



FRESHMEN PARENT COFFEE

A copy of this presentation and handout can be found on our website and Class of 2028 Canvas page
www.universityhigh.iusd.org/counseling



MR. SCHOCH
A - Col



MS. ADDESSI
Com - Hsu



MS. DEAN
Hu - Lop



MRS. CHUNG
Lor - Pie



MRS. STRAUSHEIM
Pil - Tha



MRS. ADAMS
The - Z

Meet the Counselors

WHEN CAN STUDENTS SEE THEIR COUNSELOR?

WALK-IN BASIS

Before school from 8-8:30 am, during snack, lunch, or Friday Office Hours



OFFICE HOURS

Students must sign up in 5 Star (Tuesdays-Thursdays)

BY APPOINTMENT

Open periods (1st, 2nd, 5th, 6th)
After School (7th and 8th period)

Appointments can be made here: <https://linktr.ee/unicounseling>



EMAIL YOUR COUNSELOR

This is the easiest way to contact your counselor to ask questions



Ms. Moran
Counseling Secretary

HOW CAN PARENTS CONTACT THEIR STUDENT'S COUNSELOR?



Send us an email



Call us on the phone



Requests for a meeting must be made by reaching out to the counselor by email or phone

SCHOOL COUNSELOR ROLE

Academic Development

Support student's ability to learn through strategies and activities

College & Career Development

Help students understand connection between school and work, and how to transition to postsecondary education/ workforce.

Personal/Social/Mental Health Support

Help students manage emotions and learn interpersonal skills

TRANSITION TO HIGH SCHOOL

HIGHER EXPECTATIONS:



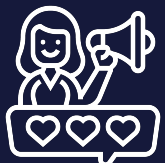
Course material is more challenging and students have to work harder to maintain grades.



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



Your student should have some form of homework each night.



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

ACADEMIC ELIGIBILITY FOR A UC/CSU SCHOOL

Meet the “a-g” Requirements

GPA Requirement:

UC: 3.0 Minimum

CSU: 2.5 Minimum (2.0-2.4 may be considered)

SAT/ACT PRACTICE OPPORTUNITIES

| | EXAM | DATE OF EXAM | COST & REGISTRATION |
|------------------------------------|---|--|---|
| ALL 9th GRADERS | <p>PSAT 9</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>October 30, 2024</p> <p>will be administered during the school day</p> | <p>No charge and no registration required</p> <p>Funded by IUSD – all 9th graders are automatically registered</p> |
| ALL 10th GRADERS | <p>Pre-ACT</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>October 30, 2024</p> <p>will be administered during the school day</p> | <p>No charge and no registration required</p> <p>Funded by IUSD – all 10th graders are automatically registered</p> |
| ALL 11th GRADERS | <p>PSAT/NMSQT</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>October 30, 2024</p> <p>will be administered during the school day</p> | <p>No charge and no registration required</p> <p>Funded by IUSD – all 11th graders are automatically registered</p> |
| OPTIONAL | <p>PPSAT</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>TBA</p> <p>Winter 2024-2025</p> | <p>Cost: TBA</p> <p>Registration Dates: TBA</p> <p>Registration Location: Student Activities Center (SAC)</p> |

PSAT 9

- Practice test available to all Freshmen in IUSD
 - Will be offered on **October 30** 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)
 - Electronic format (on student chromebook)
 - 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 Canvas Page
- 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.

CLUB LIST

Below is the finalized club list. 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 (1st 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/Californiacolleges.edu

Counseling Website



Frequently Asked Questions



FAQ #1: How is my student doing in their classes?

Grade Reports

- 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 1st semester are in your handout



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, electronic misuse)**
- **If additional academic help is needed, encourage your student to utilize UHS Academic Support Resources:**
- **Office Hours**
 - Sign up through 5 Star (mobile app or link: <https://5starstudents.com/universitytrojanarmy>)
 - *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 9th 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 21**
 - *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 2025**
 - *We will discuss pre-requisites for 10th grade courses, as well as summer school.*
- **Freshman Course Selection - April 2025**
 - *Counselors will visit classes to guide students through the course selection process for 10th grade.*
- **Sophomore Conferences - Spring 2026**
 - *Course Selection for 11th grade and course planning for 12th grade*

Personal and Social Resources

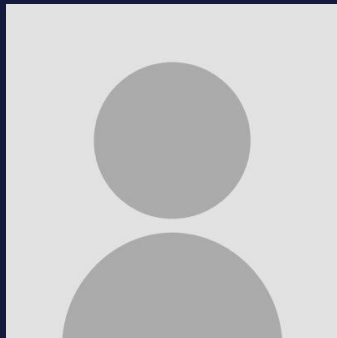
The following support is available on campus for all students



School Counselors

See alpha breakdown

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



Project Success Support Specialist

Matthew Castillo

Provides small group support to build resiliency skills



Mental Health Specialists

Ms. Robbins and Dr. Tohidian

Collaborate with school counselors to provide additional mental health support, crisis response services, and resource linkages to students and families (Care Solace/Hazel Health)

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

Welcome to the UHS College & Career Center!

Felicia Rohrer Ng, College & Career Coordinator (feliciang@iusd.org)

Jose Hernandez, ROP Career Specialist (josehernandez2@iusd.org)



RECENT FLYERS

IRVINE UNIFIED SCHOOL DISTRICT

College, Career & Life Readiness Fair

2024-2025

OCTOBER 28 • 5-7PM

All students, families
& community members
are invited to attend!



- ✓ INTERACTIVE WORKSHOPS
- ✓ SPEAK DIRECTLY WITH COLLEGE AND UNIVERSITY REPRESENTATIVES
- ✓ CAREER TECHNICAL EDUCATION (CTE) PATHWAY INFORMATION
- ✓ COURSE ENROLLMENT
- ✓ LISTEN AND LEARN WITH COMMUNITY PARTNERS
- ✓ NATIONAL COLLEGIATE ATHLETICS ASSOCIATION (NCAA) INFORMATION

University High
4771 Campus Dr. Irvine, CA

COLLEGE RESOURCES



[UHS College Visits \(fall\)](#)



[IVC Dual Enrollment](#)



[2 & 4 Year Colleges](#)

SCHOLARSHIPS AND FINANCIAL AID



[UHS Program Nominations](#)



[Scholarships](#)



[Financial Aid](#)

TESTING



[UHS AP Website](#)



[SAT](#)



[ACT](#)

Look for announcements on [CCC Canvas Page](#)

COLLEGE & CAREER CENTER

- College Visits
- IUSD College & Career Fair: October 28rd, 5pm UHS
- Work Permits
- Community Service
- Scholarships/Financial Aid
- Jobs/Internships/Career Fairs
- Standardized Test Information
- Fee Waivers
- Resumes/Interviewing



COASTLINE ROP

- 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 early-November



COASTLINE ROP



“

An ROP class is completely different from a regular class. It is so hands-on and interactive which makes it more personal too. ~ Joanna



AGRICULTURE & NATURAL RESOURCES

- Animal Health Care
- Animal Health Care Internship

ARTS, MEDIA & ENTERTAINMENT

- AP Studio Arts 2-D
- Art of TV & Video Production
- Broadcast News
- Computer Graphics
- Computer Graphics Advanced
- Intermediate Video & Film
- Media Arts Advanced
- Media Arts Intermediate
- Media Arts Introduction
- Multimedia Communications Design
- Study of TV and Film Making

BUILDING & CONSTRUCTION TRADE

- BITA 1: Foundation of Residential & Commercial Construction
- BITA 2: Study of Modern Craftsmanship & Infrastructure
- BITA 3: Energy Efficiency & Infrastructure of the Future
- BITA 4: Emerging Construction Advances & Changes
- Construction Technology Pre-Apprenticeship

BUSINESS & FINANCE

- Supply Chain Management I
- Supply Chain Management II

HEALTH SCIENCE & MEDICAL TECHNOLOGY

- Body Systems & Disorders
- CNA (Pre-Certification) Internship
- Dental Assistant Back Office
- Dental Assistant Back Office Internship
- Dental Assistant Front Office
- Medical Careers & Health Systems
- Medical Core
- Medical Innovation, Research & Entrepreneurship
- Medical Nursing Careers Internship
- Sports Medicine & Athletic Training
- Sports Medicine Advanced
- Sports Medicine Internship

HOSPITALITY, TOURISM & RECREATION

- Baking & Pastry Fundamentals
- Culinary Arts
- Culinary Arts Advanced
- Culinary Arts Internship
- Foods

EDUCATION, CHILD DEVELOPMENT & FAMILY SERVICES

- Careers with Children Internship
- Child Development

INFORMATION & COMMUNICATION TECHNOLOGY

- Careers in Artificial Intelligence (AI)
- AI CyberForward

MARKETING, SALES & SERVICE

- Diversified Service Careers Internship
- Entrepreneurship I
- Entrepreneurship II

PUBLIC SERVICES

- Administration of Justice
- Crime Scene Investigation
- Emergency Medical Responder
- Emergency Medical Technician
- Fire Fighting Technology

TRANSPORTATION

- Auto Electrical Systems (Dual Enrollment)
- Auto Fundamentals
- Automotive Technology Advanced
- Automotive Technology Internship
- Automotive MLR I
- Automotive MLR II

HAVE MORE QUESTIONS?

Contact Laurie Eberhart
Program Assistant
(714) 979-1974
leberhart@coastlinerop.org



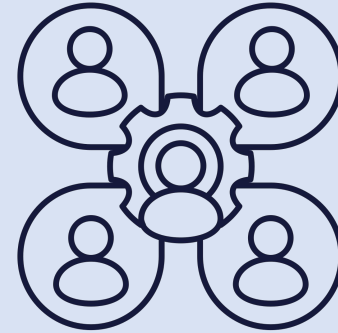
GETTING INFORMED &



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.

INVOLVED



BECOME A PTSA MEMBER

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

UHS Homepage > Parents > PTSA

Freshman Parent Representative:

Lauren Lurhs

Contact: unirepclass2028@gmail.com

Stay Informed



Check your students' graduation year class Canvas page



Follow us on Instagram @unicounselors



Visit universityhigh.iusd.org/counseling



Access Naviance



Make sure your email address is updated in Aeries!

Questions

