

The logo of Sequoia Union High School is a circular seal. It features a central illustration of a sequoia tree. The words "SEQUOIA UNION HIGH SCHOOL" are written around the top inner edge of the seal, and "UNALIYI" is written along the bottom inner edge. The seal has a grid-like pattern in the background.

Counseling Department

Sequoia High School
Back to School Night
August 27, 2020



Counselors (left to right): Joel Rebello, Emilia Flores, Melissa Perez, Hoxira Castaneda, Potoula Vlahakos, & Cynthia Wilde

Who Are We?

The Counseling Department encompasses three offices: Counseling, [International Baccalaureate Programme](#), and [College & Career Center](#). Sequoia Counselors are affiliates of the Western Association for College Admission Counseling (WACAC), National Association for College Admission Counseling (NACAC), California Association of School Counselors (CASC), and American School Counselor Association (ASCA).

Counseling Goal:

We are dedicated to serving all students. We strive to establish a personal connection with our students and to address their needs and concerns in the areas of academic development, college/career development, and personal/social development.

How do counselors help?

Academic Development: Sequoia High School has a college going culture and no matter where students start as 9th graders; we strive to help students become eligible to apply to a 4-year college upon graduation and also help students explore all of their post-secondary options. We meet with all students during the spring semester for the next school years' course selection in a classroom setting, followed by a short individual appointment. Counselors also meet with all Seniors during the early Fall to review their graduation status and post-secondary plan.

For more information please visit: <https://www.sequoiahs.org/DEPARTMENT/Guidance/Academic-Development/index.html>

College & Career Development: Typically Counselors visit 9th-11th grade classes in the Fall for college/career exploration activities. Additionally, Counselors work closely with the College & Career Advisors to support students in exploring and pursuing post-secondary options including community colleges, public and private universities, career programs, armed forces, employment opportunities and more.

For more information please visit: <https://www.sequoiahs.org/DEPARTMENT/Guidance/College-and-Career-Development/index.html>

Social & Personal Development: Counselors work as a team, partnering up with resources on and off campus to provide students with support. During the school day, Counselors also provide counseling for students in crisis.

For more information please visit: <https://www.sequoiahs.org/DEPARTMENT/Guidance/Social--Personal-Development/index.html>

How to contact your counselor: Please email your counselor or send a message through Canvas. Students should check their Counselor's Canvas page for more information on office hours, how to make appointments, and more information/resources. The SHS counseling webpage is also a great resource.

Important Announcements

Add/Drop Deadlines 1st semester:

9/30 last day to add/drop without penalty on transcript

11/18 last day to drop with penalty on transcript

Last day to drop an IB class in a testing year: November 1st

Add/Drop Deadlines 2nd semester:

2/24 last day to add/drop without penalty on transcript

4/14 last day to drop with penalty on transcript

*Penalty on transcript means that a student will earn a withdrawal grade on their transcript (withdraw pass-WP grade does not impact a student's GPA, but a withdraw fail-WF grade does impact GPA).

Edgenuity: SUSHD will now be using Edgenuity for credit recovery in place of Cyber High. Students needing to make up D and/or F grades for graduation and/or A-G may contact their counselor early-mid September for more information and to sign-up. *This program is not used for students to accelerate.*

Schedule Changes: Students were sent a google form to their SEQ email and Canvas on Monday, August 24th to request schedule changes. Counselors will reach out to students regarding their requests, and contact parents/guardians if permission is required. *Please note that Sequoia does not accept requests for elective changes, period preference, or teacher preference.*

Ms. Wilde



Ms. Castaneda



Ms. Flores



School Counselor

Programs: AVID and ELD II & III

<https://calendly.com/cwilde-sequoiahs2021>

Email: cwilde@seq.org

Hablo español

School Counselor

Programs: Digital Arts Academy

<https://calendly.com/hcastaneda-03>

Email: hcastaneda@seq.org

Hablo español

School Counselor

Programs: ELD I

<https://calendly.com/emflores>

Email: emflores@seq.org

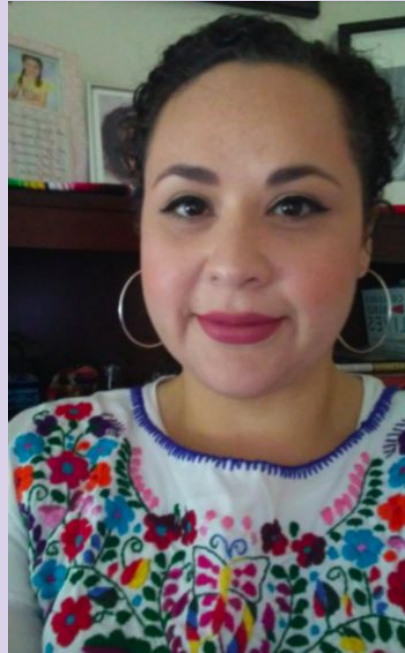
Hablo español

Mr. Rebello



School Counselor
Programs: AVID & Health Careers Academy
<https://calendly.com/jrebello-1>
Email: jrebello@seq.org

Ms. Pérez



School Counselor
Head Counselor (Department Chair)
<https://calendly.com/mperez85>
Email: mperez@seq.org
Hablo español

Ms. Vlahakos



School Counselor
Programs: AVID and BUILD
<http://calendly.com/pvlahakos2020>
Email: pvlahakos@seq.org

Intervention Counselor & 504 Coordinator

Ms. Cristerna



“Miki” Cristerna

Licensed Marriage & Family Therapist and School Counselor

<https://calendly.com/mikicristernasequoiahighschool>

(650) 367-9780 x65367

Email: mcristerna@seq.org

Mr. Cruz



Counseling Intern with Ms. Wilde
Make it Happen Program
Email: acruz@seq.org
Hablo español

Ms. Cantalupi



Intervention Counseling Intern with Ms. Cristerna
Email: mcantalupi@seq.org

Counseling Department's Office Support Staff



Mayra Melchor Sanchez, Registrar

IC & Canvas Support
(650) 367-9780 x60096

Email: mmelchor@seq.org

Hablo español



Jerri Port, Guidance Information Specialist

9th & 10th Grade Support
IC & Canvas Support
(650) 367-9780 x60095

Email: jport@seq.org



Giulia Solari, School Secretary

11th & 12th Grade Support
IC, Canvas, & Naviance Support
(650) 367-9780 x60093

Email: gsolari@seq.org

Hablo español

College & Career Center

A center where students can explore colleges, universities, and careers with the knowledge and support of Ms. Ignaitis, tignaitis@seq.org and Ms. Rocha, nrocha@seq.org

College & Career Advisors also visit classes to do college/career activities with students, help seniors with their college essays, and hold informational sessions for students/parents, as well as student initiated individual appointments.

We encourage ALL students to read the “Weekly Email” newsletter sent by Ms. Ignaitis & Ms. Rocha and to also explore the College and Career Webpage [click here](#)

Back to School Night Video: <https://youtu.be/Mkd8eAgV1mo>

Save the date(s)! Upcoming Virtual Grade Level Meetings:

- *Senior Mandatory Grade Level Meeting: 9/2 @ 6PM*
- *Junior Grade Level Meeting: 9/11 @ 6PM*
- *Sophomore Grade Level Meeting: 9/18 @ 6PM*
- *Freshman Grade Level Meeting: 10/2 @ 6PM*



Picture: Ms. Ignaitis helping a group of Seniors after school with their college applications during College Club in the College & Career Center.

IB Office Staff

Ms. Galvan



IB Secretary & CAS Coordinator

(650) 367-9780 x63109

<https://calendly.com/mgalvanshs>

Email: mgalvan@seq.org

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Ms. McCahon



IB Coordinator

(650) 367-9780 x63103

<https://calendly.com/lmccahon>

Email: lmccahon@seq.org

Resources

Attendance:

To report an absence or inquire about attendance records, contact Lizeth Cornelio, lcornelio@seq.org

For more information about attendance policies, visit <https://www.sequoiahs.org/POLICIES/Attendance-Policy/index.html>

Health Office:

The health aide can help students obtain health related resources available in the community, complete a health assessment on students who are ill, and consult with families about needed health care. If you need assistance, please contact Claudia Rendon, crendon@seq.org

Families can also access health forms on this site: <https://www.sequoiahs.org/RESOURCES/Health-Office/index.html>

Family Center:

The Family Center exists to serve as a resource to parents and helps them navigate the school system, answers questions, and makes referrals to school and community programs/resources. They also facilitate various meetings. For example, the English Learners Advisory Council (ELAC) and Sequoia High Parents' classes.

To learn more, please visit: <https://www.sequoiahs.org/RESOURCES/Family-Center/index.html>

Contact Elvira Macias, emacias@seq.org

Resources

Sequoia Food Pick-Up: Mondays & Thursdays 10am-4pm @ SUHSD Central Kitchen Facility: 300 James Avenue, Redwood City. CA 94062.

SUHSD Nutrition Services: For access to the Free/Reduced lunch application, the online payment portal, menus, etc., visit <https://www.suhsdfoodservice.org>

Teen Resource Center (TRC): Provides free crisis, individual, family and group counseling. Assists students and families with referrals to off site resources. Provides mentoring services. Works with AVP office to provide Alternative to Suspension Counseling sessions. Provides Mindfulness practices for students.

Contact Judy Romero, Mental Health Specialist & TRC Director, jromero@seq.org

International Baccalaureate (IB): IB is an “honors program” challenging students to their fullest academic potential. IB emphasizes global mindedness, respecting all perspectives. IB prepares students for college and the real world. IB is for all ALL students.

Contact Lisa McCahon, IB Coordinator: lmccahon@seq.org

Boys & Girls Club of the Peninsula (BGCP): BGCP is a strong community partner with Sequoia. They provide tutoring, mental health support, enrichment opportunities, college/career support, and other services to our students, free of charge.

Students need to register here: <https://www.bgcp.org/fall2020>

Contact Jonathan Hooker, jhooker@bgcp.org

Resources

Technology Support: Please visit Sequoia's campus between 8:30am-4:00pm, at the main entrance, to get help with your school issued hotspot or computer. Located @ 1201 Brewster Ave, Redwood City, CA, 94062.

SHS Distance Learning Support:

Parent and student support for Infinite Campus, Canvas, Zoom, & Bell Schedule webpage [*click here*](#)

Distance Learning Cheat Sheet [*click here*](#)

SUHSD Fall Reopening Plan FAQ [*click here*](#)

SHS Counseling Department Webpage Links:

Meet Your Counselor [*click here*](#)

Announcements [*click here*](#)

Academic Development [*click here*](#)

College & Career Development [*click here*](#)

Social & Personal Development [*click here*](#)

Distance Learning Resources [*click here*](#)

General Site [*click here*](#)

What are these tools used for?

Canvas: A course management system that supports both online and in person learning. Students use Canvas to access their assignments, gradebook, and is also where direct links to Zoom classes are located.

Sequoia High School Canvas login [CLICK HERE](#)

Infinite Campus (IC): A student information system. Students/families are able to view report cards, unofficial transcripts, schedule, academic planner, and attendance.

Sequoia High School Infinite Campus login [CLICK HERE](#)

Naviance: Web based college and career planning tool. Students are able to explore colleges and careers, take interest surveys, and apply for scholarships.

Sequoia High School Naviance login [CLICK HERE](#)

Academics: SUHSD Graduation Requirements

Total Credits Needed: 220 minimum

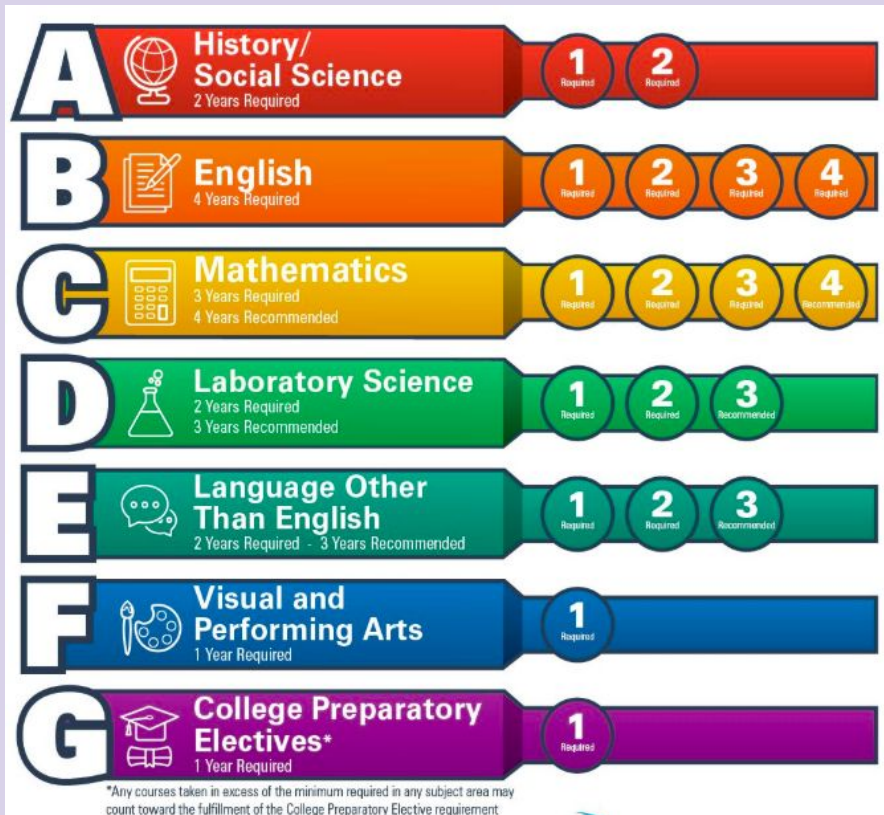
Courses:

- **40 credits** of English
- **35 credits** of Social Studies
- **20 credits** of Science
- **20 credits** Math (Algebra I & Geometry minimum)
- **10 credits** of Fine Arts/Visual & Performing Arts
- **10 credits** of Career Technical Ed-CTE (OR 3rd level of World Language, for example, Spanish III)
- **20 credits** of P.E.
- **2.5 credits** of Life Skills (requirement for everyone!)
- **62.5 credits** of Electives

To learn more about course offerings and to see sample four-year pathways, please view our **Program Planning Handbook:**

<https://www.sequoiahs.org/RESOURCES/Program-Planning-Handbook/index.html> *(Each Subject Area/Department reviews their courses in the Program Planning Handbook before Counselors begin course selection with students for the following school year)*

Post-Secondary: A-G Requirements



A-G Requirements UC & CSU- 4 year universities

- Students must complete A-G courses and earn a “C-” or higher to be eligible for admission.
- Students are encouraged to exceed the minimum requirements to be competitive.
- Students are encouraged to maintain a 3.0 unweighted GPA (minimum) for financial aid opportunities.



Thank you and please contact your counselor if you have any questions.