

Freshmen ICAP/IB & College
Grade Level Meeting
Wednesday, October 26

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International Baccalaureate®
Baccalauréat International
Bachillerato Internacional

Q & A will follow our presentation on ICAP/ IB and college

Please hold your questions until the
end. Please write down any question
you have throughout the
presentation for the Q & A session

The Power Point will be posted on
the IB website on the
www.sequoiahs.org website.

ICAP/IB Information



Students, at Sequoia we encourage you to learn how to.....

- Develop time management skills
 - Plan ahead, calendar your assignments, start early, utilize time wisely (Ex: 20 minutes here, 20 minutes there adds up)
- Develop organizational skills (organized binder, student planner)
- Feel okay that you do not understand something. Learning can be a struggle at times which is good- you are challenging your brain
- Not give up when it gets hard but find strategies to work through it
- Develop a growth mindset, not a fixed one, avoiding statements like, “I can’t do that because I’m not good at it.” VERSUS “I do not know how to do that yet but I am learning.”
- Find balance between perfection in your work and sloppy work
- Talk to your teachers if you need help or do not understand
- Find other resources at school to get academic help

Students, at Sequoia we encourage you to learn how to.....

- Meet deadlines
- Read for understanding
- Improve your writing and communication skills
- Be academically honest and cite correctly. It's more important to learn for the sake of learning with integrity than cheat for a higher grade.
- Communicate with teachers if you are absent. Take responsibility to make up work.
- Challenge yourself with ICAP & IB but pursue your passions and stay healthy. Find your balance.
- Communicate with adults on campus if something is wrong or you are too stressed (teacher, counselor, IB Office, admin, TRC etc.)
- Develop healthy coping mechanisms to handle stress and find balance (ex: exercise, talking about it, meditation/ mindfulness, music, taking breaks, scheduled time with family/friends)

Students, at Sequoia we encourage you to learn how to.....

- Recognize that your ideas and perspectives are valuable even if they are different from those around you
- Push yourself to share your ideas and opinions with your classmates even if you are shy
- Understand it is okay to be wrong. It's not a failure, it's learning
- Respect all students and different perspectives in your class
 - Everyone belongs in ICAP & IB. Not an elite program
- Recognize that others bring value to your learning experience and you benefit from the diversity in your classroom
- Utilize technology and social media appropriately
 - Avoid social media (Twitter, Facebook, Snapchat etc.) while doing homework. Save it for built in breaks
 - Be respectful online. Remember family, future teachers, colleges, employees may see your posts.

Expectations In ICAP Courses: Rigor

- Students will be challenged in ICAP courses
 - More time expected outside of class time dedicated to homework, reading and assignments
 - More will be expected in terms of depth, quality of thinking and the quality of work submitted.
- Transition from middle school to ICAP.
 - Many students who received good grades in middle school feel challenged by the work load of ICAP. Expect this difference.
 - Expect to put in more time in your high school ICAP courses than you did in middle school to receive a good grade.

Expectations in ICAP: What If I Am Absent?

- Major projects are due regardless of whether the student comes to school that day. Work must be delivered to the subject teacher on the due date. Utilize School Loop, IC & emails
- Parents must clear absences within 5 days of the absence or it will show up as a cut and the student will not be allowed to make up missed work.
- Vacations during school days are strongly discouraged, as they will substantially impact the student's ability to successfully complete the course. Teachers may be able to provide assignments in advance for long term absences, due to family emergencies.
- After an absence, students must see all teachers on the day of their return to get the makeup work. This must happen even if they don't have class with some of the teachers that day. This can take place before school, during brunch, lunch or after school.

Expectations In ICAP Courses:

Late Work

- For Late Work Policy, please see each ICAP subject. Not the same for every ICAP course. Policy is the same across the ICAP subject. Ex: All ICAP English courses have the same policy.
 - Contact individual teachers for questions regarding Late Work
- Turning in late work (if accepted) will result in lower grades
- Get in the habit of turning things in on time. Deadlines are not suggestions
- Looking ahead.... The IB organization is not forgiving about deadlines. Assignments due to IB are due when they are due so learn this skill now

Academic Honesty

- IB and Sequoia take academic honesty very seriously!
- **There is a zero tolerance policy for plagiarism and cheating.** Should this be discovered and confirmed by a teacher or other staff member, it will result in an AVP referral.
- **If malpractice occurs in ICAP classes, the consequences as stated in the Sequoia Union High School District Academic Integrity Policy and Sequoia High School ICAP/IB Academic Honesty Pledge will be carried out.**

Academic Honesty

- Can impact your college admissions process
- Private college reps have stressed their focus on integrity and honesty.
 - Violations in these areas are big red flags to university
- Private college reps have stated that if students are caught cheating resulting in a disciplinary action, students are expected to tell colleges about the incidence.
 - Colleges want to hear it from the student first before they hear about the incidence from another source

Support & Resources at Sequoia

- Teacher
 - Don't be afraid to ask for help. Teachers are happy to meet with you. You just need to ask.
- SAFE
 - Academic Support & Homework Assistance
 - Fun Activities
 - Schedule posted on school website
 - <http://www.sequoiahs.org/RESOURCES/SAFE-Program/index.html>
 - <http://www.sequoiahs.org/documents/Resources/SAFE%20Brochure/SAFE%20Brochure%20and%20Daily%20Schedule/SAFE%20Fall%20Brochure%202016%20-%202017.pdf>
 - Classes are drop in basis
- Guidance Counselor
- IB Office
- Teen Resource Center

SAFE Academic Support

- English Tutorials Thursday 3:45-5:45 Hale Rm P-4
- Math Tutorials
 - Mon, Tues, Wed, Thur 7th Period. Yezerksi Rm 214
 - Tue 3:45-6:45 Yezerksi Rm 212/213/218
- Math Homework Club Wed 3:45-5:45 Wong Rm 212
- Spanish Tutorial Wed 7:30-8:20 Stalder Rm 208
- Science Tutorial Wed 3:45-4:45 Magallanes Rm LL3
- Learning Center: M-F 7:15-8:15 am, 3:45-5:45 Library
- Athletic Tutoring (open to all athletes)
 - Tues Lunch Rm B1/SAC Farris
 - Wed 3:45-4:45 B1/SAC Farris
- AVID Tutorial (open to all AVID students):
 - Tuesdays: 7:15-8:15 Stalder Rm 208
 - Tuesdays: 3:50-4:45 Yeager Rm 250
- SAFE Drop In- Open space to do homework & learn about SAFE Program M-F 3:45-4:45 Valencia Rm 152

Parents & Guardians, We Encourage You To.....

- Help your student learn how to advocate for themselves.
 - Encourage students to be the one to speak to, reach out to teachers, IB Office etc.
 - When they bring complaints or concerns home, ask them questions like:
 - Have you spoken to the teacher?
 - Who else on campus can you talk to about this for help?
 - How can I help you communicate this to your teacher/ IB Office/ counselor etc. ?
 - How have you tried to address this problem?

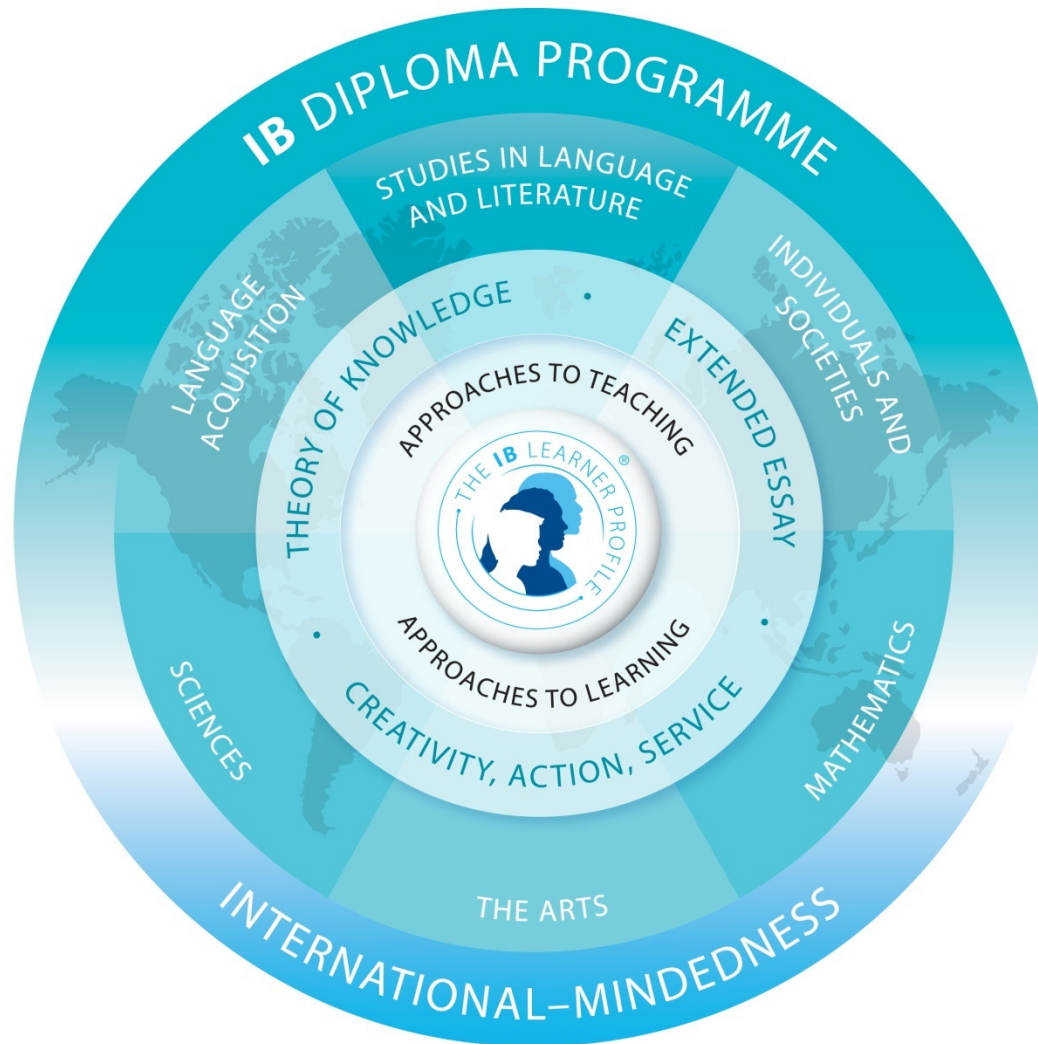
Parents & Guardians, We Encourage You To.....

- Recognize they need to prepare for college by developing a sense of independence.
 - Students should “own” their education and activities- learn how to self-manage while you provide guidance, support and care.
 - Example: Students should be the ones filling out forms, dropping them off, completing their college apps etc.
 - You can help organize them, help manage their deadlines/ calendar, help identify what they should do to address issues but encourage them, when appropriate, to do it themselves.
 - This helps them be successful in college where legally parents can’t access student information.

Parents & Guardians, We Encourage You To.....

- Encourage students to ask for help & attend SAFE tutorials before dropping an ICAP/IB class. Then if still not a good fit, change schedule.
- Recognize there is a lot of stress placed on high school students (academic pressure, college admissions process etc.) Please try to monitor your students:
 - Academic progress
 - Social/emotional stress level
 - Balance between academic rigor, activities and health
 - Take advantage of Sequoia's ICAP/IB Program but know student's limits
 - Doing the IB Diploma should be the student's choice

Looking Ahead To IB.....



What's Exciting About IB?

- Emphasizes deep understanding vs. memorization & regurgitation
 - Critical thinking skills
- Encourages student choice
- International
 - Curriculum recognized around the world. Opens up university options abroad!
 - Emphasizes international mindedness
 - Encourages learning a second language
- Educates the whole person
 - Learner Profile
 - Goal of making this world a better place
 - CAS (Creativity Activity Service hours)

What's Exciting About IB?

- Colleges recognize the value of IB
- Prepares students not just to get into college but to be successful in college
 - Communication skills, critical thinking, class discussions, writing, reading, analyzing, synthesizing ideas, research skills (Extended Essay) etc.
- Welcomes all students and their voices
 - Emphasizes the importance of diversity & multiple perspectives
 - Values all opinions and encourages students to see that others are right
 - Encourages all students to be part of the discussion as all bring a valuable perspective

Planning Ahead for Course Pathways

- You will sit with your guidance counselor each year in the Spring to select courses for the following year
- You will complete a 4 year plan during registration in the Spring with your counselor
 - Remember it is a “PLAN” and plans can change as you go through school and learn more about yourself and the school
 - 4 Year Plan is viewable on IC
- Things to know to help your 4 year plan.....

Preparation for IB

- Some IB courses require pre-reqs
 - You cannot enroll in the IB course without completing the pre-req course
- Some IB courses have recommended preparation courses
 - (parents/students can override Sequoia's recommendation through formal process with Guidance)
- Some IB courses are open with no pre-req/
recommended entry courses
- Understand both ICAP AND other college prep mainstream courses both prepare you for IB. Not ICAP in all subjects

Planning Ahead: ICAP Courses Offered 10th Grade

ICAP Courses Offered in 10th Grade

ICAP English II

ICAP Modern European History

Spanish 2/3 ICAP*

French 2/3 ICAP*

No ICAP Science**

No ICAP Math**

*French III, Spanish III and Spanish III NS also lead to an IB world language

**College Preparatory math & science courses prepare students for IB

-Starting with Algebra or higher in 9th will lead to an IB math course

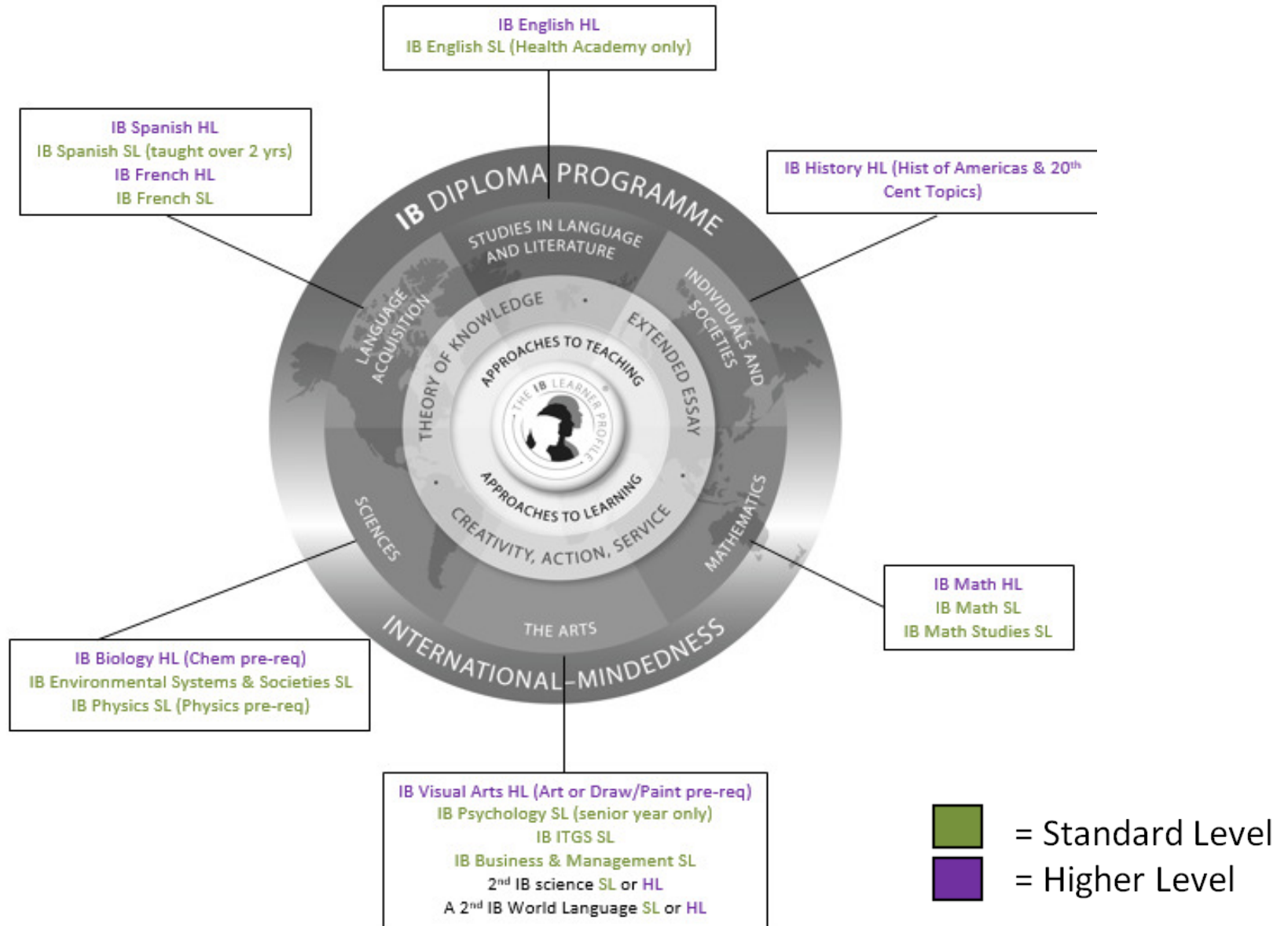
-Any science pattern can lead to an IB science. IB ESS has no pre-requisites.

Planning For IB: Pre-Requisite Requirements

| IB Course | Grade IB Course Is Taken In | Pre-req Course Required | Grade Pre-req Is Taken In |
|----------------|--|---|--|
| IB Visual Arts | 2 year course: 11 th and 12 th | Art I or Draw/Paint I | 9 th or 10 th |
| IB Physics* | 12 th Recommended | Physics | 9 th , 10 th or 11 th |
| IB Biology** | 2 year course: 11 th and 12 th | Chemistry or AS Chemistry | 10 th |
| IB Spanish | 2 year course: 11 th and 12 th | Spanish 2/3 ICAP or Spanish III or Spanish III NS with C- or higher | 10 th |
| IB French | 2 year course: 11 th and 12 th | French 2/3 ICAP or French III with C- or higher | 10 th |
| IB Math | 11 th and/or 12 th | Completion of previous math with C- or higher | 9 th -11 th |

- *IB Physics recommended for senior year- More math knowledge the better
- ** IB Biology: Intended pathway = 9th Physics, 10th AS Chem or Chem.
 - College preparatory pattern of science includes Bio, Chem & Physics

IB Sequoia Course Offerings



Sequoia Policies

- A full academic schedule is 6 courses. TOK is allowed as a 7th class.
 - Students are not allowed to be enrolled in 8 courses except a student concurrently enrolled in AVID and TOK.
- Will have to pick priorities. Okay to pick passions like Band, Advanced Dance, Choir, Orchestra, Student Leadership, Stagecraft, Journalism etc. over the Diploma.
 - Follow your passions!
- ASB & Class President student government positions require enrollment in the Student Leadership course

Tips that may help create space in your schedule...

- PE Dance fulfills the UC/CSU A-G Visual Performing Arts (VPA) requirement and Sequoia's PE grad requirement
- Some elective courses fulfill a CTE OR a VPA requirement for graduation. Ex: Art, Photo, Advanced Band, Choral etc. (No double dipping).
- World Language
 - The 3rd academic year of a world language can count as VPA grad requirement (the 3rd school year you take World Language NOT level 3)
 - The 3rd level of a world language can count as a CTE for graduation requirement
 - French 2/3 and Spanish 2/3 ICAP do NOT qualify as 3rd level for grad
 - Span III NS, Span III, French III, IB Spanish and IB French do qualify as 3rd level
 - No double dipping CTE with VPA requirement. Example: 9th Spanish I, 10th Spanish 2, 11th Spanish 3. Span 3 cannot count as both CTE and VPA.
- Playing Sequoia sports in 10th grade and above can count towards PE grad requirement. 1 sport = 3.5 credits

At Sequoia We Strive To:



- Encourage all students to access IB
- Encourage all students to take at least 1 IB course
 - Work with your counselor to help identify what IB courses would be a good fit for you.
- Make all students feel welcome and comfortable in ICAP & IB
- Have our ICAP & IB program represent the demographics of our larger student body
- Provide support so students can be successful in ICAP & IB
- Recognize when students are too stressed and help balance their rigorous schedule
- Encourage students to try new things, find passions and causes they care about and get involved.

**Get Ready to Go to a 4–Year
College NOW
COLLEGE 101**

Welcome to the Freshmen College Info Meeting

October 26, 2016

1. Selectivity and Admit Rate
2. A-G
3. Grades and Rigor
4. How to Read SHS Transcript
5. College Admissions Exams
6. Beyond the Classroom
7. Naviance (Sequoia's college research & organization software)
8. What you can do now

College Terms: Selectivity, Admit Rate, GPA & Grades, and Rigor

College Terms: Selectivity and Admit Rates

- What is a **selective college**?
 - A college that does not admit everyone that applies, so applicants must be **COMPETITIVE**
- Selectivity is a measurement of the number of students admitted compared to the number that applied
 - The lower the rate, the more selective the college is considered
 - Highly Selective: Under 20% **admit rate**
 - Selective: 20-30% **admit rate**

GOOD NEWS!!!!

- Over 65% of colleges admit over half of students who apply

Understand College Subject Requirements

College Term: A-G Coursework

- **A–G coursework** is the name given to the series of courses required for admission to the University of California (UC) and to California State University (CSU). Each high school has an approved list of “Doorways”
- **A–G coursework**, which can be found at www.eaop.org/resources
- Become familiar with A–G courses at your student’s high school.
- Encourage your student to challenge him-or herself by taking Honors and IB/AP courses in his or her strong subjects starting in the sophomore year to be a **competitive student**

| Area | Subject | Years |
|------------------------|---|-------|
| a. | History and Social Science (including 1 year of U.S. history or 1 semester of U.S. history and 1 semester of civics or American government AND 1 year of social science) | 2 |
| b. | English (4 years of college preparatory English composition and literature) | 4 |
| c. | Math (4 years recommended) including Algebra I, Geometry, Algebra II, or higher mathematics (take one each year) | 3 |
| d. | Laboratory Science (including 1 biological science and 1 physical science) | 2 |
| e. | Language Other than English (2 years of the same language; American Sign Language is applicable - See below about a possible waiver of this requirement) | 2 |
| f. | Visual and Performing Arts (dance, drama or theater, music, or visual art) | 1 |
| g. | College Preparatory Elective (additional year chosen from the University of California "a-g" list) | 1 |
| Total Required Courses | | 15 |

Information From UC EOP Recourses

College Terms: Grades and Rigor

- These are usually the two most important factors in admission selection.
- **Selective/Competitive** schools are not just looking for minimum A-G and GPA
- Most Private Colleges do not have a minimum GPA
- **Once a student chooses a course he/she must get a good grade to be competitive.**
- GPA is looked at differently by each school
- Students must receive a “C-” or higher for A-G credit
- IT is getting difficult to makeup a “D” because of budget cuts so try best to pass the class

UC Case Study: Minimum vs Competitive 4 Yr Plan

COURSEWORK: CHOOSE WELL AND DO WELL — TWO CASE STUDIES

Below are examples of two students' high school coursework. Student A took 15 courses by the end of his senior year, the minimum number to qualify for admission. Student B took 23 courses, including one community college course. Taking into account only the academic records below, Student B is more likely to be accepted to the university and selected by her top-choice campuses. By taking honors and Advanced Placement courses and going well beyond the minimum requirement, this student shows that she can do well in college.

STUDENT A

| "a–g" SUBJECT CATEGORY | 9TH GRADE | 10TH GRADE | 11TH GRADE | 12TH GRADE |
|--|-----------|---------------|--------------|------------|
| a. History | | World History | U.S. History | Government |
| b. English | English 1 | English 2 | English 3 | English 4 |
| c. Math | Algebra 1 | Geometry | Algebra 2 | |
| d. Lab Science | | Biology | Chemistry | |
| e. Language Other Than English | | Spanish 1 | Spanish 2 | |
| f. Visual and Performing Arts | | Band 1 | | |
| g. College Preparatory Electives (AP) from a.–f. | | | | Economics |

STUDENT B

| "a–g" SUBJECT CATEGORY | 9TH GRADE | 10TH GRADE | 11TH GRADE | 12TH GRADE |
|--|------------------|---------------|---------------------|-----------------------|
| a. History | | World History | AP U.S. History | Government |
| b. English | English 1 | English 2 | Honors English 3 | AP English Literature |
| c. Math | Geometry | Algebra 2 | Honors Pre-Calculus | AP Calculus |
| d. Lab Science | | Biology | AP Chemistry | AP Physics |
| e. Language Other Than English | Spanish 1 | Spanish 2 | Spanish 3 | AP Spanish |
| f. Visual and Performing Arts | Theater 1 | Theater 2 | Adv. Acting 1 & 2* | |
| g. College Preparatory Electives (AP) from a.–f. | Physical Science | | Psychology | Economics |

*concurrent enrollment community college

College Terms on SHS Transcripts

Unweighted GPA-

All courses taken at SHS

Weighted GPA –HP Includes courses given extra point (honors, IB, or AP courses)

9-12th grades

This is the GPA SHS uses for private colleges

A-G Courses – P

Approved UC/CSU courses

Weighted 10-12 A-G GPA -

Only includes A-G course work (courses –P)

CA Cal Grant GPA-

10-11th (no PE, college or remedial courses)

| GPA Summary | | | |
|---|--------|----------|-----------|
| Cumulative GPA (Weighted) | 4.000 | | |
| Cumulative GPA (Unweighted) | 4.000 | | |
| CA Cal Grant GPA | 4.000 | | |
| Weighted 10-12 A-G GPA | 4.000 | | |
| #4136693 Sequoia High School | | | |
| Course | Mark | Weight | Credit |
| 2014-2015 Grade 08 Term 10 | | | |
| 257000 Upward Bound | A- | 7.5000 | 7.5 |
| Credit: 7.500 GPA: 4.000 U/W GPA: 4.000 | | | |
| 2015-2016 Grade 09 Term 1 | | | |
| 203000 Life Skills | A- | 2.5000 | 2.5 |
| 160011 PE-1 | A+ | 2.5000 | 2.5 |
| Credit: 5.000 GPA: 4.000 U/W GPA: 4.000 | | | |
| 2015-2016 Grade 09 Term 2 | | | |
| 401100 AVID I | A+ | 5.0000 | 5 |
| 129600 Community Service-Project Read | CR | 1.0000 | 1 |
| 5 CSF Member | CR | 0.0000 | 0 |
| 051182 English I ICAP-P | A | 5.0000 | 5 |
| 191200 World Studies 2-P A 5.0000 5 Credit: 32.500 GPA: 4.000 U/W GPA: 4.000 | | | |
| #4150622 Canada College | | | |
| Course | Mark | Weight | Credit |
| 2016-2017 Grade 10 Term 10 | | | |
| 133500 Intermediate Algebra | A | 10.0000 | 10 |
| Credit: 10.000 GPA: 4.000 U/W GPA: 4.000 | | | |
| Work In Progress | | | |
| 133600 Algebra II/Trig-P | | | 5.000 |
| 174085 AS Chemistry-HP | | | 5.000 |
| 401200 AVID II | | | 5.000 |
| 052082 English II-ICAP-P | | | 5.000 |
| 196882 Mod Euro Hist-ICAP-P | | | 5.000 |
| 160021 PE-2 | | | 2.500 |
| 077360 Spanish III-NS-P | | | 5.000 |
| Credit Summary | | | |
| Curriculum Program: SUHSD Grad Requirements | | | |
| SUHSD | | | |
| Requirements | Earned | Required | Remaining |
| Social Studies | 5.000 | 35.000 | 30.000 |
| English | 10.000 | 40.000 | 30.000 |
| Math | 20.000 | 20.000 | 0.000 |



College Term: *Recalculate GPA*

- Each college can decide what courses they want to use to calculate a student's GPA for admission – they **recalculate** it from a student's transcript
- Unweighted GPA is just as important as weighted to most competitive colleges
- Good question to ask a college; **How do you calculate your GPA for admissions?**

**Required College Exams:
ACT/SAT/Subject Exams**

| | How to Sign Up | 9 th | 10 th | 11 th | 12 th |
|-------------------------|--|---|---|--|---------------------------------|
| PSAT | No registration needed. Taken during school day | | Oct -2 nd or 3 rd Wed of the month | Oct -2 nd or 3 rd Wed of the month | |
| SAT Reasoning w/writing | Register on own www.sat.org Pay fee | | | Spring March, May | Fall If needed |
| ACT w/writing | Register on own www.act.org Pay fee | | | Spring Feb, April | Fall If needed |
| SAT Subject Exams | Register on own www.sat.org Study guides in Rm 115 Pay fee | June after course completed Science | June after course completed History Science | June Math II Various Subjects | Fall If needed |
| IB | Register with McCahon individually | | | May Aligned to SL Courses | May Aligned to HL/SL Courses |
| AP | Register with teacher or treasurer (Calculus, Stats, World Language) | May Aligned to AP | May Aligned to AP or World | May Aligned to AP or World | May Aligned to AP or |

SAT Subject Exams: Why Take as a 9th Grader?

- A college you know you want to attend requires them
- Best to take this exam as soon as you finish the highest level* of subject course (June)
 - Math Level II – after Pre-calculus or later
 - Chemistry, Physics*, Biology*
- NEED TO Study on **OWN** for these exams
- NEED TO Register on **OWN** on the CollegeBoard website
 - Study guides available in room 115 and on the CollegeBoard website www.collegeboard.com

Save the Date: PSAT in October

- All 10th and 11th graders at SHS take the PSAT during the school day on either the second or third week in October
- There are no make-ups so when the date is posted, make sure to mark your calendar

Beyond Academics

9th Grade: Impact on Community and School

| | 9 th | 10 th | 11 th | 12 th |
|----------------|--|--|--|--|
| Inside School | Tryout clubs and activities | Choose one or two activities you want to commit to in high school Become an active participant! | Become a formal leader or plan an event within the club. Commit to the club beyond lunch time meeting | As a leader, make responsible decisions that create an impact at school |
| Outside School | <ul style="list-style-type: none"> •Learn about community service opportunities •Continue outside activities of interest | <ul style="list-style-type: none"> •Commit to a volunteer opportunity for 1 hr a week •Continue outside activities of interest | <ul style="list-style-type: none"> •Continue volunteering •Continue outside activities of interest | <ul style="list-style-type: none"> •Continue Volunteering •Continue outside activities of interest |

Be Active Outside Classroom

College Term: **Sustained Commitment**

- **Sustained Commitment:** Participating in a few activities over a long period of time is much better than “collecting hours” – one hour on this and another on something else
- Competitive students should complete about 100 hours a year in outside activities that they enjoy!
- Should include activities both in and out of school
- Should include community service
- Students should be **able to write about why** they chose the activities they did- How did you make an impact
- Do what you are interested in not what “looks good on an application”

Accessing Information About the College Process at SHS

Classroom Presentations for 9th Graders

FALL:

- Counselors met with students to go over Infinite Campus, School Loop, Naviance, and CSUMentor

SPRING:

- Ms Ignaitis meets with students to go over A-G Requirements, tracking their A-G grades in CSUMentors High School Planner, and start resume in Naviance
- Counselors complete a 4-YR plan with all 9th graders individually

Naviance

- College information and organizational software purchased for all Sequoia students
- Students have accounts- parents' account available by contacting guidance counselor but not needed
- Access through Sequoia's website Quicklinks

www.sequoiahs.org

Naviance Weekly Email

- Every opportunity that comes into College and Career Center is announced in the Weekly Email.
- If a student is planning on going to college, he or she is responsible to read the Weekly Email

What you can do now to help you figure out what type of college you want

- Visit colleges that come to SHS
- Go to college fairs, college evening events, or visit colleges to find out what schools have to offer
 - NACAC STEM College Fair Nov 6th in SF
 - WACAC Fair May 2017 (SHS takes students)
- Go on college websites and register as a student interested in their college
 - Some private colleges note students that show interest

Thanks for Coming

We encourage you to attend all grade level meetings throughout your high school career to stay informed about policy, updates, IB, college admissions, academics and so on

THANKS

Please contact us with further questions at:

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