

SAN LUIS OBISPO HIGH SCHOOL COUNSELING DEPT

SOPHOMORE PARENT NIGHT

CLASS OF 2020

WELCOME & INTRODUCTIONS...

Kerry INGLES A-G

SHELLEY BENSON H-O

HeATHER senecaL P-Z

COLLEEN MARTIN

COLLEGE & CAREER CENTER

ATHLETICS

WINTER SPORTS TRYOUTS

November 6th - 10th

SPRING SPORTS TRYOUTS

February 12th - 16th

FOR MORE INFORMATION...

<http://wordpress.slcsd.org/slohsathletics/>

THE PRE ACT & PSAT-10

SOPHOMORE YEAR

PRE- ACT MONDAY, January 29TH, 2018

- Purchase test December 11th - December 21st

PSAT 10 MONDAY, MARCH 26TH, 2018

- Purchase test at ASB January 10th - 24th

Purchase for \$25 at ASB window and online at webstore

JUNIOR YEAR

- The PSAT/NMSQT in fall is qualifier for National Merit status.
- SAT & ACT tests in the spring for college admissions

GRADUATION REQUIREMENTS

- ★ English - 40 credits
- ★ Math - 30 credits *...must include Algebra 1*
- ★ World History - 10 credits *...10th grade*
- ★ US History - 10 credits *...11th grade*
- ★ Economics & American Gov - 10 credits *...12th*
- ★ Foreign Language or Fine Arts - 10 credits
- ★ Physical Science - 10 credits
- ★ Life Science - 10 credits
- ★ PE - 20 credits *...may waive PE class for athletics*
- ★ Health - 5 credits
- ★ Electives - 110 credits

Total - 265 credits

COLLEGE ADMISSIONS...

- 10 UNIVERSITY OF CALIFORNIA (UC)
- 23 CALIFORNIA STATE UNIVERSITY (CSU)
- PRIVATE & OUT OF STATE
- 110 CALIFORNIA COMMUNITY COLLEGES (CC)

A - G REQUIREMENTS

The requirements for University of California and the California State University are aligned. Both systems use the "a-g" subject requirements listed below.

- **area a** - History / Social Science 2 years required
- **area b** - English 4 years required
- **area c** - Mathematics 3 years required, *4 years recommended*
- **area d** - Laboratory Science 2 years required, *3 years recommended*
- **area e** - Language Other than English 2 years required, *at least 3 years recommended (same language)*
- **area f** - Visual & Performing Arts 1 year required
- **area g** - Elective 1 year required

The SLOHS a-g Approved Course List

ATP/CEEB code: 053145

TUTORING OPTIONS



- SLOHS Library is offering **TUTORING** after school
MON- THURS (**high school peer tutors**)
- **Often times, the best tutor is someone that had that exact same class and teacher!**
- Go to SLOHS webpage/ Library/ Tutoring
- **Students need to Log in to their SCHOOL Google account before emailing the tutors. Emails coming from a personal account will not go through to the tutor. Parents should not be emailing the tutors, again these won't go through. Email must come from their student account**
- Cal Poly tutors on Tuesdays & Thursdays after school
- Ask subject specific teacher for tutoring referral.
- Often times, student teachers are good fee-based tutors.

DO HIGH SCHOOL STUDENTS EVER SLEEP?!!

What can students do to increase their chances for admission?

- Take a challenging course schedule and perform well
- Take advantage of other academic opportunities
- Take *initiative* in pursuing passions and interests; be consistent
- Get involved in activities at school and in the community
- Explore LEADERSHIP opportunities at school, in activities, in the family and in the community

Be sure to keep track of all the amazing things you do!

http://slohs.slcsd.org/nmd_alternation/assets/user_files/file/2011-12ActivitesLog.pdf

THE HIGH SCHOOL FILE SYSTEM

- **TRACK EVERYTHING** you do.
- **LOG** all your **COMMUNITY SERVICE** along with a contact person and contact information
- **TRANSCRIPTS & CERTIFICATES**
- **ARTIFACTS** of Achievement – newspaper articles, photos, thank you cards, etc.
- **TEST SCORES** – PSAT, AP, SAT & ACT
- **LETTERS of RECOMMENDATION**
- **RESUME**
- **ATHLETIC STATISTICS**

CCGI - CALIFORNIA COLLEGES

NEW!! College & Career Website
<http://slohs.slcsd.org/counseling/>

Use Google email login & password
*Colleges, Careers, Scholarships
& more!*

COLLEGE NIGHT 2017

MONDAY, OCTOBER 30TH

5:00 TO 8:30PM

over 60 college reps!!

Workshops begin at 5,6,7 & 8

Cuesta College Student Services Building

<http://www.collegenightslo.com/>



WHAT IS CSF?

CALIFORNIA SCHOLARSHIP FEDERATION

CSF is a statewide scholarship society founded in 1921 to recognize academic achievement.

<http://slohs.slcsd.org/counseling/csf/>

AKA...the gold cords at graduation!

BALANCE AND PERSPECTIVE

- Parents role is to **SUPPORT** their students to **DEVELOP** habits & strategies for greater **ACHIEVEMENT** while encouraging them to take **INCREASING RESPONSIBILITY** for their work (*the work of growing up!*)
- The **GOAL** is for your student to become **self-sufficient and managers of their time and resources, and learning along the way!**
- If students can be at the helm of this process, they will **FARE FAR BETTER** throughout high school including registering for their classes and making adjustments to their schedule and 4-year plan.

SUMMER TIME

- Students should be spending some of their summer weeks in pursuit of interests.
- Community College Class
- Leadership Opportunities
- Working
- **EXPERIENCE DEPTH and CONTINUITY in areas of INTEREST**
- Learn a new skill – stretch their abilities
- Explore experiences to determine likes and dislikes and passions to move toward a college major.
- TRAVEL – Enrichment Programs
- ***You DO NOT have to travel the world to make a difference; you can help right here in your own backyard.***

VISITING COLLEGES - WHAT TO LOOK FOR?

- **LOCATION** – We live with a mild climate near the ocean. Do they want to live in the city?
- **SIZE** – Some universities are the size of San Luis Obispo!
- **HOUSING** - % Living on Campus – Are they looking for a residential campus?
- **PROXIMITY** to city, airport, attractions, etc.
- **FAMILY**- Is there a family member nearby who could be their family away from home?
- **FUTURE** - Where do the students live when they no longer want to live on campus? Places to work?
- **SPORTS** - teams, rec center, dining,
MAJORS – occupational preparation

FOLLOW THE RULES

- **ATTENDANCE** - Please clear absences immediately. Students cannot leave campus without a **"permit"**.
- **DRESS CODE** - Shoes required and dress in "acceptable and appropriate manner"
- **SOCIAL MEDIA** - Inappropriate use (cyberbullying, inappropriate photos, threats, racism, harassment and other forms of discrimination)
- **Consequences for social media misconduct can include school discipline & LAW ENFORCEMENT**
- **DRUGS & ALCOHOL** - NO vaping (nicotine, THC), NO prescription drugs, and NO marijuana
- We want our students to be **SAFE and KIND.**

WE ARE HERE TO HELP

- Ask for help early
- Talk to teachers
- Attend school regularly
- Read the Daily Bulletin
- Take a breath & keep aspirations realistic

- Students may request to see their counselor at:

<http://slohs.slcsd.org/counseling.php>