

Freshmen Guidance Unit



MS. BALENTINE (A-GOU)

MRS. COSCIA (GOV-L)

MRS. LAM (M-SHA)

MR. STIVER (SHE-Z)

Mr. Stiver



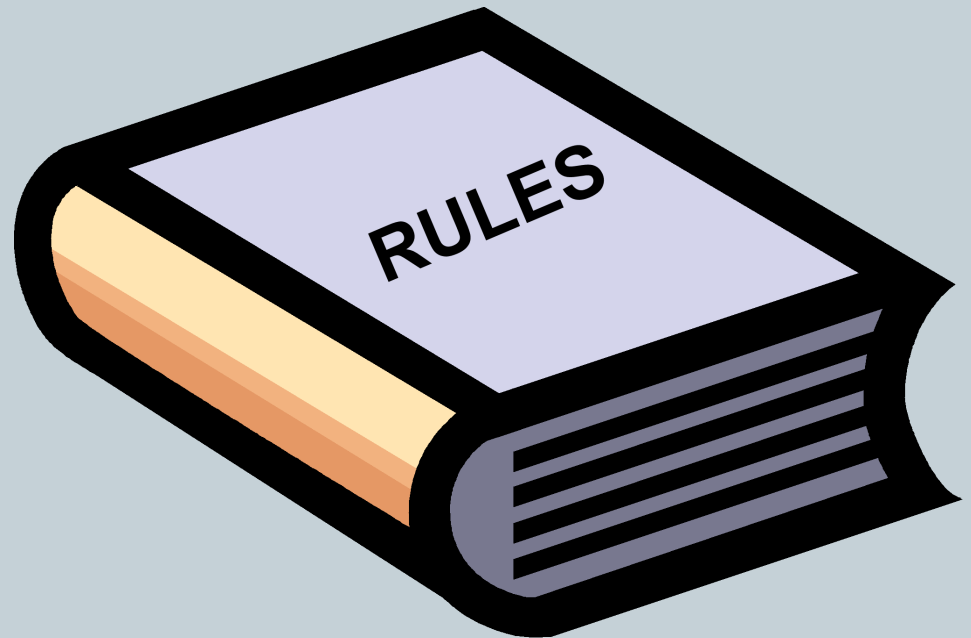
- 10th school year at MV!
- 5th year as Guidance Counselor
- Cupertino HS, Cal Poly, San Jose State
- Best part of job is meeting directly with students



Rules!



- Ask questions
- Be respectful of questions asked
- Actively listen to presentation
- Cell phones off/away



Objectives



- Identify school resources
- List requirements
 - High School
 - College
- Understand and log-in to Naviance
 - Complete 4 year plan
- Identify myths of high school



What is a Guidance Counselor?



- We are your Superheroes!!
 - Respond to distress signals
 - Many super suits
 - Fight for justice
 - Super strength
- How do I signal my Superhero?!
 - A201, walk-in
 - Email
 - Online request form
 - Referral from teacher



Student Resources



• People

- Teacher
- Guidance Counselor
- Assistant Principal
- College and Career Advisor (A102)
- Student Advocate-Richard Prinz (D204)
- School Psychologist
- Coach

• Programs

- Study Buddies (SBS)
- School Loop
- Infinite Campus
- Naviance
- Monta Vista homepage

Monta Vista Graduation Requirements



- English – 40 credits
- Science – 20 credits (10 Life, 10 Physical)
- History – 30 credits (World, US, Gov/Econ)
- Math – 20 credits (Alg. 1, Geometry)
- PE – 20 credits
- Selective Electives (Fine Art, Appl. Acad., World Lang.) – 10 credits each in 2 of the 3
- Electives – 70 credits
- **TOTAL CREDITS REQUIRED: 220**



College Requirements (A-G)



- English – 4 Years
- Math – 3 Years** (Alg. 1, Geo., Alg. 2)
 - Must take a full year Geometry course
- Science – 2 Years** (1 Life, 1 Physical)
- History – 2 Years (1 World & 1 US, or US/Gov)
- Language – 2 Years** (through Level 2)
- Visual & Performing Arts – 1 Year
- “G” – 1 year college prep elective (or extra year of any of the above areas)
- Must have C’s or higher

**1 extra year recommended

Naviance



- What is Naviance?
- How will it help me?
- Where do I log on?
- Can I log on at home?
- Will colleges see what I enter in Naviance?
- Can my parents see what I do on Naviance?



4 Year Plan time!!



MVHS Math Pathways

AP Statistics*

AP Calculus AB

AP Calculus BC

***AP Statistics
may be taken
upon successful
completion of
any upper level
math class**

**Applications of
Advanced Math**

Pre-Calculus

**Pre-Calculus
Honors**

Algebra 2

**Algebra 2 /
Trigonometry**

Geometry

Algebra 1

What do I do if I earn a D or F in a class?



See your Counselor if you earn a D/F

- Summer Academy
- Online options are available to make up some classes
- Repeat the same class next year
- Take another course that satisfies the same requirement
- Take a higher level course to validate a D/F (math and world language only)

True/False



- 9th grade doesn't really count
- 12th grade doesn't really count
- If I do 1,000 hours of volunteering I will be able to get into a “good” college
- You must have volunteer hours to graduate
- If I take a certain number of honors and AP's I will get into a “good” college
- Colleges want me to get to Calc BC ASAP
- I need to do an internship to get into college
- I should do whatever my friends are doing

Characteristics of the most successful students



- Effective communication with teachers
- Proactive in taking care of needs – self advocates
- Sleeps 8 hours per night
- Leaves time for family and friends
- Pursue what they are actually interested in
- Know how to reflect on mistakes and learn from them
- Time management!
- Don't take on more than they can handle, and if they do, they know when to cut back
- Not obsessed with what everyone else is doing
- Enjoys the process of learning, not just the outcome



Thank You.

