



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:**
 - **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 Course Selection forms in March or April**



Typical Sequoia 9th Grade Schedule

- 1. 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 9th)**
- 6. Spanish, French, or other elective**

World Languages at Sequoia

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

Placement test with a Spanish or French teacher at Sequoia may be required for levels III and IV.





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 9th and 10th grades and prepare you for IB level courses.
- **English I ICAP** - is the only ICAP class in the 9th grade at SHS. All students reading at grade level are in English I ICAP. SHS no longer offers English I.
- **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**
- **Journalism I, II, III - P**
- **Orchestra - P**
- **Leadership-ASB**
- **Sports Leadership - P**
- **Student Leadership (9th only)**
- **Stagecraft - P**
- **CTE Wood II**
- **Wood III**
- **Java Programming**
- **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.**

Students in the following courses may 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 7th 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)**



AVID

Advancement Via Individual Determination

- **4 year program**
- **7th period class at Sequoia that meets everyday**
- **First-generation college bound & low-income**
- **Develop skills for success**
- **College tours**
- **Tutoring**
- **Support with the college application process**

Fill out an AVID application if you're interested. You will be notified if you are admitted or not.

(Program is offered at Sequoia, M-A, Woodside, & Carlmont)

<https://bit.ly/suhsd-AVID-app>

BUILD

- **For 9th & 10th graders at Sequoia**
- **7th period class at Sequoia that meets everyday**
- **First-generation college bound & low-income**
- **Entrepreneurship based program**
- **Mentoring**

Select BUILD as a 7th course option on your course selection form if you're interested.

(Program offered at Sequoia, Woodside, & EPAA)

Upward Bound

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

Open to students attending SUHSD high schools & charter high schools too!

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

FOUNDATION FOR A COLLEGE EDUCATION



- **College application support**
- **SAT/ACT preparation**
- **Tutoring**
- **Parent engagement**
- **Leadership development**
- **Academic Advising**
- **College tours**
- **FREE after-school program**

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

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

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

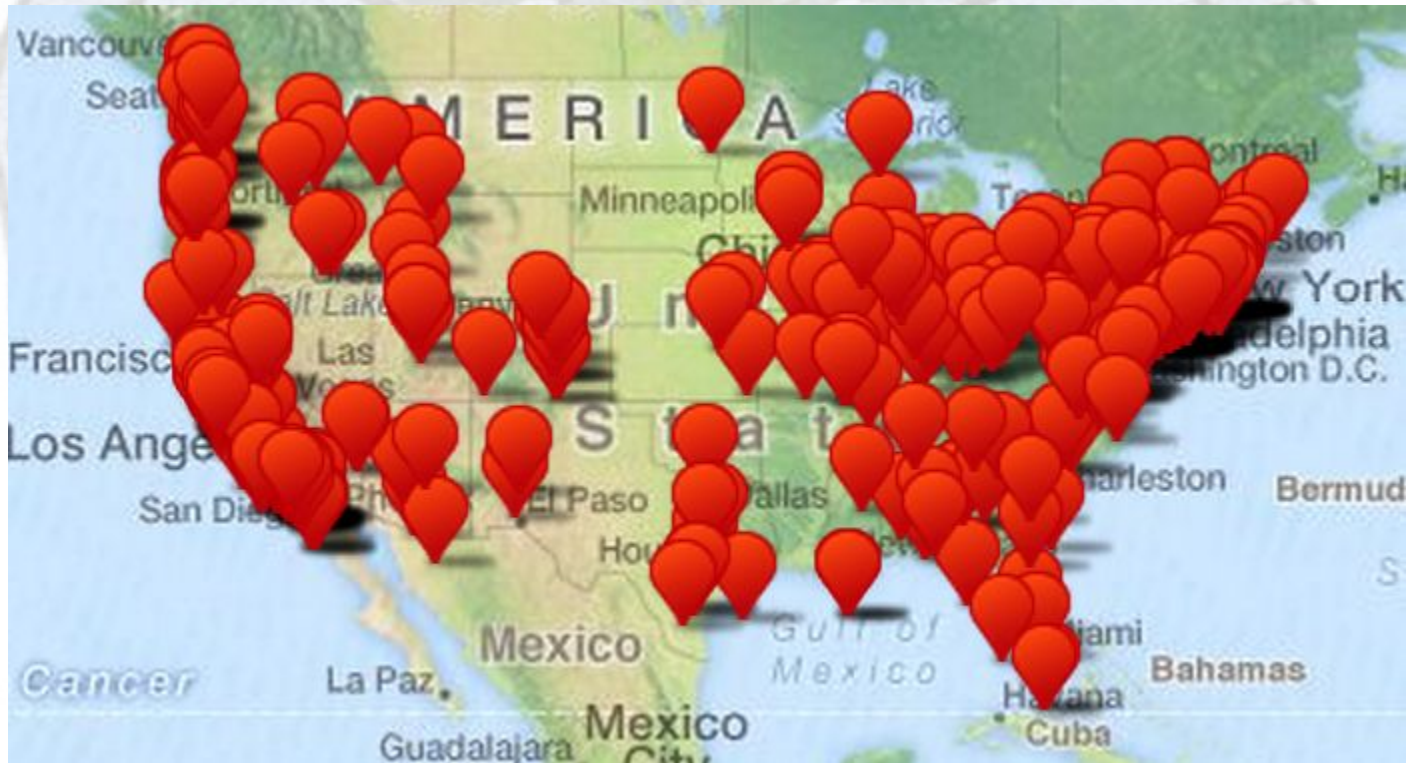
Sequoia Athletics

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



COLLEGE = OPTIONS

Where are Sequoia students 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 in March.**
 - **Bring the form back to school signed by a parent/guardian.**
 - **If you're interested, sign-up for AVID, BUILD, Boys & Girls Club, Foundation for a College Education, and/or Upward Bound.**
 - **Look at your future high school's website to learn more.**
 - **Parents/Guardians are required to complete the "online information update" by May 22nd. Your parents/guardians will get a letter in the mail about this in April.**
- **During the summer:**
 - **Do your high school English summer reading assignment.**
 - **If you qualify, turn in your application for the COMPASS summer program at your assigned high school .**
 - **Have fun!**

HIGH SCHOOL GRADUATION





Q & A

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