

The image shows the exterior of Sequoia High School, a large, light-colored building with a prominent arched entrance. The entrance is flanked by two columns and has a set of stairs leading up to it. Above the entrance is a large archway with a decorative frieze. The building has several arched windows and a circular vent in the gable. The text "Welcome to SEQUOIA HIGH SCHOOL" is overlaid in white, bold, serif font. Below the main title are three dots and the subtitle "Sequoia 101 - Tools for Success".

Welcome to  
**SEQUOIA HIGH SCHOOL**

...

**Sequoia 101 - Tools for Success**

# **AGENDA**

- I. Introduction of Counseling Team**
- II. Graduation & A-G Requirements**
- III. School Involvement & Extracurricular Activities**
- IV. Navigating Web Pages (seq.org, Infinite Campus, & Naviance)**
- V. Resources**

# Meet Sequoia's Counselors



Melissa Perez

2020-10-22 10:03:06

# What do Counselors do?

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## ◎ Academic Development

- Graduation information
- Course selection
- Resources to help you successfully pass your courses

## ◎ College & Career Development

## ◎ Personal/Social Development

**CONFIDENTIALITY**

# Counseling Department Contacts

## Counselors:

- [Ms. Perèz](#) (Head Counselor)
- [Ms. Castaneda](#) (Digital Arts Academy Counselor)
- [Ms. Flores](#) (English Language Development I Counselor)
- [Mr. Rebello](#) (Health Careers Academy & AVID Counselor)
- [Ms. Vlahakos](#) (BUILD & AVID Counselor)
- [Ms. Wilde](#) (English Language Development 2/3 & AVID Counselor)

## College & Career Center:

- [Ms. Ignaitis](#), All HCA and Study Skills Students and Last names A-L
- [Ms. Rocha](#), All DAA and ELD Students and Last names M-Z

## Guidance Information Specialists (GIS):

- [Jerri Port](#) - GIS for 9<sup>th</sup> and 10<sup>th</sup> grade
- [Fernando Ruiz](#) - GIS for 11<sup>th</sup> and 12<sup>th</sup> grade
- [Mayra Melchor Sanchez](#) - Registrar

# How to Make an Appointment with YOUR Counselor

**STEP 1: Visit Sequoia High School Website**

**STEP 2: Go to “Departments” tab**

**STEP 3: Click on “Guidance”**

**STEP 4: Click on “[Meet Your Counselor](#)”**

# Graduation Requirements

## Credits are required for graduation!

- **2.5** earned for **quarter classes** (Life Skills/PE)
- **5** earned for **semester classes in December & June**  
(Examples: English, Math, Science)
- D- or higher is passing, okay for graduation
- C- or higher is required for 4 year colleges
- F grades do not give you credit
- D/F grades do not meet 4 year college requirements
- Final grades are permanent on transcript
- Attendance is important
- 9th grade DOES matter!

# Sequoia Graduation Requirements

220 credits are required for graduation requirements

<b>English</b>	<b>4 years (40 Credits)</b>
<b>Social Studies</b>	<b>3.5 years (35 credits)</b>
<b>Math</b>	<b>2 years (20 credits) *Algebra and Geometry</b>
<b>Science</b>	<b>2 years (20 credits) *1 year lab science</b>
<b>Life Skills</b>	<b>2.5 credits</b>
<b>Fine Art</b>	<b>1 year (10 credits)</b>
<b>PE</b>	<b>2 years (20 credits)</b>
<b>CTE</b>	<b>1 year (10 credits)</b>
<b>Electives</b>	<b>62.5 credits</b>

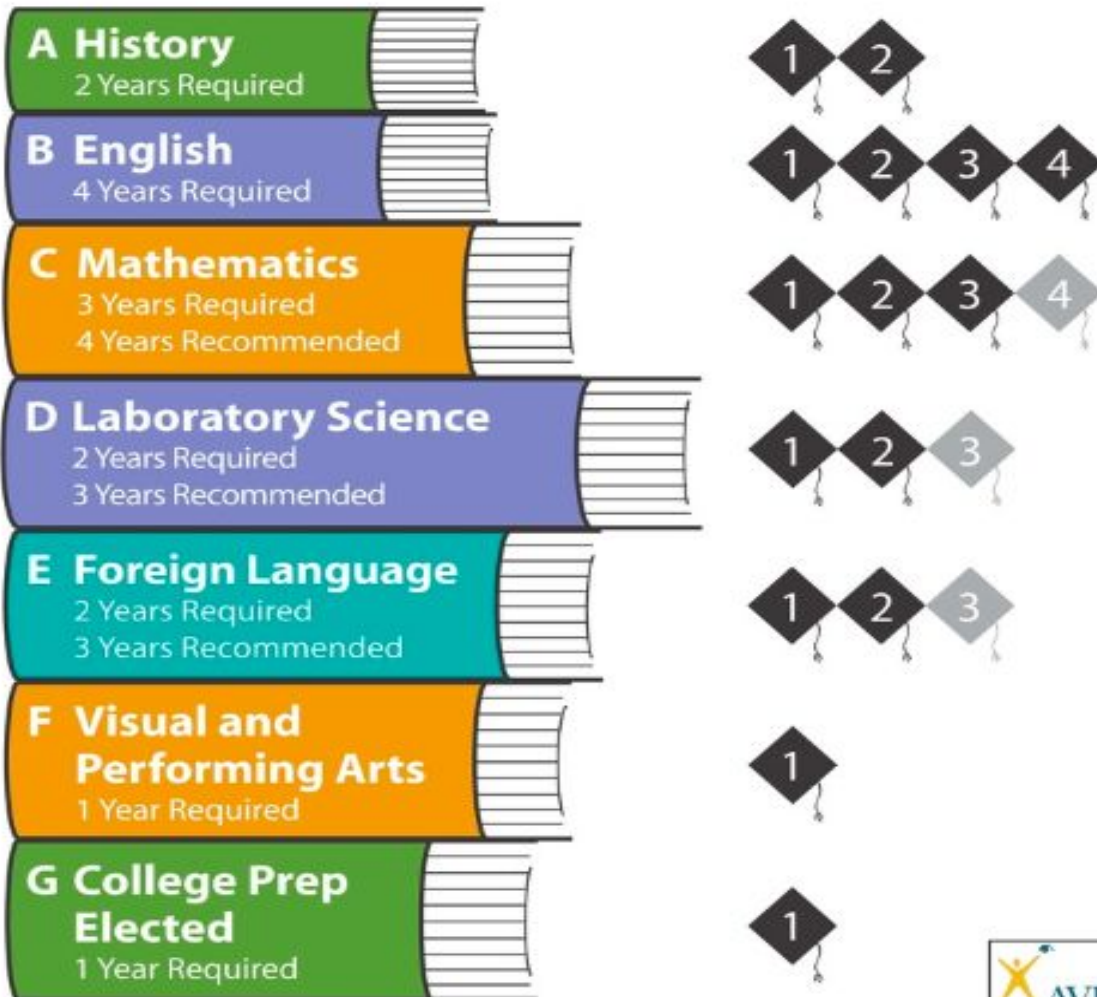


# A-G Requirements

# You can go to COLLEGE

A-G Requirements\*

California State University ♦ University of California



\* Grades of C or better required.



# Ways to Get Involved at SHS

- Sequoia Athletics
- Clubs
- Theatre, Dance, Band, Orchestra, Choral, Art
- Yearbook
- Journalism/Raven Report
- Student Leadership
- Youth Advisory Board
- Peer Mediator
- Peer Tutoring



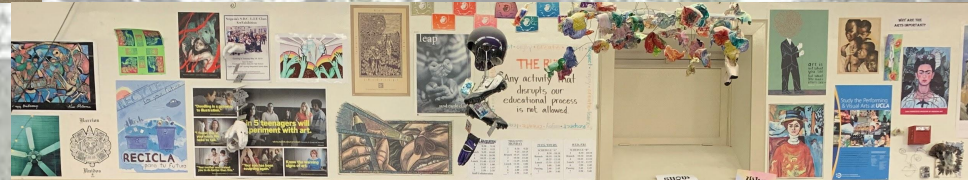
**Black Student Union (BSU)**



**YearBook Club**



**Bone Choir**



**Young Feminist Club**



**Key Club**



**Poetry Club**



**Gender Sexuality Alliance(GSA)**



**Robotics Club**



**Ski Club**



**Wilderness Club**



**So PHUN Club**



**Sustainability Club**

# Learn more about Clubs

Go to: [sequoiahs.org](https://sequoiahs.org)

Virtual 9th Grade Presentation x 2020 9th grade presentation.p x Sequoia High School - Clubs x +

sequoiahs.org/STUDENT-LIFE/Clubs/index.html

1201 Brewster Ave., Redwood City, CA 94062  
650.367.9780

HOME DEPARTMENT ABOUT PARENTS & COMMUNITY POLICIES RESOURCES STUDENT LIFE

HOME > STUDENT LIFE > Clubs

**STUDENT LIFE**

- Athletics
- Clubs**
- Graduation Activities
- School Newspaper
- Speech and Debate
- Yearbook
- Student Activities
- Work Permit

## Clubs

Club List\_2020

Club Name (Click Club Name to Access Zoom)	Adviser (And email)	Meeting Day/ <small>Please note, ALL clubs are meeting on this day. These are meeting dates.</small>
<a href="#">American Sign Language (ASL)</a>	Rebeca Goodwin <a href="mailto:rgoodwin@seq.org">rgoodwin@seq.org</a>	Tuesday - 1:00
<a href="#">Anime Club</a>	Rebeca Goodwin <a href="mailto:rgoodwin@seq.org">rgoodwin@seq.org</a>	Friday - 2:00
<a href="#">Asian Student Union</a>	Hannah Singh <a href="mailto:hsingh@seq.org">hsingh@seq.org</a>	Friday - 1:00
<a href="#">Baking Club</a>	Eileen Bray <a href="mailto:ebay@seq.org">ebay@seq.org</a>	1st/3rd Friday - 4:00
<a href="#">Bay Area Womens' Sports Initiative</a>	Jasmine Schimek	1st/3rd Monday - 3:00

Clubs at Sequoia HS will be Permitted During Distance Learning

<https://www.sequoiahs.org/STUDENT-LIFE/index.html>

# TOOLS FOR SUCCESS

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- **Canvas**; regularly check your grades and manage assignments
- **Infinite Campus**; view report cards/unofficial transcript, academic planner, check schedule & attendance
- **Naviance**; powerful web based college and career exploration tool
- **Sequoia Website**; explore different departments for resources, specifically **Counseling** and **College/Career Center**.
- **SEQ Email**; check regularly for school related communication
- **Teachers**; check in about your progress, get feedback, ask for help or teacher office hours

# Infinite Campus (IC)

1) [www.sequoiahs.org](http://www.sequoiahs.org)

2) Scroll down to the bottom of the webpage.



## Sequoia High School

1201 Brewster Ave.,

Redwood City, CA 94062

650.367.9780

650.367.9780 Ext 60000/60001 (attendance)

650.368.5180 (fax)

## Quick Links

- Distance Learning
- College and Career Center
- College & Career Center Weekly Newsletter
- **Infinite Campus**
- Donate to the Sequoia Ed Foundation!
- Sequoia Boosters
- Incoming 8th Graders/New Students
- Tickets- Sequoia Drama & Dance Shows
- 8th-Grade Shadowing and Open Enrollment
- Volunteer at Sequoia
- Sequoia's PTSA
- Bell Schedules
- Facilities Use
- Policy for Student Dress
- Naviance College App. Website Link
- Athletic Clearance
- Sequoia's Alumni Association
- Sequoia's Goals
- 9th/New Student Orientation



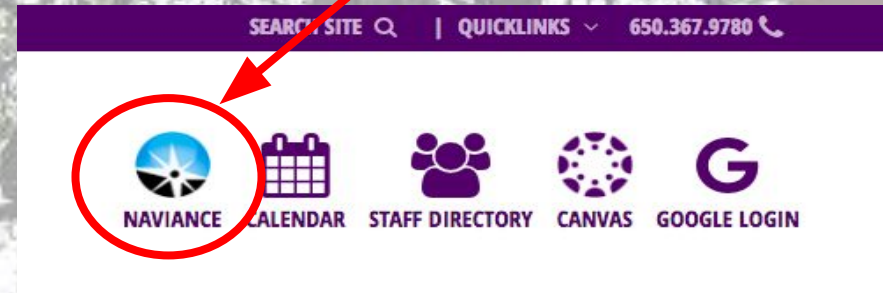
# NAVIANCE

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- **Used for college/career exploration**
- **College visits**
- **College admissions applications**
- **Résumé**
- **Surveys**
- **Scholarships**
- **Weekly Email/Sequoia Email**

# NAVIANCE

1. Visit sequoiahs.org
2. Click on Naviance
3. Log-in Info:
  - a. Single sign on with google



# Guidance Department Page

Go to SHS website: [sequoiahs.org](http://sequoiahs.org)



## Sequoia High School

1201 Brewster Ave., Redwood City, CA 94062

650.367.9780

HOME

DEPARTMENT ▾

ABOUT ▾

PARENTS & COMMUNITY ▾

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HOME > DEPARTMENT > Guidance

### DEPARTMENT

Administration

AVID

Business Info Tech

College & Career Center

Digital Arts Academy

ELL

English

Guidance

Meet YOUR Counselor

Announcements

Administration

AVID

Business Info Tech

College & Career Center >

Digital Arts Academy

ELL

English

Guidance >

Health Career Academy >

Culinary Arts

IB Programme

Industrial Arts

Mathematics

Physical Education

Science

## Guidance Department

### Meet Sequoia's School Counselors!

Meet YOUR Counselor

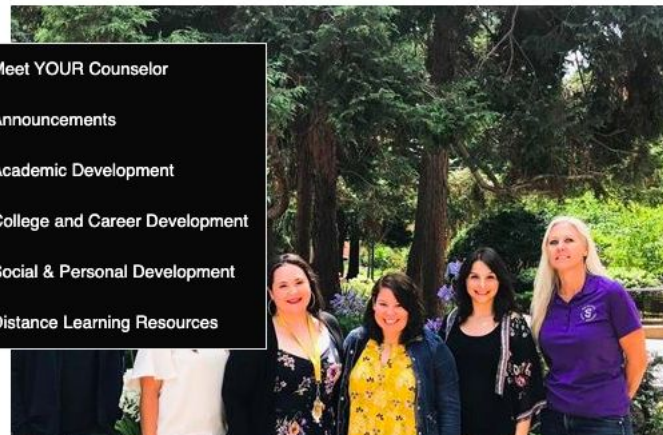
Announcements

Academic Development

College and Career Development

Social & Personal Development

Distance Learning Resources



# Offices on Campus

## Academic:

- College/Career Center, Rm 115 & Read the Weekly Email
- International Baccalaureate (IB), Rm 130
- Media Center/Library
- Boys & Girls Club, SAFE Office, Rm 112

## Social/Emotional:

- Health Office & Teen Clinic/Wellness Center
- Teen Resource Center (TRC): Meditation, Mindfulness, Mentoring, & Therapy
- AVP (Assistant Vice Principal), Rm 103

## Other:

- Treasurer: Pay fines, PAL sticker, bus passes, yearbook, Rm 105
- Family Center: Free/Reduced lunch applications, resources for families in need, student volunteers needed, Rm 129
- Athletic Director: Sports & eligibility, Rm 101
- Student Activities Center (SAC): Senate meetings, spirit gear, plan school events, buy tickets for dances & rallies, Rm SAC

# ATTENDANCE

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- SHS students will not earn credit if they have 12 or more absences in a class, where 3 or more of those absences are cuts (unexcused).
- Absences must be cleared within 5 school days. On the 5th day the absence becomes unexcused/cut.
- Check your attendance in IC regularly.
- Parents/Guardians must call the attendance office within 5 days and leave a message to excuse absences (650) 367-9780 x60001



**Thank You!**

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