UNIVERSITY HIGH SCHOOL

9th Grade Guidance Lesson

MR. SCHOCH
A - Fan

MS. ADDESSI
Far - Lim

MRS. STRAUSHEIM
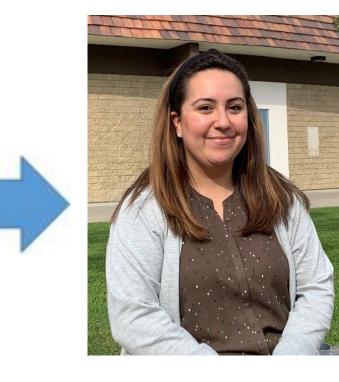Lin - Ru

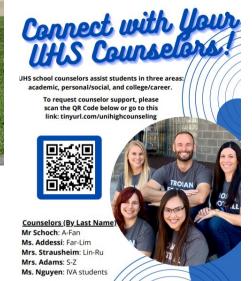Meet your Counselors

MRS. ADAMS
S - Z

MS. NGUYEN
IVA

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, 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. Addessi: 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.

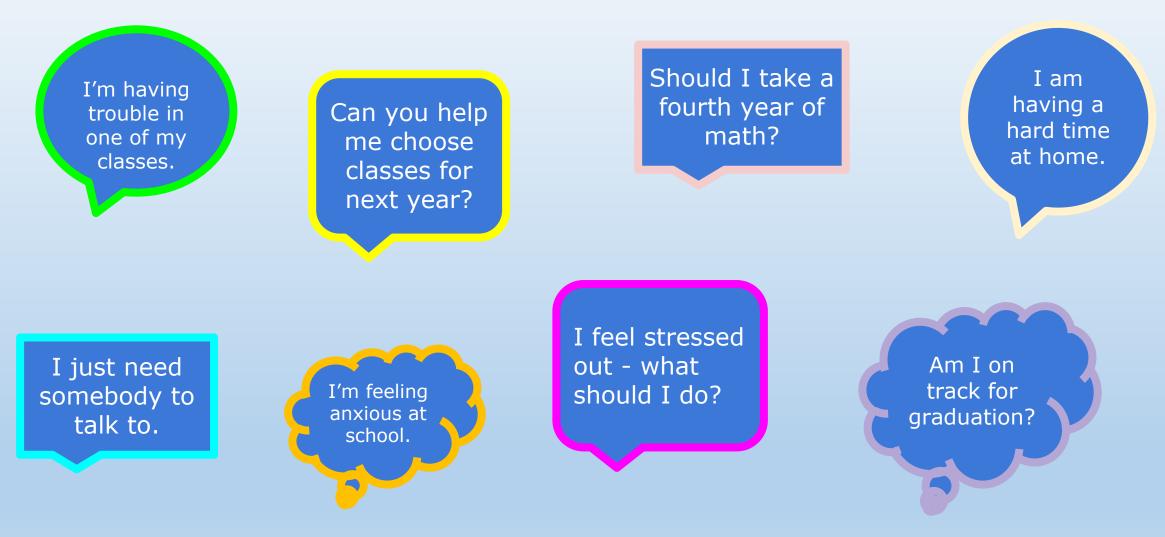# School Counselor Role

ACADEMIC PLANNING

COLLEGE/CAREER PLANNING

PERSONAL/SOCIAL SUPPORT

COUNSELING CURRICULUM

PARENT PRESENTATIONS AND MEETINGS

What Questions Do You Have?

I'm having trouble in one of my classes.

Can you help me choose classes for next year?

Should I take a fourth year of math?

I am having a hard time at home.

I just need somebody to talk to.

I'm feeling anxious at school.

I feel stressed out - what should I do?

Am I on track for graduation?

Your counselor can help!

Personal and Social Resources

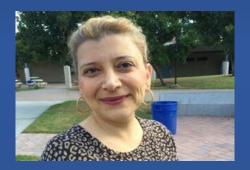**The following support is available on campus for all students**

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

Health and Wellness

- **Balance**
- **Stress Management**
  - **Some stress is normal - know your limits!**
  - **We all experience stress in different ways**
  - **Coping Skills**
- **Sleep**
- **Mental Health**
  - **Sadness vs. Depression**

If you feel like you need help with anything related to your health and wellness, see your counselor - we can help!

Earning High School Credits

How many credits will you get for passing a class for one semester?

5 Credits

What is the minimum grade needed to pass a class?

"D-". An "F" receives no credit

A student taking 6 classes per year…

6 Classes x 5 Credits per semester = 30 credits per semester

2 Semesters x 30 credits per semester = 60 credits per year

60 credits x 4 years = 240 credits possible

High School Diploma vs. "a-g" Requirements

CONTENT AREA	HS DIPLOMA REQUIREMENTS	a-g REQUIREMENTS
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*) *Requires successful completion of Math 3*
Science	2 years	2 years required, 3 recommended *1 year physical and* *1 year biological science*
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)* AND 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

SAT/ACT Exam - upcoming changes

GPA Requirement:
UC: 3.0 Minimum/ CSU: 2.5 Minimum (2.0 may be considered)
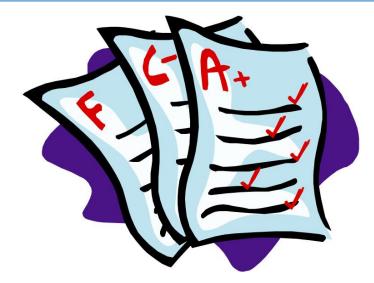
Grade Point Average (GPA)

A = **4.00** worth 4 points

B = **3.00** worth 3 points

C = **2.00** worth 2 points

D = **1.00** worth 1 point

F = **0.00** worth 0 points

- **Add them up and divide by total number of classes**
- **All AP courses, some Honors courses (Enhanced Math 3 and H Chemistry), and a level 4 World Language are weighted**

What's my GPA?

English	**A**
Math	**B**
History	**A**
Spanish	**C**
Biology	**D**
P.E.	**A**

Total GPA

Total points (18)/Total classes (6)=

3.0

What is on my Transcript?

Official Semester Grades

- January, June, and end of summer school

All grades appear on your transcript, even if you repeat for a better grade!

School of Attendance shows here

Crs-ID	Course Title	Mark	Att/Cmp
Grade 9 Fall 2016-2017			
University High School			
p r 1073	English 1A	D+	5.00 0.00
p 2312	Spanish 1A	A-	5.00 5.00
p 3047	Math IA	B	5.00 5.00
* 4013	PE Coed A	A	5.00 5.00
p 5708	EarthSys Sci A	C	5.00 5.00
p 6250	Global Persp A	C-	5.00 5.00
Credit Att: 30.00 Cmp: 25.00 AGPA: 2.7500			
Grade 9 Spring 2016-2017			
University High School			
p 1075	English 1B	C	5.00 5.00
p 2313	Spanish 1B	B+	5.00 5.00
p 3048	Math IB	C-	5.00 5.00
* 4716	TS Track Q3	A	2.50 2.50
* 4717	TS Track Q4	A	2.50 2.50
p 5709	EarthSysSci B	C	5.00 5.00
p 6252	Global Persp B	C-	5.00 5.00
Credit Att: 30.00 Cmp: 30.00 AGPA: 2.2000			
Grade 10 Summer 2016-2017			
Woodbridge Summer School			
p 1082	English 1C	B	5.00 5.00
Credit Att: 5.00 Cmp: 5.00 AGPA: 3.0000			
--WORK IN PROGRESS--			
University High School			
p 1103	English 2A		5.00 0.00
p 1104	English 2B		5.00 0.00
p 2322	Spanish 2A		5.00 0.00
p 2323	Spanish 2B		5.00 0.00
p 3049	Math IIA		5.00 0.00
p 3050	Math IIB		5.00 0.00
* 4716	TS Track Q3		2.50 0.00
* 4717	TS Track Q4		2.50 0.00
* 4925	OSS Quarter 2		2.50 0.00

Crs-ID	Course Title	Mark	Att/Cmp
p 5303	Biology A		5.00 0.00
p 5305	Biology B		5.00 0.00
p 6311	US History A		5.00 0.00
p 6312	US History B		5.00 0.00
9820	Homeroom		0.00 0.00
9820	Homeroom		0.00 0.00
* 9857	No Per 0		0.00 0.00
* 9857	No Per 0		0.00 0.00
Total Credit: 57.50			

✔ "p" = college prep
✔ "+" = bonus point
✔ "r" = repeated
✔ Credit Summary
✔ GPA
✔ "F" grade = 0 credits

Course Tags: * = Non Academic   + = Honors (weighted)   p = College Prep   r = Repeated

	Weighted	Non-Wgtd
Acad GPA (9-12)	2.5000	2.5000
Acad GPA (10-12)	3.0000	3.0000
Total GPA (9-12)	2.7500	2.7500
Credit Attempted:	65.00	
Credit Completed:	60.00	

District Enter: 7/20/2015
School Enter: 8/24/2016

Class of 2020

CREDIT SUMMARY

Subject Area	Credit Req'd	Compl	Needed
English	40.00	10.00	30.00
Algebra 1	10.00	10.00	-
Mathematics	10.00	-	10.00
Life Science	5.00	-	5.00
Physical Science	5.00	5.00	-
Science Electives	10.00	5.00	5.00
American Govt.	5.00	-	5.00
U.S. History	10.00	-	10.00
Health	5.00	-	5.00
Physical Education	20.00	10.00	10.00
Lang Fine Arts CTE	10.00	10.00	-
World Cultures	10.00	10.00	-
Economics	5.00	-	5.00
General Electives	70.00	-	70.00
* TOTALS *	215.00	60.00	155.00

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 - Fall Athletic Camps**
  - Find more information on the UHS Website under Athletics tab

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)

Summer School

General Info:

- **Earn credits toward graduation**
  - PE, Health, Art
- <u>Repeat</u> **D or F grades**
- **Registration in April**
- **Duration: 6 weeks, Monday-Friday**

What to Sign Up For:

- **Remediation or Graduation Requirements only**
- **An email will be sent from your counselor with recommended courses to sign up for, if needed, in the beginning of April**

Naviance

- **What is Naviance?**
  - A College and Career Readiness Tool that you will use throughout your 4 years of high school

- **How will I use Naviance?**
  - College Search & Admission Data
  - Explore Careers
  - Resume Builder

Naviance Sign-in Page
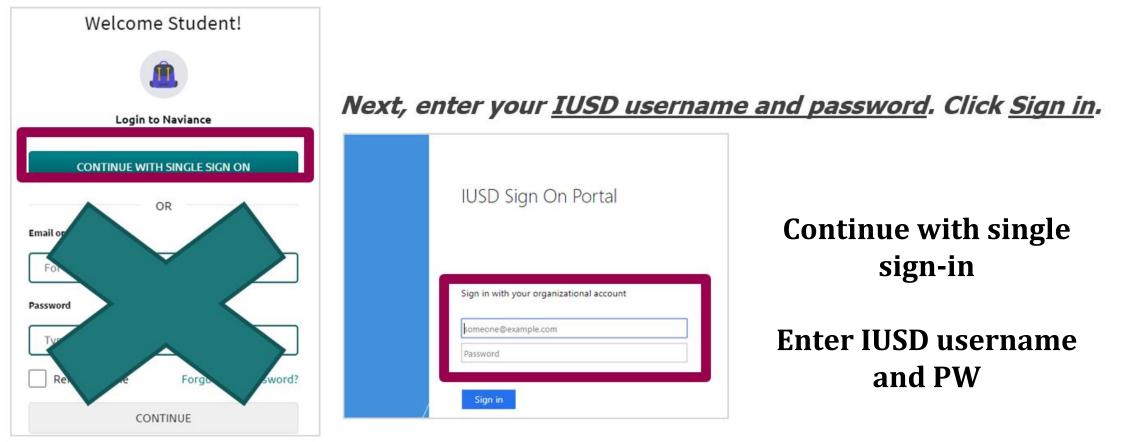
Which school would you like to login to?

We need more information

In order to log you into Naviance we need you to identify your school.

Enter your school name, city, or zipcode

Type to search | GO

If there are multiple schools in your district make sure you select the right one.

- **Go to universityhigh.iusd.org**
- **Click on "Students" tab**
- **Click on "Naviance"**
- **Search for "Irvine, CA" or "92612" area code**
  - **There are many University High School's , so searching our school name may not give you our school**

Naviance Sign-in Page

What's Next?

Course selections in Spring semester

Sophomore Planning Conferences

Stay Informed

- **Class of 2024 Counseling Canvas Page**

- **Follow us on Instagram!**
  - **@unicounselors**

- **Check out our website!**
  - **universityhigh.iusd.org/counseling**

- **Naviance**

- **Make sure emails are updated in Aeries!**

Reminder!

Take a moment to complete the post-survey…
http://bit.ly/uhscounseling