



University High School Freshman Fall Parent Coffee 2025-26

UHS Website: www.universityhigh.iusd.org

UHS Counseling Website: www.universityhigh.iusd.org/counseling

Student Last Name	School Counselor	Phone	Email
A - Col	Nate Schoch	949-936-7614	nateschoch@iusd.org
Com - Hu	Hanna Addressi	949-936-7634	hannaaddressi@iusd.org
Hua - Lu	Shannon Dean	949-936-7753	shannondean@iusd.org
Ly - Por	Cortney Goodwin	949-936-7623	cortneygoodwin@iusd.org
Pos - Tip	Angelique Strausheim	949-936-7746	angeliquestrausheim@iusd.org
Tir - Z	Joyce Chung	949-936-7613	joycechung@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 Specialist is **Dr. Nilou Tohidian (niloutohidian@iusd.org, 949-936-8520)**

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://www.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.

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

Review high school graduation requirements and 4 year college admission requirements.

Get involved with extracurricular activities: (band, music, choir, theatre, sports, clubs or volunteer work).

Encourage students to focus on grades and try the best that they can.
Yes! 9th grade matters for college admissions.

Encourage your student to visit the College/Career Center and begin investigating college or career resources.

Talk with your students about their plans after high school.

Enroll in summer school classes if necessary.

Encourage your student to see their school counselor if they have any questions or concerns.

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

10/10 Club Kick Off	11/24-11/28 Thanksgiving Break	12/16-12/19 Finals
10/24 1 st Quarter Report Period Ends	12/22-1/2 Winter Break	1/15 End of 1 st Semester

Spring Semester Parent Coffee: Monday, March 16th

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*
- **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 by 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
- **Student Appointment times:**
 - During open periods (1st, 2nd, 5th, 6th - if student does not have a class through Calendly)
 - Tuesday - Friday 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	
ENGLISH:	40 credits
SOCIAL SCIENCE:	30 credits including World History (10), US History (10), Political Science (5), and Economics (5).
HEALTH:	5 credits
SCIENCE:	30 credits including 10 life science, 10 physical science, and 10 physics-based science
MATHEMATICS:	30 credits, including Math 1 and Math 2, and math elective.
PHYSICAL EDUCATION:	20 credits
WORLD LANGUAGE or VISUAL & PERFORMING ART or CTE:	10 credits
GENERAL ELECTIVES:	60 credits

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**

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