



Freshmen Parent Coffee



**A copy of this presentation and handout can be found on our website and
Class of 2025 Canvas page:**

www.universityhigh.iusd.org/counseling



MR. SCHOCH
A - Cho



MS. ADDESSI
Chr - Hil



MS. DEAN
Hin - Le



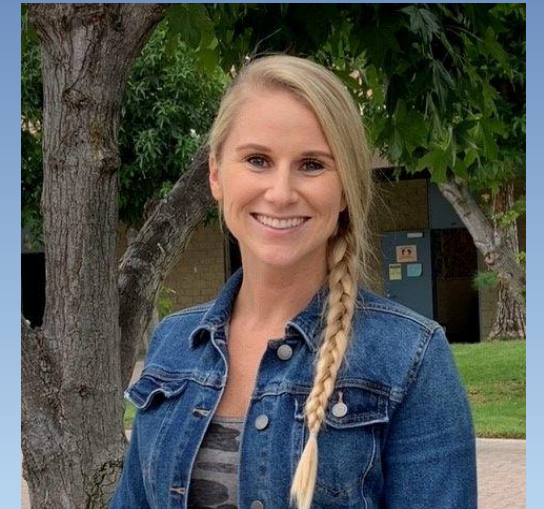
Meet the Counselors



MR. PERFETTO
Li - O



MRS. STRAUSHEIM
P - Sul



MRS. ADAMS
Sum - Z

When Can I See My Counselor?

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, either email your counselor directly or see Mrs. Buckland in the Counseling Office.



School Counselor Role

ACADEMIC SUPPORT

COLLEGE/CAREER PLANNING

PARENT PRESENTATIONS AND MEETINGS

PERSONAL/SOCIAL SUPPORT

MENTAL HEALTH AND WELLNESS

Transition to High School

Expectations are higher:

- Course material is more challenging and students have to work harder to maintain grades.
- 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

High School Diploma vs. “a-g” Requirements		
CONTENT AREA	<u>HS DIPLOMA REQUIREMENTS</u>	<u>a-g REQUIREMENTS</u>
Grade Requirement	D- or higher	C- or higher
English	4 years	4 years
Mathematics	2 years Must include Math 1	3 years required, (4 years recommended) <i>Requires successful completion of Math 3</i>
Science	2 years	2 years required, 3 recommended <i>1 year physical and 1 year biological science</i>
Social Science World History US History Economics Political Science	3 years (1 year) (1 year) (1 semester) (1 semester)	2 years (1 year) (1 year)
World Language/Fine Arts/CTE	1 year	2 years World Language (3 years recommended) <u>AND</u> 1 year Visual/Performing Arts
Physical Education	2 years	
Health	1 semester	
Electives	70 additional credits = 215 credits total	1 year from approved a-g course list

Academic Eligibility for a UC/CSU school



Meet the “a-g” Requirements

GPA Requirement:

UC: 3.0 Minimum/ CSU: 2.5 Minimum (2.0 may be considered)

**SAT/ACT Exam - currently not
accepted**

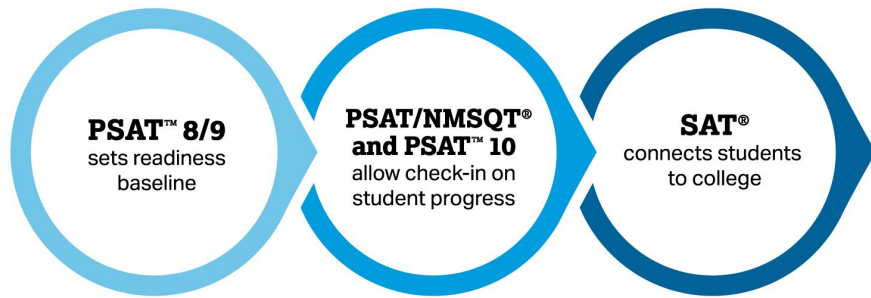
SAT/ACT Testing

	EXAM	DATE OF EXAM	COST & REGISTRATION
ALL 9 th GRADERS	PSAT 9 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.	October 13, 2021 will be administered during the school day	No charge and no registration required Funded by IUSD – all 9 th graders are automatically registered
ALL 10 th GRADERS	Pre-ACT 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.	October 13, 2021 will be administered during the school day	No charge and no registration required Funded by IUSD – all 10 th graders are automatically registered
ALL 11 th GRADERS	PSAT/NMSQT 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.	October 13, 2021 will be administered during the school day	No charge and no registration required Funded by IUSD – all 11 th graders are automatically registered
OPTIONAL	PPSAT 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.	TBD Spring Semester	Cost: TBD Registration Dates: TBD Registration Location: Student Activities Center (SAC)
OPTIONAL	Combo SAT/ACT Practice Test 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.	TBD Spring Semester	Cost: TBD Registration Dates: TBD Registration Location: Student Activities Center (SAC)



PSAT 9

- Practice test available to all Freshmen in IUSD
 - Will be offered on **October 13** 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

- **Join a Club**
 - Full Club List on the UHS Website under Students → ASB → Clubs
 - Instagram: @uhstrojanarmy
 - There are over 100 to choose from!
- **Volunteer**
 - Community service opportunities are available on the College and Career website
 - Community Service is not required for graduation
- **Join a Sport**
 - Find more information on the UHS Website under Athletics tab
- **Participate in the Arts**
 - Audition for the Fall Play or Spring Musical
 - Join Comedy Sportz



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

University High School 2021 Fall Club List

Tip!
Tip!

Use the Ctrl+F search command to find clubs with specific key words in their descriptions!
Click on the cells to see all of its contained text! (Useful for "goals/purposes")

Club Name	Pitch	Goals/Purpose	Club Type	Location	Days	Frequency	Outside Hrs	Club President(s)	Club Advisor	President Email(s)	Club Email	Website	Insta
Academic Decathlon	Sports for	Academic Decathlon is	Academic	202	Tuesday	Weekly		Sophia Wang	Christopher Espo	wangsophia918@gmail.com			@uhsocad
Academic Success Coalit	Hey! Have	The goal of Academic S	Academic, Com	Library	Monday	Weekly	We meet an hour at	Dylan Nguyen	Mr. Fratantaro	dylantn56@gmail.com	academicsuccess		uhs.asc
Access Christian Club	For I know	Our goals are to reach c	Community Serv	316	Wednesd	Weekly		Isaiah Fang	Valerie Thompson	iefiusd@gmail.com	acc.uhs@gmail.co		acc.uhs
Access to Art	Doing art v	Access to Art's goal is to	Community Serv	502	Monday	Every other week		Baani Sabharwal	Ms. Ibrahim	baaniks3@gmail.com	accesstoartfounda	https://accesstoartfounda	@accesstoartfou
All for BIPOC	Do YOU w	UHS All for BIPOC aims	Art/Culture	522	Tuesday	Every other week		Elizabeth Choi	Hannah Lee	elizabeth.yuna@gmail.com			@uhs.allforbipoc
American Cancer Society	If you want	UHS ACSY is a club de	Community Serv	709	Monday	Every other week		Krishna Khawani	Mr. Knight	khawanikrishna@gmail.com	uni.acsy@gmail.c		uni.acsy
American Lung Associati	Join and y	The purpose of America	Community Serv	319	Friday	Every other week		Kate Biagan	Jennifer Bartlau	Katebspade3@gmail.com	Americanlungassc		uhs_ala
Ancient Greek Language	Want to ou	The purpose of Ancient	Academic	217	Wednesd	Weekly		Andrew Bota	Emily Johns	andrewbota123@gmail.com			
Astronomy Club	The cosm	This club's main objecti	Academic, Intere	MPR	Wednesd	Weekly		Pranav Moudgalya	Matthew Pate	pranavmoudgalya@gmail.co			uhs_astro_club
Badminton Club	Looking fo	The purpose of Badmin	Interest	Gym	Tuesday	Weekly		Andy Xu	Marcus Kempff	xuandy05@gmail.com			
Band Executive Council	We help m	Band Executive Council Trojan Regiment, Bands	Art/Culture	601	Monday	Weekly		Zachary Lin	Corey Heddon	zacharylin@gmail.com			@uhsbands
Best Buddies	Best Budd	Best Buddies is a club t	Community Serv	by the hill	Tuesday	Weekly		Saloni Sharma	Mrs. Hufford, Mr.	emailmesaloni@gmail.com			@uhs.bestbuddi
Books For Africa	By donatin	Our club is an affiliation	Community Serv	508	Tuesday	Every other week		Rania Benromdhane	Mrs. Garcia	rania.benromdhane05@gmail	nehabee03@gma		@uhsbooksforaf
Boys Lacrosse Club	Excited to	The goal of the Boys La	Community Serv	Huber's roo	Friday	Every other week	May not be consiste	Shreyas Shetye, Kruta	Joseph Huber	shreyasshetye32@gmail.com			@unihslacrosse
BT4US Dance Crew	Have you	The purpose of our club	Art/Culture, Inter	Dance Studio	Friday, O	Weekly	Our club would pos	Emily Sun	Edward Johnson	emilypikachu101@icloud.com	bt.4us.dc@gmail.c		bt4us_dc
Chess Club	I don't nee	Our purpose is to provic	Community Serv	201	Thursday	Weekly	We volunteer at Uni	Mohit Kosuru; Kian Ag	Genee Hansen	mohit.kosuru@gmail.com	uhschessclub@g		@unichessclub
Chinese Chess Club	Join the Cl	The purpose of this club	Art/Culture	210	Thursday	Weekly		Edward Liu, Tian Zhou	Andrew Pei	edwardliu0106@gmail.com			
Chinese Cultural Club	If you want	Our purpose and object	Art/Culture	210	Friday	Once a month (ev		Alex Guo	Andrew Pei	alextheguo@gmail.com			@uhsccc

shorturl.at/ICHSY

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)





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

Parent Portal:

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 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 (Tuesdays, Wednesdays, Thursdays during office hours 10:00am-10:30am)*
 - ***UHS** Peer Tutoring-Monday-Thursday, in the library from 2:15pm-4:15pm*
 - *Paper.co -free online tutoring for all students in all subject areas*
- **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

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 mental health and wellness, 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

Dr. Tohidian

Collaborates with school counselors to provide additional mental health support, crisis response services, and resource linkages to students and families

Personal and Social Resources

Family Resource Center

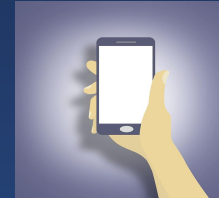
- Private Referrals
- Parent Enrichment Workshops
 - Offered through the Irvine Parent Education Program
- Short Term Mental Health Services
 - Space is limited

More info: iusd.org → Irvine Family Resource Center

Care Solace

- Concierge service for all IUSD families to connect with mental health services
- Connect with your counselor or Dr. Tohidian for a referral

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

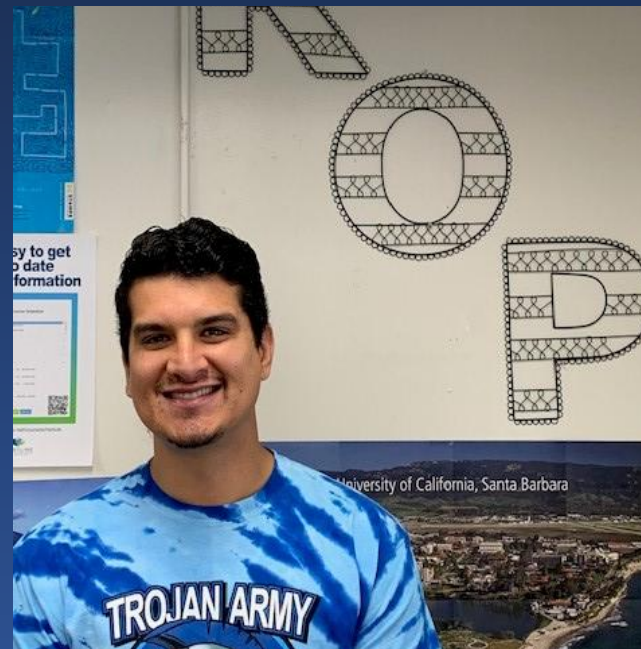
1-800-273- TALK

1-877-7-CRISIS

Meet the College and Career Support Staff




MRS. GATLIN
College & Career
Coordinator



MR. ASRAR
ROP Specialist



College & Career Center



[TRANSLATE](#) [TEXT SIZE A 15PX A](#) [STAFF INTRANET](#) [PARENT PORTAL](#) [What can we help you](#)

[ABOUT](#) [OUR STAFF](#) [STUDENTS](#) [PARENTS](#) [ACADEMICS](#) [ARTS](#) [ATHLETICS](#) [COUNSELING](#)

WHAT'S NEW?

2021 College Visits!

October 13th School Wide Practice Tests! Grades 9-11!

Work Permits

Complete the following forms and turn them into Mrs. Gatlin

* "Request for a work permit form" (including your employer, parent/guardian)

[REQUEST FOR A WORK PERMIT](#)

[IUSD College & Career Readiness](#)

[Naviance](#)

[21-22 IUSD FINANCIAL AID NIGHT](#)

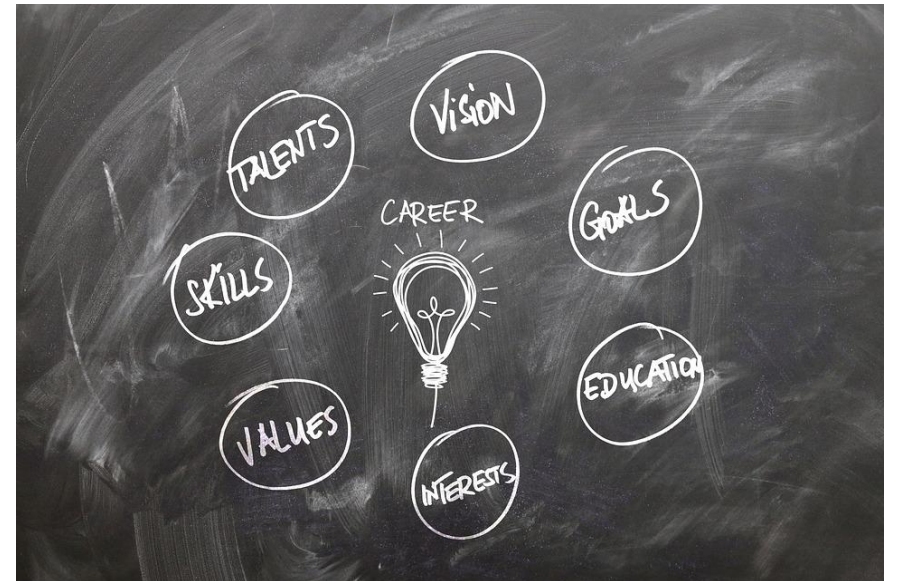
[Video](#)

[Slides](#)

Angela Gatlin
College & Career Coordinator
949-936-7632
angelagatlin@iusd.org
Hasan Asrar

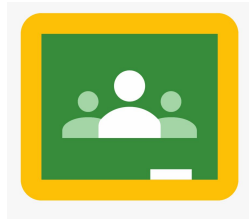
College & Career Center

- 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

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





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.



Become a PTSA Member

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

[UHS Homepage](#) > [Parents](#) > [PTSA](#)

Freshman Parent Representative:
Jocelyn Ng
Contact: unirepclass2025@gmail.com



University High School PTSA



[Home](#)

[PTSA Schedule](#)

[Programs](#)

[Get Involved](#)

[Membership](#)

[Leadership](#)

[More...](#)



Stay Informed



Check the Counseling Class of 2025 Canvas Page



Follow us on Instagram @unicounselors



Visit universityhigh.iusd.org/counseling



Access Naviance



Make sure your email address is updated in Aeries!

Questions?

