



UNIVERSITY HIGH SCHOOL

SOPHOMORE PARENT COFFEE

CLASS OF 2026

A copy of this presentation and handout can be found on our website and the Class of 2026 Canvas page.

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

SCHOOL COUNSELOR ROLE

Academic Support

College & Career Planning

Parent Presentations & Meetings

Personal/Social Support

Mental Health & Wellness

WHEN CAN STUDENTS SEE THEIR COUNSELOR?

WALK-IN BASIS

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

High School Diploma vs. “A-G” Requirements

<i>CONTENT AREA</i>	<u>HS DIPLOMA REQUIREMENTS</u>	<u>a-g REQUIREMENTS</u>
Grade Requirement	D- or higher	C- or higher
English	4 years	4 years
Mathematics	2 years Must include Math 1	3 years required, (4 years recommended) Requires successful completion of Math 3
Science	2 years	2 years required, 3 recommended 1 year physical and 1 year biological science
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	70 additional credits = 215 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

Sophomore Year at a Glance

**November
2023**

Sophomore Parent Coffee

**January -
March 2024**

Sophomore Planning
Conferences

- 11th Grade Course
Selection

**Winter/
Spring 2024**

Optional practice exam
opportunities

- More info to come

**May 6th,
2024**

Last day to finalize 11th grade
course requests

Group Sophomore Counseling Meeting

- The meetings will be scheduled **January – March** in the MPR
 - Parents are invited
- You'll receive an email 1-2 weeks prior
 - Appointment date & time
 - Link to sophomore planning conference video
 - You and your student are required to watch this **before** the meeting



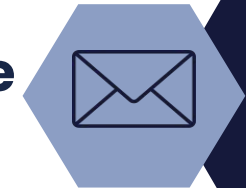
The video can also be found on the UHS website

- Counseling ➔ 10th Grade ➔ Sophomore Conference video
 - Graduation & college requirements information
 - SAT/ACT testing updates
 - College planning & career exploration
 - Personal/social resources



Review the course offerings list

- Start discussing desired courses with your student for 11th and 12th grade to get the most out of the conference



Ensure your email address is up-to-date in Aeries

- This will ensure you receive the meeting invitation
- Contact Nicole Mehraein to update if necessary

Sophomore Meeting Topics



Progress Toward Graduation Requirements

- Transcript review
- Selection of 11th grade courses, planning for 12th grade courses



College Admission Testing Information



Post-Secondary College & Career Goals



Resources on Campus

**This meeting will take approximately 1 hour*

10th Grade Areas of Focus

Academics

Maintain grades to meet:

- Graduation and/or college admission requirements
- Prerequisites for 11th/12th grade courses

College & Career Prep

Explore potential colleges and careers by taking advantage of:

- Naviance
- College speakers
- Preparation for college admission testing

Extracurriculars

Explore interests and activities

- Take advantage of opportunities to get involved
- Quality over quantity

Wellbeing

Maintain balance for social/emotional wellness

- Resilience and coping strategies
- Awareness of need for support

Academic Resources



Teachers are your student's #1 academic resource!



Peer Tutoring



Office Hours
Tuesday-Friday



Paper.co



UHS Course of Study
UHS Website → Academics
Shows courses & prerequisites



UHS Homepage → Quicklinks
Parent Portal, Canvas,
weekly bulletin, etc.

Extracurricular Activities

Help your child to discover and engage in their passions!

- Athletics
- Academic Teams
- ASB/Student Council
- Visual and Performing Arts
- Clubs
 - Full Club List on the UHS Website under Students → ASB → Clubs
- Volunteer
 - Opportunities are available on the College and Career website
 - Community Service is not required for graduation

College Exploration

Sophomore Year

Your student should stay consistent with academics.

Encourage your student to get involved.



Where does your student want to be?

Consider size, location, public/private, cost, degrees and programs offered.

What is your student's goal? Where will your student thrive?



Start the conversation!

It comes down to your student knowing themselves and selecting colleges that are the best fit.



SAT/ACT Practice Opportunities

	Exam	Date	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 11, 2023</p> <p>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 11, 2023</p> <p>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 11, 2023</p> <p>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>February, 3 2024</p> <p>Administered on a Saturday</p>	<p>Cost: TBA</p> <p>Registration Dates: TBA</p> <p>Registration Location: Student Activities Center (SAC)</p>

Naviance for 10th Grade Students

Naviance is a web-based, college and career readiness tool

- Career Cluster Finder
 - Used in 9th grade
 - Students can log back in to view their previous results
- Career Interest Profiler
 - Will be completed during Chemistry classes
 - Before the end of the first semester



NAVIANCE

+ BY POWERSCHOOL

Meet the College & Career Support Staff



Mrs. Rohrer Ng
College & Career Coordinator




Mr. Hernandez
ROP Specialist



College & Career Center

Home UHS College & Career Center 2023-2024

Announcements
Pages
Files
Modules
Assignments
Collaborations
Discussions
People
Grades
Outcomes
Syllabus
Rubrics
Quizzes
BigBlueButton
Clever
Learn 360
Sora
Adobe Express
Khan Academy
My Resources
Item Banks
Settings




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 VALLEY COLLEGE
BEGIN YOUR COLLEGE JOURNEY AT IVC! A Virtual Informational Event Series | 2023

A special invitation to Irvine Unified and Tustin Unified high school students and their families.


Transferring to a Four-Year University: Monday, Nov. 13 • 4:30 - 5:30 pm
Learn how to transfer to your dream school! Irvine Valley College has the #1 transfer rate in California and is #1 in transfers to the UC system from Orange County. Participants will learn more about the transfer admission programs available, how to start planning for transfer, and how to stay on track with transfer goals.

College Financial Aid and the Irvine Valley Promise Program: Tuesday, Nov. 14 • 4:30 - 5:30 pm
Learn how to afford college and maximize any student aid from the financial aid application. In this presentation, participants will receive an overview of financial aid programs, accessible through the FAFSA and CA Dream Act applications. Presenters will also cover the Irvine Valley Promise program, which provides two years of free tuition, book vouchers, and dedicated counseling support -- regardless of household income!


Earn College Credits with Dual Enrollment: Wednesday, Nov. 15 • 4:30 - 5:30 pm
All high school students are invited to learn about the dual enrollment opportunities that IVC has to offer and how to earn college credits while in high school. In addition, students can use these credits to strengthen their admissions applications to universities and the completion of associate and bachelor's degrees. The overview will cover dual enrollment course options, the process to enroll, important things to know about dual enrollment, and the support available to students.

Irvine Valley College Honors Program Overview: Thursday, Nov. 16 • 4:30 - 5:30 pm
The IVC Honors Program provides a supportive learning community that fosters academic, professional, and personal growth in highly motivated students from all backgrounds. This series will highlight the benefits of participating in this rigorous program, such as priority admission review of many transfer institutions, including UCLA and UC, honors, counseling honors scholarships, small seminar style classes, and priority registration for classes.


COLLEGE RESOURCES



[UHS College Visits](#)




[IVC](#)




[2 & 4 Year Colleges](#)


SCHOLARSHIPS AND FINANCIAL AID



[UHS Program Nominations](#)



[Scholarships](#)



[Financial Aid](#)

TESTING

Look for announcements on CCC Canvas Page

College & Career Center

- College Visits
- College Requirements & Applications
- Program Nominations (HOBY deadline Nov. 26)
- Workshops
- Scholarships & Financial Aid
- Work Permits
- Community Service
- Jobs/Internships/Career Fairs
- Standardized Test Information
- Fee Waivers
- Resumes/Interviewing



Coastline Regional Occupational Program

- Regional Occupational Program
- After-bell CTE provider
- Senior spring interest
- UC/CSU – Transferable courses “G”
- Community College Articulations
- Internships
- Personalize the elective experience
- Distinguished Student Recognition
- Contact Jose Hernandez: josehernandez2@iusd.org



Personal & 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 & 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

Ways Parents Can Support Students



Encourage Balance



Praise Effort & Hard Work



Help Them Recognize Things Beyond Their Control

Develop strong coping skills



Point Out Resiliency

Remember past and lessons learned



Encourage Self-Care

- Getting an appropriate amount of sleep
- Eating a balanced diet
- Participating in hobbies & leisure activities



Help Them Make a Plan & Seek Support

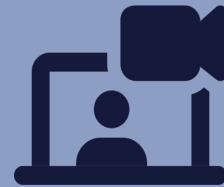
How to Contact Your Student's School Counselor



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 the Counseling Class of 2026 Canvas Page



Follow us on Instagram @unicounselors



Visit universityhigh.iusd.org/counseling



Access Naviance



Make sure your email address is updated in Aeries!

Questions

