



UNIVERSITY HIGH SCHOOL

# SOPHOMORE PARENT COFFEE

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**CLASS OF 2027**

A copy of this presentation and handout can be found on our website and the Class of 2027 Canvas page.

[www.universityhigh.iusd.org/counseling](http://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: 8-8:30am  
Student Break  
Student lunch



## OFFICE HOURS (TUESDAY-FRIDAY)

Students must sign up in 5 Star

## BY APPOINTMENT (CALENDLY)

During open periods (1st, 2nd, 5th, 6th - if student does not have a class)  
After School (7th and 8th period)



**Ms. Moran**  
Counseling Secretary



## EMAIL

Students are always able to email their counselor with questions as well

# 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

# 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

# Sophomore Year at a Glance

**November  
2024**

Sophomore Parent Coffee

**January -  
March 2025**

Sophomore Planning  
Conferences

- 11th Grade Course  
Selection

**Winter/  
Spring 2025**

Optional practice exam  
opportunities

- More info to come

**May 5th,  
2025**

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



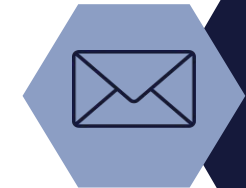
The video can also be found on the UHS website

- 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 Monica Moran 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:

- [Californiacolleges.edu](http://Californiacolleges.edu)
- Admission rep visits on campus
- 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.

# EXTRACURRICULARS

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
<b>All 9th 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 30, 2024</b></p> <p>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 10th 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 30, 2024</b></p> <p>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 11th 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 30, 2024</b></p> <p>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>February 1, 2025</b></p> <p>Administered on a Saturday</p>	<p><b>Cost:</b> TBA</p> <p><b>Registration Dates:</b> TBA</p> <p><b>Registration Location:</b> Student Activities Center (SAC)</p>

# Californiacolleges.edu for 10th Graders

California Colleges is the state of California's official college and career planning platform

- Personality Assessment
  - Students will register for their account and complete the personality assessment with the College and Career Coordinator in one of their classes this year
- Students will be able to utilize the platform to check A-G progress for public colleges in CA



CALIFORNIA  
COLLEGES *.edu*  
DISCOVER. PLAN. LAUNCH.



# Meet the College & Career Support Staff



Mrs. Rohrer Ng  
College & Career Coordinator



Mr. Hernandez  
ROP Specialist



Connect with us!  
[Linktr.ee/coastlinerop](https://linktr.ee/coastlinerop)

# College & Career Center

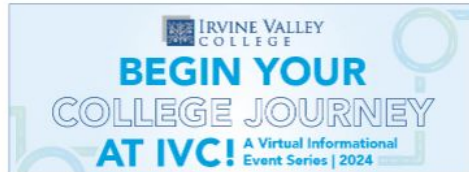
## College & Career

Welcome to the UHS College & Career Center!

Felicia Rohrer Ng, College & Career Coordinator ([feliciang@iusd.org](mailto:feliciang@iusd.org))

Jose Hernandez, ROP Career Specialist ([josehernandez2@iusd.org](mailto:josehernandez2@iusd.org))

### RECENT FLYERS



Irvine Valley College (IVC) is offering a full week of informational college presentations for Irvine Unified School District high school students, parents, and guardians.

**Transferring to a Four-Year University: Monday, Nov. 18 • 4:30 – 5:30 pm**  
Learn how to transfer to your dream school! Irvine Valley College is a 4+1 in Transfer in Orange County to the UC System. Participants will learn more about the transfer admission's process available, how to start planning for transfer, and how to stay on track with transfer goals.

**Irvine Valley College Honors Program Overview: Tuesday, Nov. 19 • 4:30 – 5:30 pm**  
The IVC Honors Program, the largest among all Orange County community colleges, provides a supportive learning community that nurtures academic, professional, and personal growth in highly motivated students from all backgrounds. This session will highlight the benefits of participating in this rigorous program, such as priority admission review at many transfer institutions, including UCLA and UC, honors coursework, honors scholarships, senior seminar-style classes, and priority registration for classes.

**Earn College Credits with Dual Enrollment: Wednesday, Nov. 20 • 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 their skills to strengthen their admissions applications to universities and the completion of associate and bachelor's degrees. This session will cover dual enrollment course options, the process to enroll, important things to know about dual enrollment, and the support available to students.

**College Financial Aid and the Irvine Valley Promise Program: Thursday, Nov. 21 • 4:30 – 5:30 pm**  
Learn how to afford college and minimize any student debt from our financial aid specialists. 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!

**Fast-Track to Success: Career Education (CE) in 2 Years or Less: Friday, Nov. 22 • 4:30 – 5:30 pm**  
IVC offers over 60 different career-track associate degrees and certificates designed to be completed in less than a year. This is an excellent opportunity for students who are looking to enter the workforce directly after high school. Learn how IVC's Career Education program and Career Center services can assist you in your journey to a bachelor's, technical, and

### COLLEGE RESOURCES



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



[IVC Dual Enrollment](#)



[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

- Program Nominations (HOBY deadline Dec. 1)
- Community Service
- Standardized Test Information
- Fee Waivers
- College Visits
- College Application Assistance
- Workshops/Presentations
- Scholarships & Financial Aid
- Jobs/Internships/Career Fairs
- Work Permits
- Resumes/Interviewing



# Coastline ROP

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



# Mental Health Support Team

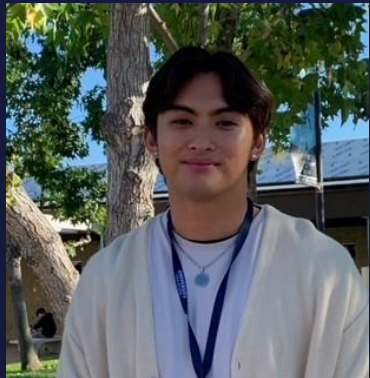
The following support is available on campus for all students



## 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 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



## Care Solace & Hazel Health

- Care Solace: concierge service to connect families with mental health support outside of school
- Hazel Health: Free short-term virtual therapy for IUSD students (approx. 8-10 sessions)
- School Counselors or MHS can refer students

## The Well Space

- Room 218
- Open to students before school, snack, 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

# Stay Informed



**Check the Counseling Class of 2027 Canvas Page**



**Follow us on Instagram @unicounselors**



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



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# Questions

