



## University High School Freshmen Fall Parent Coffee 2018-19

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 - Dan	Nate Schoch	949-936-7614	nateschoch@iusd.org
Dao - Jon	Hanna Addressi	949-936-7634	hannaaddressi@iusd.org
Ju-Mel	Ann Jacobson	949-936-7753	annjacobson@iusd.org
Mem-Sc	Angelique Strausheim	949-936-7746	angeliquestrausheim@iusd.org
Se-Z	Jamie Adams	949-936-7623	jamieadams@iusd.org
	Kara Kenney	949-936-7613	karakenney@iusd.org

*\*Subject to change*

Student Last Name	Administrator	Phone	Email
A - G	Matthew Pate	949-936-7608	matthewpate@iusd.org
H- N	Connie Park	949-936-7607	conniepark@iusd.org
O - Z	Kris Kough	949-936-7606	kriskough@iusd.org

Other Important Contacts			
Attendance Clerks: Stephanie Tang & Leticia Zaragoza	949-936-7601	stephanietang@iusd.org	
Counseling Secretary: Christine Cochran	949-936-7621	christinecochran@iusd.org	
Data Clerk & Parent Portal: Carolyn Larson	949-936-7617	carolynlarson@iusd.org	
Records & Transcripts: Monica Yang	949-936-7630	monicayang@iusd.org	
College & Career Center Coordinator: Angela Gatlin	949-936-7632	angelagatlin@iusd.org	
Canvas: Dominic Fratantaro	949-936-7615	dominicfratantaro@iusd.org	

### **PERSONAL AND SOCIAL RESOURCES**

**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 **Alyssa Guerrero** ([alyssaguerrero@iusd.org](mailto:alyssaguerrero@iusd.org), 949-936-7747)

**Wellness Coordinator:** Provides additional mental health support, crisis response services, and resources linkages to students and families. Our Wellness Coordinator is **Nilou Tohidian** ([niloutohidian@iusd.org](mailto:niloutohidian@iusd.org), 949-936-8520)

**Irvine Family Resource Center:** For referrals contact Susan Holt at 949-936-7502

**Crisis Hotlines:** 1-800-273-TALK; 1-877-7-CRISIS

### **ACADEMIC SUPPORT RESOURCES**

**Office Hours:** 45 minute periods on Wed. & Thurs. during the school day. This time is for students to get help from teachers, make-up tests and labs, work with peers on group projects, make-up PE time, and work on assignments in the Library or Computer Labs.

**Homeroom:** 15-minute period on Fridays during 3<sup>rd</sup> period to keep students updated on school news, events and grade appropriate information.

**Homework Lab:** A quiet place to study or use the computers after-school in the library for one hour.

**Peer Tutoring:** Teachers and volunteer students are available to help in any academic subject. Tutoring is held Mondays through Thursdays, after school, in Room 319 for one hour.

**Disco:** Counselor-referred program that provides a structured environment for students to complete their schoolwork with tutoring support from peer mentors. Students have access to computers to do research, print materials, etc.

**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. Any questions about Parent Portal contact Carolyn Larson.

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

## 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).

Focus on your grades and try the best that you can. **Yes! 9th grade matters for college admissions.**

Visit the College/Career Center and begin investigating college or career resources.

Talk with your parents about your plans after high school.

Enroll in summer school classes if necessary.

See your school counselor if you 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 computer use. Move the computer out of the bedroom and into the family room.
- ☐ Encourage your student to become involved in an extracurricular activity that brings additional meaning to high school.
- ☐ Attend and support your student's activities. He/she really does want you there cheering him/her on.
- ☐ Check the UHS Webpage for student activities, changes in bell schedules, report card delivery, etc.
- ☐ Check Parent Portal for grade reports.
- ☐ Reinforce family values so that your student knows what is expected when he/she has to make choices.
- ☐ Verify parent/adult presence and supervision at any party your student is invited to attend. Check that there will not be any alcohol or illegal substances.
- ☐ Establish a behavior modification system at home. Teenagers need to earn their privileges (e.g., cell phones, computers, socializing, TV, car, lunch release, etc.). If your student gets the job done in the classroom, he/she 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 his/her time and make sure he/she gets enough sleep, exercises and eats healthy, balanced meals. Maintaining balance is a key to success at Uni.

## How to Be an Informed Parent

### Important Dates for Freshmen and Parents First Semester

**10/19** Club Kick Off

**10/26** 1<sup>st</sup> Quarter Report Period Ends

**11/21-11/23** Thanksgiving Break

**12/24-1/4** Winter Break

**1/15-1/17** Finals

**1/17** End of 1<sup>st</sup> Semester

**Spring Semester Parent Coffee:** Thursday, March 28, 7:00-8:00 AM in the MPR

### ***How is my child doing in his/her 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.

- Parents and students may also utilize Weekly Progress Reports (found in the Counseling Office or the Front Office) that can be completed by teachers and returned to you by your student.
- Progress Reports are posted on Parent Portal halfway through each quarter (dates listed below). 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 he/she is utilizing office hours and after school tutoring. Teachers and peer tutors are on campus 4 days a week, in Room 319 after school.
3. The next step is to speak with the teacher. Discuss with the teacher your concerns and ask for his/her 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. You can leave a message, email, or schedule an appointment with our secretary, Christine Cochran.

**Scheduled Appointment:** Now that your son or daughter 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. Counselors are happy to meet with students before school, during office hours, snack, lunch, or after school for appointments. Students may also schedule an appointment with the Counseling Secretary, Christine Cochran, either in person or by phone. It is very difficult for counselors to speak with a walk-in parent/student at length since appointments have priority and schedules fill up quickly. If you have a question or concern, please phone or email your students' counselor.



# UNI HIGH GRADUATION REQUIREMENTS

**Credit Requirement: 215 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 in approved English courses
<b>SOCIAL SCIENCE:</b>	30 credits including Global Perspectives or World History (10), US History (10), Political Science (5), and Economics (5).
<b>HEALTH:</b>	5 credits
<b>SCIENCE:</b>	20 credits including 10 earth or physical science and 10 life science
<b>MATHEMATICS:</b>	20 credits including Algebra 1 or Math 1.
<b>PHYSICAL EDUCATION:</b>	20 credits. In addition, each student must pass a physical fitness test.
<b>WORLD LANGUAGE or VISUAL &amp; PERFORMING ART or CTE:</b>	10 credits
<b>GENERAL ELECTIVES:</b>	70 credits

## GRADUATION REQUIREMENTS FOR ENGLISH LANGUAGE DEVELOPMENT (ELD) STUDENTS

**English – 40 credits of English are required**

*10 credits of ELA/ELD 1 will count for English credit for graduation.*

*10 credits of ELA/ELD 2 English will count for English credit for graduation.*

**All other graduation requirements are the same as above.**

## 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 World History (Global Perspectives)</li><li>1 year of US History or ½ a year of US History and ½ a year of Civics (Econ) or Government (Poli Sci)</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 Math I, II, and III OR Algebra 1, Geometry, Algebra 2</li></ul>
<b>SCIENCE (D):</b>	2 years of laboratory science (life/physical) required, 3 years recommended including: <ul style="list-style-type: none"><li>UC: Biology, Chemistry, Physics, AP Environmental Science</li><li>CSU: Earth Science, Biology</li></ul>
<b>WORLD LANGUAGE (E):</b>	2 years required, 3 recommended of same language
<b>VISUAL &amp; PERFORMING ART (F):</b>	1 year required of the same course <ul style="list-style-type: none"><li>Examples: Dance, Drama, Art, Music, etc.</li></ul>
<b>COLLEGE PREP ELECTIVE(G):</b>	1 year required in addition to those required in "A – F" <ul style="list-style-type: none"><li>Examples: Level 3 World Language, FST/Pre-Calculus, Psychology, Journalism, etc.</li></ul>

## TESTING REQUIREMENTS:

**Either the SAT or ACT (additional writing test is highly recommended)**

**SAT 2 subject tests *may be recommended* for certain majors (e.g. Math Level 2 for Engineering major)**

