



University High School Sophomore Parent Coffee 2023-24

UHS Website: www.universityhigh.iusd.org

UHS Counseling Website: www.universityhigh.iusd.org/counseling

Student Last Name	School Counselor	Phone	Email
A - Cor	Nate Schoch	949-936-7614	nateschoch@iusd.org
Cos - Hom	Hanna Addressi	949-936-7634	hannaaddressi@iusd.org
Hon - Lim	Shannon Dean	949-936-7753	shannondean@iusd.org
Lin - Pay	Joyce Chung	949-936-7613	joycechung@iusd.org
Ped- Tan	Angelique Strausheim	949-936-7746	angeliquestrausheim@iusd.org
Tang - Z	Jamie Adams	949-936-7623	jamieadams@iusd.org
Student Last Name	Administrator	Phone	Email
A - G	Matthew Pate	949-936-7608	matthewpate@iusd.org
H - N	Lori Smock	949-936-7607	lorismock@iusd.org
O - Z	Kris Kough	949-936-7606	krisrough@iusd.org

Other Important Contacts		
Attendance: UHS Attendance 24 Hour Hotline	949-936-7601	
Counseling Secretary: Nicole Mehraein	949-936-7621	nicolemehraein@iusd.org
Data Clerk & Parent Portal: Angela Orozco	949-936-7748	angelaorozco@iusd.org
Records & Transcripts: Lennette Buckland	949-936-7630	lennettebuckland@iusd.org
College & Career Center Coordinator: Felicia Rohrer- Ng	949-936-7632	feliang@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 **Anela Rhodeman (anelakaiulani@iusd.org)**

Mental Health Specialist/School Wellness: Provides additional mental health support, crisis response services, and resources linkages to students and families. Our Mental Health Specialists are **Dr. Nilou Tohidian (niloutohidian@iusd.org, 949-936-8520)** & **Jennifer Butler (jenniferbutler@iusd.org, 949-936-7712)**

School Counselors: Provide mental health and wellness, academic, and college and career support for all students. Please see alpha breakdown for your student's assigned counselor.

Irvine Family Counseling Center: For referrals, contact Christine Guerrero at 949-936-7502

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

ACADEMIC SUPPORT RESOURCES

Office Hours: Office hours are Tuesdays, Wednesdays, Thursdays from 9:55-10:35 and Fridays from 10:10-10:35. Students should spend time in classes where they need additional help or clarification. Seek help early when you need it!

Homework Organization: Keep your daily planner up to date (assignments & due dates, test dates, etc.). Make sure all work is Done Done! Not just done, but it is complete, with name and date, in your backpack or notebook, and ready to turn in.

After-School Peer Tutoring: FREE peer tutoring is available in the library Monday-Friday from 2:15-4:15 pm. Drop-ins are welcome!

Free Online Tutoring: Paper.co is a free tutoring service for all students to use in IUSD. They log in using their school username and password. This service is with a live credentialed teacher and for any, and all, subjects, including essay/writing review.

Academy: This after-school program is offered for students in need of additional support with organizing, tracking and completing their school work. Although this program is optional, once signed-up students are expected to attend regularly or they will be dropped to accommodate other students interested in the program. Speak to your counselor to sign up.

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.

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

How to Be an Informed Parent

Important First Semester Dates

11/22-11/24 Thanksgiving Break

12/19-12/22 Finals

12/25-1/5 Winter Break

1/19/24 End of 1st Semester

1/23/24 Second Semester Begins

How is my child doing in their 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 my.iusd.org to check grades and track missing assignments
- Progress Reports are posted on my.iusd.org halfway through each quarter. 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 my.iusd.org.

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 they are utilizing office hours and after school tutoring. Peer tutors are on campus 5 days a week (Monday-Friday) from 2:15-4:15 in the library.
3. The next step is to speak with the teacher. Discuss with the teacher your concerns and ask for their 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

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.

Scheduled Appointment: Now that your student 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 until 4pm for appointments. Students may also schedule an appointment with the Counseling Secretary, Nicole Mehraein, either in person or by phone. It is very difficult for counselors to speak with a walk-in parent at length since appointments have priority and schedules fill up quickly. If you have a question or concern, please phone or email your student's 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	
ENGLISH:	40 credits in approved English courses
SOCIAL SCIENCE:	30 credits including Global Perspectives or World History (10), US History (10), Political Science (5), and Economics (5).
HEALTH:	5 credits
SCIENCE:	20 credits including 10 physical science and 10 life science
MATHEMATICS:	20 credits including Algebra 1 or Math 1.
PHYSICAL EDUCATION:	20 credits. In addition, each student must pass a physical fitness test.
WORLD LANGUAGE or VISUAL & PERFORMING ART or CTE:	10 credits
GENERAL ELECTIVES:	70 credits
<p><u>GRADUATION REQUIREMENTS FOR ENGLISH LANGUAGE DEVELOPMENT (ELD) STUDENTS</u></p> <p>English – 40 credits of English are required</p> <p><i>10 credits of ELA/ELD 1 will count for English credit for graduation.</i></p> <p><i>10 credits of ELA/ELD 2 English will count for English credit for graduation.</i></p> <p>All other graduation requirements are the same as above.</p>	

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	
HISTORY (A):	2 years of history/social science, including: <ul style="list-style-type: none"> ▪ 1 year of World History (Global Perspectives) ▪ 1 year of US History or ½ a year of US History and ½ a year of Civics (Econ) or Government (Poli Sci)
ENGLISH (B):	4 years of college preparatory English
MATHEMATICS (C):	3 years required, 4 recommended <ul style="list-style-type: none"> ▪ includes Math I, II, and III OR Algebra 1, Geometry, Algebra 2
SCIENCE (D):	2 years of laboratory science (life/physical) required, 3 years recommended
WORLD LANGUAGE (E):	2 years required, 3 recommended of same language
VISUAL & PERFORMING ART (F):	1 year required <ul style="list-style-type: none"> • Examples: Dance, Drama, Art, Music, etc.
COLLEGE PREP ELECTIVE(G):	1 year required in addition to those required in "A – F" <ul style="list-style-type: none"> ▪ Examples: Level 3 World Language, Pre-Calculus, Psychology, Journalism, etc.
<p><u>TESTING REQUIREMENTS:</u></p> <p>SAT/ACT – No longer considered for UC/CSU admissions</p>	