



# University High School Sophomore Parent Coffee 2018-19

UHS Website: [www.universityhigh.iusd.org](http://www.universityhigh.iusd.org)

UHS Counseling Website: [www.universityhigh.iusd.org/counseling](http://www.universityhigh.iusd.org/counseling)

Student Last Name	School Counselor	Phone	Email
A - Dan	Nate Schoch	949-936-7614	nateschoch@iusd.org
Dao - Jon	Hanna Addressi	949-936-7634	hannaaddressi@iusd.org
Ju-Mel	Ann Jacobson	949-936-7753	annjacobson@iusd.org
Mem-Sc	Angelique Strausheim	949-936-7746	angeliquestrausheim@iusd.org
Se-Z	Jamie Adams	949-936-7623	jamieadams@iusd.org
	Kara Kenney	949-936-7613	karakenney@iusd.org

*\*Subject to change*

Student Last Name	Administrator	Phone	Email
A - G	Matthew Pate	949-936-7608	matthewpate@iusd.org
H- N	Connie Park	949-936-7607	conniepark@iusd.org
O - Z	Kris Kough	949-936-7606	kriskough@iusd.org

## Additional Personal and Social Resources

**Project Success** – This program 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 **Alyssa Guerrero** ([alyssaguerrero@iusd.org](mailto:alyssaguerrero@iusd.org), 949-936-7747)

**Wellness Coordinator** – Provides additional mental health support, crisis response services, and resource linkages to students and families. Our Wellness Coordinator is **Nilou Tohidian** ([niloutohidian@iusd.org](mailto:niloutohidian@iusd.org), 949-936-8520)

**Irvine Family Resource Center** – Provides short-term, solution-focused individual and family therapy, resource linkage and referrals, and parent education/support groups to IUSD families K-12. Contact **Nicole Gyurik** ([nicolegyurik@iusd.org](mailto:nicolegyurik@iusd.org), 949-936-7504) or **Beth Baker** ([bethbaker@iusd.org](mailto:bethbaker@iusd.org), 949-936-7503) for referrals

**Crisis Hotlines** – 24/7 telephone counseling to those to individuals contemplating, threatening, or attempting suicide, 1-877-7CRISIS (877-727-4747) or 1-800-273-TALK (1-800-273-8255)

## Sophomore Planning Conference

Each sophomore and their parents will have an individual conference with their counselor to discuss the following:

- Student's current progress towards graduation and college requirements
- Post-secondary college and career goals
- Selection of 11<sup>th</sup> grade courses, planning for 12<sup>th</sup> grade courses

Meeting will be scheduled beginning in late November through May. You will receive an email **approximately 2 weeks prior** with date and time of the meeting. Due to high number of appointments, rescheduling will not be available.

**Sophomore Planning Video** – <https://universityhigh.iusd.org/counseling/grade-level-information/10th-grade>

This video covers general information regarding graduation and college requirements, SAT/ACT testing, college planning, and career exploration. It is required that you and your student watch **BEFORE** the meeting. Please note that counselors **will not** be covering this material in the meeting.

# Sophomore Checklist- Areas of Focus

## Academic

- Maintain and monitor your grades regularly using your myIUSD portal.
- Use study groups and tutors as needed. Peer tutoring is available in room 319, Monday -Thursday, after school for one hour.
- Use Office Hours to get help from teachers.
- Review your four year high school academic plan.
- Register for appropriate AP tests.
- Discuss recommendations for junior year classes w/ your teachers.
- Attend your Sophomore Counseling Meeting with your counselor.

## Extra-Curricular Activities

- Explore extracurricular interests and activities, i.e. clubs, community service, visual and performing arts, athletics, etc.
- Keep a log of all extracurricular activities.
- Make sure what you are doing is meaningful and something you enjoy.

## Personal/Social

- Do not spread yourself too thin
- Take time for self-care/personal growth/leisure activities
- Make sure you are getting enough sleep and eating a balanced diet
- Keep a positive mindset, work on developing healthy coping skills
- Identify trusted adults (parents, teachers, counselors, coach, etc.) on and off campus as sources of support.
- Reach out to your school counselor for referrals to additional resources (Project Success, Wellness Coordinator, Irvine Family Resource Center, etc.)

## College and Career Exploration

- Explore Naviance and college websites for campus information, as well as admission criteria, and admission statistics.
- Visit the College and Career Center.
- Begin to visit college campuses and college fairs.
- Attend College Visits to learn about various schools and programs offered.
- Attend the Career Speaker Series to learn about various industries.
- Ask the ROP Coordinator about career related courses you can take junior year.
- Athletes should read the NCAA Guide for the College Bound Student Athlete.
- Take the Practice ACT. Review your results for strengths and weakness in preparation for the ACT.
- Consider taking an SAT subject exam(s).
- Plan summer activities. Consider summer school courses, enrichment courses, volunteering, working, studying for the SAT or ACT, visiting colleges, or travelling.