



UNIVERSITY
HIGH SCHOOL

Class of 2028

Sophomore Parent Planning Meeting

UHS Counseling Department



MR. SCHOCH
A - Col



MS. ADDESI
Com - Hu



MS. DEAN
Hua - Lu



MRS. RAMIREZ
Ly - Por



MRS. STRAUSHEIM
Pos - Tip



MRS. CHUNG
Tir - Z

Meet the Counselors

Agenda



High School Graduation Requirements



College Requirements (A-G)



Transcript Review



Grad Check



SAT/ACT Testing Updates



Class Options for Junior Year



Mental Health and Wellness

Materials

Additional materials are available on Canvas:

- UHS Counseling Class of 2028
- Modules
- Sophomore Meeting



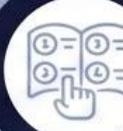
Transcript



Grad Check



Course List



Course Planning Sheet



Resources Available on Canvas



College and Career Center



California Colleges



Coastline ROP



Course of Study/Class Pathways



UC Admit Data 2024



Course Offerings List



Course Selection Google Form



Transfer Admission Guarantee

Sophomore Conference Video

Found on Canvas & the UHS Website



Access UHS Website → Counseling → Grade Level Info
→ 10th Grade → Sophomore Planning Meeting

High School Diploma vs. “A-G” Requirements

CONTENT AREA	HS DIPLOMA REQUIREMENTS	A-G REQUIREMENTS (CSU/UC Requirements)
Grade Requirement	D- or higher	C- or higher
English	4 years	4 years
Mathematics	3 years <i>Must include 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 = <u>225 credits total</u>	1 year from approved a-g course list

Transcript Analysis

Crs-ID	Course Title	Mark	Att/Cmp	
Grade 9 Fall 2023-2024				
University High School				
p 1073	English 1A	B	5.00	5.00
p 2312	Spanish 1A	A-	5.00	5.00
p 3051	Enh Math IIA	B-	5.00	5.00
+ 4624	TS B Soccer Q2	A	2.50	2.50
+ 4524	OSS Quarter 1	A	2.50	2.50
p 52633	H NextGen Bio A	B	5.00	5.00
p 6253	M World Hist A	B+	5.00	5.00
p 7510	Symp Band A	C-	5.00	5.00
Credit Alt: 35.00 Cmp: 35.00 AGPA: 3.0000				
Grade 9 Spring 2023-2024				
University High School				
p 1075	English 1B	B+	5.00	5.00
p 2313	Spanish 1B	A	5.00	5.00
p 3052	Enh Math IIB	B-	5.00	5.00
+ 4926	OSS Quarter 3	B+	2.50	2.50
+ 4927	OSS Quarter 4	A	2.50	2.50
p 52634	H NextGen Bio B	B+	5.00	5.00
p 6254	M World Hist B	A	5.00	5.00
p 7511	Symp Band B	A	5.00	5.00
Credit Alt: 35.00 Cmp: 35.00 AGPA: 3.5000				
Grade 10 Fall 2024-2025				
University High School				
p 1103	English 2A	A-	5.00	5.00
p 2322	Spanish 2A	B	5.00	5.00
p 3053	Math IIIA	A	5.00	5.00
+ 40041	PE Course 2A	A	5.00	5.00
p 52655	HonNxGenChem	B+	5.00	5.00
+ p 6341	AP US History A	B-	5.00	5.00
p 7203	GraphicDesign A	A	5.00	5.00
Credit Alt: 35.00 Cmp: 35.00 AGPA: 3.6867				

P: College-Prep

+: Weighted

*****: Non-Academic

Non-academic AND College Prep Courses



	Weighted	Non-Wgted
Acad GPA (9-12)	3.4400	3.3600
Acad GPA (10-12)	3.6154	3.4615
Total GPA (9-12)	3.5000	3.4310
Credit Attempted: 145.00		
Credit Completed: 145.00		

Transcript Analysis

Subject Area	CREDIT SUMMARY		
	Credit Req'd	Compl	Needed
English	40.00	10.00	30.00
Mathematics 1	10.00	10.00	-
Mathematics 2	10.00	-	10.00
Mathematics Elective	10.00	-	10.00
Life Science	10.00	10.00	-
Physical Science	10.00	-	10.00
Sci Yr3 Physics-based	10.00	-	10.00
Science Electives	-	-	-
American Govt.	5.00	-	5.00
U.S. History	10.00	-	10.00
Health	5.00	5.00	-
Physical Education	20.00	10.00	10.00
Lang Fine Arts CTE	10.00	10.00	-
World Cultures	10.00	10.00	-
Economics	5.00	-	5.00
General Electives	60.00	-	60.00
* TOTALS *	225.00	65.00	160.00

The credit summary at the bottom shows progress toward **high school graduation requirements.**

Note: Any course taken in a category where minimum credits have been completed will count toward the “general electives” category.

Please find your grad check:



- Courses that are checked off are complete



- Courses with a dot are in progress



- If the course is blank, it is something that will need to be completed the junior or senior year
- Courses that have a 'D' or 'F' must be repeated for eligibility to a 4 year university and/or for graduation



Note: Graduation requirements are embedded into the minimum requirements for a 4 year university on the grad check sheet.

GRAD CHECK			
Student Name: Legal Name _____ (last) _____ (first) _____	Student ID # _____		
Minimum requirements for a 4 year university (225 credits): All courses must be completed with a grade of <u>C</u> or better.			
CP English 1 _____	CP English 2 _____	CP English 3 _____	CP English 4 _____
Math 1 _____	Math 2/Enh. Math 2 _____	Math 3/AP Pre-Calculus _____	
Biology _____	Chemistry _____	Physics-based Science _____	
World History _____	US History _____	Political Science _____	Economics _____
World Language 1 _____		World Language 2 _____	
Visual/Performing Art _____		Academic Elective (g) _____	
PE _____	(quarters)		
Health _____ (5.0)			
Minimum requirements for a High School Diploma (225 credits): All courses must be completed with a grade of <u>D</u> or better.			
English _____	English _____	English _____	English _____
Math 1 _____	Math 2 _____	Additional Math Class _____	
Biology _____	Chemistry _____	Physics-based Science _____	
World History _____	US History _____	Political Science _____	Economics _____
World Language, Visual/Performing Art, or CTE _____			
PE _____	(quarters)		
Health _____ (5.0)			
• 10 credits of ELA1 and 10 credits of ELA 2 will count toward English credit for graduation.			

Educational Options After Graduation



**HIGH SCHOOL
DIPLOMA**



**HIGH SCHOOL DIPLOMA +
A-G REQUIREMENTS**



**COMMUNITY
COLLEGE**



**TRADE/
VOCATIONAL
SCHOOL**



**TRADE/
VOCATIONAL
SCHOOL**



**COMMUNITY
COLLEGE**



- CAL STATE UNIVERSITIES
- UNIVERSITIES OF CA
- INDEPENDENT OR PRIVATE COLLEGES/UNIVERSITIES

- CAL STATE UNIVERSITIES
- UNIVERSITIES OF CA
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Standardized Testing Information



Testing Requirements

- **CSU/UC:** Standardized test scores not used for admissions
- **Private and out-of-state schools:** Some are test-optional, some require testing-please check schools' websites for specific testing information



If needed, it is recommended that students take their first official SAT or ACT no later than spring of their junior year

SAT



Digital only



Reading/Writing and Math



Approx. 2 hours

ACT



Digital or pencil/paper



English, Math, Reading, and Science



Approx. 3 hours



SAT/ACT is NOT needed for community college

Standardized Testing Practice

PACT

- Sophomores completed this October 22th
- Results are available online at MyACT

PSAT/NMSQT

- National Merit scholarship qualifying test
- Juniors can take it in October 2026

Additional Practice Test

- Digital SAT or Paper ACT - \$25
- February 21, 2026 - 8:30am to 11:30am at UHS
- Registration from 1/12 - 2/20 at SAC or online

Junior Year Schedule



English (ERWC 3, English 3, AP English Language & Composition)



Math (Math 2, Math 3, Pre-Calc, etc.)



Physics based science course (Physics, AP Physics 1/2, Marine Science, Principles of Engineering)

⌚ IVA Option: AP Physics 1, 5-6 pm

🔗 To sign up for AP Physics, you must be concurrently enrolled in pre-calculus or higher



Elective



Elective



Elective



Optional open elective

i.e. Social Science, VAPA, CTE, PE, Sport, Language, Health or additional science course



Open Electives



Music

- Orchestra (all levels)
- Band (all levels)
- Guitar Studio
- Music Technology
- Marching Band
- Color Guard
- Songwriting
- Improvisation
- UHS Choir
- Canta Bella
- Madrigals
- UNlson Choir
- Pop/Rock Acapella Choir



Theater

- Musical Theater Wheel
- Intro to Musical Theater
- Musical Theater Performance
- Broadway Bound
- Drama (all levels)
- Technical Theater (all levels)
- Adv. Theater Production
- Dance (all levels)



Visual Arts & Other

- Art Studio (all levels)
- Art of Fashion (all levels)
- Printmaking
- Graphic Design (all levels)
- Ceramics (all levels)
- Visual Imagery (all levels)
- Photojournalism
- Video Production (all levels)
- Journalism (all levels)
- ASB
- Athletics (only in 11th and 12th)

Mental Health Support Team

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 Specialist

Collaborates with school counselors to provide additional mental health support, crisis response services, and community referrals to students and families (Care Solace/Hazel Health)

Health & Wellness



Time Management/Balance

- ✓ Be careful not to overschedule
- ✓ Consider rigor of courses, study time/homework and other extracurriculars
- ✓ Sleep



Stress Management

- Maintain open communication
- Model healthy coping strategies
- Encourage healthy habits



Supporting Your Student

- Quiet Study Space
- Assist in Building Organizational Skills
- Set Boundaries with Technology and Social Media

Junior Year Course Selection



Counselors will meet with all sophomores in February 2026



Students will receive a presentation at their meeting



Students will fill out a Google course selection form



Students will enter course requests into Aeries

Last day to make changes to course requests: May 4, 2026

Exit Ticket



🔗 <https://tinyurl.com/4us27ywn>



Last day to make changes to course requests: **May 4, 2026**