



# Freshmen Parent Coffee



**A copy of this presentation and handout can be found on our website and  
Class of 2024 Canvas page:**

**[www.universityhigh.iusd.org/counseling](http://www.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](https://tinyurl.com/unihighcounseling)



**Counselors (By Last Name)**  
Mr Schoch: A-Fan  
Ms. Address: 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.

# 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 may earn a D or F (F receives no credit).
- If your student does not have homework for a few days...**SOMETHING IS WRONG.**
- Students are encouraged to take initiative and advocate for themselves while also assuming more responsibility by prioritizing their commitments and asking for help



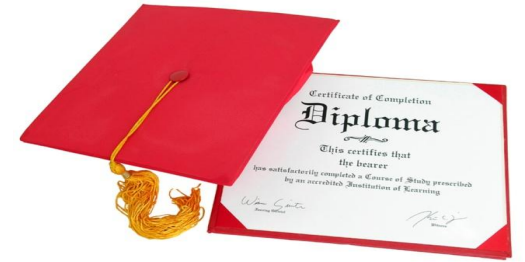


# School Information & Resources

# 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.**

The background image shows a vibrant university campus scene. In the foreground, a large, multi-tiered stone fountain with water spraying upwards is the central focus. Several students are sitting on the wide stone steps of the fountain, some talking and others looking at their phones. The ground is paved with reddish-brown bricks. In the background, a grand, multi-story brick building with arched windows and classical architectural details stands under a clear blue sky. Lush green trees are scattered throughout the scene, adding to the scenic beauty of the campus.

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

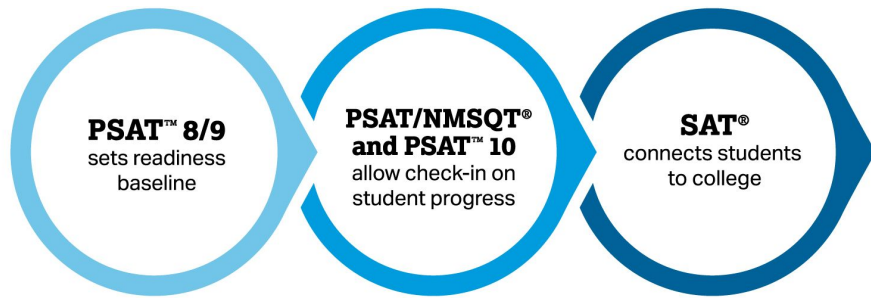
# SAT/ACT Testing

	EXAM	DATE OF EXAM	COST & REGISTRATION
ALL 9 <sup>th</sup> GRADERS	<b>PSAT 9</b> 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.	<b>October 16, 2019</b> will be administered during the school day	<b>No charge and no registration required</b> Funded by IUSD – all 9 <sup>th</sup> graders are automatically registered
ALL 10 <sup>th</sup> GRADERS	<b>Pre-ACT</b> 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.	<b>October 16, 2019</b> will be administered during the school day	<b>No charge and no registration required</b> Funded by IUSD – all 10 <sup>th</sup> graders are automatically registered
ALL 11 <sup>th</sup> GRADERS	<b>PSAT/NMSQT</b> 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.	<b>October 16, 2019</b> will be administered during the school day	<b>No charge and no registration required</b> Funded by IUSD – all 11 <sup>th</sup> graders are automatically registered
OPTIONAL	<b>PPSAT</b> 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.	<b>Saturday February 1, 2020</b>	<b>Cost:</b> \$20 <b>Registration Dates:</b> 1/13 - 1/24 <b>Registration Location:</b> Student Activities Center (SAC)
OPTIONAL	<b>Combo SAT/ACT Practice Test</b> This practice test provides 2 hours of SAT practice and 2 hours of ACT practice. Results will not be shared with colleges, universities, or programs, and will not be used for UHS course placement.	<b>Saturday April 11, 2020</b>	<b>Cost:</b> \$20 <b>Registration Dates:</b> 3/16 - 3/27 <b>Registration Location:</b> Student Activities Center (SAC)



# PSAT 9

- Practice test available to all Freshmen in IUSD
  - Will be offered on **October 16** for Uni students
- 2 hours and 25 minutes in length with the following components:  
Reading, Writing and Language, Math
  - Grade level appropriate
  - Helps set a baseline to determine areas of strength and areas for growth
  - Scores reported on College Board website on a common vertical scale to allow students to measure progress
  - Opportunity to link results to Khan Academy to gain personalized practice



# Getting Connected

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

Instagram: @uhstrojanarmy

***There are over 100  
clubs to choose from!***



## - FULL 2019-2020 CLUBS LIST

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

2020 spring clubs approved list : For Website

Account #	Club Name	Purpose	Email Address	Club Room Num	President (If two	President's Ema	Meeting Ti
3590	Academic Decathlon	Our club is inten	uhsacadeca@gmail.com,	202	David Lee, Andre	davidhlee625@g	Monday, Ti
3660	Academic Success Coalition (ASC)	Our club is dedic	academicsuccesscoalition@gmai	319	Quon Howery	qhowery02@gm	Tuesday, T
3024	Access to Art	We teach free ar	accesstoartfoundation@gmail.co	212	Carolyn Wang, E	carolynw318@g	Wednesda
3090	American Cancer Society for Youth (ACSY)	American Cance	mansisolanki@gmail.com,	709	Mansi Solanki	mansisolanki@g	Thursday
3002	American Lung Association	The goal of Ame	lec838@gmail.com,	702	Lauren Cho	lec838@gmail.c	Thursday
3142	Amnesty International Club	Amnesty Interna	jude.salam@gmail.com,	508	Jude Salam	jude.salam@gm	Friday
3182	Animation Club	The club's goal i	animationclub.uhs@gmail.com,	501	Ashley Omiya	ashleyomiya@g	Thursday
3570	Anime Club	Anime club is a	emilytaoemmy@gmail.com,	217	Emily Tao	emilytaoemmy@	Tuesday
3720	Astronomy Club	Astronomy Club	uhsastroclub@gmail.com,	221	Samuel Alber	salber710@gma	Wednesda
3048	Badminton Club	Badminton club	john.yuxuan.ha@gmail.com,	Big Gym	Weekly	john.yuxuan.ha@	Community
3212	Band Executive Council	We plan events	samueldishon949@gmail.com,	601	Samuel Dishon	samueldishon94	Thursday
3140	Best Buddies	Best Buddies is	estherkimrocks@gmail.com,	Lunch tables ne	Esther Kim	Estherkimrocks@	Tuesday
3144	Black Student Union	the purpose for	xyliaamedina14@gmail.com,	510	Xylia Medina	xyliaamedina14@	Tuesday
3125	Books For Africa	Our club is an af	rania.benromdhane@lilalions.com	519	Rania Benromdh	rania.benromdha	Tuesday
3171	Boys Lacrosse Club	The purpose of t	shrevasshetve32@gmail.com	307	Shrevas Shetve	shrevasshetve32	Friday

For Website

<https://universityhigh.iusd.org/students/asb/club>

# 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 (1<sup>st</sup> Quarter)

Spring Sports Eligibility  
2.0 (at semester)





UNIVERSITY  
HIGH

TRANSLATE

TEXT SIZE A 15PX A

STAFF INTRANET

PARENT PORTAL

What can we help you find?

# Online Resources

UHS Website:

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

Parent Portal:

*[my.iusd.org](http://my.iusd.org)*

Canvas

Naviance

Counseling Website

WE

T/REGISTRATION



# 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 1<sup>st</sup> 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/Targeted Support (Mondays 8am-3pm, Tuesdays, Wednesdays, Thursdays & Fridays 7:55am-8:25am)*
  - *Virtual Peer Tutoring - more information coming soon*
  - *Paper.co*
- **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 9<sup>th</sup> grade count?

## **Yes! Colleges Evaluate:**

**Grades in ALL academic courses**

**Courses taken and level of difficulty**

**Participation in activities**

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

**Recommendations by counselors and teachers**

**Writing skills (personal statement)**



## FAQ #4: How can I help my student deal with stress/other mental health concerns?

- **Look for signs of unhealthy levels of stress:**
  - *Irritability and moodiness, over/under eating, sudden change in personality, change in sleeping patterns*
- **Help them to find strategies to deal with stress:**
  - *Take a stand against overscheduling, get a good night's sleep, be realistic, solve the little problems, have a support system and ask for help*
- **Encourage your student to reach out to their school counselor**
  - *If you would like your student's counselor to initiate contact, please reach out to us!*
- **Once meeting with your student, we can refer to various supports on or off campus if needed**

# 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

*TBD*

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

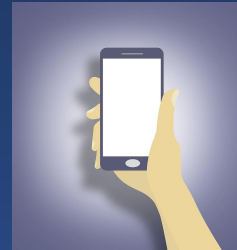
## Family Resource Center

- Private Referrals
- Parent Enrichment Workshops
  - Collective Recovery for Parents 10/7 6-7pm
  - Building Resiliency in Youth 10/20 6-7pm

*pre-register to get access to Zoom link by contacting Christine Guerrero at [christineguerrero@iusd.org](mailto:christineguerrero@iusd.org)*
- Short Term Mental Health Services
  - Space is limited

**More info:** [iusd.org](http://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

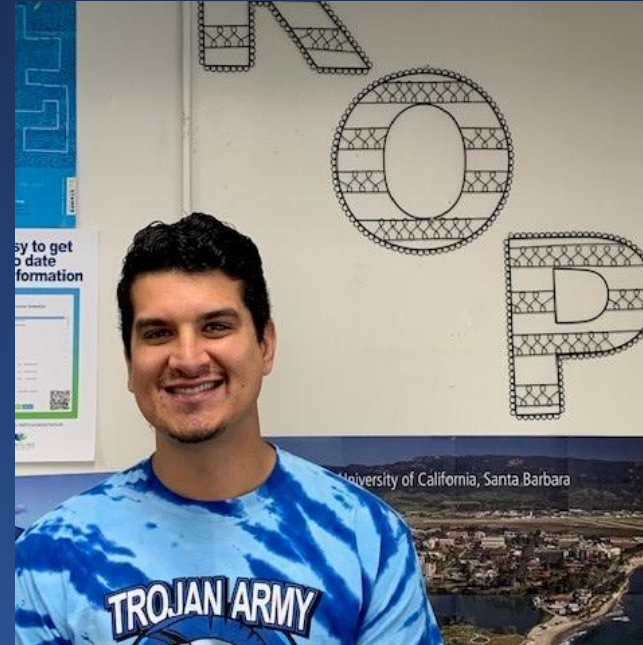
**1-800-273- TALK**

**1-877-7-CRISIS**

# 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](#)

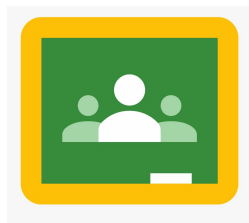
# College & Career Center

- College Requirements & Applications
- Scholarships/Financial Aid
- Community Service
- Jobs/Internships/Career Fairs
- College Visits
- Workshops
- Career Assessments
- Practice & Placement Tests
- Fee Waiver
- Resumes/Interviewing



# 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
- Freshman...
- Sample of classes



Hasan Asrar

(949) 936-7633

[hasanasrar@iusd.org](mailto: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 ➡ CNA or MNCI
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





BOYS & GIRLS CLUB  
OF WESTMINSTER



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

## Coastline Regional Occupational Program Business Partners



# 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**

# Stay Informed

- **Class of 2024 Counseling Canvas Page**
- **Follow us on Instagram!**
  - [@unicounselors](#)
- **Check out our website!**
  - [universityhigh.iusd.org/counseling](https://universityhigh.iusd.org/counseling)
- **Naviance**
- **Make sure emails are updated in Aeries!**





# Become a PTSA Member

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

**UHS Homepage > Parents > PTSA**

Freshman Parent Representative:

Kristina Lee

Contact: [unirepclass2024@gmail.com](mailto:unirepclass2024@gmail.com)



## 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](mailto: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?

