a 7<sup>th</sup> course in order to meet graduation and/or A-G requirements**

# Electives Videos



**General Electives Video**

**<https://vimeo.com/203228371>**

**CTE/World Languages**

**<https://vimeo.com/202675478>**

**Fine Art Electives**

**<https://vimeo.com/202656517>**

**HCA/DAA videos**

**<https://vimeo.com/203237584>**

# High School Academic Programs

- **AVID**
- **BUILD**
- **Upward Bound**
- **Boys & Girls Club**
- **Sequoia High School's Digital Arts Academy & Health Careers Academy (Academies start in 10th grade)**



The background of the slide features a large, faint watermark of the Sequoia Union High School District logo. The logo is circular and contains a central figure of a person holding a torch, surrounded by the text "SEQUOIA UNION HIGH SCHOOL DISTRICT" and "QUALITY EDUCATION".

# **AVID**

## **Advancement Via Individual Determination**

- **4 year program**
- **7<sup>th</sup> period class at Sequoia that meets everyday**
- **First-generation college bound & low-income**
- **Develop skills for success**
- **Visit colleges**
- **Tutoring**
- **Support with the college application process**

**Fill out an AVID application if you're interested (Program is offered at Sequoia, M-A, Woodside, & Carlmont)**

# **BUILD**

- **A scheduled class**
- **First-generation college bound & low-income**
- **Entrepreneurship based program**
- **Business Mentoring**
- **Tutoring**
- **College & Career readiness support**

**Add class as a 7th course option on course selection form for Sequoia HS (Program offered at Sequoia, Woodside, & EPAA)**

# Upward Bound

- **FREE after-school program**
- **Daily tutoring at Sequoia & Woodside**
- **Advising & College/Career Planning**
- **College Visits**
- **Field Trips**
- **Saturday College**
- **Summer Program at Cañada College**

**Open to students attending charter high schools too!**

**Fill out an Upward Bound application if you're interested.**



# Boys & Girls Club

- **FREE after-school program**
  - **Tutoring**
  - **Advising & Mentoring**
  - **College Readiness & Support**
  - **Enrichment Activities**
  - **Keystone Leadership**
  - **Future Grads**
- **Free Summer Programs**
  - **Apprenticeships**
  - **Future Grads**
  - **Enrichment Activities**
- **Mental Health Counseling/Therapy Services**
- **School based support and advising**
- **Free transportation provided from Sequoia to the Redwood City Teen Center**
- **Free Food**

# Clubs at Sequoia

- **Key Club – for community service**
- **Postal Art Club**
- **Black Student Union (BSU)**
- **Latino Student Union (LSU)**
- **Pacific Islander Club**
- **California Scholarship Federation (CSF) – Honors**
- **Dream Club**
- **Gender & Sexuality Alliance (GSA)**
- **Robotics Club**
- **AND MANY MORE!!!**
- **Visit SHS website for more information-**  
<http://www.sequoiahs.org/STUDENT-LIFE/Clubs/index.html>



# Resources at Sequoia

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- **Guidance Counseling Office**
- **College & Career Center**
- **Teen Resource Center (TRC)**
- **Free tutorials at school**
- **Free tutorials at Boys & Girls Club Teen Centers**

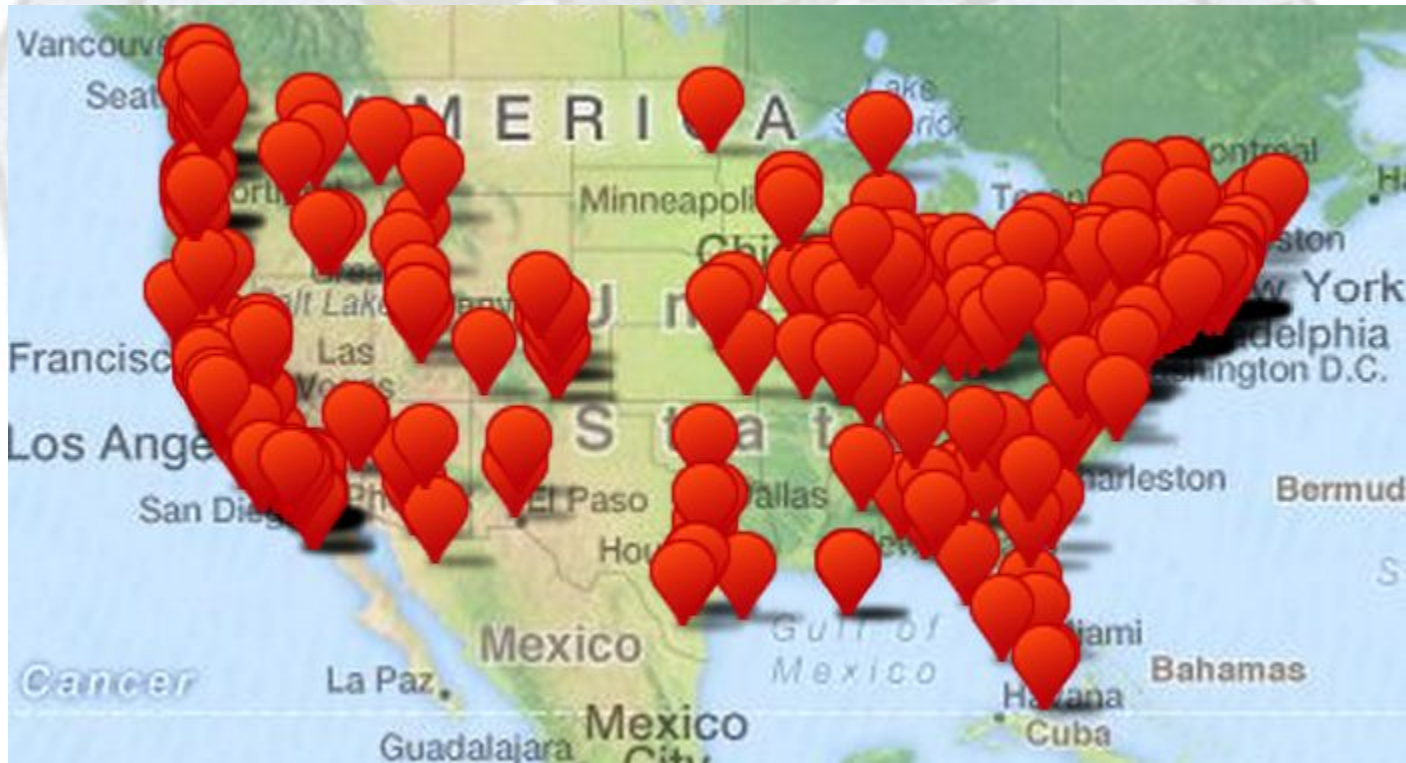
# Sequoia Athletics

- **Fall:** Water Polo, Cross Country, Girl's Golf, Football, Girl's Tennis, Volleyball
- **Winter:** Girl's & Boy's Soccer, Girl's and Boy's Basketball, Wrestling
- **Spring:** Badminton, Track, Boy's Tennis, Boy's Golf, Baseball, Lacrosse, Girl's Softball, Swimming, Competitive Cheer
- **Go to Sequoia High School website to complete the Athletic Clearance Packet:**  
<https://seqsports.com/>



# COLLEGE = OPTIONS

Where Sequoia students are going to college



**PLUS HAWAII, ALASKA, EUROPE AND MORE...**

**Find or follow your passions!**



# What's next?

- **Review your high school course request form with your teachers and parents**
  - **Bring the form back to school signed by a parent**
    - **If you're interested, sign-up for AVID, BUILD, Boys & Girls Club, and/or Upward Bound**
  - **Look at your future high school website to learn more**
  - **Parents/Guardians Complete the “online information update” by May 24th. Your parents/guardians will get a letter in the mail about this in April.**
- **During the summer:**
  - **Do your high school English summer reading assignments**
  - **If you qualify, turn in your application for the COMPASS summer program at your assigned high school**
  - **Have fun!**

# HIGH SCHOOL GRADUATION







**Q & A**