



Preparing Your Middle Schooler for What's Next: The Building Blocks for High School & Beyond

PTA Parent Education Night
January 20th, 2022

Handouts and Slides Access

The screenshot shows the website for Charlotte Wood Middle School. At the top, there is a dark green navigation bar with "Select Language" and "Schools" dropdown menus. Below this is the school's logo, a knight on a horse, and the text "CHARLOTTE WOOD MIDDLE SCHOOL HOME OF THE CHARGERS". To the right of the logo is a search bar with the text "I'm looking for..." and a magnifying glass icon. Below the logo and search bar is a dark green horizontal menu with the following items: HOME, SCHOOL, COUNSELING, STUDENTS, PARENTS, ACADEMICS, ARTS, and ATHLETICS. The "COUNSELING" item is highlighted in a lighter green. Below the menu, there is a breadcrumb trail: "Home / Counseling / Co...". A large green arrow points from the "COUNSELING" menu item to a sub-menu that is open, showing "Counseling Office" and "Incoming 6th Grade Info". The "Counseling Office" item is highlighted in a lighter green. Below the sub-menu is a sidebar with the heading "COUNSELING OFFICE" and a list of links: "About", "Counseling Corner", "Academic Intervention", "Personal and Social Support", "Parents", "College and Career", "For Parents", "Programs and Services", and "Registration". The main content area has the heading "About" and "WHAT IS A COUNSELOR?". Below this heading is a paragraph of text: "The Charlotte Wood Middle School Counseling Program is driven by the **American School Counseling Association's (ASCA) National Developmental Standards**. These standards- **academic, personal/social, and career development**- are set in place to ensure the academic achievement of ALL students. The following services have been established at Charlotte Wood in order to meet these standards." Below the paragraph is the heading "Counseling services include:" followed by a list of services, with the first item being "Academic Guidance and Counseling assists students and their".

Select Language | Schools

CHARLOTTE WOOD MIDDLE SCHOOL
HOME OF THE CHARGERS

I'm looking for...

HOME SCHOOL **COUNSELING** STUDENTS PARENTS ACADEMICS ARTS ATHLETICS

Home / Counseling / Co...

Counseling Office
Incoming 6th Grade Info

COUNSELING OFFICE

- About
- Counseling Corner
- Academic Intervention
- Personal and Social Support
- Parents
- College and Career
- For Parents
- Programs and Services
- Registration

About

WHAT IS A COUNSELOR?

The Charlotte Wood Middle School Counseling Program is driven by the **American School Counseling Association's (ASCA) National Developmental Standards**. These standards- **academic, personal/social, and career development**- are set in place to ensure the academic achievement of ALL students. The following services have been established at Charlotte Wood in order to meet these standards.

Counseling services include:

- Academic Guidance and Counseling assists students and their

Handouts and Slides Access

HOME SCHOOL COUNSELING STUDENTS PARENTS ACADEMICS ARTS ATHLETICS

Home / Counseling / Counseling Office / Class Selection / CW Class Selection

CLASS SELECTION

CW Class Selection

High School Registration

Middle School- Summer School
Enrichment

CW Class Selection

CHANGE REQUESTS

Your schedule is based on the courses you requested in Spring 2021. Changes requested via phone or email will not be honored. Any schedule change requests must be submitted via this form:

HOME SCHOOL COUNSELING STUDENTS PARENTS ACADEMICS ARTS ATHLETICS

Home / Counseling / Counseling Office / Class Selection / High School Registration

CLASS SELECTION

CW Class Selection

High School Registration

Middle School- Summer School
Enrichment

High School Registration

SAN RAMON VALLEY HIGH SCHOOL

Building Bridges will be held on March 1. See the SRVHS website for more info

MONTE VISTA HIGH SCHOOL

See the MVHS website for incoming freshman orientation info.

[Preparing Your Middle Schooler
for What's Next.pptx \(PPTX\)](#)

[PTA Handout - Preparing Your
Middle Schooler for What's
Next\(1\).pdf \(PDF\)](#)

High School Building Bridges Night for SRVHS

When is Building Bridges- March 1st

What is Building Bridges?

Academic information- Course selection, graduation requirements, accelerated course pathways

Campus Life Information- Leadership, clubs, academic organizations, student panel

SRV Athletics

Additional Incoming Freshman nights: Check websites for information

Monte Vista- TBD

Dougherty Valley- TBD

Cal High- TBD



College Career Lessons

- ❑ 8th Grade Presentations:
 - ❑ Self assessment
 - ❑ Career Clusters
 - ❑ College Search
 - ❑ A-G requirements and 4 year plan
- ❑ Follow-up Appointment with Counselors:
 - ❑ Sign-up sheet available in counseling office

3 Q's

Who am I?

Where am I going?

How do I get there?

A-G Requirements

| Subject Requirements (A-G) | High School Graduation Requirements | Cal State University (CSU) | University of California (UC) |
|-------------------------------------|--|--|--|
| Social Studies (A) | (35 credits) World Geography World History I & II US History I & II Gov't/Econ | 2 years: 1 year World History 1 year US History or 1 year World History 1 semester Gov't 1 semester US History | 2 years: 1 year World History 1 year US History or 1 year World History 1 semester Gov't 1 semester US History |
| English (B) | 4 years (40 credits) | 4 years CP (40 credits) | 4 years CP (40 credits) |
| Math (C) | 2 years (20 credits) Including successful completion of Algebra I or equivalent | Algebra 1 Geometry Algebra 2 4th year recommended | Algebra 1 Geometry Algebra 2 4th year recommended |
| Science (D) | 2 years (20 credits) 1 year Physical and 1 year Life Science | 2 years of lab science (e.g., Biology, Chemistry, Physics, Anatomy and Physiology) Integrated Physical Science | 2 years of lab science - 3rd year recommended (e.g., Biology, Chemistry, Physics, Anatomy and Physiology) |
| World Language (E) | (20 Credits) required from any two of these three fields | 2 years of the same language | 2 years of the same language; 3rd year recommended |
| Visual/Performance Arts (F) | | 1 year | 1 year |
| Career Tech ED/ Applied Arts | | None | None |
| Health | 1 semester (5 credits) | None | None |
| Physical Education | 2 years (20 credits) | None | None |
| Electives (G) | (60 Credits) | 1 year (2 semesters) of additional college prep courses | 1 year (2 semesters) of additional college prep courses |
| Total Credits | 220 Credits | Grade of C or higher in all college prep courses | Grade of C or higher in all college prep courses |
| Test Requirements | | SAT or ACT Assessment | ACT Assessment plus Writing or SAT plus Writing |

4 Year Planning

CREATE YOUR PERSONAL FOUR YEAR PLAN

| Grade | Required Courses | Student Courses | Grade | | Credit | | Career Information and Plans |
|---|-----------------------------------|-----------------|---------|---------|---------|---------|--|
| | | | 1st Sem | 2nd Sem | 1st Sem | 2nd Sem | |
| 9 60 cr | English | | | | | | Career Goal/Major: Supporting Activities: (9-12) Co-Curricular Activities: |
| | Math | | | | | | |
| | Science/Elective | | | | | | |
| | Physical Education | | | | | | |
| | Geography/Health | | | | | | |
| | Elective | | | | | | |
| Summer Plan: | | | | | | | Total Credits to Date: ___ of 60 |
| 10 120 cr | English | | | | | | Career Goal/Major: Co-Curricular Activities: |
| | Math | | | | | | |
| | World History I & II | | | | | | |
| | Physical or Life Science | | | | | | |
| | Physical Education | | | | | | |
| | Elective/Language | | | | | | |
| Summer Plan: | | | | | | | Total Credits to Date: ___ of 120 |
| 11 170 cr | English | | | | | | Career Goal/Major: PSAT ____/____ SAT ____/____/____ SAT Subject ____/____/____ ACT ____/____ Co-Curricular Activities: |
| | U.S. History I & II | | | | | | |
| | Physical or Life Science | | | | | | |
| | Math/Elective | | | | | | |
| | Elective/Language | | | | | | |
| | Elective | | | | | | |
| Summer Plan: | | | | | | | Total Credits to Date: ___ of 170 |
| 12 220 cr | English | | | | | | Career Goal/Major: Colleges applied to: Co-Curricular Activities: Community Service: |
| | Amer. Govt./Economics | | | | | | |
| | Physical or Life Science/Elective | | | | | | |
| | Math/Elective | | | | | | |
| | Physical Education/Elective | | | | | | |
| | Elective | | | | | | |
| Post High School Goal: CAREER / JUNIOR COLLEGE / 4 YR COLLEGE | | | | | | | Total Credits to Date: ___ of 220 |

Moving Forward



SAN RAMON VALLEY
HIGH SCHOOL



I'm looking for... ▾



HOME

WOLVES AT HOME

ABOUT

ACADEMICS

ATHLETICS

COUNSELING

STUDENTS

PARENTS

ARTS

Graduation Requirements

Academic Support

AP Program

Course Catalog

Student Support Period

SRVUSD Homework Policy

Departments

Library Media Center

Textbook Office

Testing

College Connect Program

Academic Boosters



Moving Forward



SAN RAMON VALLEY

HIGH SCHOOL



I'm looking for... ▾



- HOME
- WOLVES AT HOME
- ABOUT
- ATHLETICS
- ACADEMICS
- COUNSELING**
- STUDENTS
- PARENTS
- ARTS

Home / Counseling / College & Career Center / College & Career Center

- Wolves Counseling
- Student Support Counseling
- College & Career Center**
- Registrar/Enrollment/Transcripts
- College Resources
- Nurse's Office
- Wellness Center
- SRVHS Wellness Resources

COLLEGE & CAREER CENTER

- College & Career Center
- College & Career Newsletter
- Naviance Overview
- College Planning Tools and Presentations
- Early Decision, Early Action, Regular Decision
- Letters of Recommendation
- Community College
- University of CA (UC) & CA State University (CSU)

College & Career



PERMITS

current permit following:

1. Get a job
2. Download and complete the application for a work permit [Here.](#)
3. Complete form and make sure that your

High School Timeline



Fall – Freshmen/Sophomores

- **Plan for the Year Ahead – All years.....Maintain good grades.** Most colleges expect a "C" or better (i.e. "D" is not considered a passing grade by colleges). Get help when needed. Be proactive...seek teacher help, after school tutoring @ SRVHS, peer tutoring through CSF, etc. Do this ALL 4 Years! **Freshmen:** While our CA public schools (CSU and UC) do not use the grades from freshman year in their GPA calculation for admission eligibility (except for Cal Poly SLO), they DO look at the grades in the application process. **Sophomores:** Grades from sophomore year courses are used in GPA calculation for college admission.
- **Using the form in the SRVUSD Course Catalog, prepare a preliminary 4 year plan.** Use this plan to guide you as you select your high school courses to ensure you are meeting the requirements for the colleges where you plan to apply.
- **Stop by the College and Career Center to get familiar with its resources.** Find out the required courses and tests of colleges that you might be interested in attending. **Sophomores:** Log onto Naviance Family Connection to take assessments, and research colleges and careers. **Freshmen** will be introduced to Naviance Family Connection and the SRVHS Career Center update sophomores in spring of sophomore year.
- **If you've completed Geometry, consider Taking the PSAT/NMSQT for practice** (in sophomore year). Sign up for the PSAT/NMSQT at SRVHS in mid-October. Go to www.collegeboard.org to access free on line practice for the PSAT. Keep in mind this is intended to be a test given to juniors, *so is just practice for sophomores.* (Only juniors can qualify for the National Merit Scholarship competition).
- **Attend SRVHS campus club fair.** Join a club! Find ways to volunteer! Get involved in campus activities.
- **Start a COLLEGE INFO FILE** to keep important information regarding college applications (i.e. this checklist, volunteer log, personal resume--see sample in Naviance Family Connection. Be sure to list of awards/honors, job history, test scores, etc. Save your information in Naviance Family Connection to access it when you need to create a resume or complete a college application.
- **Create an e-mail** that contains your name (no nicknames) to use for college application process. Most colleges maintain contact with prospective students via e-mail. Plan to keep this e-mail for all 4 years of high school and check it regularly. Use it for your Naviance user name and password!
- **Plan to go to college fairs** and begin to learn about colleges and the college admissions process (fall=SRVUSD College fair; spring=East Bay College Connection @ St. Mary's in Moraga and in San Francisco (great resource for international schools). Watch school loop & e-Bulletin for announcements of scheduled dates.
- **Pay attention to school e-mails, the Daily e-Bulletin, School loop and the SRVHS website** for important information, events, dates and deadlines.

Financial Aid

Scholarships

Grants

Work Study

Loans

Discovery Counseling Center

Helpful Tips:

- ❑ Talk
- ❑ Stay connected
- ❑ Balance
- ❑ Keep expectations realistic



Q & A

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