

**san LUIS OBISPO HIGH SCHOOL
COUNSELING DEPT**

SOPHOMORE PARENT NIGHT

WELCOME & INTRODUCTIONS...

Kerry Ingles A-G

Shelley Benson H-O

Heather Senecal P-Z

Colleen Martin, College & Career Center

Alicia Wright, School Registrar

ATHLETICS

SPRING SPORTS TRY-OUTS

February 13th-17th 3:30pm

(Feb 13th is a Monday holiday!)

FOR MORE INFORMATION...

[/http://wordpress.slcusd.org/slohsathletics](http://wordpress.slcusd.org/slohsathletics)

GRADUATION REQUIREMENTS

1 CLASS = 5 CREDITS

5 CLASSES EACH TRIMESTER = 25 CREDITS

one year = 75 CREDITS & FOUR years = 300 CREDITS

EXCEPTION MATH - 3.33 CREDITS FOR 3 COURSES IN 1 year

- ★ 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*

GRADUATION CON'T

- ★ Foreign Lang or Fine Arts or CTE - 10 credits
- ★ Physical Science - 10 credits
- ★ Life Science - 10 credits
- ★ PE - 20 credits *...may waive PE class for athletics*
- ★ Tech Literacy - 5 credits
- ★ Health - 5 credits
- ★ Electives - 120 credits

Total - 280 credits

COLLEGE ADMISSIONS...

1. UNIVERSITY OF CALIFORNIA

Research and theory based

2. CALIFORNIA STATE UNIVERSITY

Occupation based - learn by doing

3. PRIVATE & OUT OF STATE

State schools, Religious schools, The Ivy League

4. COMMUNITY COLLEGE

Cuesta, Allan Hancock, SB City College

COLLEGE APPLICATIONS INCLUDE...

GRADES - Courses and GPA

TEST SCORES - ACT or SAT

EXTRACURRICULARS & WORKING

Honors & Awards

PERSONAL STATEMENTS

essays or short answers

LETTERS OF RECOMMENDATION -

private schools only!

A - G REQUIREMENTS

The requirements for University of California (UC) & the California State University (CSU) 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*

area f - Visual & Performing Arts 1 year required

area g - Elective 1 year required

ADMISSIONS TESTING ...

- **CSU:** SAT or ACT without writing
- **UC:** SAT w/writing or ACT w/writing
- **Private:** SAT w/writing or ACT w/writing
 - *The need for SAT Subject tests varies by major & by school, the more competitive the school/major the more likely you are to need subject tests. “added value”*

THE PRE ACT & PSAT-10

- Practice for the **ACT & SAT**
- Introduction to the test and testing environment

NEW DATE for PSAT 10:

Monday, April 3rd 8:00am

Take SAT & ACT Tests in the spring of junior year!

DO HIGH SCHOOL STUDENTS EVER SLEEP?!!

What can students do to increase their chances for admission?

- **COMPLETE** 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; take the lead!
- **EXPLORE LEADERSHIP** opportunities at school and in the community
- **PLACE AMPLE TIME & EFFORT** on test preparation

WHAT TOP UNIVERSITIES ARE LOOKING FOR...

- Being accepted to the college or university of your CHOICE is a CONSEQUENCE of your FOCUS, DEMONSTRATED ACHIEVEMENT and PROGRESSION of PASSION. >
- >Students who are going to contribute positively to the community while in college, to help accomplish great things afterward.
- >Going to an IVY League WILL NOT guarantee success or happiness! There are 3,000 colleges in the U. S. One can be for you!
- STUDENTS planning to attend a 2 year college should PREPARE in high school to have a good ACADEMIC FOUNDATION.
- Your students SUCCESS is up to THEM and YOU should SUPPORT their EFFORTS, NOT be their EFFORT.

THE HIGH SCHOOL FILE SYSTEM

What can students do NOW to make college applications easier?

□ **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.

□ **TEST SCORES - PSAT, AP, SAT & ACT**

□ **LETTERS OF RECOMMENDATION**

□ **RESUME**

□ **ATHLETIC STATISTICS**

FAMILY CONNECTION/NAVIANCE

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

Click on Family Connection

Use PowerSchool login & password

Colleges, Careers, Scholarships & more!

THINGS TO LOOK AT WHEN VISITING COLLEGES!

- ❑ **LOCATION** – We live with a mild climate near the ocean. Do you want to live in the city?
- ❑ **SIZE** – Some universities are the size of San Luis Obispo!
- ❑ **HOUSING** - % Living on Campus – Are you looking for residential campus?
- ❑ **PROXIMITY** to City, airport, attractions?
- ❑ **FAMILY**- Is there a family member nearby who could be your 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, dorms
- ❑ **MAJORS** – Occupational preparation

COMMUNITY SERVICE & LEADERSHIP

STUDENTS selected for competitive universities & scholarships participate in extracurriculars & community service

MAYOR'S AWARD FOR COMMUNITY SERVICE
80 hours of documented service to community

Volunteer logs & Verification forms on school website

EXPERIENCES TO CULTIVATE

□ **WORKING** a part time job – *Babysitting and pet sitting are good launching off points!*

□ **BECOMING** A Camp Counselor

□ **STARTING** a club- growing to President

□ **BECOMING** involved with an ADULT activity

□ **STARTING** a Business

□ **CPR & FIRST AID** Certifications- Lifeguard?

□ **TRAVEL** experiences-enrichment programs

□ **ARTS** – START to DEVELOP a portfolio!

□ **SPORTS** – Start to amass Stats and video

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!

LIFE IS A JOURNEY...

□ **ENCOURAGE** your student to be their **BEST** at all times including finishing things they start.

□ **BE REALISTIC** about time and talents when talking about REACH colleges.

□ **CELEBRATE** in your child's successes and **SUPPORT** their shortcomings.

› What teenagers **LEARN** along the way is just as important as their college enrollment.

› Please **ENCOURAGE** them to **ENJOY** high school.

□ *There is A COLLEGE out there for everyone!* □

we're HERE TO HELP