



Freshmen Parent Coffee



**A copy of this presentation and handout can be found on our website:
www.unihigh.org/counseling**



Mr. Schoch
A-Chr



Ms. Addressi
Chu-Gui



Mrs. Rogers
Gun-La



MRS. JACOBSON
Le-Ngo



MRS. STRAUSHEIM
Ngu-Shi



Ms. Grace
Shk-Z

*Meet Your
Counselors*

The Counselor's Role

ACADEMIC PLANNING

Class scheduling, checking graduation requirements

COLLEGE/CAREER PLANNING

Letters of recommendation, Standardized Testing Information

PERSONAL/SOCIAL SUPPORT

Confidentiality, Resource Referral

PARENT PRESENTATIONS AND MEETINGS

Counselor Availability

**Counselors are available
on a walk-in basis...**

Before School

Snack

Lunch

Office Hours

After School

**Students can also schedule an
appointment with Tracy Coggins in
the Counseling Office**



Transition to High School

Expectations are higher:

- Course material is more challenging and students have to work harder for A's.
- If students do not complete their homework and have low test scores, they will earn a D or an F (F receives no credit).
- If your student does not have homework for a few days...*SOMETHING IS WRONG.*
- Students are encouraged to take more initiative and more responsibility by prioritizing their commitments and asking for help





School Information & Resources

High School Graduation Requirements

Credits	Subject
40	English
20	Math <i>including Math 1 or higher</i>
20	Science <i>i.e. ESS & Biology</i>
30	Social Science <i>Global, US History, Poli Sci/Econ</i>
10	World Language OR Visual/Performing Arts
20	Physical Education <i>Pass Physical Fitness Test</i>
5	Health
70	General Electives <i>Courses beyond minimum grad requirements</i>



Total Credits

215

A vibrant photograph of a university campus. In the foreground, a large, multi-tiered stone fountain sits on a brick-paved plaza. Several students are gathered around the fountain; some are sitting on the stone edges, while others are standing or walking. The background features a large, historic brick building with arched windows and doorways, surrounded by lush green trees under a clear blue sky with a few wispy clouds.

Academic Eligibility for a UC/CSU school

Meet the A-G Requirements

Take the SAT/ACT Exam

A-G Requirements

Students must complete the following requirements with a “C” or higher

- A. History** *2 years required:*
- *1 year of World History (Global)*
 - *1 year of US History and a ½ year of Economics or Political Science*
- B. English** *4 years required of College Preparatory (CP) English*
- C. Math** *3 years required, 4 years recommended:*
- *Math 1, 2, and 3 or Algebra 1, Geometry, and Algebra 2*
- D. Science** *2 years required, 3 recommended*
- *1 year of life science and 1 year of physical science*
- E. World Language** *2 years required, 3 recommended*
- F. Visual/Performing Art** *1 year required of the same course*
- G. College Prep Elective** *1 year required in addition to those required in “A-F”*



CALIFORNIA STATE UNIVERSITY
FULLERTON

SAT/ACT Testing Recommendations

9th Grade

- **PSAT 9 in Spring**

10th Grade

- Students should take the PACT in October and the Practice "Combo SAT/ACT" test in Spring

Summer before
11th grade

- **Study for ACT or SAT**

11th Grade

- Take PSAT in October, continue to study and take the official SAT or ACT (with writing) in Spring

12th Grade

- **Retest before December, if needed.**

PSAT 9

- Who?

- IUSD is offering the PSAT 9 to ALL Freshman in the district this year. The test will be offered at Uni during spring semester (date TBA).

- What?

- Designed for 9th grade students to help determine what students need to work on most so they are ready for college when they graduate high school
 - 2 hours and 25 minutes
 - Components: Reading, Writing and Language, Math
- Scores for SAT Suite of Assessments are reported on a common vertical scale, to allow students to measure progress
- Students can upload their test results to Khan Academy so they can have personalized practice in areas where they can improve.

Getting Connected

Students are encouraged to join a club, sport, or volunteer

There are over 100 clubs to choose from!

Community service is NOT required for graduation.



Clubs - Fall 2017

Information on clubs,
meeting times, and contact
information can be found
on our school website!

Published: Sunday, 01 October 2017 13:59 | Contact Clubs Commissioner Anya Hwang at clubs@uhsasb.com

Final Aproved Clubs List : Sheet1

ACCT #	CLUB NAME	MEETING DAY		RM #	PRESIDENT	
3000	A UNI-que Guitar Club	Wednesdays	Bi-weekly	710	Daniel (Eunhoo) Kim	dank1728@gmail.com
3590	Academic Decathlon	Wednesday, Friday	Weekly	202	Adam Lin	uhsacadeca@gmail.com
3220	Access Christian Club	Monday	Weekly	316	Jihee Yoon	jiheeyoon2000@gmail.com
3042	Alliance For a Healthier Generation	Monday	Bi-monthly	312	Yonatan Lean	uhstrojanalliance@gmail.com
3090	American Cancer Society for Youth (ACSY)	Thursday	Weekly	709	Isha Sharma	isha.sha14@gmail.com
3002	American Lung Association	Tuesday	Weekly	710	Ayla Kaghazchi	aylakaghazchi@gmail.com
3570	Anime Club	Tuesday	Weekly	217	Casey Dallman	caseyroose10@att.net
3019	Art & Soul	Thursday	Monthly	519	Jean Park	jeanpark619@gmail.com
3025	Artivism	Monday	Bi-weekly	220	Amir Guity	amirali.guity79@gmail.com
3720	Astronomy Club	Wednesday	Weekly	221	Imran Azmi	iazmi198@gmail.com
3048	Badminton Club	Monday	Weekly	407	John ha	John.yuxuan.ha@gmail.com
3212	Band Executive Council	Thursday	Weekly	601	Mitchell Rogers	mitchrogers2000@gmail.com
3003	Biking Club	Wednesday	Bi-weekly	216	Mr. Groh	maxdau05@gmail.com
3104	Blizzard Club	Tuesday	Weekly	216	William Dun	kappablizzard@gmail.com

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)



College & Career Center

- ✓ **College Resources**
- ✓ **College & Career Website**
- ✓ **Scholarships**
- ✓ **Admissions Tests**
- ✓ **Getting Involved**
- ✓ **Community Service**
- ✓ **ROP**



**ROP Specialist
Madison Thomsen**



**ANGELA GATLIN
College & Career
Coordinator**

Personal and Social Resources

In addition to your student's counselor, the following support is available on campus



Project Success

Alyssa Guerrero

Provides small group counseling and individual support to build resiliency skills



Wellness Coordinator

Nilou Tohidian

Provides mental health support, crisis response services, and resource linkages to students and families

Personal and Social Resources

- Family Resource Center
- Private Referrals
- Parent Workshops
 - Positive Discipline
 - Active Parenting Now
 - Active Parenting of Teens
 - Helping Your Child Succeed in School
 - Why is School So Hard?
 - Parent Support Group

What can you do if you have a concern about your student or another student?



Call us. We cannot help if we are not aware.

CRISIS HOTLINES

1-800-273- TALK

1-877-7-CRISIS

Online Resources

UHS Website:

www.universityhigh.org

Parent Portal:

my.iusd.org

Canvas

Naviance

Counseling Website



Frequently Asked Questions



FAQ #1: How is my student doing in his/her classes?

Report Cards

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 packets and also online



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)**
- **If additional academic help is needed, encourage your student to utilize UHS Academic Support Resources**
 - *Office Hours (Wednesday & Thursday)*
 - *Homework Lab (After school in the library)*
 - *Peer Tutoring (Monday-Thursday, Room 319)*
- **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

Scores on national tests (SAT and ACT)

Participation in activities

(sports, student government, music, drama, community service and part-time jobs)

Recommendations by counselors and teachers

Writing skills (personal statement)

Talent



FAQ #4: How can we help our students succeed at UNI?

E.M.P.O.W.E.R. them!!!

E stablish expectations

M onitor how they spend their time

P romote balance and core values

O ffer support

W iden horizons

E ncourage exploration

R esist the urge to “clip their wings”

(Reinforce responsibility and independence)



Getting Informed & Involved

SOCCER
FOR
UNITY



Attend Parent Coffees



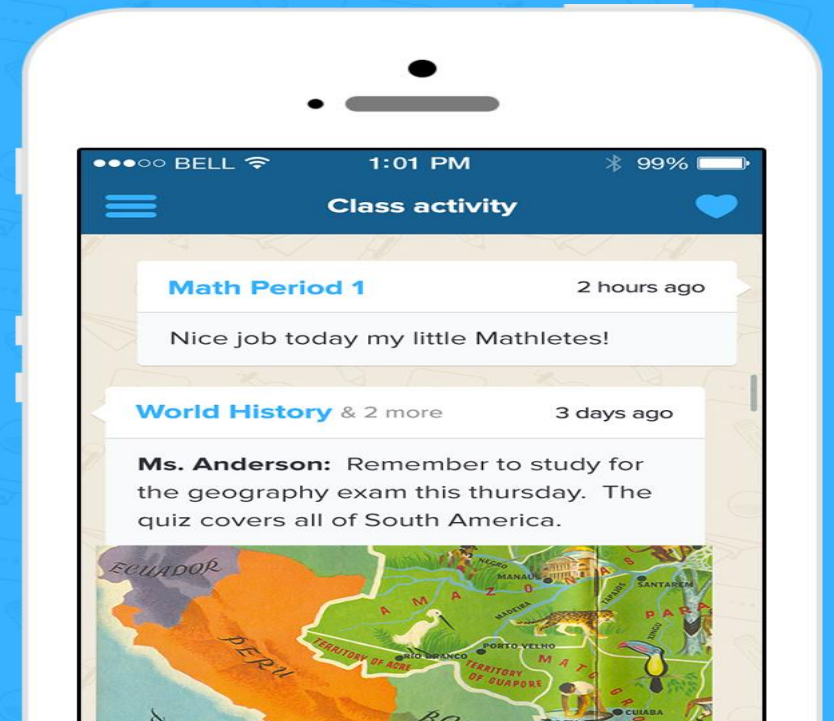
Counselors host parent coffees for each grade level, so mark your calendars to attend our coffees each year to receive timely information regarding your student



UHS Counseling Reminders

To receive text alerts (or be notified through the "remind" app) please send a text to **81010** and include the message below:

@uhs2021





Become a PTSA Member

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

UHS Homepage > Parents > PTSA



University High School PTSA

Home

About

Get Involved!

Membership

Board Members

Programs

Meeting Dates and Minutes

Student Store

Sacramento Student Trip

Grad Night

Reflections

Guidelines for Non-English Speaking Parent Groups

How can parents, students, and teachers get involved?

1. [Become a PTSA Member!](#) Visit our [membership page](#) for more information.
2. [Join us at a General Membership Meeting](#) -- [Click here for dates.](#)
3. [Volunteer at the Student Store!](#) This is a GREAT way to meet Uni students and parents, and help with one of the PTSA's most successful initiatives. [Click here for Store information.](#)
4. Want to make a financial donation? [Click here for more information.](#)
5. Speak a foreign language? Interested in helping other parents and learning about other cultures? Uni Parents wishing to share their experiences -- and Uni parents needing a little help to understand and navigate American high school life -- come together in the [Each One Teach One](#) program (EOTO). EOTO is actively seeking parents to participate, especially parents with second language skills willing to serve as a resource to others. Please contact Asha Loganda at ashaloganda@gmail.com or (714) 572-1942 for more information.
6. Volunteers are needed at Parent Coffees. Contact PTSA President Shireen Rogers if you can help.
9/22/16 7:00 a.m. Senior Parent Coffee
11/3/16 7:00 a.m. Freshman Parent Coffee
2/9/17 7:00 a.m. Junior Parent Coffee

Questions?

