



# FRESHMEN PARENT COFFEE

A copy of this presentation and handout can be found on our website and Class of 2027 Canvas page.  
[www.universityhigh.iusd.org/counseling](http://www.universityhigh.iusd.org/counseling)



MR. SCHOCH  
A - Cor



MS. ADDESSI  
Cos - Hom



MS. DEAN  
Hon - Lim



# Meet the Counselors



MRS. CHUNG  
Lin - Pay



MRS. STRAUSHEIM  
Ped - Tan



MRS. ADAMS  
Tang - Z

# WHEN CAN STUDENTS SEE THEIR COUNSELOR?

## WALK-IN BASIS FOR STUDENTS

Before school, during snack, lunch, office hours, or after school



## BY APPOINTMENT

Contact Mrs. Mehraein in the counseling office



## EMAIL YOUR COUNSELOR

This is the easiest way to contact your school counselor to either schedule an appointment or ask questions



**Mrs. Mehraein**  
Counseling Secretary

# SCHOOL COUNSELOR ROLE

Academic Support

College & Career Planning

Parent Presentations & Meetings

Personal/Social Support

Mental Health & Wellness

# TRANSITION TO HIGH SCHOOL

## HIGHER EXPECTATIONS:



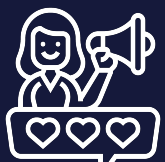
Course material is more challenging and students have to work harder to maintain grades.



If students do not complete their homework and have low test scores, they may earn a D or an F (F receives no credit).



If your student does not have homework for a few days, something is wrong.



Students are encouraged to take initiative and advocate for themselves while also assuming more responsibility by prioritizing their commitments and asking for help when needed.



# SCHOOL INFORMATION & RESOURCES

# High School Diploma vs. “a-g” Requirements

<i>CONTENT AREA</i>	<u>HS DIPLOMA REQUIREMENTS</u> (Class of 2027 and beyond)	<u>a-g REQUIREMENTS</u>
<b>Grade Requirement</b>	<b>D- or higher</b>	<b>C- or higher</b>
<b>English</b>	<b>4 years</b>	<b>4 years</b>
<b>Mathematics</b>	<b>3 years</b> <b>Must include Math 1 and Math 2</b>	<b>3 years required, (4 years recommended)</b> <b>Requires successful completion of Math 3</b>
<b>Science</b>	<b>3 years</b>	<b>2 years required, 3 recommended</b> <b>1 year physical and</b> <b>1 year biological science</b>
<b>Social Science</b> World History US History Economics Political Science	<b>3 years</b> <b>(1 year)</b> <b>(1 year)</b> <b>(1 semester)</b> <b>(1 semester)</b>	<b>2 years</b> <b>(1 year)</b> <b>(1 year)</b>
<b>World Language/Fine Arts/CTE</b>	<b>1 year</b>	<b>2 years World Language (3 years recommended)</b> <b><u>AND</u></b> <b>1 year Visual/Performing Arts</b>
<b>Physical Education</b>	<b>2 years</b>	
<b>Health</b>	<b>1 semester</b>	
<b>Electives</b>	<b>60 additional credits = 225 credits total</b>	<b>1 year from approved a-g course list</b>

# ACADEMIC ELIGIBILITY FOR A UC/CSU SCHOOL

Meet the “a-g” Requirements

**GPA Requirement:**

UC: 3.0 Minimum

CSU: 2.5 Minimum (2.0 may be considered)



# SAT/ACT PRACTICE OPPORTUNITIES

	EXAM	DATE OF EXAM	COST & REGISTRATION
<b>ALL 9<sup>th</sup> GRADERS</b>	<p><b>PSAT 9</b></p> <p>The PSAT 9 is an official exam designed by the College Board. This test is designed to be grade-level appropriate and for practice purposes only. Results will not be shared with colleges, universities, or programs, and will not be used for UHS course placement.</p>	<p><b>October 11, 2023</b></p> <p>will be administered during the school day</p>	<p><b>No charge and no registration required</b></p> <p>Funded by IUSD – all 9<sup>th</sup> graders are automatically registered</p>
<b>ALL 10<sup>th</sup> GRADERS</b>	<p><b>Pre-ACT</b></p> <p>The Pre-ACT is designed by ACT for practice purposes only. Results will not be shared with colleges, universities, or programs, and will not be used for UHS course placement.</p>	<p><b>October 11, 2023</b></p> <p>will be administered during the school day</p>	<p><b>No charge and no registration required</b></p> <p>Funded by IUSD – all 10<sup>th</sup> graders are automatically registered</p>
<b>ALL 11<sup>th</sup> GRADERS</b>	<p><b>PSAT/NMSQT</b></p> <p>This is the official qualifying exam for the National Merit Scholarship Competition and is required for juniors hoping to contend for National Merit Scholarship Opportunities. The PSAT/NMSQT can also be taken for practice purposes. Results will not be shared with colleges, universities, or programs, and will not be used for UHS course placement.</p>	<p><b>October 11, 2023</b></p> <p>will be administered during the school day</p>	<p><b>No charge and no registration required</b></p> <p>Funded by IUSD – all 11<sup>th</sup> graders are automatically registered</p>
<b>OPTIONAL</b>	<p><b>PPSAT</b></p> <p>This practice test is designed to prepare students for the PSAT, and is hosted by the UHS baseball team. Results will not be shared with colleges, universities, or programs, and will not be used for UHS course placement.</p>	<p><b>TBA</b></p> <p><b>Winter 2023</b></p>	<p><b>Cost: TBA</b></p> <p><b>Registration Dates: TBA</b></p> <p><b>Registration Location: Student Activities Center (SAC)</b></p>

# PSAT 9

- Practice test available to all Freshmen in IUSD
  - Will be offered on **October 11** for Uni students
- 2 hours and 14 minutes in length with two components:
  - Reading and Writing (64 minutes, 54 questions), Math (70 minutes, 44 questions)
  - Grade level appropriate
  - Helps set a baseline to determine areas of strength and areas for growth
  - Scores reported on College Board website
  - Opportunity to link results to Khan Academy to gain personalized practice

PSAT™ 8/9  
sets readiness  
baseline

PSAT/NMSQT®  
and PSAT™ 10  
allow check-in on  
student progress

SAT®  
connects students  
to college



**Khan Academy**

# GETTING CONNECTED

- **Join a Club**

- Full Club List on the UHS Website under Students → ASB → Clubs
- UHS ASB Instagram: @uhstrojanarmy
- There are over 100 to choose from!

- **Volunteer**

- Community service opportunities are available on the College and Career website
- Community Service is not required for graduation

- **Join a Sport**

- Find more information on the UHS Website under Athletics tab

- **Participate in the Arts**

- Audition for the Fall Play or Spring Musical
- Join Comedy Sportz

# EXPLORING CLUBS

**UHS Website → Students → ASB → Clubs**

Information on clubs, meeting times and who to contact can be found on our school website.

## 2023 FALL CLUBS

Below is the finalized club list for the Fall semester of 2023. Click the link below to open up the master spreadsheet with each clubs' goals, purposes, type, etc. Make sure to use the CTR+F search command to find clubs with specific key words in their descriptions. Also, you can double click on any cell to view the entirety of the text!

At University High School, there's a club for everyone. Go out and join!

[Clubs List](#)

# Eligibility for Athletics, ASB, Pep Squad, Color Guard, Marching Band, Tech Staff and Drama

## 2.0 GPA

## Pass 4 classes

Students may use Probation for 1 quarter during their 4 years in high school

Winter Sports Eligibility  
2.0 (1<sup>st</sup> Quarter)

Spring Sports Eligibility  
2.0 (at semester)



# Online Resources

UHS Website:

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

Parent Portal:

*[my.iusd.org](http://my.iusd.org)*

Canvas

Naviance

Counseling Website



# Frequently Asked Questions



# FAQ #1: How is my student doing in his/her classes?

## Report Cards

- Posted on *Parent Portal* 4 times a year (Quarter & Semester Grades)

## Progress Reports

- Posted on *Parent Portal* 4 times a year for students earning a C- or lower

*Dates for 1<sup>st</sup> semester are in your packets and also online*





## FAQ #2: What if my student is doing poorly in class?

- **Communicate with your student to discover the root of the problem (e.g., study habits, motivation, deficits)**
- **If additional academic help is needed, encourage your student to utilize UHS Academic Support Resources**
- ***Office Hours***
  - *Tuesday, Wednesday, and Thursdays - 9:55 am - 10:35 am*
  - *Fridays - 10:10 am - 10:35 am*
- ***UHS Peer Tutoring-Monday-Friday, in the library from 2:15pm-4:15pm***
- ***Paper.co -free online tutoring for all students in all subject areas***
- **Contact the teacher directly (email)**
- **If problems persist and/or personal/social problems exist, contact the counselor and utilize personal and social resources**



# FAQ #3: Does 9<sup>th</sup> grade count?

## **Yes! Colleges Evaluate:**

**Grades in ALL academic courses**

**Courses taken and level of difficulty**

**Participation in activities**

*(sports, student government, music, drama, community service, part-time jobs, etc.)*

**Recommendations by counselors and teachers**

**Writing skills (personal statement)**



## FAQ #4: How can I help my student deal with stress/other mental health concerns?

- **Look for signs of unhealthy levels of stress:**
  - *Irritability and moodiness, over/under eating, sudden change in personality, change in sleeping patterns*
- **Help them to find strategies to deal with stress:**
  - *Take a stand against overscheduling, get a good night's sleep, be realistic, solve the little problems, have a support system and ask for help*
- **Encourage your student to reach out to their school counselor**
  - *If you would like your student's counselor to initiate contact, please reach out to us!*
- **Once meeting with your student, we can refer them to various supports on or off campus if needed**



# FAQ #5: What is next for my 9th grade student?

- **Freshman Counseling Lesson - Monday, October 23**
  - *Counselors will be going to Biology classes and be presenting information regarding graduation requirements, a-g requirements, strategies for success in high school, and getting involved on campus.*
- **Spring Freshman Parent Coffee - March 2023**
  - *We will discuss pre-requisites for 10th grade courses, as well as summer school.*
- **Freshman Course Selection - April 2023**
  - *Counselors will visit classes to guide students through the course selection process for 10th grade.*
- **Sophomore Conferences - Spring 2024**
  - *Course Selection for 11th grade and course planning for 12th grade*

# PERSONAL AND SOCIAL RESOURCES

The following support is available on campus for all students



## School Counselors

*\*See alpha breakdown\**

Provide mental health and wellness, academic, and college and career support for all students



## Project Success Support Specialist

*Anela Rhodeman*

Provides small group support to build resiliency skills



## Mental Health Specialists

*Mrs. Butler and Dr. Tohidian*

Collaborate with school counselors to provide additional mental health support, crisis response services, and resource linkages to students and families

# PERSONAL AND SOCIAL RESOURCES



## IUSD Family Counseling Center

- Short-term evidence-based mental health services for students and families
- Group counseling
- Psycho-educational workshops
- Referrals to community agencies and other programs

## The Well Space

- Room 218
- Open to students before school, snack, office hours, lunch and for short periods of decompression time during class

## Suicide and Crisis Lifeline: 988

- Available 24 hours
- Free and confidential support for people in distress
- Prevention and crisis resources for you or your loved ones

## Say Something Anonymous Reporting System

- Available 24 hours
- Submit secure and anonymous safety concerns
- Help identify and intervene upon at-risk individuals before they hurt themselves or others

# MEET THE COLLEGE AND CAREER SUPPORT STAFF



Mrs. Rohrer Ng  
College & Career Coordinator



Mr. Hernandez  
ROP Specialist



# COLLEGE & CAREER CENTER

## COLLEGE & CAREER CENTER



**SEP 22** IVC Outreach @Crossroads  
12:10 – 12:45pm  
Crossroads

**SEP 25** College Visit-- University of Notre Dame  
11:55am – 12:30pm  
MPR A

**SEP 26** College Visit: University of San Francisco  
9:55 – 10:35am  
MPR A

**SEP 26** College Visit: Indiana University--Bloomington  
12:10 – 12:45pm  
MPR A

**SEP 27** College Visit-- Pepperdine University  
9:55 – 10:35am  
MPR A

### QUICKLINKS

College Info

Career Info

Community Service

Financial Aid & Scholarships

Admissions Tests

<https://universityhigh.iusd.org/cc>



# COLLEGE & CAREER CENTER

- College Visits
- IUSD College & Career Fair: October 23rd, 5pm NHS
- Work Permits
- Community Service
- Scholarships/Financial Aid
- Jobs/Internships/Career Fairs
- Standardized Test Information
- Fee Waivers
- Resumes/Interviewing



# WHAT IS FINANCIAL AID?

- Gift aid
  - Scholarships
  - Grants
- Self-help aid
  - Loans
  - Employment opportunities
- College and Career Center
  - Check out scholarship links



**[IUSD Financial Aid Night: October 23rd](#)**  
**[from 5-7 PM @ NHS](#)**

# COASTLINE REGIONAL OCCUPATIONAL PROGRAM

- Regional Occupational Program
- After-bell CTE provider
- UC/CSU – Transferable courses “G”
- Community College Articulations
- Internship courses available for 16+
- Freshman 2nd semester Classes
  - Cybersecurity
  - Artificial Intelligence
  - Medical Innovations & Entrepreneurship
- Registration will open mid-November



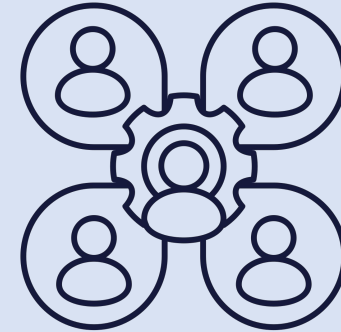
**Contact Jose Hernandez**  
**[josehernandez2@iusd.org](mailto:josehernandez2@iusd.org)**  
**(949) 936-7633**

# GETTING INFORMED & INVOLVED



## ATTEND PARENT COFFEES

Counselors host parent coffees for each grade level, so mark your calendars to attend our coffees each year to receive timely information regarding your student.



## BECOME A PTSA MEMBER

Details on how to get involved can be found on the PTSA website

**[UHS Homepage](#) > [Parents](#) > [PTSA](#)**

Freshman Parent Representative:

Tracy Hertstein

Contact: [unirepclass2027@gmail.com](mailto:unirepclass2027@gmail.com)

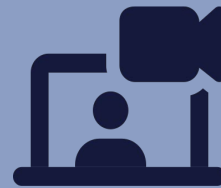
# How to Contact Your Student's School Counselor



Send us an email



Call us on the phone



Schedule an appointment to meet via Zoom



Schedule an appointment to meet in person

# Stay Informed



Check your students' graduation year class Canvas page



Follow us on Instagram @unicounselors



Visit [universityhigh.iusd.org/counseling](https://universityhigh.iusd.org/counseling)



Access Naviance



Make sure your email address is updated in Aeries!

# Questions

