

HIGH SCHOOL AND COLLEGE ADMISSION 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: The Living Earth, Chemistry in the Earth System, Physics of the Universe, Anatomy and Physiology) Integrated Physical Science	2 years of lab science - 3rd year recommended (e.g., Biology: The Living Earth, Chemistry in the Earth System, Physics of the Universe, 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

GUIDELINES FOR CHOOSING A COURSE¹

1. **GRADUATION REQUIREMENTS.** Carefully check the graduation requirements.
2. **COLLEGE ENTRANCE REQUIREMENTS.** Look for courses required by many colleges and universities.
3. **CAREER PLANS.** Look for courses that can help you prepare for possible career goals.
4. **YOUR INTERESTS.** Check for courses that let you pursue your own personal interests.
5. **PARENT APPROVAL.** Talk with your parents about your course choices.
6. **TEACHER RECOMMENDATION.** Talk with your teachers about course choices and get their recommendations.
7. **NCAA REQUIREMENTS.** See NCAA requirement section.

¹ Courses will be offered each year based on student enrollment.

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						
	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						
	Elective						
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						
	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						
	Elective						
Post High School Goal: CAREER / JUNIOR COLLEGE / 4 YR COLLEGE							Total Credits to Date: ___ of 220

Parent Resource Guide



Self Assessment & Learning Inventories:

- <https://www.californiacolleges.edu/#/interest-profiler>
- <https://www.cacareerzone.org>
- <https://bigfuture.collegeboard.org>

Career Searches:

- <https://www.cacareerzone.org>
- <https://www.californiacolleges.edu/#/search>
- <https://bigfuture.collegeboard.org>

College Search Engines and SAT/ACT Prep:

- <https://bigfuture.collegeboard.org>
- <https://www.californiacolleges.edu/#/search>
- <https://bigfuture.collegeboard.org>
- <http://www.act.org/content/act/en/products-and-services/the-act.html>
- <https://www.khanacademy.org/sat>

Financial Aid Information:

- <https://www.scholarshare529.com>
- <https://www.fastweb.com>
- <http://icanaffordcollege.com>
- <https://studentaid.ed.gov/sa/fafsa>



Student College Planning Timeline

Get Organized, Grades Count, Challenge Yourself both In/Out of the Classroom

Freshman Year – The Journey Begins

- ❖ **Create** a 4-year plan of courses you might follow while at SRVHS (see catalog – talk to your counselor!) All four years count...make the most of them!
- ❖ **Get Involved** in clubs and activities you enjoy. Demonstrate learning outside of the classroom.
- ❖ **Start** an activities resume and keep track of all extracurricular activities (hrs/week/month), employment, awards, and volunteer work. You will need an activities resume for many colleges.
- ❖ **Create** a 411 crate. Use a box, drawer, or folder to toss interesting articles, enrichment brochures and college view books. As a junior/senior, you'll wish you had these items to peruse.
- ❖ **Begin** to explore Naviance. You will be introduced during 9th grade Health. This is a college-based resource used all 4 years at SRVHS. You will use this to navigate college applications as a senior so become familiar.
- ❖ **Explore** the College and Career Center (C&CC). We have college view books, host visits and events, career speakers and workshops, share leadership/volunteer opportunities, summer enrichment, etc.

Sophomore Year – Build Momentum

- ❖ **Update** your 4-year plan of courses for SRVHS. Talk to your counselor!
- ❖ **Continue** extracurricular activities or get involved. Find a few activities to focus on. Do what you love.
- ❖ **Focus** on your grades. Do your best. Luck is when preparation meets opportunity.
- ❖ **Update** your activities resume - add activities you participated in over the summer.
- ❖ **Attend** the District College Fair (fall) or the Saint Mary's College Fair (spring). Listen to juniors and seniors at the fairs to see what types of questions they ask. Collect information for your 411 crate.
- ❖ **Consider** taking the PSAT (preliminary SAT). It is good test preparation.
- ❖ **Learn** what resources are available in the C&CC. Attend a college visit informational session in the C&CC.
- ❖ **Explore** Naviance: Begin searching colleges, look at academic profiles needed for schools you are interested in. Take the personality/career profiles if you haven't completed. Sign up for a college visit.
- ❖ **Register** for junior year classes that will challenge you at your academic level. Talk to your counselor!
- ❖ **Plan** to take a college tour if you are traveling during spring break or over summer vacation. Begin to get a feel for what type of school you might like, ask questions. Tour guides are amazing resources. We have many schools right here in the bay area. Visit a school on one of your days off.

*Interested in Athletics, Military Academy or ROTC path: Stop by the C&CC or go to SRVHS: C&CC: Helpful Links for add'l info

Junior Year – Here We Go

Throughout the Year

- ❖ **Concentrate** on your grades. Do your best work!
- ❖ **Attend** C&CC workshops, college 101, finding a major workshop! Various workshops are held all year.
- ❖ **Watch** schoolloop for college visits from admission counselors. If a school interests you, ‘demonstrate’ your interest by coming to the admission presentation. Over 80 schools will visit. Sign up on Naviance.
- ❖ **Plan** to take an official campus tour of some colleges and attend their admissions information presentation. When possible, visit on an SRVHS day off or during our spring break when college students are often on their campus to get a feeling for student/campus life.
- ❖ **Participate** in activities outside of class; it is not too late to get involved.
- ❖ **Update** your activities resume with activities you participated in over the summer.

Fall/Winter

- ❖ **Update** your 4-year plan with your counselor! What classes do you need for colleges you are considering?
- ❖ **Take** the PSAT for practice test preparation or to be potentially eligible for National Merit Scholarship.
- ❖ **Attend** the District College Fair for SRVHS/MVHS/Cal/DVHS. This is usually held in October.
- ❖ **Review** the Academic Boosters test prep schedule. Consider taking a mock SAT/ACT for practice.
- ❖ **Plan and Prepare** to take the SAT or ACT in winter or spring: Resources are available in the C&CC.
- ❖ **Build** a list of preliminary schools you are interested in on Naviance; add schools of interest and you can condense the list next year. By adding schools to this list, you’ll receive email notifications whenever that school has an admission presentation on campus.
- ❖ **Review** your Career Profile results and Do What You Are results as you begin to think about majors.

Spring

- ❖ **Take** the SAT or ACT. Resources are available in the C&CC and throughout the community.
- ❖ **Spend** time on Naviance researching potential colleges and their admission requirements.
- ❖ **Continue** to research and build a list of schools you are interested in on Naviance.
- ❖ **Attend** the East Bay College Fair at Saint Mary’s in Moraga or the NACAC College Fair in SF.
- ❖ **Attend** student and parent workshops geared towards juniors regarding college admissions.
- ❖ **Visit and tour** some college campuses during breaks or take an online virtual tour! The time is now.
- ❖ **Sign Up** for your AP test if taking AP classes. Your teacher will provide details on this!
- ❖ **Consider** taking an SAT subject test if you have a particular strength. See www.collegeboard.org for information, as some colleges require subject tests. See college websites. An SAT subject test may enhance your application if applying to a more selective major.
- ❖ **Inquire** - You may need teacher recommendations for your college application. Who might you ask?

Summer

- ❖ **Begin** to think about your college essay, personal statement or insight questions (UC) and create a summer draft. Look for a small moment that shows your application reader who you are as a person, student learner and community member.
- ❖ **Volunteer/Work/Enrich** yourself during the summer. What will you do? What is your passion?
- ❖ **Start** your application process. Many applications open August 1st.

Senior Year – All Hands on Deck: Know your Deadlines!

Throughout the Year

- ❖ **Concentrate** on your grades. Do your best work through June!
- ❖ **Attend** SRVHS workshops: Senior applications, navigating campus visits, college representative visits, etc.
- ❖ **Tour** colleges you are interested in or have applied to.
- ❖ **Participate** in activities outside of class; build confidence and your network of support.

Summer/Fall/Winter

Naviance: This is the SRVHS college platform database used to identify, access and track student college related materials needed from SRVHS registrar, counselors, and teachers.

⇒ SRVHS: Naviance: Login: Add schools to “Colleges I’m Applying To”

⇒ Go to the Document Library to access items needed for submission to your Counselor

University of California: <http://admission.universityofcalifornia.edu>

⇒ Applications open August 1st. Applications may be submitted between Nov. 1st and 30th

California State University: <https://www2.calstate.edu/apply>

⇒ Applications open October 1st

⇒ Applications may be submitted Oct. 1st through Nov. 30th

Private Institutions: Check the individual school website for application dates and deadlines.

⇒ Schools may have their own private/institutional application or,

⇒ Schools may participate in the Common Application: www.commonapp.org

⇒ Schools may participate in the Coalition Application: www.coalitionforcollegeaccess.org

California Community Colleges <http://californiacommunitycolleges.cccco.edu>

⇒ Attend information meeting at SRVHS in Jan/Feb. Early enrollment for priority registration is Feb/March.

- ❖ **Take** the ACT or SAT one more time if you choose.
- ❖ **Begin** your applications. Many open in August. Save as you go... until you are ready to hit submit.
- ❖ **Keep** a log of the different websites, user name/password data used for each college application portal.
- ❖ **Update** your activities resume. Add activities you participated in over the summer.
- ❖ **Update Naviance.** SRVHS requires several pieces of information to get you started with applications. Review the document library for items you need to turn in. Update ‘Colleges I’m Applying To’ list.
- ❖ **Complete** counselor recommendation packet. Make appointment with counselor at least 3 weeks before first application is due.
- ❖ **Request** teacher recommendations verbally and send formal request through Naviance link.
- ❖ **Request** transcripts to be sent through Naviance link.
- ❖ **Send ACT/SAT scores** (through www.collegeboard.org or www.actstudent.org) to the colleges you are applying to IF you haven’t done so already.
- ❖ **Check** your high school transcripts and make sure they are accurate (found on infinite campus).
- ❖ **Review/Submit** financial aid and scholarship opportunities. **FAFSA opens in October.** Apply by your school deadlines and/or FAFSA deadline. SRVUSD automatically uploads Cal Grant eligibility for you.
- ❖ **Attend** District College fair and visit the C&CC to talk to colleges you are applying to or interested in.
- ❖ **Finish** your college essay(s) and personal statements.
- ❖ **Submit** your application: Watch deadlines: early action, early decision (optional but only 1 max) and regular decision!

- ❖ **Request** mid-year transcripts are sent to schools IF they require them.

Spring

- ❖ **Keep** up your grades! Acceptances are conditional and colleges expect the GPA you applied with to stay the same.
- ❖ **Check** your application portals and email regularly. Colleges will communicate with you through your email and/or portal. Send them any information they request in a timely manner.
- ❖ **Update** Naviance with application decisions received.
- ❖ **Stop** by the C&CC or talk to your counselor if you have any questions regarding your applications.
- ❖ **Sign Up** for an **AP** test if taking AP classes. Your teacher will provide details on this (Feb/March).
- ❖ **Attend** admitted student day if offered admission to learn more about a college before accepting.
- ❖ **Accept** admission to your college of choice by **May 1st** or earlier. **This is a national acceptance date.** Once you accept an admission offer, you should let other colleges know that you do not plan to attend.
- ❖ **Complete** senior exit survey: you'll be asked to do this in your English class.
- ❖ **Request** final transcripts to be sent to your college of choice.
- ❖ **Sign up** for College Orientation Sessions.
- ❖ **Check** your portal for any additional information needed by your college of choice.

Congratulations! You Did It!

- ❖ **Send** AP test results (if you took AP exams and meet the score requirement) to your college of choice. This is completed through the www.collegeboard.com (Results may not be available until July).
-



9th GRADE: TRANSITION TIME

Connection – the GREAT NEED

- Drives their behavior
- Peer relationships a priority
- Parental relationships still very important

Problems arise when:

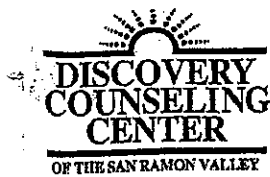
- Child feels isolated and alone which can happen when peer group is torn apart or splinters – common in 9th grade
- Can lead to socializing with others who appear strong, powerful or secure and may be engage in questionable activities.

Self Definition – based on how seen by others

- external dependence often defines their sense of self and self esteem
- how the outside world - peers - respond to them dictates how they feel about self: if positive, feels is *OK* and self esteem is good, if others are negative or critical, self esteem suffers
- moods can be extreme - based on how child is being treated by others and the resulting feelings about self worth and value
- these issues most intense in 8th and 9th grades
- also can become defined by their grades – GRADES = ME

Problems can arise when:

- peer relations are unstable and child seeks out new group which doesn't reflect your (family) values
- self esteem plummets due to negative peer relations or grades go down
- kids can distort parental expectations and put excessive pressure on selves – *"my parents expect straight A's"* = *STRESS*
- parental competition (*bragging rights*) trickles down to kids – often leads to increased pressure and complicates child's motivation



PARENTAL TIPS

- **TALK TO YOUR CHILD** about their thoughts and feelings about entering high school
 - Share your memories about 9th grade, especially your anxieties; **NORMALIZE** any fears they may have
 - Be aware of social media outlets used by your child and have discussions about protecting themselves on the Internet (once something is posted it is there forever)
- **STAY CONNECTED**
Keep your ears, eyes and heart open
 - Family dinners have been identified as a strong prevention element
 - Be available and present without being a hovering “helicopter parent”
 - Listen, listen, listen – avoid trivializing issues and/or giving unsolicited advice – help child think things through and problem solve, help label feelings
 - Titrate the freedom – not too much too soon or none at all
 - Keep family and your family values a focus
 - Know where and with whom your child is with when out (and have contact information)
 - Meet new friends and their parents
 - Be awake when they come home at night
 - Stay connected to their cyber life
- **BALANCE**
 - Role model a healthy balance between obligations and relaxation
 - Encourage and allow down time – help them learn to be ok being alone without lots of stimulation
 - Help them learn to set limits on their activities – teens need rest!
 - Support them through inevitable losses or failures – help them learn to cope with the ups and downs of life
- **KEEP EXPECTATIONS REALISTIC**
 - Based on child’s strengths and weaknesses
 - Check in with your values – is being **THE BEST** that important?
 - 9th grade is exciting and challenging!