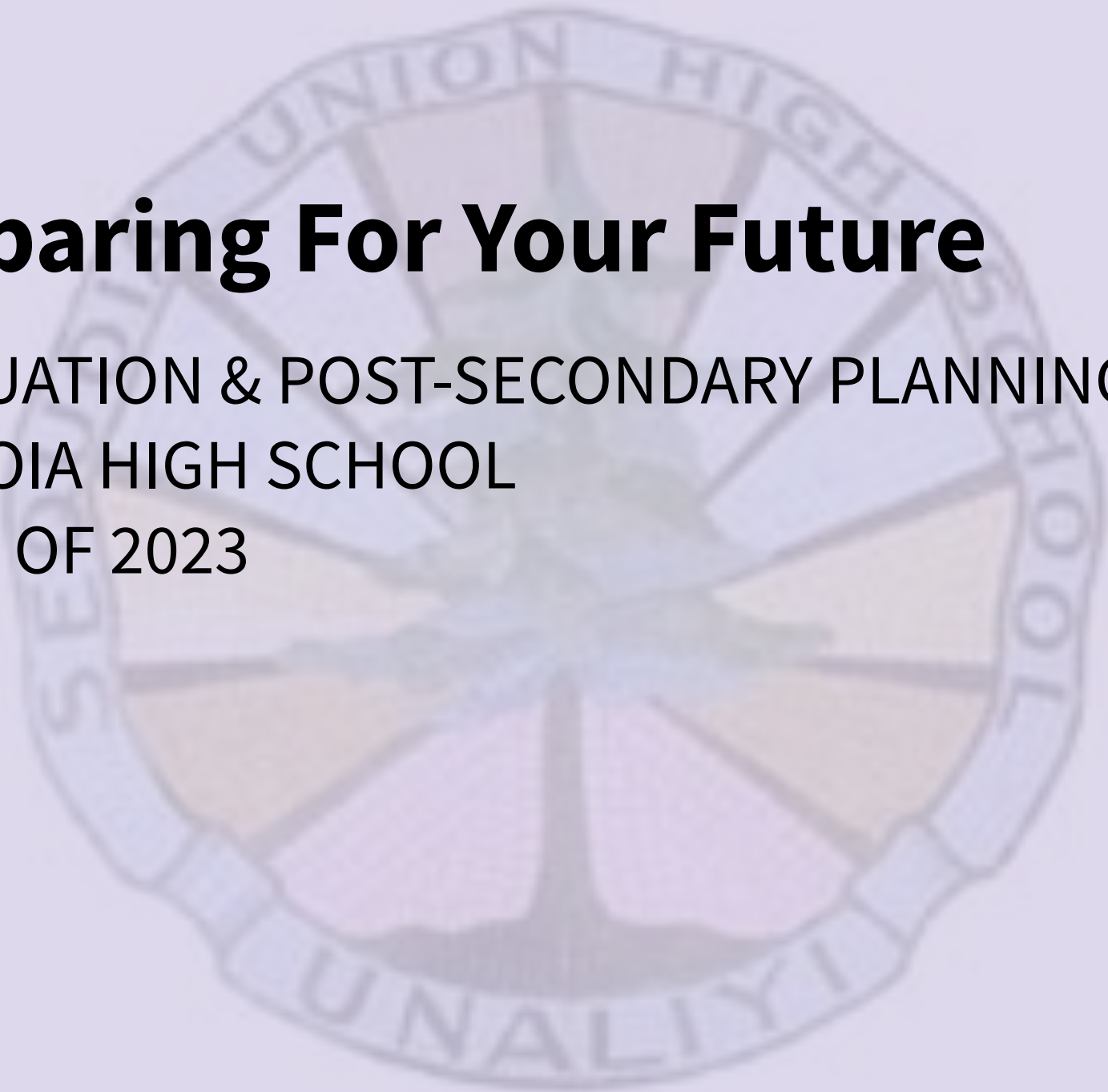


Preparing For Your Future

GRADUATION & POST-SECONDARY PLANNING
SEQUOIA HIGH SCHOOL
CLASS OF 2023



COUNSELING DEPARTMENT

- **Counselors:**

- **Mrs. Vlahakos**

- **Ms. Castaneda**

- **Ms. Flores**

- **Ms. Pérez**

- **Mr. Rebello**

- **Ms. Wilde**

- **Mr. Kahn, Counseling Intern**

- **Guidance Informational Specialists:**

- **Mayra Melchor Sanchez, Fernando Ruiz, & Jerri Port**

- **College & Career Center:**

- **Ms. Ignaitis - Advisor**



OBJECTIVE

- *Preparing for college and career:*
 - Review Graduation & A-G Requirements
 - Additional College Eligibility Requirements
 - Transcript & GPA Review
 - Additional Post-Secondary Options
 - Naviance-Career Interest Profiler



Presentation Check - In

<https://bit.ly/303q5Yd>

SHS Graduation Requirements

(220 credits required for graduation)

3.5 years/35 credits

4 years/40 credits

2 years/20 credits

2 years/20 credits:
1 year physical
1 year biological

0

1 year/10 credits

62.5 credits

2.5 credits

2 years/20 credits

1 year/10 credits

Social Studies

English

Math

Science

Foreign Language

Visual Performing Art

Other Elective

Life Skills

Physical Education

Career Technical Education/WL III & Above

UC/CSU A-G Requirements

A

2 years

B

4 years

C

3 years
Alg 1, Geometry, Alg II

D

1 year physical lab
1 year biological lab

E

2 years

F

1 year

G

1 year

0

0

0

The "A-G" requirements are courses that must be completed with a grade of C- or higher to be eligible to attend a University of California (UC) or California State University (CSU).

4 years highly recommended for area C, 3-4 years highly recommend for area D, and 3 years highly recommend for areas E

Additional Eligibility Requirements

- Testing
 - *PSAT, SAT, and ACT*
 - Read the College Weekly Newsletter for information and opportunities
 - College Board: Khan Academy SAT test prep
 - Consideration for National Merit Scholarship: Approximately top 5% PSAT scores
 - *CAASPP test*
 - College Course Placement for CSU & California Community Colleges
- GPA: Maintain C-'s or higher! 3.0 or higher GPA, gives you more college options & financial aid!
 - California State University-minimum GPA
 - 2.5 or greater A-G GPA, 2.0-2.49 A-G GPA may be evaluated for admission
 - University of California -minimum GPA
 - 3.0 or higher A-G GPA

Extra-Curricular Activities & Involvement

- Remember that test scores, GPA, and grades are not everything that colleges & scholarship organizations are considering when reviewing your applications.
- What other things can you be doing to stand out in the college admissions process?
- Keep track of all your activities, involvement, work experience, etc. on your Naviance Résumé.



Weekly Email from College and Career Center



Sequoia College & Career Newsletter

Week of November 7-13, 2021

Welcome Students & Families

Scroll through for important information regarding College/Career

For general questions and inquiries please email tignaitis@seq.org



At this time, student appointments will be for seniors only. If you have a question, please come into the College and Career Center and ask in person or email.



NAVIANCE

Important Dates/Deadlines & Upcoming Events

Scroll through for more detailed information!

Credit Recovery

Students need to contact their counselor to sign-up for online ***Edgenuity*** courses.

- D grade in a required A-G course must be repeated for 4 year college eligibility
- F grade in required High School course must be repeated for graduation and/or A-G eligibility

What other options are there for credit recovery?

TRANSCRIPT

- 1) Go to **Quicklinks** on ***sequoiahs.org*** (scroll to the bottom on the page)
- 2) Click on **Infinite Campus (IC)**
- 3) **Log-in**

username - student ID

password - first initial, last initial, 6 digit birthday

- 4) Click on **Documents**
- 5) Click on **Unofficial Transcript**
- 6) *If you have IC log-in issues, please contact your counselor.*



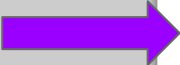
TRANSCRIPT SAMPLE

**District Name: Sequoia Union High
Sequoia High School Official Transcript**

Tel: (650)367-9780 Fax: (650)562-3246
1201 Brewster Ave, Redwood City, CA 94062



GPA's
aim for 3.0
or better for
each one



Student Information			#4136693 Sequoia High School			#4136693 Sequoia High School		
Student Number:	Birthdate:	State ID:	Course	Mark	Weight Credit	Course	Mark	Weight Credit
[Redacted]	[Redacted]	[Redacted]	2009-2010 Grade 10 Term 2			2011-2012 Grade 12 Term 3		
Counselor:	Place of Birth:	Guardian:	173401 Acad BioTec Hlth-P	C	5.0000 5	166780 PE Var. Soccer	A	2.5000 2.5
Diploma Type:	Diploma Date:	Diploma Type:	132400 Algebra I-P	A	5.0000 5	164310 PE-WeightTrain	A	2.5000 2.5
			052079 English II-P	A+	5.0000 5	Credit: 5.000 GPA: 4.000 U/W GPA: 4.000		
			077360 Spanish III-NS-P	B+	5.0000 5	2011-2012 Grade 12 Term 4		
			232100 Web Based Design	A-	5.0000 5	133600 Algebra II/Trig-P	D	5.0000 5
			191300 World Studies 3-P	B	5.0000 5	194000 Economics-P	B-	5.0000 5
			Credit: 30.000 GPA: 3.333 U/W GPA: 3.333			054000 English IV-P	B	5.0000 5
GPA Summary			2009-2010 Grade 10 Term 3			164340 PE-WeightTrain. Q4		
Cumulative GPA (Weighted)	3.032		166760 PE F/S Soccer	A	2.5000 2.5	175000 Physics-P	C	5.0000 5
Cumulative GPA (Unweighted)	2.989		Credit: 2.500 GPA: 4.000 U/W GPA: 4.000			Credit: 22.500 GPA: 2.444 U/W GPA: 2.444		
CA Cal Grant GPA	3.167		2009-2010 Grade 10 Term 4			#071 Sequoia Summer School		
Weighted 10-12 A-G GPA	3.031		173401 Acad BioTec Hlth-P	B	5.0000 5	Course		
			132400 Algebra I-P	A-	5.0000 5	2008-2009 Grade 09 Term 9		
			052079 English II-P	B	5.0000 5	173082 Biology-ICAP sem 1		
			077360 Spanish III-NS-P	A+	5.0000 5	Credit: 5.000 GPA: 2.000 U/W GPA: 2.000		
			232100 Web Based Design	A	5.0000 5	Work In Progress		
			191300 World Studies 3-P	C+	5.0000 5	[Redacted]		
			Credit: 30.000 GPA: 3.333 U/W GPA: 3.333			[Redacted]		
#4136693 Sequoia High School			2010-2011 Grade 11 Term 2			[Redacted]		
Course	Mark	Weight Credit	016600 Ceramics I-P	A-	5.0000 5	[Redacted]		
2008-2009 Grade 09 Term 1			174000 Chemistry-P	B	5.0000 5	[Redacted]		
160011 PE-1 Q1	A	2.5000 2.5	053000 English III-P	C+	5.0000 5	[Redacted]		
Credit: 2.500 GPA: 4.000 U/W GPA: 4.000			133001 Geometry S1-P	B-	5.0000 5	[Redacted]		
2008-2009 Grade 09 Term 2			078090 IB SpanishA2-Y4-HP	A	5.0000 5	[Redacted]		
^R 132407 Algebra I-P	B-	5.0000 0	192000 US History-P	B-	5.0000 5	[Redacted]		
^R 173082 Biology - ICAP-P	D	0	Credit: 30.000 GPA: 3.333 U/W GPA: 3.167			[Redacted]		
051077 English I - P	B	5.0000 5	2010-2011 Grade 11 Term 3			[Redacted]		
160012 PE-1 Q2	A	2.5000 2.5	166780 PE Var. Soccer	A	2.5000 2.5	[Redacted]		
077260 Spanish II-NS-P	B+	5.0000 5	Credit: 2.500 GPA: 4.000 U/W GPA: 4.000			[Redacted]		
191100 World Stdy 1-P	C	5.0000 5	2010-2011 Grade 11 Term 4			[Redacted]		
Credit: 17.500 GPA: 2.889 U/W GPA: 2.889			[Redacted]			[Redacted]		

Note: Standard Test scores within this transcript represent the student's best scores only and may consist of scores from multiple administrations of the assessment. Therefore, the composite score should not be interpreted to be comprised of the subject.

UNDERSTANDING YOUR GPAs

Cumulative Weighted: Includes all courses.

- Honors (AS/IB) courses calculated w/ 5.0 scale.
- Regular courses calculated w/ 4.0 scale.

Cumulative Unweighted: Includes all courses.

- All courses calculated using 4.0 scale

CA Cal Grant GPA: 10th & 11th grade

- Unweighted
- Excludes PE, remedial, & support courses
- Students must apply for FAFSA or Dream Act financial aid applications.

Weighted 10-12 A-G GPA: Includes only 10th-12th grade courses with a -P or -HP next to the title. Used for UC/CSU applications.

GPA Summary	
Cumulative GPA (Weighted)	4.107
Cumulative GPA (Unweighted)	3.821
CA Cal Grant GPA	3.708
Weighted 10-12 A-G GPA	4.161

#4136693 Sequoia High School			
Course	Mark	Weight	Credit
2013-2014 Grade 09 Term 1			
203000 Life Skills		2.5000	2.5
	A+	2.5000	2.5
U/W GPA: 4.000			
Term 2			
	A	5.0000	5
	A	5.0000	5
	CR	0.0000	0
	A-	5.0000	5
071100 French I-P	A	5.0000	5
161410 PE-Dance-P	A+	2.5000	2.5
175000 Physics-P	A	5.0000	5
191100 World Stdy 1-P	A+	2.5000	2.5
Credit: 30.000 GPA: 4.000 U/W GPA: 4.000			
2013-2014 Grade 09 Term 3			
161410 PE-Dance-P	A	2.5000	2.5
Credit: 2.500 GPA: 4.000 U/W GPA: 4.000			
2013-2014 Grade 09 Term 4			
140500 Advanced Band-P	A	5.0000	5
133600 Algebra II/Trig-P	A	5.0000	5
051182 English I ICAP-P	A	5.0000	5
071100 French I-P	A	5.0000	5
161410 PE-Dance-P	A	2.5000	2.5
175000 Physics-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			

Weight here refers to number of points given for credits earned

Type of Cal Grant Award



Cal Grant: 3.0 and higher

-up to \$12,570 at a University of California Campus

-up to \$5,742 at a California State University Campus

-up to \$9,084 at an independent college

Cal Grant: 2.0-2.9

-up to \$1,656 for first year at a University of California Campus, California State University Campus, or community college

Cal Grant: no minimum

-used toward technical or trade school

-up to \$1094 for books, equipment and \$2,462 for tuition and fees

-available for maximum of two years

MORE POST-SECONDARY OPTIONS

- CALIFORNIA COMMUNITY COLLEGES
 - EARN ASSOCIATE DEGREE AND/OR CERTIFICATE
 - PROMISE SCHOLARS/PROMISE SCHOLARSHIP
 - TRANSFER AGREEMENTS TO 4 YEAR COLLEGES
- TRADE SCHOOLS, VOCATIONAL SCHOOLS, OR APPRENTICESHIPS
- JOBTRAIN
- AMERICORPS, YEAR UP, CITY YEAR (service programs)
- MILITARY





* CalApprenticeships

[Frequently Asked Questions](#)

[Career Worksheet](#)

Air Conditioning & Refrigeration

Asbestos

Automotive

Boilermaker

Bricklayer

Carpenter

Cement Masons

Communications Technicians

Construction Inspectors

Culinary & Pastry

Drywall-Lathing

Electrician

Firefighters

Floor Coverer

Glazier

Hardwood Floor Layer

Heat & Frost Insulator

Welcome

A union apprenticeship is an excellent career choice if you like to work with your hands; are willing to serve an apprenticeship for up to five years, depending on the trade you select; have dexterity, mechanical ability, problem-solving skills and the ability to work collaboratively with a team; want to earn a living wage and good benefits; and want the opportunity to advance in your career.

- Become skilled in a trade, and get paid to do it - "Earn While You Learn!"
- Paid "scholarship" - no or low-cost supervised training
- Full-time employment with career placement built in
- Progressively increasing wage with excellent benefits
- Nationally recognized credential - Completion of Apprenticeship Certificate
- Improved job security and standard of living
- Opportunity for college credit and/or associate degree
- Pride and Dignity

[More about apprenticeship »](#)

Women of Iron

The Ironworkers training facility located in Benicia California sponsored a hands-on welding training session for women this spring. The Gladiator Women Program was spear headed by Dick Zampa, Director of the Ironworkers Apprenticeship



Promise Scholars Program at Community College

The Promise Scholars Program provides incoming, full-time students financial and academic support for two-three years. The program includes:

- Waived tuition and student fees
- Textbook assistance
- Priority Enrollment
- Individualized Academic Support
- Food or transportation vouchers
- Dedicated counseling and career support
- Exclusive events and workshops



The program is open to degree or certificate-seeking first-time college students who can commit to attending Cañada College full-time (12 units minimum per semester, with 15 units highly encouraged).



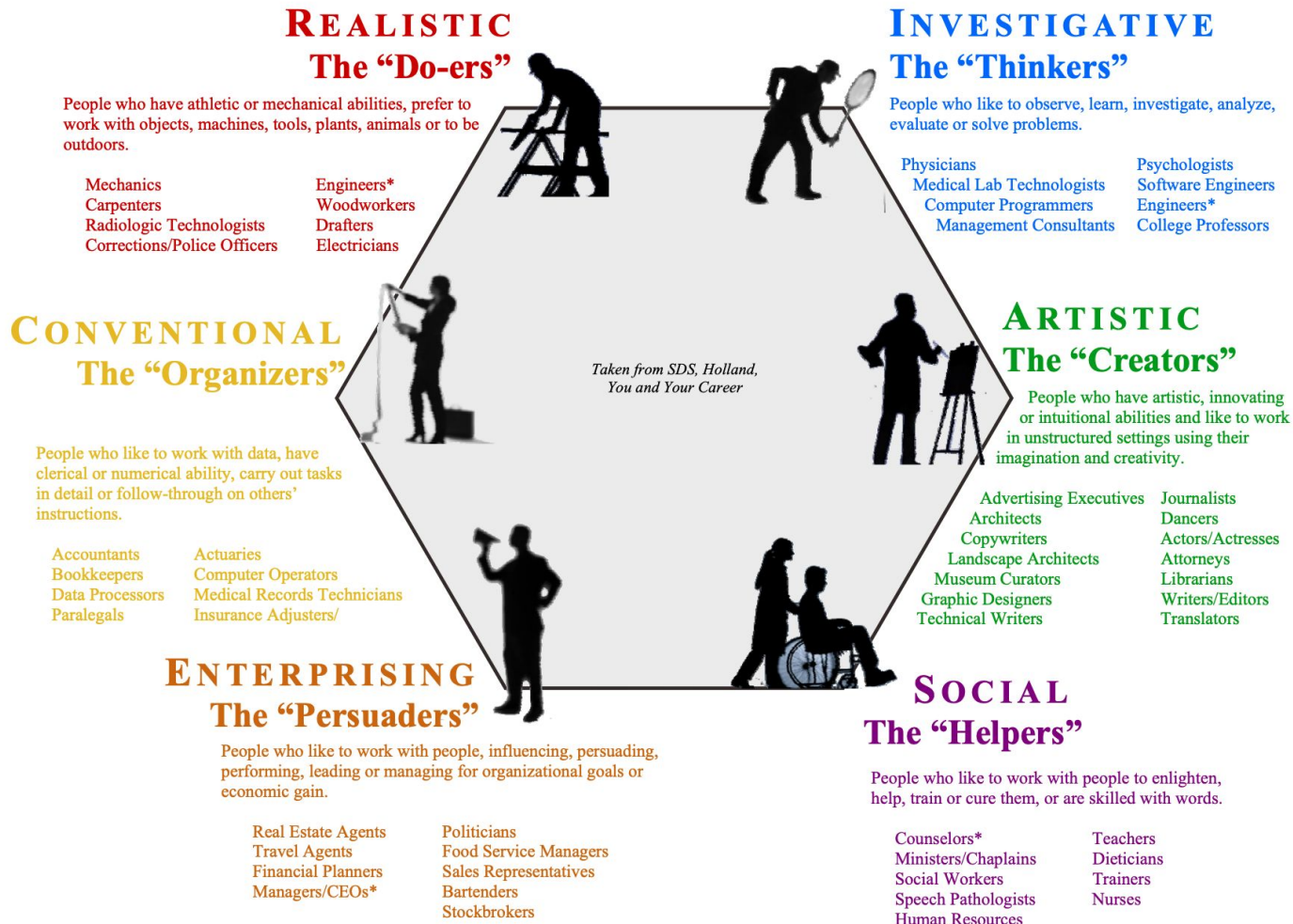
Transfer Agreement/Transfer Admission Chart 2021 -22

Specific information about TAG at each of the six participating UC campuses is provided in the table below.

Campus	Is a pre-evaluation of coursework provided as part of TAG?	For which terms is a TAG accepted? What is the TAG filing period?	Is the major guaranteed as part of TAG?	What are the excluded majors for TAG?	Contact Information
Davis	Yes	Accepted for fall quarter only. Filing period: Sept. 1-30	Yes, provided all TAG requirements are completed. Applicants to Landscape Architecture are approved in a "pre-major" status (no guarantee to the major).	Undeclared programs, Computer Science, and Landscape Architecture (applicants are approved in pre-Landscape Architecture with no guarantee to the major).	http://tag.ucdavis.edu/ (530) 752-2971
Irvine	No	Accepted for fall quarter only. Filing period: Sept. 1-30	Yes, provided all TAG requirements are completed.	Business Administration, Dance, Music, Nursing Science and ALL majors in the Donald Bren School of Information and Computer Sciences. Fall 2022 is the last cycle students can apply to the B.A. in Psychology with or without a TAG.	http://admissions.uci.edu/tag (949) 824-6703
Merced	Yes Decision release dates: Fall TAG: Nov 15 th Spring TAG: July 1 st	Accepted for fall; filing period: Sept. 1-30 Accepted for spring; filing period: May 1-31	Yes, provided all TAG requirements are completed.	Global Arts Studies Program, and Public Health. Subject to change.	http://admissions.ucmerced.edu/tag (209) 228-7178 transfer@ucmerced.edu
Riverside	No	Accepted for fall; filing period: Sept. 1-30 Accepted for winter; filing period: May 1-31	Yes, provided all TAG requirements are completed.	For fall: Art Studio and Sociology For winter: Art Studio, Sociology, and other majors may be subject to change	http://admissions.ucr.edu/admissions/transfer/transfer-admission-guarantee.html (951) 827-3411 Admissions.ucr.edu/ask
Santa Barbara	No	Accepted for fall quarter only. Filing period: Sept. 1-30	Yes for College of Letters & Science (L&S) majors that do not have a pre-major. No for L&S majors that have a pre-major; the pre-major is guaranteed, but further requirements must be met at UCSB after transfer in order to be accepted into the full major.	All majors in the College of Creative Studies; all majors in the College of Engineering; Dance B.A., Dance B.F.A., Music B.M., Theater B.F.A. in the College of Letters & Science.	https://admissions.ucsb.edu/tag (805) 893-2881
Santa Cruz	No	Accepted for fall quarter only. Filing period: Sept. 1-30	Yes for all screening majors. For the most current list of screening majors, please visit http://admissions.ucsc.edu/tag .	Computer Science	http://admissions.ucsc.edu/tag (831) 459-4008 tag@ucsc.edu

Let's hear more about Holland Codes...

<https://youtu.be/NI9tVEKXQdQ>

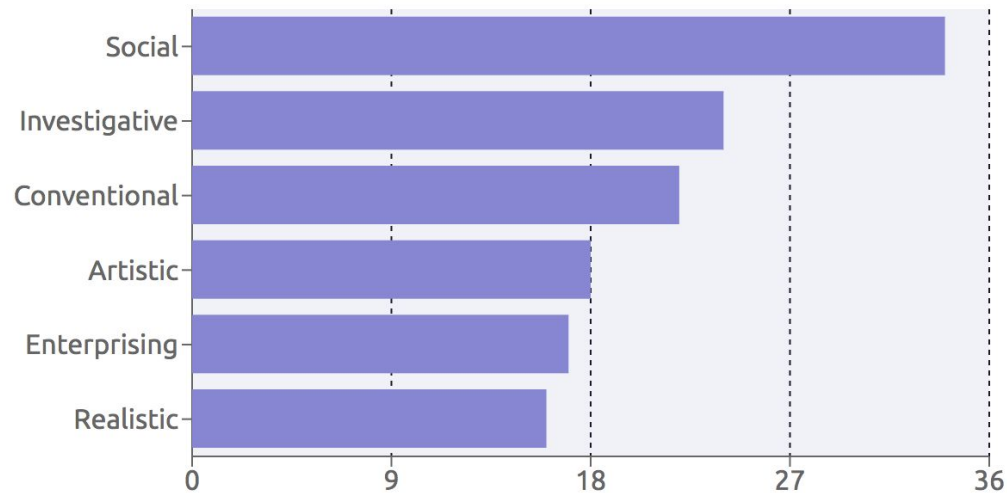


Your results, “*Holland Codes*” will look like this:



Be sure to **favorite careers** that interest you to save them for later.

Your Overall Scores by Holland Trait



Your Top Holland Traits



SCORE: 34

Social

HOLLAND TRAIT



SCORE: 24

Investigative

HOLLAND TRAIT

NAVIANCE ACTIVITY INSTRUCTIONS

- 1) Go to: www.sequoiahs.org
- 2) Click on Naviance Icon
- 3) Log-in to Naviance

username: Student ID

password: First Initial, Last Initial, 6 digit birthdate



Calendar



Staff Directory



CANVAS



Google Login



Zoom

Naviance Home Screen



Welcome, [redacted]

Search for Colleges [dropdown]

🔍 Type a college name

SEARCH

PSAT Alternate Assignment for Morning of Oct 13

English [dropdown] Go

PSAT Alternate Assignment for the Morning of Oct 13, 2021

What: Complete an Activity on Naviance

Due Date: 10/13/2021

Part 1: Complete one of the five activities listed below on Naviance

Read more

My Favorites

♥ COLLEGES
I'm thinking about

🎓 COLLEGES
I'm applying to

♥ CAREERS AND CLUSTERS
I'm thinking about

Clusters I'm Thinking About"

Quick Links

EXPLORE CAREERS

[Favorite careers and clusters](#)

[Explore careers and clusters](#)

WHAT ARE MY INTERESTS?

[Career cluster finder](#)

[Career interest profiler](#)

My Favorite Careers and Clusters

You don't have any favorite careers, clusters, or pathways.
Explore Careers and Clusters and add interests.
They'll show up here.

Show Types

All Types



Suggested Clusters and Pathways

Click on "Career interest profiler"

CAREER INTEREST PROFILER

- 1) Read & answer each question
 - a) You have about 30 minutes to complete the Career Interest Profiler on O* Net
<https://www.mynextmove.org/explore/ip>
- 2) Once you have completed the survey share your results with a peer seated near you.
- 3) Share out.

Presentation Check - Out

<https://bit.ly/3CXgaBB>

Go to:

<https://www.mynextmove.org/explore/ip>

O*NET Interest Profiler

o-net® Interest Profiler

[User Agreement](#)
[Proper Use](#)

Taken the Interest Profiler before?

Welcome to the O*NET Interest Profiler!

The **O*NET Interest Profiler** can help you find out what your interests are and how they relate to the world of work. You can find out what you like to do.

The **O*NET Interest Profiler** helps you decide what kinds of careers you might want to explore.

On each screen, click the **Next** button at the bottom to continue. You can use the **Back** button at the bottom to re-read the instructions or change your answers.

Start

Interests

Results

Job Zones

Careers

Next 

Results

O*NET Interest Profiler



Realistic	18
Investigative	20
Artistic	17
Social	16
Enterprising	19
Conventional	26

Here are your Interest Profiler results!

Think of your interests as work you like to do.

Your interests can help you find careers you might like to explore. The more a career meets your interests, the more likely it will be satisfying and rewarding to you.

You can click on any interest below to learn more. When you're ready, click **Next** to continue.

- [Realistic](#)
- [Investigative](#)
- [Artistic](#)
- [Social](#)
- [Enterprising](#)
- [Conventional](#)

Print

Share

Back

Start

Interests

Results

Job Zones

Careers

Next

O*NET Interest Profiler



Select a Job Zone

Now that you have learned about each Job Zone, select the current or future Job Zone that's right for you:

- Job Zone One**
[Little or No Preparation Needed](#)
- Job Zone Two**
[Some Preparation Needed](#)
- Job Zone Three**
[Medium Preparation Needed](#)
- Job Zone Four**
[High Preparation Needed](#)
- Job Zone Five**
[Extensive Preparation Needed](#)



Back

Start

Interests

Results

Job Zones

Careers

Next

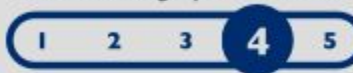


Career Search based on level of preparation

O*NET Interest Profiler



Click to change your Job Zone:



Job Zone Four
high job preparation

Careers that fit your interests and preparation level:

Best fit Great fit

- [Accountants & Auditors](#)
- [Actuaries](#)
- [Budget Analysts](#)
- [Claims Adjusters, Examiners, & Investigators](#)
- [Clinical Data Managers](#)
- [Compliance Managers](#)

Click on a career to learn what they do.

Print

Share

Back

Start

Interests

Results

Job Zones

Careers

Find More
Careers