



# University High School Freshman Fall Parent Coffee 2024-25

UHS Website: [www.universityhigh.iusd.org](http://www.universityhigh.iusd.org)

UHS Counseling Website: [www.universityhigh.iusd.org/counseling](http://www.universityhigh.iusd.org/counseling)

| Student Last Name | School Counselor     | Phone        | Email                        |
|-------------------|----------------------|--------------|------------------------------|
| A - Col           | Nate Schoch          | 949-936-7614 | nateschoch@iusd.org          |
| Com - Hsu         | Hanna Addressi       | 949-936-7634 | hannaaddressi@iusd.org       |
| Hu - Lop          | Shannon Dean         | 949-936-7753 | shannondean@iusd.org         |
| Lor - Pie         | Joyce Chung          | 949-936-7613 | joycechung@iusd.org          |
| Pil - Tha         | Angelique Strausheim | 949-936-7746 | angeliquestrausheim@iusd.org |
| The - Z           | Jamie Adams          | 949-936-7623 | jamieadams@iusd.org          |
| Student Last Name | Administrator        | Phone        | Email                        |
| A - H             | Matthew Pate         | 949-936-7608 | matthewpate@iusd.org         |
| I - P             | Lori Smock           | 949-936-7607 | lorismock@iusd.org           |
| Q - Z             | Kris Kough           | 949-936-7606 | kriskough@iusd.org           |

| Other Important Contacts                               |              |                            |
|--|--------------|----------------------------|
| Attendance: UHS Attendance 24 Hour Hotline             | 949-936-7601 |                            |
| Counseling Secretary: Monica Moran                     | 949-936-7621 | MonicaMoran@iusd.org       |
| Records & Transcripts: Lennette Buckland               | 949-936-7630 | LennetteBuckland@iusd.org  |
| College & Career Center Coordinator: Felicia Rohrer Ng | 949-936-7632 | FeliciaNg@iusd.org         |
| Canvas: Dominic Fratantaro                             | 949-936-7615 | DominicFratantaro@iusd.org |

## **PERSONAL AND SOCIAL RESOURCES**

**School Counselors:** Provide mental health and wellness, academic, and college and career development for all students. Please see alpha breakdown for your student's assigned counselor.

**Project Success:** Teaches students life skills to support academic and personal success. Students learn how to make healthier, more positive choices and improve their experience at home, school and in the community. Our Support Specialist is **Matthew Castillo (MatthewCastillo@iusd.org)**

**Mental Health Specialist/School Wellness:** Provides additional mental health support, crisis response services, and resources linkages to students and families. Our Mental Health Specialists are **Dr. Nilou Tohidian (niloutohidian@iusd.org, 949-936-8520)** and **Ms. Meghan Robbins (meghanrobbins@iusd.org, 949-936-7712)**

**Care Solace/Hazel Health:** Services that link students and families to counseling providers in the community

**Irvine Family Counseling Center:** For referrals contact Christine Guerrero at 949-936-8775

**Crisis Hotline:** 988 - routes to the National Suicide and Prevention Lifeline

**Say Something:** Anonymous reporting system available 24/7. Submit safety concerns

## ACADEMIC SUPPORT RESOURCES

**Office Hours:** Office hours are Tuesday, Wednesday, Thursday from 9:55-10:35 am and Friday from 10:10-10:35 am. Students must sign up for office hours through 5 Star, through the mobile app, or through the following link: <https://5starstudents.com/universitytrojanarmy> Students may sign up 7 days in advance, and must do so until 11:59pm the night before. Students should spend time in the classes they need additional help or clarification. Do not wait until the week of a big test or project. Seek help early when you need it!

**Homework Organization:** Keep your daily planner up to date (assignments & due dates, test dates, etc.). Make sure all work is complete, with name and date, in the student's backpack or notebook, and ready to turn in.

**After-School Peer Tutoring:** FREE peer tutoring is available in the library Monday-Friday from 2:15-4:15. Drop-ins are welcome!

**Free Online Tutoring:** [Paper.co](https://paper.co) is a free tutoring service for all students to use in IUSD. They log in using their school username and password. This service is with a live credentialed teacher and for any, and all, subjects, including essay/writing review.

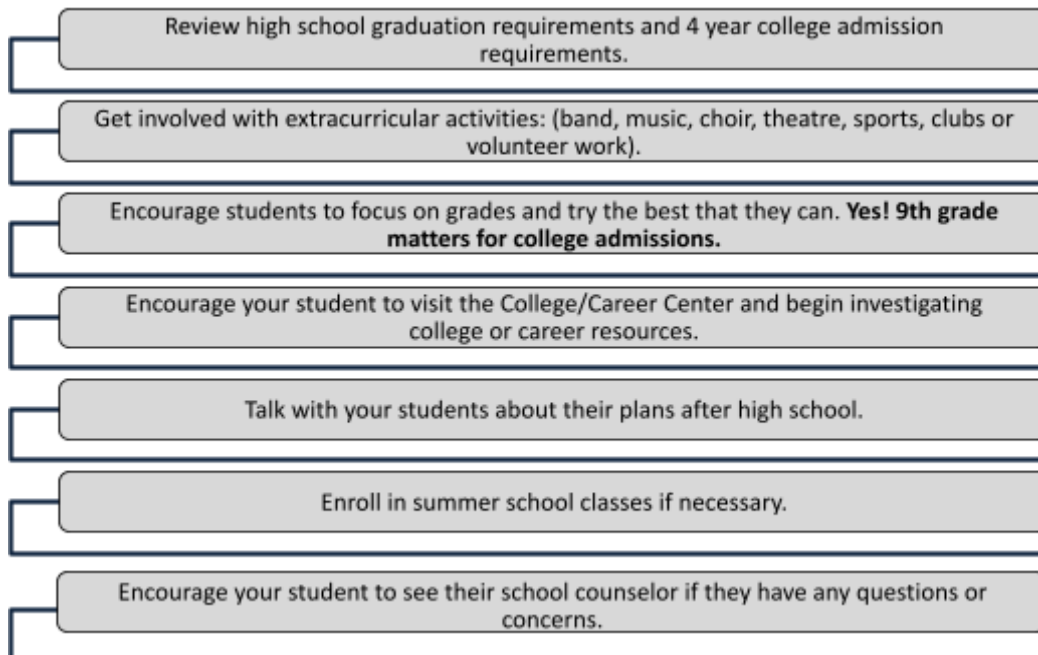
**Academy:** This after-school program is offered for students in need of additional support with organizing, tracking and completing their school work. Although this program is optional, once signed-up, students are expected to attend regularly or they will be dropped to accommodate other students interested in the program. Speak to your School Counselor to sign up.

**Parent Portal: Report Cards will NOT be mailed home.** All parents should have an online MyIUSD Parent Portal account to check attendance and grades. Progress Reports, Quarter grade reports, and Semester grade reports will be posted on Parent Portal for parents' viewing. Teachers are only required to report Progress Reports for students with C- and below.

**Naviance:** An online college and career resource program for students and parents.

**CaliforniaColleges.edu:** This program will streamline the application for California public colleges. Students will learn more about this program as they move through high school.

## Preparing for College and Career-Freshman Year



## Transition to High School

### ***What are some ways to help my student succeed at Uni?***

- Establish a routine at home for completing homework every day and allow short breaks as needed. You can keep your student accountable by checking homework daily and ensuring quiz and test preparation. If there are no specific assignments, students can keep up with daily reading, work on long-term assignments, projects or study for upcoming quizzes and tests. There's always *something* your student can do.

- Require your student to use an agenda or a daily planner where homework, projects, and exams are written down. You can require your student to show you the planner daily.
- Monitor technology use. Ensure that student study time is in a distraction free environment.
- Encourage your student to become involved in an extracurricular activity that brings additional meaning to high school.
- Attend and support your student’s activities. They really do want you there cheering them on.
- Check the UHS Webpage for student activities, changes in bell schedules, progress report dates, etc.
- Check Parent Portal for grade reports.
- Reinforce family values so that your student knows what is expected when they have to make choices.
- Establish a behavior modification system at home. Teenagers need to earn their privileges (e.g., cell phones, computers, socializing, TV, social media, lunch release, etc.). If your student gets the job done in the classroom, they should be rewarded with appropriate privileges. However, if your student is not getting the job done in the classroom (e.g., completing homework or not attending class), privileges should be taken away.
- Monitor how your student spends their time and make sure they get enough sleep, exercises and eats healthy, balanced meals. Maintaining balance is the key to success in high school.

## How to Be an Informed Parent

### Important Dates for Freshman and Parents First Semester

|   |                                       |   |
|---|---------------------------------------|---|
| <b>10/11</b> Club Kick Off                              | <b>11/25-11/29</b> Thanksgiving Break | <b>12/17-12/20</b> Finals                   |
| <b>10/25</b> 1 <sup>st</sup> Quarter Report Period Ends | <b>12/23-1/3</b> Winter Break         | <b>1/16</b> End of 1 <sup>st</sup> Semester |

### Spring Semester Parent Coffee: Monday, March 17th

#### ***How is my child doing in their classes?***

If you have questions regarding your student’s academic performance, we encourage you to communicate with the teachers first. The most efficient communication is via email since teachers cannot answer phone calls during instructional time. The comprehensive list of teacher emails and voicemail extensions can be found through the Staff Directory on the UHS Website.

- Progress Reports are posted on Parent Portal halfway through each quarter. Teachers are expected to report C- or lower grades at this time. All teachers issue grade reports at the quarter and semester grading periods. We encourage parents to regularly check their student’s grades via Parent Portal.

#### ***What if my student is doing poorly in class?***

1. First, discuss with your student to see if you can discover the root of the problem...  
*“Are you thoroughly completing all of your homework?”*  
*“Do you study for the class every night?”*  
*“Is there a personal problem hindering your academic success?”*
2. If your student needs additional academic help, see that they are utilizing office hours and after school tutoring. Peer tutors are on campus 5 days a week (Monday-Friday) from 2:15-4:15 in the library.
3. The next step is to speak with the teacher. Discuss with the teacher your concerns and ask for their professional insight regarding your student’s academic progress in their class. Depending on the circumstances, it may be best to schedule a student/parent/teacher conference with the teacher.
4. If you feel that you are in need of additional assistance after speaking with the teacher, it would be best to contact your student’s counselor.

#### ***How can I best reach my student’s counselor?***

- For extensive information on the Counseling Department, including contact information and resources, go to [www.universityhigh.iusd.org/counseling](http://www.universityhigh.iusd.org/counseling)
- **Email:** For quick and easy questions, counselors prefer email since they can respond throughout the day.

- **Phone:** You may call counselors directly; however, counselors may be unavailable due to meetings, presentations, and appointments.
- **Scheduled Appointment:** Now that your student is in high school, we prefer to meet directly with your student. The best way for your student to speak with a counselor in-person is to first email their assigned counselor about their concern. In order to improve accessibility and efficiency, the counseling office has updated the process in which students access their school counselors for support. School counselors will continue to be available to students on a walk-in basis and an appointment during student’s open periods. Counselors are unable to speak with a walk-in parent since student appointments have priority. Parents, email your student's counselor for an appointment.
- **Student Walk in times:**
  - Before school: 8-8:30am
  - Student Break
  - Student lunch
  - Friday Office Hours
- **Student Appointment times:**
  - During open periods (1st, 2nd, 5th, 6th - if student does not have a class through Calendly)
  - Tuesday - Thursday Office Hours (students need to sign up through 5 star)
  - After School (7th and 8th period through Calendly)



## UNI HIGH GRADUATION REQUIREMENTS

**Credit Requirement: 225 credits**

**Semester course: 5 credits**

*Students generally earn 30 credits each semester; 60 credits each year*

| ALL STUDENTS ARE REQUIRED TO COMPLETE THE FOLLOWING WITH A GRADE OF “D-” OR HIGHER  |   |
|---|---|
| <b>ENGLISH:</b>   | 40 credits  |
| <b>SOCIAL SCIENCE:</b>  | 30 credits including World History (10), US History (10), Political Science (5), and Economics (5). |
| <b>HEALTH:</b>  | 5 credits   |
| <b>SCIENCE:</b>   | 30 credits including 10 life science, 10 physical science, and 10 physics-based science             |
| <b>MATHEMATICS:</b>   | 30 credits, including Math 1 and Math 2.  |
| <b>PHYSICAL EDUCATION:</b>  | 20 credits  |
| <b>WORLD LANGUAGE or VISUAL &amp; PERFORMING ART or CTE:</b>  | 10 credits  |
| <b>GENERAL ELECTIVES:</b>   | 60 credits  |
| <p><b><u>GRADUATION REQUIREMENTS FOR ENGLISH LANGUAGE DEVELOPMENT (ELD) STUDENTS</u></b></p> <p><b>English – 40 credits of English are required</b></p> <p><i>10 credits of ELA/ELD 1 will count for English credit for graduation.</i></p> <p><i>10 credits of ELA/ELD 2 English will count for English credit for graduation.</i></p> <p>All other graduation requirements are the same as above.</p> |   |

**4-YEAR COLLEGE ELIGIBILITY REQUIREMENTS**  
**California State University and University of California**

**ALL STUDENTS ARE REQUIRED TO COMPLETE THE FOLLOWING A-G MINIMUM SUBJECT REQUIREMENTS  
 WITH A GRADE OF "C-" OR HIGHER TO BE UC/CSU ELIGIBLE**

|   |   |
|---|---|
| <b>HISTORY (A):</b>   | 2 years of history/social science, including: <ul style="list-style-type: none"> <li>▪ 1 year of <i>World History</i></li> <li>▪ 1 year of <i>US History</i> or ½ a year of <i>US History</i> and ½ a year of <i>Civics (Econ)</i> or <i>Government (Poli Sci)</i></li> </ul> |
| <b>ENGLISH (B):</b>   | 4 years of college preparatory English  |
| <b>MATHEMATICS (C):</b>   | 3 years required, 4 recommended <ul style="list-style-type: none"> <li>▪ includes <i>Math I, II, and III</i></li> </ul>   |
| <b>SCIENCE (D):</b>   | 2 years of laboratory science (life/physical) required, 3 years recommended   |
| <b>WORLD LANGUAGE (E):</b>  | 2 years required, 3 recommended of same language  |
| <b>VISUAL &amp; PERFORMING<br/>ART (F):</b>   | 1 year required <ul style="list-style-type: none"> <li>• <i>Examples: Dance, Drama, Art, Music, etc.</i></li> </ul>   |
| <b>COLLEGE PREP<br/>ELECTIVE(G):</b>  | 1 year required in addition to those required in "A – F" <ul style="list-style-type: none"> <li>▪ <i>Examples: Level 3 World Language, Pre-Calculus, AP Psychology, Journalism, etc.</i></li> </ul>   |
| <p><b>TESTING REQUIREMENTS:</b><br/>         SAT/ACT – No longer considered for UC/CSU admissions</p> |   |