



Freshmen Parent Coffee



**A copy of this presentation and handout can be found on our website and
Class of 2026 Canvas page:**

www.universityhigh.iusd.org/counseling



MR. SCHOCH
A - Cue



MS. ADDESSI
Cul - Hua



MS. DEAN
Hub - Li



Meet the Counselors



MR. PERFETTO
Lia - Parks



MRS. STRAUSHEIM
Parv - Taj



MRS. ADAMS
Tak - Z

When Can Students See Their Counselor?

Counselors are available to students on a **walk-in basis** before school, during snack, lunch, office hours, or after school until 4pm.



To request an appointment with your student's counselor, either email your counselor directly or contact Mrs. Mehraein 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

Higher Expectations:



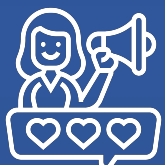
Course material is more challenging and students have to work harder to maintain grades.



If students do not complete their homework and have low test scores, they may earn a D or 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 initiative and advocate for themselves while also assuming more responsibility by prioritizing their commitments and asking for help when needed.



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:

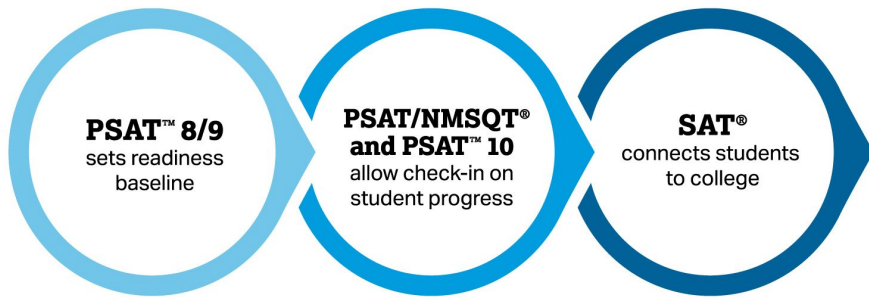
UC: 3.0 Minimum/ CSU: 2.5 Minimum (2.0 may be considered)

SAT/ACT Practice Opportunities

	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 12, 2022 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 12, 2022 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 12, 2022 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.	TBA Winter 2023	Cost: TBA Registration Dates: TBA Registration Location: Student Activities Center (SAC)

PSAT 9

- Practice test available to all Freshmen in IUSD
 - Will be offered on **October 12** 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 2022 SPRING Club List

Tip!

Use the Ctrl+F search command to find clubs with specific key words in their descriptions!

Tip!

Double Click on the cells to see all of its contained text! (Useful for "goals/purposes")

Club Name (Alphabetical)	Pitch	Goals/Purpose	Club Type	Location	Day	Frequency	Outside Hrs	Club President(s)	Club Advisor	President Email(s)	Club Website
Academic Decathlon	Sports for	Academic Decathlon is	Academic	202	Tuesda	Weekly		Sophia Wang	Christopher Espo	wangsophia918@gmail.com	
Academic Success Coalit	Hey! Have	The goal of Academic S	Academic, Com	Library	Monday	Weekly	We meet an hour a	Dylan Nguyen	Mr. Fratanaro	dylantn56@gmail.com	aca
Access Christian Club	For I know	Our goals are to reach c	Community Serv	316	Wednes	Every other week		Isaiah Fang	Valerie Thompson	iefiusd@gmail.com	acc
Access to Art	Doing art v	Access to Art's goal is to	Community Serv	502	Monday	Every other week		Baani Sabharwal, Roy K	Ms. Ibrahim	baaniks3@gmail.com, roykim	acc
Act for Change	Are you int	Act for Change is a club	Community Serv	926	Wednes	Weekly		Luba Al-khalili	Annette Budde	lubaalkhalili@gmail.com	
Adore Animals	Join us to l	The purpose of our club	Academic, Com	313	Monday	Every other week		Sophia Chen	Lisa Miller	sophia950728@gmail.com	uni
All for BIPOC	Do YOU w	UHS All for BIPOC aims	Art/Culture	522	Tuesda	Every other week		Elizabeth Choi	Hannah Lee	elizabeth.yuna@gmail.com	
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
Ancient Greek Language	Want to ou	The purpose of Ancient	Academic	217	Wednes	Weekly		Andrew Bota	Emily Johns	andrewbota123@gmail.com	
Art and STEM Perspective	Love art? L	Our objective is to inform	Academic	714	Monday	Every other week	Our club does not	Elizabeth Li, Jolynn Huar	Susanne Fitzpatr	elizabeth.meixin.li@icloud.co	uhs
Astronomy Club	The cosmc	This club's main objectiv	Academic, Inter	MPR	Wednes	Weekly		Pranav Moudgalya	Matthew Pate	pranavsmoudgalya@gmail.co	
Badminton Club	Come play	The purpose of Badmini	Interest	Small Gym	Tuesda	Weekly		Andy Xu	Ms. Salinger	xuandy05@gmail.com	

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*
 - *Thursdays - 9:50 am - 10:45 am*
 - *Fridays - 9:50 am - 10:30 am*
 - *UHS Peer Tutoring-Monday-Friday, in the library from 2:15pm-4:30pm*
 - *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, part-time jobs, etc.)

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 them to various supports on or off campus if needed**



FAQ #5: What is next for my 9th grade student?

- **Freshman Guidance Lesson - Monday, October 17th**
 - *Counselors will be going to English 1 classes and be presenting information regarding graduation requirements, a-g requirements, strategies for success in high school, and getting involved on campus.*
- **Spring Freshman Parent Coffee - March 2023**
 - *We will discuss pre-requisites for 10th grade courses, as well as summer school.*
- **Freshman Course Selection - April 2023**
 - *Counselors will return to English 1 classes to guide students through the course selection process for 10th grade.*
- **Sophomore Conferences - Spring 2024**
 - *Course Selection for 11th grade and course planning for 12th grade*

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

Victoria Kim

Provides small group counseling and individual support to build resiliency skills



Mental Health Specialists

Dr. Tohidian & Ms. Escatel

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

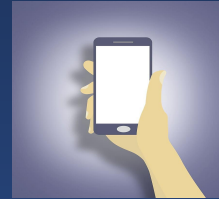
- Private Referrals
- Parent Enrichment Workshops
 - Offered through the Irvine Parent Education Program
- Short Term Mental Health Services
 - Space is limited

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 HOTLINE

988 - routes to the National Suicide and Prevention Lifeline

Well Space



UNI High Well Space

- ❑ Opened in August through partnership with CHOC and a generous parent donor
- ❑ Located in Room 218
- ❑ Open to students before school, during breaks/snack/office hours/lunch and for short periods of decompression time during class



Meet the College and Career Support Staff



MRS. ROHRER-NG
College & Career
Coordinator



TBD
ROP Specialist



College & Career Center



UNIVERSITY
— HIGH SCHOOL —

[TRANSLATE](#)[TEXT SIZE A 15PX A](#)[STAFF INTRANET](#)[PARENT PORTAL](#)[ABOUT](#)[OUR STAFF](#)[STUDENTS](#)[PARENTS](#)[ACADEMICS](#)[ARTS](#)[ATHLETICS](#)[COUNSELING](#)

COLLEGE & CAREER CENTER



College Visit: University of Chicago
9:50 – 10:25am
MPRA



College Visit: Middlebury College
11:55am – 12:30pm
MPRA



College Visit: Carnegie Mellon
8 – 8:25am
MPRA



College Visit: Bucknell University
11:30am – 12:30pm
MPRA



College Visit: Boston University
11:45am – 12:20pm
MPRA

For a complete listing of upcoming college visits go to tinyurl.com/UHS-CollegeVisits. New visits are added weekly, so check our updated list often so you don't miss your favorite school!

QUICKLINKS

[College Info](#)[Career Info](#)[Community Service](#)[Financial Aid & Scholarships](#)[Admissions Tests](#)[Summer](#)[IUSD College & Career Readiness](#)

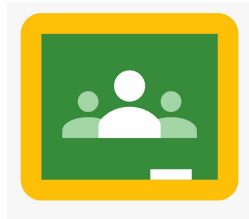
College & Career Center

- 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



TBD

(949) 936-7633

Hasrar@coastlinerop.net

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



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:
Bhavna Patel
Contact: unirepclass2026@gmail.com



University High School PTSA



[Home](#)

[PTSA Schedule](#)

[Programs](#)

[Get Involved](#)

[Membership](#)

[Leadership](#)

[More...](#)



How to Contact Your Student's School Counselor



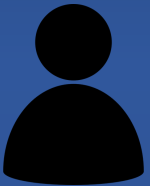
Send us an email



Call us on the phone



Schedule an appointment to meet via Zoom



Schedule an appointment to meet in person

Stay Informed



Check the Counseling Class of 2026 Canvas Page



Follow us on Instagram @unicounselors



Visit universityhigh.iusd.org/counseling



Access Naviance



Make sure your email address is updated in Aeries!

Questions?

