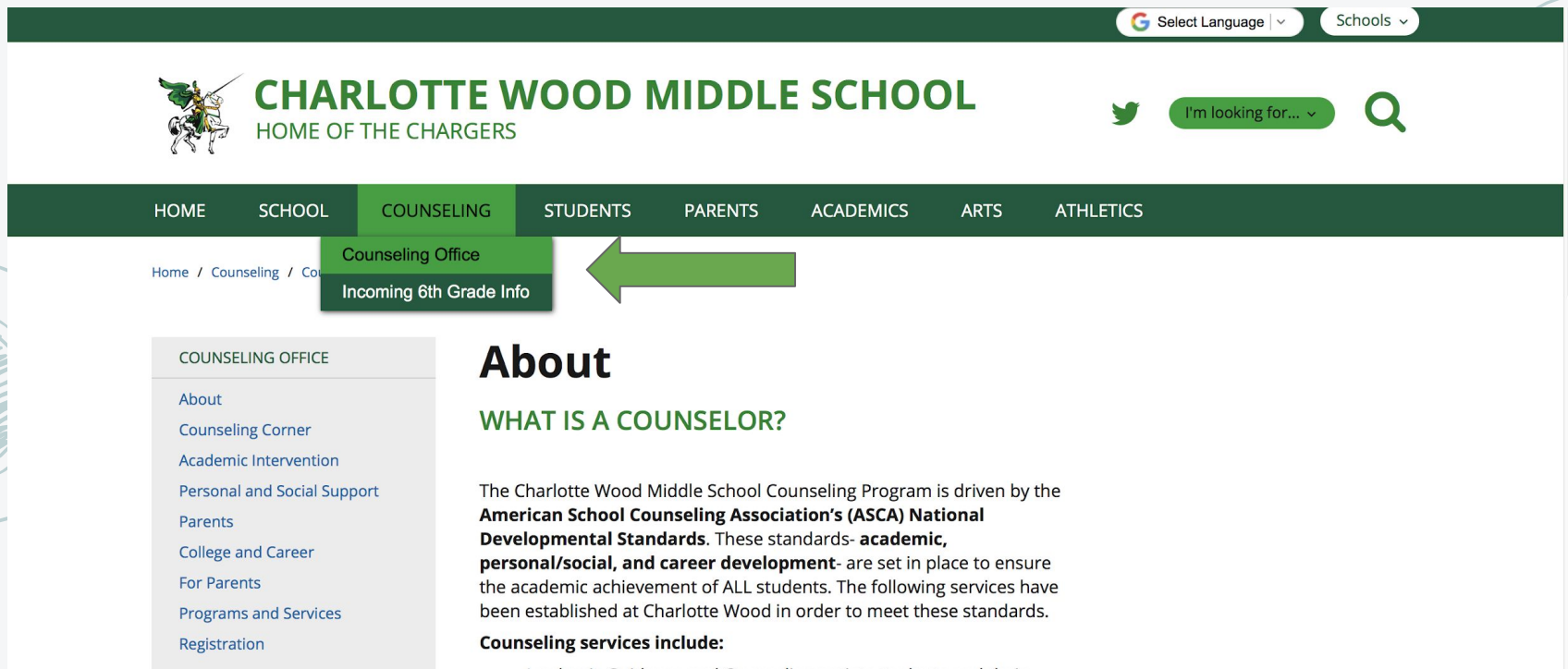


The background is a solid dark green color. It features white line-art illustrations of various school and office supplies. At the top, a laptop is partially visible. On the left side, there is a camera, a stack of books, and a pair of glasses. On the right side, there is a smartphone. At the bottom, there is a computer keyboard, a mouse, and a tablet. The central text is contained within a white rectangular box.

# 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, which is the "HOME OF THE CHARGERS". The top navigation bar includes links for HOME, SCHOOL, COUNSELING, STUDENTS, PARENTS, ACADEMICS, ARTS, and ATHLETICS. The COUNSELING link is highlighted, and a dropdown menu is visible with options for "Counseling Office" and "Incoming 6th Grade Info". A green arrow points to the "Incoming 6th Grade Info" link. The left sidebar lists various counseling services, including "About", "Counseling Corner", "Academic Intervention", "Personal and Social Support", "Parents", "College and Career", "For Parents", "Programs and Services", and "Registration". The main content area is titled "About" and "WHAT IS A COUNSELOR?". The text explains that the counseling program is driven by the American School Counseling Association's (ASCA) National Developmental Standards, which 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. The 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

### PLEASE 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 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)
<b>Social Studies (A)</b>	(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
<b>English (B)</b>	4 years (40 credits)	4 years CP (40 credits)	4 years CP (40 credits)
<b>Math (C)</b>	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
<b>Science (D)</b>	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)
<b>World Language (E)</b>	(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
<b>Visual/Performance Arts (F)</b>		1 year	1 year
<b>Career Tech ED/ Applied Arts</b>		None	None
<b>Health</b>	1 semester (5 credits)	None	None
<b>Physical Education</b>	2 years (20 credits)	None	None
<b>Electives (G)</b>	(60 Credits)	1 year (2 semesters) of additional college prep courses	1 year (2 semesters) of additional college prep courses
<b>Total Credits</b>	220 Credits	Grade of C or higher in all college prep courses	Grade of C or higher in all college prep courses
<b>Test Requirements</b>		SAT or ACT Assessment	ACT Assessment plus Writing or SAT plus Writing



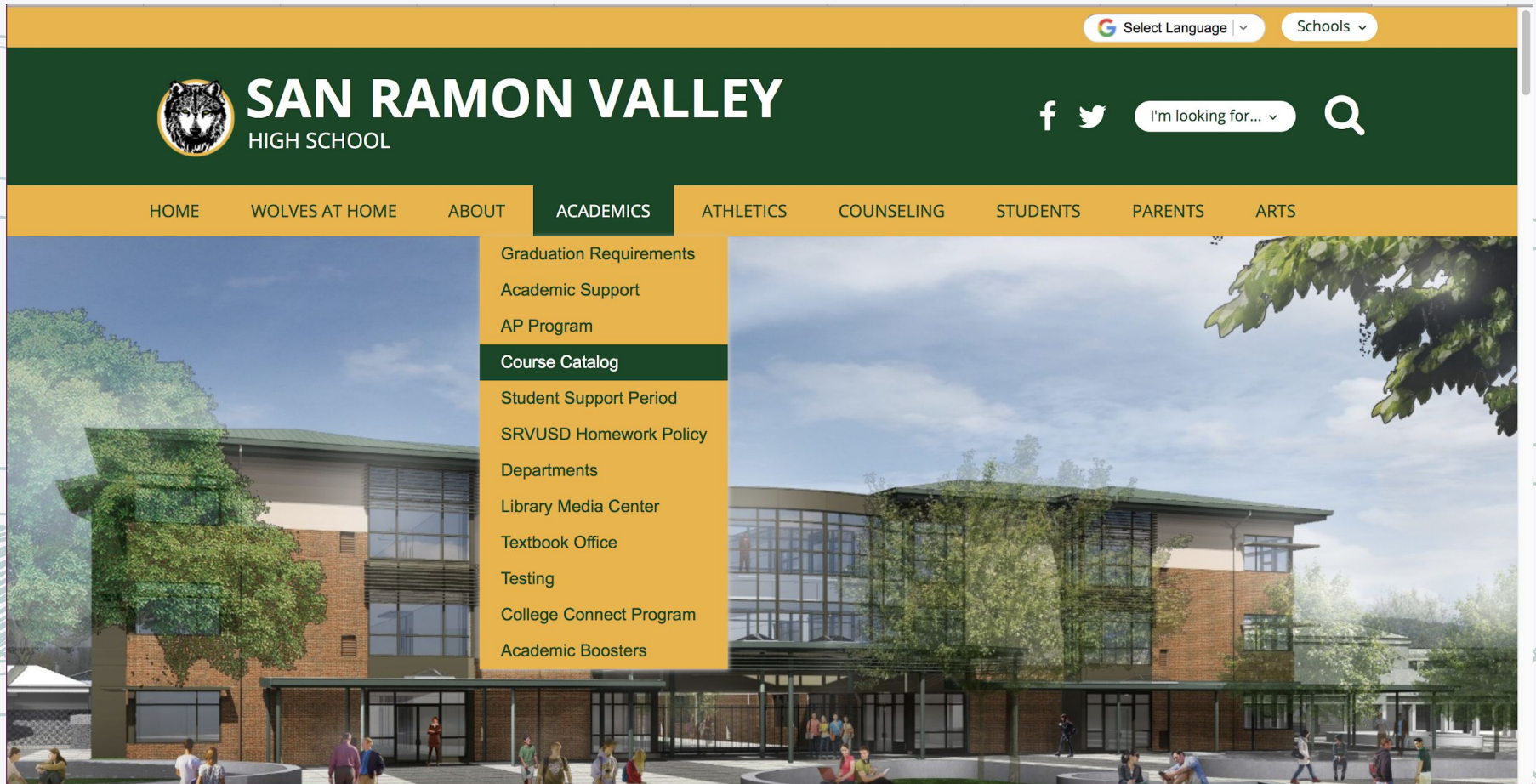
# 4 Year Planning

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



# Moving Forward



# 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

## 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



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

## 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

## SAN RAMON VALLEY

*High School*



### 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](http://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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**Katie Shepherd**  
**Lei-Z: All grades**  
**[kshepherd@srvusd.net](mailto:kshepherd@srvusd.net)**

