



University High School Sophomore Parent Coffee 2020-2021

UHS Website: www.universityhigh.iusd.org

UHS Counseling Website: www.universityhigh.iusd.org/counseling

| Student Last Name | School Counselor | Phone | Email |
|-------------------|----------------------|--------------|------------------------------|
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| Far - Lim | Hanna Addressi | 949-936-7634 | hannaaddressi@iusd.org |
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**Subject to change*

| Student Last Name | Administrator | Phone | Email |
|-------------------|---------------|--------------|----------------------|
| A - L | Matthew Pate | 949-936-7608 | matthewpate@iusd.org |
| M - 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 **Shannon Dean (shannondean@iusd.org, 949-936-7747)**

Mental Health Specialist – Provides additional mental health support, crisis response services, and resource linkages to students and families. Our mental health specialist is **Nilou Tohidian (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. Please contact your student's school counselor for a referral.

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 be invited to a virtual group 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 11th grade courses, planning for 12th grade courses

Meetings will be scheduled beginning in January 2021 through April 2021. You will receive an email **approximately 2 weeks prior** with date and time of the meeting. Due to the high number of appointments, rescheduling will not be available.

Sophomore Planning Video – 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. You will receive a link to this video before your scheduled conference time.

Sophomore Checklist- Areas of Focus

Academic

Maintain and monitor your grades regularly using your myIUSD portal.
Paper.co free online tutoring is available through IUSD
Use Office Hours to get help from teachers.
Review your four-year high school academic plan.
Discuss recommendations for junior year classes with 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 or visit the College and Career Center for campus information, as well as admission criteria, and admission statistics.
Begin to attend college fairs and visit college campuses to learn about various schools and the programs offered.
Attend the Career Speaker Series to learn about different job 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 weaknesses.
Consider taking an SAT subject exam(s).
Plan summer activities. Consider summer school courses, enrichment courses, volunteering, working, visiting colleges, or travelling.