



Sophomore Parent Coffee

Class of 2023



**A copy of this presentation and handout can be found on our website and
Counseling Class of 2023 Canvas page:**

<https://universityhigh.iusd.org/counseling>



MR. SCHOCH
A - Fan



MS. ADDESSI
Far - Lim



MRS. STRAUSHEIM
Lin - Ru



Meet your Counselors



MRS. ADAMS
S - Z



MS. NGUYEN
IVA

School Counselor Role

ACADEMIC PLANNING

COLLEGE/CAREER PLANNING

PERSONAL/SOCIAL SUPPORT

COUNSELING CURRICULUM

PARENT PRESENTATIONS AND MEETINGS

Counselor Availability

Counselors are available to students on a **walk-in basis** before school, during snack, lunch, office hours, or after school



To request an appointment with your counselor, see Mrs. Dayog in the counseling office or fill out the Counseling Request Google Form (on Canvas and posted around campus)



Connect with Your UHS Counselors!

UHS school counselors assist students in three areas: academic, personal/social, and college/career.

To request counselor support, please scan the QR Code below or go to this link: tinyurl.com/unihighcounseling



Counselors (By Last Name)

Mr Schoch: A-Fan
Ms. Addressi: Far-Lim
Mrs. Strausheim: Lin-Ru
Mrs. Adams: S-Z
Ms. Nguyen: IVA students



The easiest way to contact your counselors is through email. We also are available to schedule appointments over the phone or through zoom if you prefer.

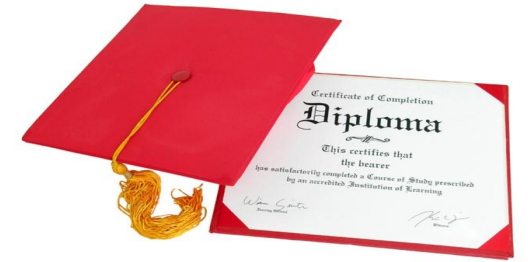


School Information & Resources

UNI Graduation Requirements

Students must complete the following requirements with D- or higher

- 40 credits of English
- 20 credits of Math (Including math I or higher)
- 20 credits of Science
- 30 credits of Social Science (Global, US, Poli Sci/Econ)
- 20 credits of Physical Education
- 5 credits of Health
- 10 credits of World Language or Fine Art or CTE
- 70 credits of General Electives (courses beyond minimum grad requirements)



Total Credits

215

**Community
service is NOT
required for
graduation.**



Academic Eligibility for a UC/CSU school

Meet the A-G Requirements

SAT/ACT Exam - changes pending

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 ½ year of Political Science OR Econ

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 years recommended:
1 year of life science and 1 year of physical science

e. World Language

2 years required; 3 recommended of the SAME language
(level=years)

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

Sophomore Year At a Glance

November 2020

- Sophomore Parent Coffee

January - April
2021

- Sophomore Planning Conferences
 - 11th grade course selection

Winter/Spring
2020

- Optional practice exam opportunities
 - PPSAT, PACT

May 14th, 2021

- Last day to finalize 11th grade course requests

Group Sophomore Counseling Meeting

- Meetings scheduled **January - April** via Zoom
- About two weeks before your appointment you will receive an email with:
 - **Appointment date and time**
 - **Link to Sophomore Planning Conference Video**
 - Counseling → 10th grade → Sophomore Conference Video
 - Covers:
 - General graduation and college requirements information
 - SAT/ACT testing updates
 - College planning and career exploration
 - Personal Social resources
 - It is required that you and your student watch **BEFORE** the meeting as counselors **will not** be covering this material during the meeting.
 - **Course Offerings list**
 - Start discussing desired courses with your student for 11th and 12th grade to get the most out of the conference
- Check to see if emails in Aeries are correct → contact Jessica Dayog to update if necessary



Sophomore Meeting Topics

- Items covered in the meeting:
 - Current progress towards graduation and college requirements
 - Transcript review and grad check
 - Selection of 11th grade courses, planning for 12th grade courses
 - College admission testing planning and updates
 - Post-secondary college and career goals
 - Resources on Campus



** Meeting will be approximately 1 hour via Zoom*

10th Grade Areas of Focus

- **Academics**
 - Maintain grades to meet:
 - graduation/college admission requirements
 - prerequisites for 11th/12th grade courses
- **Extra-curricular Activities**
 - Explore interests and activities, opportunities to get involved
 - Quality over quantity
- **College and Career Exploration/Preparation**
 - Naviance
 - College speaker series
 - Prepare for college admission testing
- **Social/emotional Well-Being**
 - Maintain Balance
 - Resilience and coping strategies
 - Awareness of need for support



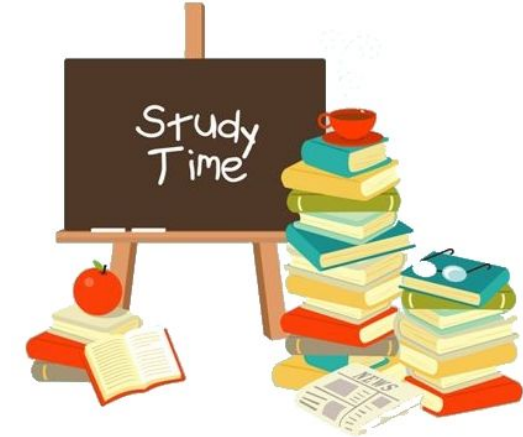
Getting Informed & Involved

SOCCER
FOR
UNITY

Academic Resources

- **Academic Support**

- Teachers are your student's #1 resource!
- Office Hours - Tues-Fri from 7:55am-8:25am
- Targeted Intervention Support-Mondays by subject
- Peer Tutoring (after school)
- Paper.co (free online tutoring)

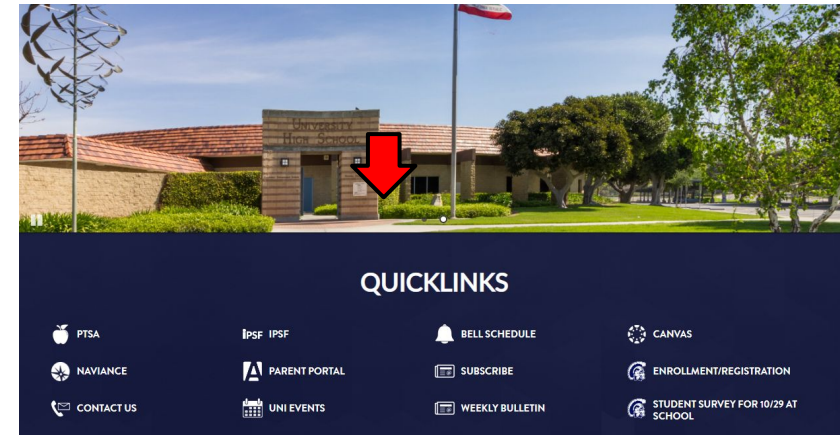


- **UHS Course of Study** → Find course offerings and prerequisites

- UHS website → Academics → Course of Study

- **UHS Homepage** → **Quicklinks**

- Parent Portal, Canvas, Weekly Bulletin, etc.



Extra-Curricular Activities

Help your child to discover and engage in their passions!

- Athletics
- Clubs
- Academic Teams
- ASB/Student Council
- Visual and Performing Arts
- Community Service



College Exploration

- Sophomore Checklist
 - Your student should stay consistent with academics
 - Encourage your student to get involved
- Where does your student want to be?
 - Size, Location, Public/Private, Cost/Financial Aid, Degrees and Curriculum, Activities
 - What is your student's goal?
 - Where will your student thrive?
- Comes down to:
 - Your student knowing his/herself
 - Selecting colleges that are the best fit



Start the Conversation!

10th Grade Practice Test Opportunities

- **10th Grade**

- Optional Practice Tests (Spring Semester)
 - PPSAT (Practice PSAT) - \$20
 - Date: TBD
 - PACT -\$20
 - Date: TBD

- **11th Grade**

- PSAT – October 2021
- Official exams (optional)
 - ACT
 - SAT
 - SAT subject tests



Naviance: Career Interest Profiler

English Go Give feedback No new messages Switch Grade: Demo Close Demo

Naviance | Student Home Courses Colleges Careers About Me My Planner

Quick Links

EXPLORE CAREERS

[Favorite careers and clusters](#)

[Explore careers and clusters](#)

WHAT ARE MY INTERESTS?

[Career cluster finder](#)

[Career interest profiler](#)

Career Interest Profiler

STEP 1 STEP 2 STEP 3

Intro Profile Questions View Results

Introduction

You are about to begin the Career Interest Profiler, a tool that can help you discover the types of work activities and careers that make you interested. You will answer a series of questions about work activities that people do at their jobs.

When choosing your answers, think about whether you would like or dislike doing a particular work activity if you had a chance to do it. Try not to think about whether you have enough education or training to perform the activity.

This is not a test. There are no right or wrong answers. The more accurately you answer each question, though, the better your results will be. If you need to leave the profiler in the middle and return later, remember to complete all the answers in the page you are on and click the "Next" button. When you return to this section, you will pick up where you left off.

When you are ready to begin, please click the "Start" button below.

START

CAREERS Home

CAREERS I'm thinking about

EXPLORE Careers, Clusters and Pathways

ROADTRIP NATION Interview archive

Explore Careers and Interests

Login: 23LastnameFirstname
Password: Long ID number

Contact Counselor

Generously Sponsored By:



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[Privacy Policy](#)

logged in as **Demo Reply**

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Career Exploration: Holland Code



- **REALISTIC**

- Likes to work with their hands; use tools, machines, equipment; build/fix
- Values practical things you can see, touch, and use

- **INVESTIGATIVE**

- Likes to study, research, and solve problems
- Values analysis and intellect

- **ARTISTIC**

- Likes to create and design
- Values aesthetics, self-expression, and independence

- **SOCIAL**

- Likes to help people
- Values relationships and collaboration

- **ENTERPRISING**

- Likes to lead, persuade, sell, and take risks
- Values influence and competition

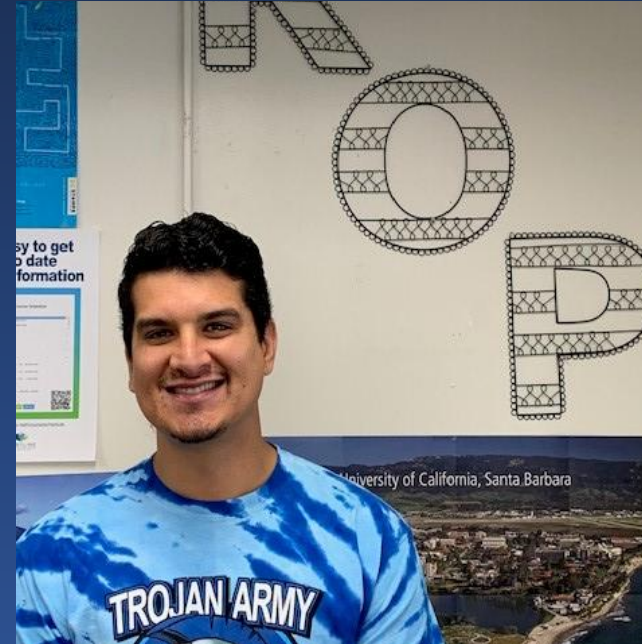
- **CONVENTIONAL**

- Likes to organize, manage data, and write reports
- Values organization and structure

Meet the College and Career Support Staff



MRS. GATLIN
College & Career
Coordinator



MR. ASRAR
ROP Specialist



College & Career Center

COLLEGE & CAREER CENTER



PPSAT
7am – 5pm
MPRA & B



PSAT/NMSQT Exam
7am – 5pm
MPRA & B & Library

WHAT'S NEW?

2020 VIRTUAL COLLEGE VISIT SCHEDULE

September 30th (Seniors) Essay Writing Workshop Webinar!

Work Permits

Complete the "request for a work permit form" (including your employer, parent/guardian)

QUICKLINKS

[College Info](#)[Career Info](#)[Community Service](#)[Financial Aid & Scholarships](#)[Admissions Tests](#)[Summer](#)[IUSD College & Career Readiness](#)[Naviance](#)[IUSD-IVC DUAL ENROLLMENT INFO](#)

College & Career Center

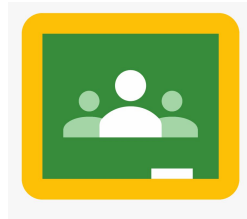
- College Requirements & Applications
- Scholarships/Financial Aid
- Community Service (Due May 14th)
- Jobs/Internships/Career Fairs
- College Visits (Virtual)
- Work Permits
- Career Assessments
- Resumes/Interviewing
- Fee Waivers (Tests & College Apps)
- Practice & Placement Tests
- PPSAT - Feb. 6th & PACT TBD (April)



<https://universityhigh.iusd.org/ccc>

Coastline ROP

- Regional Occupational Program
- Free Career Technical Education provider
- After-bell courses
- Exploration resource
- Value for any UNI student
- Satisfies A-G requirements
- UC/CSU approved courses
- Community college articulations
- Internships
- My virtual ROP center
- Sophomores
- Sample of classes
- CourseStorm registration system



Hasan Asrar

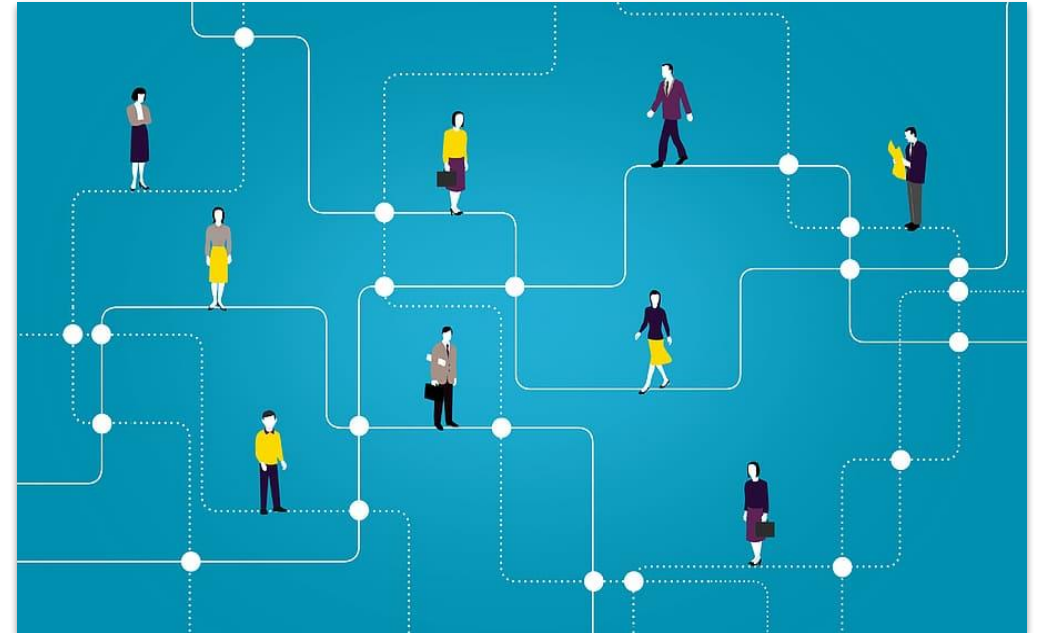
(949) 936-7633

hasanasrar@iusd.org

Available M-F 8:30a-1:30p
Breaks, Lunch, Office hours

ROP Course Offerings

1. Administration of Justice ➡ Crime Scene Investigation
2. Medical Careers & Health Systems ➡ Certified Nurses Assistant or Medical Nursing Careers Internship
3. Baking & Pastries ➡ Culinary Arts
4. Emergency Medical Response ➡ Emergency Medical Technician
5. Dental Assistant Front Office ➡ Dental Assistant Back Office
6. Animal Healthcare ➡ Animal Health Care Internship
7. Art of T.V & Video (yearlong course)
8. Building Industry Technology Academy (yearlong)
9. Fire Science 101, Careers with Children, Food Services Cooperative



CourseStorm

- Registration is on a first come first served basis.
- Seniors Nov 16th @ 4pm.
- Juniors Nov 30th @ 4pm.
- Sophomores & Freshman Dec 7th @ 4pm.
- Do not register before grade lvl's date, it will be deleted.
- Provides instant information regarding registration status/you'll know if you're in or not.
- Automated reminder system for class.
- Year-long course exceptions.
- Self-registration website: <https://coastlinerop.coursestorm.com>





JOHN RAVERA D.D.S. GENERAL & COSMETIC DENTISTRY

Coastline Regional Occupational Program Business Partners

Personal and Social Resources

The following support is available on campus for all students



School Counselors

** see alpha breakdown**

Provides personal-social, academic, and college and career support for all students



Project Success Support Specialist

Shannon Dean

Provides small group counseling and individual support to build resiliency skills



Mental Health Specialist

Nilou Tohidian

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

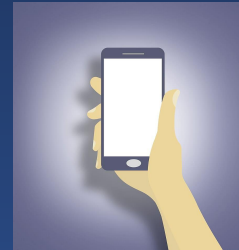
Personal and Social Resources

Family Resource Center

- Private Referrals
- Parent Enrichment Workshops
pre-register to get access to Zoom link by contacting Christine Guerrero at christineguerrero@iusd.org
- Short Term Mental Health Services
 - Space is limited

More info: iusd.org→ Irvine Family Resource Center

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

Ways Parents Can Support Students

- Encourage balance
- Encourage self-care
 - Appropriate amount of sleep
 - Eating balanced diet
 - Hobbies and leisure activities
- Praise effort and hard work
- Help them point out their own resiliency
 - Remember past and lessons learned
- Help them recognize things beyond their control
 - Developing strong coping skills
- Help them make a plan and seek support



Stay Informed

- **Class of 2023 Counseling Canvas Page**
- **Follow us on Instagram!**
 - [@unicounselors](#)
- **Check out our website!**
 - universityhigh.iusd.org/counseling
- **Naviance**
- **Make sure emails are updated in Aeries!**



Questions?

