

TENTH GRADE COUNSELING

Pathways Towards Creating a
Successful Educational Plan at
Sequoia High School



Moving Forward

- **What:** To learn what students need to do this year to prepare for graduation and life after graduation, including: Graduation Requirements, College Admissions, Financial Aid, Post-Secondary Plans.

Why: So you can be successful in reaching your goals and life plan.

How: Through this presentation you should be able to answer these questions:

How do I graduate from high school?

What are my options after high school?

What do I need to do this year to prepare for graduation?

What are the various exams and tests I need to take ?

What do I need to do NOW to prepare for college?

SEQUOIA GUIDANCE COUNSELORS

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College & Career Counselor: Terri Ignaitis

GIS: Jerri Port

GRADUATION REQUIREMENTS

**1.) Earn 220 credits & complete
required courses**



**2.) Pass the CAHSEE
(ELA & Math)**



High School Graduation Course Requirements

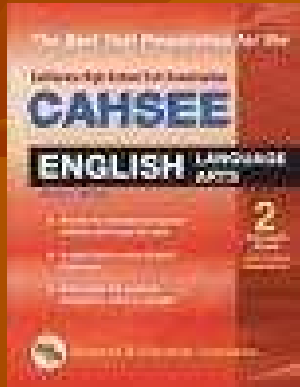
Subject	Years	Credits
English	4	40
Social Studies	3 1/2	35
Math	2	20
Science	2 (1 yr Lab)	20
VPA/ Fine Art	1	10
CTE (Career Tech Ed.)	1	10
PE	2	20
Life Skills		2.5
Electives	9th- 12th grades	62.5

TOTAL = 220 CREDITS

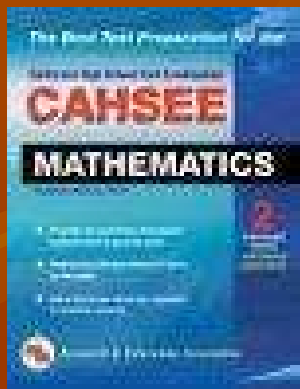
Graduation Requirement:

CAHSEE

California High School Exit Exam



- 2 Sections:
 - English Language Arts = Multiple choice & 1 essay
 - Mathematics = Multiple choice on material through Algebra I
- Scoring
 - You must score a 350 to pass each section
- Must pass both sections of the CAHSEE to earn a high school diploma
- You will take the exam in March, 2013



The background of the slide is a solid, warm brown color. Overlaid on this background are several faint, stylized outlines of autumn leaves, likely maple leaves, in a slightly lighter shade of brown. The leaves are scattered across the frame, with some showing prominent veins. The overall aesthetic is warm and seasonal.

College...

Degrees/Education Levels

- High School Diploma
- Career/Tech Certification (ex: electrician)
- AA/AS: 2 year community college degree
- BA/BS: 4 year undergraduate degree
- MA/MS: 2 additional years after BA/BS
- PhD: 1-4 additional years, usually after MA/MS

California State University 23 Campuses

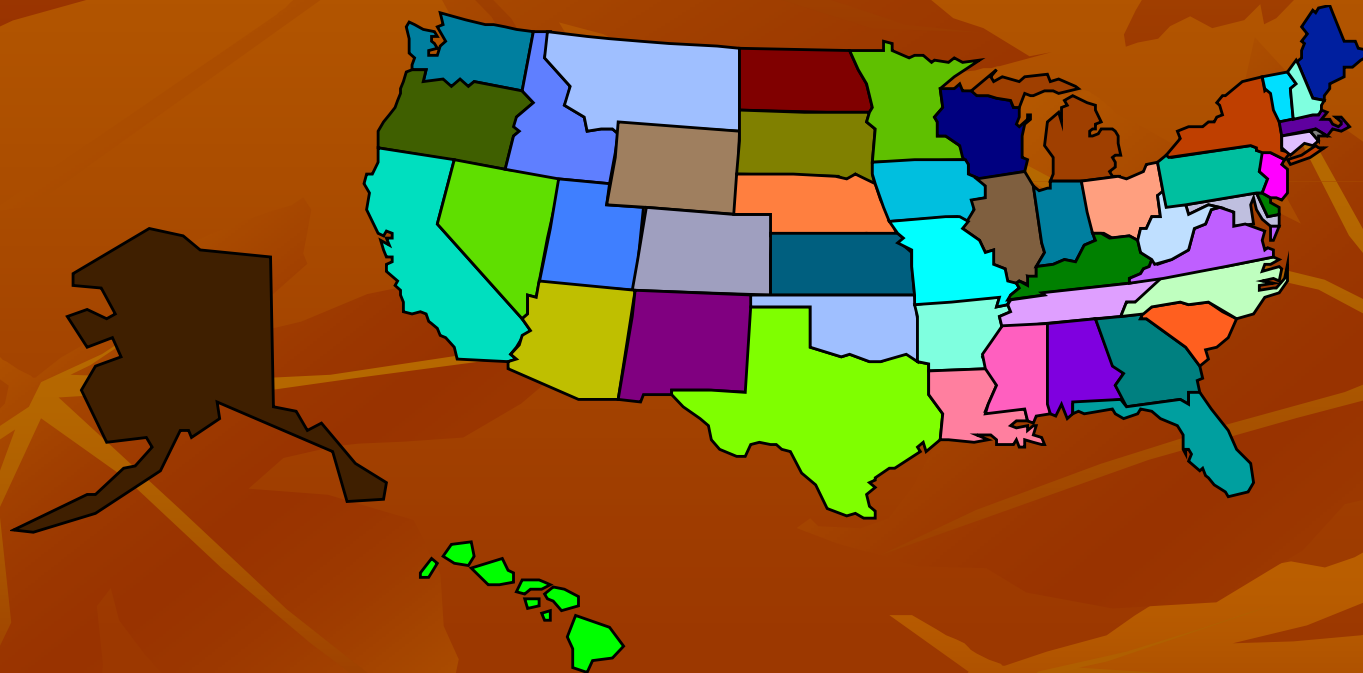
Map of Campus Locations



University of California 10 Campuses



There are many public and private colleges and universities nationwide



CSU and UC

- Name a University that is in the UC system
- Name a University that is in the CSU system
- Name a private college



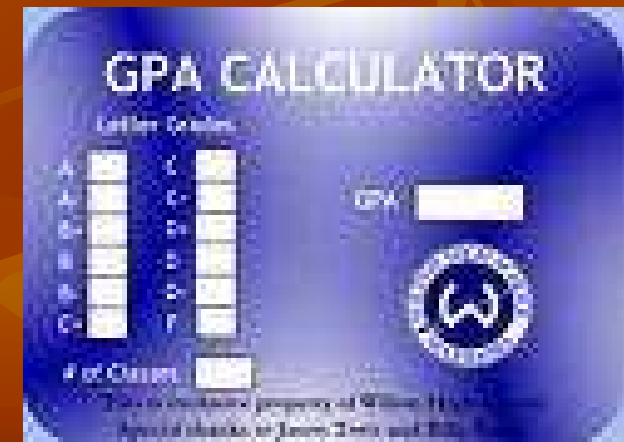
What should I be doing to go to a 4-year College?

1. **A – G pattern of college prep courses**
2. **Qualifying GPA (grade point average)**
3. **College admissions tests (SAT & ACT)**
4. **Leadership and extra-curricular activities**

Subject	Sequoia Graduation	UC & CSU College Required A-G LIST <i>Must receive a C- or higher</i>	UC & CSU College Recommended
Social Studies	3 ½ Years	2	2
English	4	4	4
Math	2 Including algebra	3 Alg I, Geom, Alg II,	4
Science	2 1 Lab Science	2 2 Lab :Bio & Chem or Physics	3
Foreign Language	0	2	3
Visual/Performing Art	1	1	1
Career Technical Ed.	1	0	
P.E	2	0	
Life Skills	2.5 credits		
Elective	62.5 Credits	1-academic	

Required GPA's for College Admissions

- CSU (California State University)
 - 2.0 minimum
- UC (University of California)
 - 3.0 minimum
- Private/Independent Colleges
 - GPA requirement varies



Understanding the GPA

- What is the Cumulative Weighted GPA?
 - 9th – 12th grade – all classes
- What is a Cumulative Unweighted GPA?
 - 9th – 12th grade – all classes
- Do you know what the CA CAL Grant GPA is?
 - 10th and 11th grade GPA, excludes PE
- Do you know what the Weighted 10-12 A-G GPA is?
- Why do you think we have four different GPA's listed on the transcript?
- What GPA does Sequoia use for colleges?
 - Cum. Weighted for private & A-G for CSU and UC

Course Rigor

Competitive colleges also consider the following when looking at your transcript:

- How much did this student challenge themselves academically?
- How many ICAP/ IB/ AP courses?
- How many college prep classes were taken above and beyond the minimum A-G requirements?
- Did you take any community college courses?

UC Advise

'Best Advice' for High School Students

1

#1 Improve college readiness: take rigorous college prep courses *throughout* high school

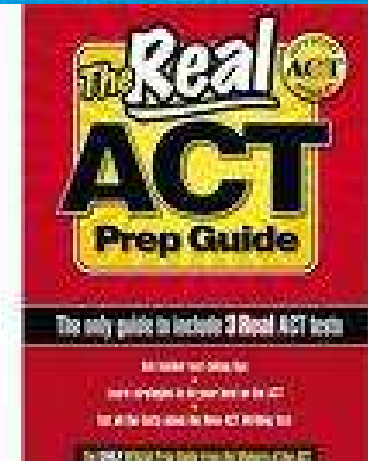
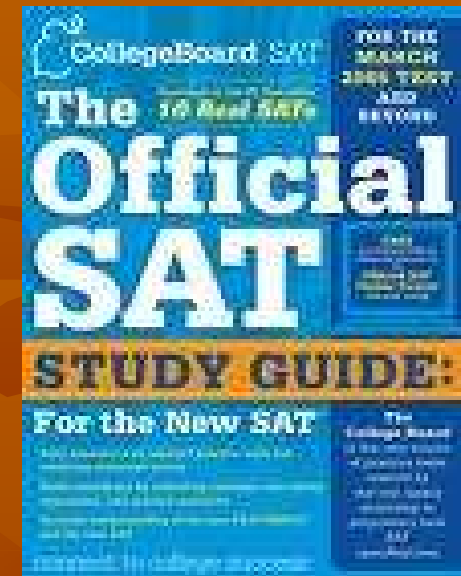
- ▣ Take math *all four years* in high school
- ▣ Take advantage of early assessments
 - CSU's Early Assessment Program (EAP) exams in English and mathematics
 - Community college assessment/placement exams
- ▣ Concurrent enrollment opportunities enable students to experience college while in high school
- ▣ Take advantage of community college summer sessions following high school graduation



UNIVERSITY
OF
CALIFORNIA

WHAT TESTS DO I NEED TO TAKE?

- **Sophomore Year**
 - PSAT in October
 - SAT Subject Tests
- **Junior Year**
 - PSAT in October
 - SAT Reasoning in Spring
 - ACT in Spring
 - SAT Subject Tests
- **Senior Year**
 - SAT and/or ACT in Fall
 - SAT Subject Tests



What test do I have to pass
in order to graduate?



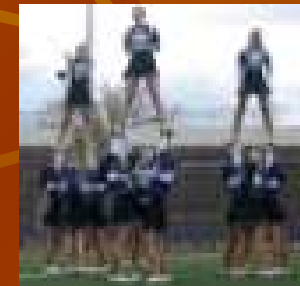
What exams will I take for
college?



What is the PSAT?

How about getting involved?

- Sports
- Leadership
 - What are examples of leadership roles?
- Internships (summer)
- Work
- How about Clubs!
 - Robotics
 - ECOS (Environmental)
 - GSA (Gay Straight Alliance)
 - Chess Club
 - Dream Club
 - BSU (Black Student Union)
 - Polynesian Club
 - And more....
- Find Your Passions & Interests



What Do We Use Naviance For?

- College search
- College & career exploration
- Main Communication with Ms Ignaitis (College Advisor) & your guidance counselor
- Sign-up for college rep visits at Sequoia
- Learn about Guidance & College Center events
- Research summer and scholarship opportunities
- Keep track of all your activities throughout high school on your Resume

**If you change your email, you
MUST contact Ms Ignaitis or
your counselor to update your
email on Naviance.**

**If you do not, you will MISS
important information for
graduation, college and
scholarships (free \$ for college)**

Naviance

family connection

home

courses

colleges

careers

about me




my planner

pages

links

what's new

-  You received an e-mail: [LAST MINUTE VISIT - Linefield Tomorrow Nov 3 at 9](#) from Teresa Ignaitis.
-  You received an e-mail: [REMINDER: Sequoia Awards Scholarship is DUE Tomorrow 10/31](#) from Teresa Ignaitis.
-  You received an e-mail: [Private School Meeting Powerpoint in WHITE](#) from Teresa Ignaitis.

[more since last visit](#)

Welcome to all

Dear Sequoia Community,

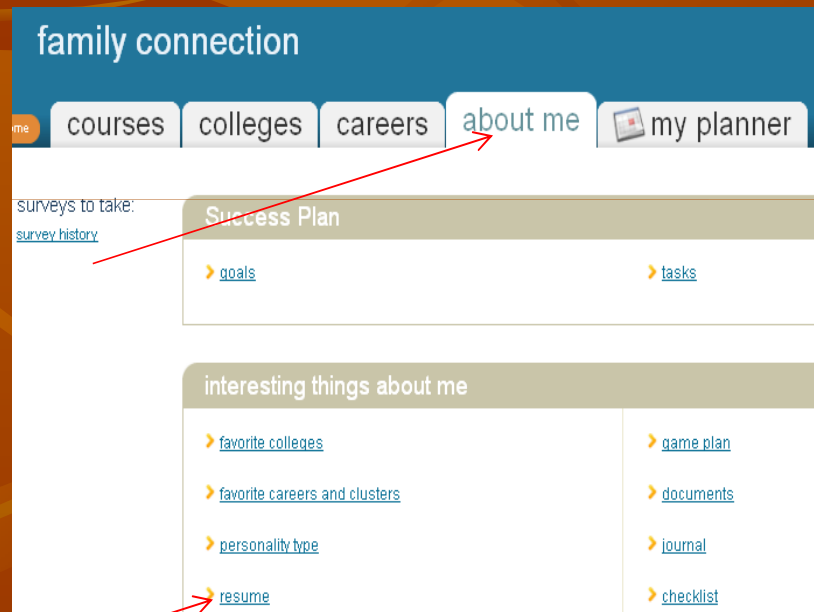
Welcome to Naviance! We are very excited to offer this tool that allows you to investigate, research, track, and plan the college admission process. Because we are just starting to implement this tool, students will sign-up according to grade level. Our college and career advisor, Ms. Terri Ignaitis visited the 12th grade classes to ensure that all students receive access to Naviance.

More information to follow. Please feel free to "click" around familiarize yourself with this program.

Regards,

The Counseling Department and College & Career Center

Every semester **UPDATE** your resume on Naviance Click on *About Me* tab



Keep track of:

School Clubs

School Activities

Music/ Artistic Performances

Awards/ Honors

Sports

Volunteer Jobs

Work

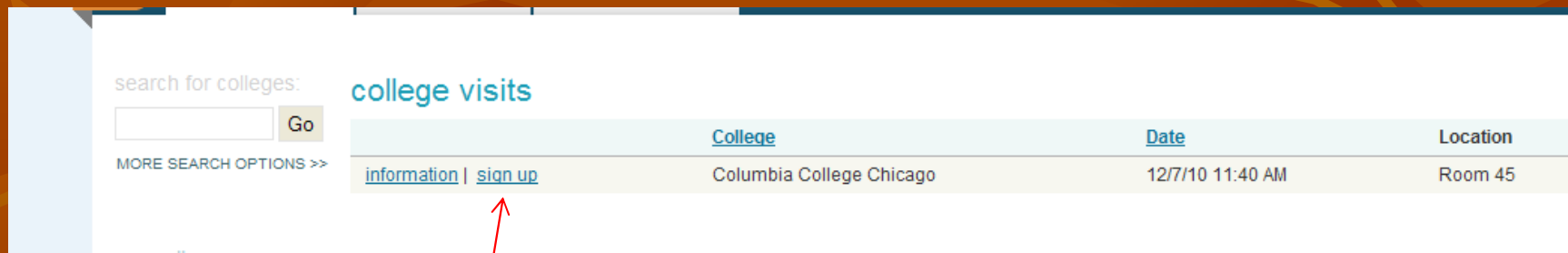
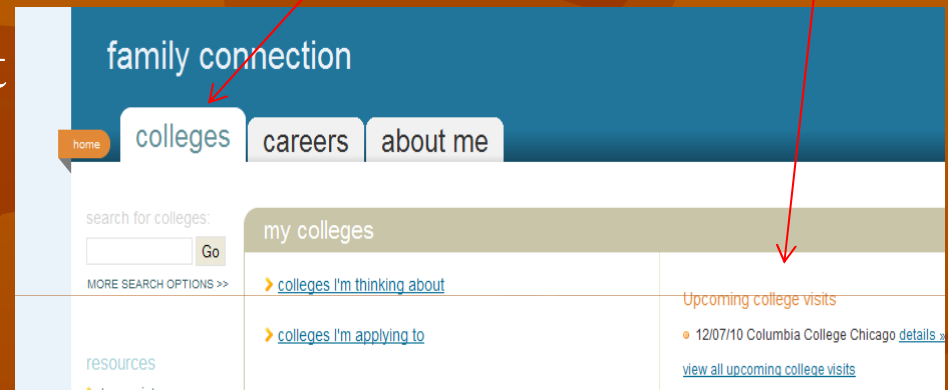
Leadership positions

Community Activities

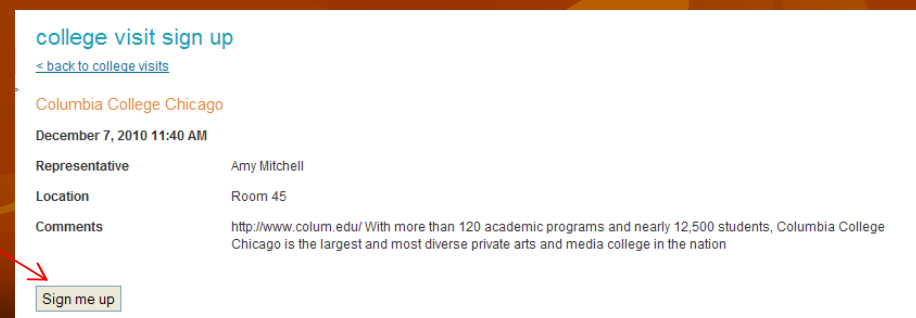
So you won't forget it when you apply to college and a job!

Signing Up For College Visits on Naviance

- Click *College* tab
- Click *view all upcoming college visits*
- Click *information* to learn about it
- Click *sign up* to attend
- You must get teacher permission
- Click Sign Me Up



Pick up your pass
in Room #45



When You Find a School That You Like.....Make sure to add it in Naviance to your *Colleges I'm Thinking About List*

Naviance will automatically email you when a college rep visits Sequoia off your *Colleges I'm Thinking About List*

family connection

home courses colleges careers about me my planner

search for colleges: Go

MORE SEARCH OPTIONS >>

resources

my colleges

- > colleges I'm thinking about
- > colleges I'm a

Upcoming college visits

colleges I'm thinking about

+ add to this list | compare me

College	Delivery type	Added By	Expected Difficulty [†]	My Interest	Application Deadlines [†]				Actions		
					Early Decision	Early Action	Priority	Regular Decision	CONTACT	GRAPH	MEMO
<input type="checkbox"/> New York Univ		student	N/A	High	11/1	-	-	1/1			
<input type="checkbox"/> Stanford Univ		student	N/A	High	-	11/1	-	1/1			
<input type="checkbox"/> Swarthmore Coll		student	N/A	N/A	11/15	-	-	1/3			
<input type="checkbox"/> Yale Univ		student	N/A	N/A	-	11/1	-	12/31			

Update Interest Move to Application List Remove from List

Naviance Career Assessment

- Every sophomore should have completed the *Career Interest Profiler* in Naviance.
- We hope it gave you a better understanding of your personality and how it shapes your career/major interests.
- We also hope that the *Reality Check* helped you understand how much it costs to have a certain lifestyle.
- It's completely normal to change your mind about career/major choices as you get older.
 - Let's look at a few profiles....

Carlos is Enterprising and Social

- He enjoys working with people, is a leader, and likes to carry out projects.
- After doing a *Reality Check*, he realized that his monthly expenses would cost **\$7,300.00**



Carlos is Enterprising and Social

- He choose his career as a *Business Manager* and will earn an average salary of \$100,000 per year.
- His major in college will be **Business Administration**



What should Carlos do right now?

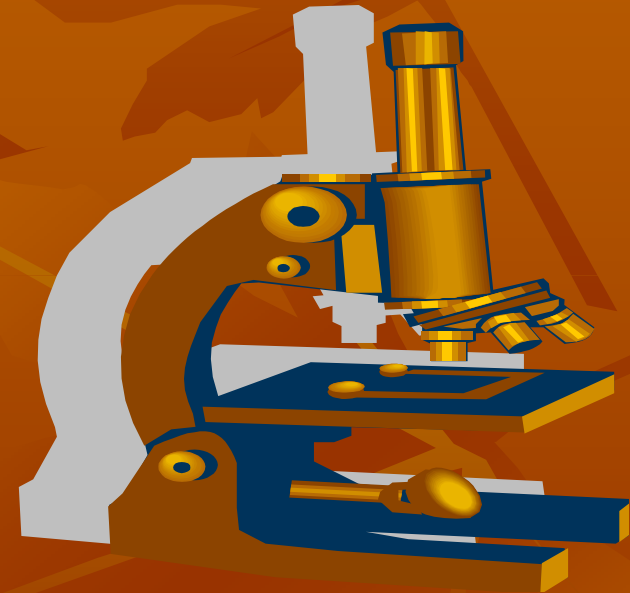
- Take the Leadership course
- Lead a club at school or in the community
- Take Business courses at Cañada college
- Take the A-G courses, and ensure a rigorous course load if he wishes to attend a competitive university
- Take computer courses at Sequoia
- Seek a job or internship at a local business
- Speak to people who work in the industry

Emily is Investigative, Artistic, and Social

- This profile states that she likes to search for facts and likes to figure out problems mentally.
- Her artistic side states that she likes self-expression and work can be done without following a set of rules.
- Her career of choice is Criminal Investigator.
- Emily has chosen *Criminal Justice* as her major in college

Emily is Investigative, Artistic, and Social

- After doing a *Reality Check*, Emily learned that her monthly expenses would be \$6,000 per month.
- The average salary for a criminal investigator is \$61,000 per year.
- She either needs to change her career of choice and earn more money, or lower her monthly expenses.



What should Emily do now?



AND YOU?

- What could *YOU* be thinking about doing?:
 - today
 - this week
 - this semester

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Thank you for listening!!!!

- If you have any questions, please stop by the Guidance office to see your counselor.

As part of the Fall Guidance Curriculum, the Sequoia High School Counselors addressed the following ASCA (American School Counselor Association) National Counseling Standards:

- A:B2.1 Establish challenging academic goals in high school
- A:B2.5 Use problem-solving and decision making skills to assess progress toward educational goals
- A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitudes and abilities
- A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities
- C:A1.7 Understand the importance of planning
- C:B1.2 Demonstrate knowledge of the career planning process
- C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals