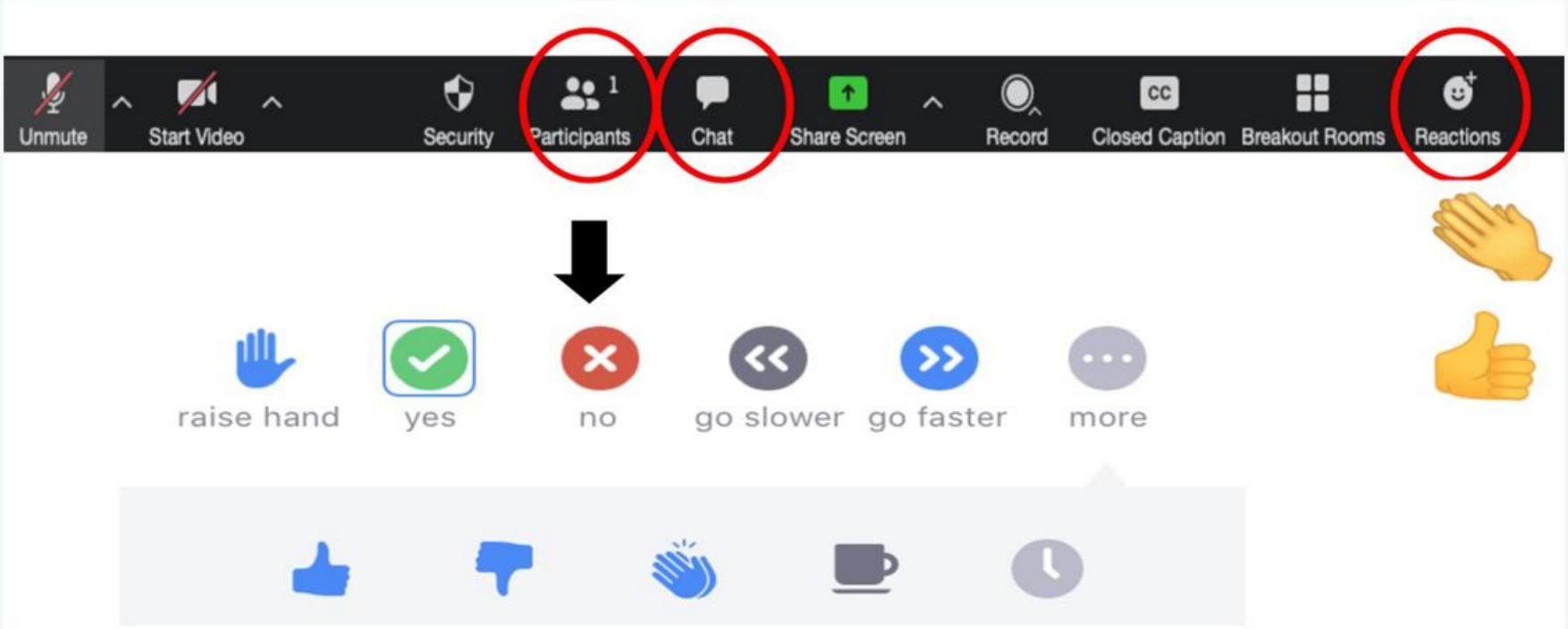
Conexión para padres del distrito South Texas ISD

Comprensión de la transición entre la escuela preparatoria y la universidad

Por Region One ESC
Office of College Career & Life Readiness

Always Innovating
South Texas ISD
RIO GRANDE VALLEY | GRADES 7-12

Antes de empezar


Unmute
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Participants
1
Chat
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Record
Closed Caption
Breakout Rooms
Reactions
raise hand
yes
no
go slower
go faster
more

Estar **conscientemente** presente

Evite la multitarea.

Ponte en contacto con tus sentidos.

Evite las distracciones.

Normas de Compromiso

Mantenga sus micrófonos en silencio. (comentarios o preguntas en el chat)

Colaborar y compartir ideas según se le solicite.

Pida hablar si desea compartir un comentario o expresar ideas.

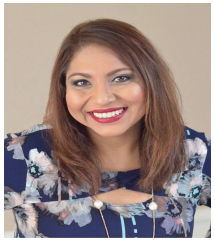
Region One- Office of College and Career Readiness Team

Norma O. McCormick, M. Ed.
Director

Rosario Franco, M. Ed.
Education Specialist

Rosa Isela Herrera, M. Ed.
Education Specialist

Jennifer Avelar, M. Ed.
Transition Facilitator



Sylvia Vargas, M. Ed.
Education Specialist

Ricardo Lee Lopez Jr.
M. Ed.
Education Specialist

Esperanza (Hope) Rodriguez,
M. Ed.
Education Specialist

Agenda

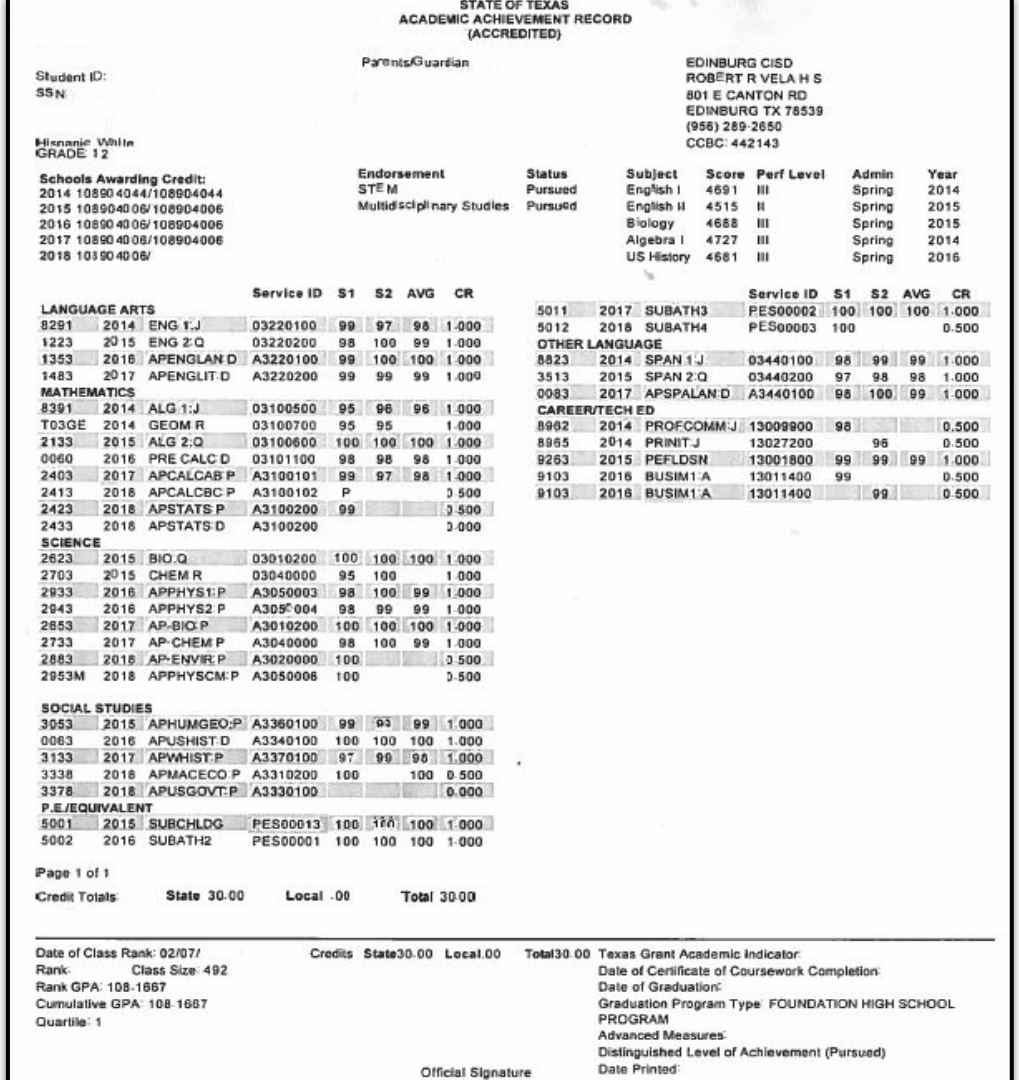
I. Bienvenida e Introducciones
II. Comprensión de los créditos, las transcripciones y los endosos de HS
III. Secuencias de cursos de STISD: Escuelas secundarias y preparatorias
IV. Pruebas y transición universitaria
V. Cómo los padres pueden ayudar con la ansiedad que las pruebas conllevan

Creditos

Los estudiantes de preparatoria obtienen medio crédito cada semestre por completar con éxito cada curso.

- El promedio del semestre debe ser del 70% o mejor.
- Los estudiantes pueden obtener un (1) crédito completo si el promedio de fin de año es 70% o mejor.
- Se requieren 26 créditos (minimo estatal) para graduarse. STISD requiere 28.

¿Qué es el expediente académico?



STATE OF TEXAS
ACADEMIC ACHIEVEMENT RECORD
(ACCREDITED)

Student ID:
SSN:

Parents/Guardian

EDINBURG CISD
ROBERT R VELA H S
801 E CANTON RD
EDINBURG TX 78539
(956) 289-2650
CCBC: 442143

Hispanic White
GRADE: 12

Schools Awarding Credit:
2014 108904044/108904044
2015 108904006/108904006
2016 108904006/108904006
2017 108904006/108904006
2018 108904006/

Endorsement	Status
STEM	Pursued
Multidisciplinary Studies	Pursued

Subject	Score	Perf Level	Admin	Year
English I	4691	III	Spring	2014
English II	4515	II	Spring	2015
Biology	4688	III	Spring	2015
Algebra I	4727	III	Spring	2014
US History	4681	III	Spring	2016

			Service ID	S1	S2	AVG	CR
LANGUAGE ARTS							
8291	2014	ENG 1:J	03220100	99	97	98	1.000
1223	2015	ENG 2:Q	03220200	98	100	99	1.000
1353	2016	APENGLAN:D	A3220100	99	100	100	1.000
1483	2017	APENGLIT:D	A3220200	99	99	99	1.000
MATHEMATICS							
8391	2014	ALG 1:J	03100500	95	96	96	1.000
T03GE	2014	GEOM R	03100700	95	95		1.000
2133	2015	ALG 2:Q	03100600	100	100	100	1.000
0060	2016	PRE CALC:D	03101100	98	98	98	1.000
2403	2017	APCALCAB:P	A3100101	99	97	98	1.000
2413	2018	APCALCBC:P	A3100102	P			0.500
2423	2018	APSTATS:P	A3100200	99			0.500
2433	2018	APSTATS:D	A3100200				0.000
SCIENCE							
2623	2015	BIO:Q	03010200	100	100	100	1.000
2703	2015	CHEM R	03040000	95	100		1.000
2933	2016	APPHYS1:P	A3050003	98	100	99	1.000
2943	2016	APPHYS2:P	A3050004	98	99	99	1.000
2853	2017	AP-BIO:P	A3010200	100	100	100	1.000
2733	2017	AP-CHEM:P	A3040000	98	100	99	1.000
2883	2018	AP-ENVIR:P	A3020000	100			0.500
2953M	2018	APPHYSCM:P	A3050006	100			0.500
SOCIAL STUDIES							
3053	2015	APHUMGEO:P	A3360100	99	99	99	1.000
0063	2016	APUSHIST:D	A3340100	100	100	100	1.000
3133	2017	APWHIST:P	A3370100	97	99	98	1.000
3338	2018	APMACECO:P	A3310200	100		100	0.500
3378	2018	APUSGOVT:P	A3330100				0.000
P.E./EQUIVALENT							
5001	2015	SUBCHLDG	PES00013	100	100	100	1.000
5002	2016	SUBATH2	PES00001	100	100	100	1.000
5011	2017	SUBATH3	PES00002	100	100	100	1.000
5012	2018	SUBATH4	PES00003	100			0.500
OTHER LANGUAGE							
8823	2014	SPAN 1:J	03440100	98	99	99	1.000
3513	2015	SPAN 2:Q	03440200	97	98	98	1.000
0083	2017	APSPALAN:D	A3440100	98	100	99	1.000
CAREER/TECH ED							
8962	2014	PROFCOMM:J	13009900	98			0.500
8965	2014	PRINIT:J	13027200		96		0.500
9263	2015	PEFLDSN	13001800	99	99	99	1.000
9103	2016	BUSIM1:A	13011400	99			0.500
9103	2016	BUSIM1:A	13011400		99		0.500

Page 1 of 1

Credit Totals: State 30.00 Local .00 Total 30.00

Date of Class Rank: 02/07/
Rank: Class Size: 492
Rank GPA: 108.1667
Cumulative GPA: 108.1667
Quartile: 1

Credits State 30.00 Local .00 Total 30.00

Texas Grant Academic Indicator:
Date of Certificate of Coursework Completion:
Date of Graduation:
Graduation Program Type: FOUNDATION HIGH SCHOOL PROGRAM
Advanced Measures:
Distinguished Level of Achievement (Pursued)
Date Printed:

Official Signature

Fechas del examen ACT

TEST DATES

United States, US Territories, and Puerto Rico

The ACT®

2020 | 2021

TEST DATE	REGISTRATION DEADLINES		
	Regular Deadline	Late Fee Required	Photo Upload/Standby Deadline
September 12, 2020 **September 13, 2020** *(Sunday)* **September 19, 2020**	**August 31**	No late fees	September 4
October 10, 2020 **October 17, 2020** **October 24, 2020** **October 25, 2020** *(Sunday)*	**September 25**	No late fees	October 2
December 12, 2020	**November 6**	November 7–20	December 4
February 6, 2021	**January 8**	January 9–15	January 29
April 17, 2021	**March 12**	March 13–26	April 9
June 12, 2021	**May 7**	May 8–21	June 4
July 17, 2021*	**June 18**	June 19–25	July 9

Fechas del examen SAT

SAT Date	SAT Subject Tests Available	Registration Deadline	Late Registration Deadline	Deadline for Changes
March 13, 2021	SAT Subject Tests not offered on this date	February 12, 2021	February 23, 2021 (for mailed registrations) March 2, 2021 (for registrations made online or by phone)	March 2, 2021
May 8, 2021	SAT Subject Tests not offered on this date	April 8, 2021	April 20, 2021 (for mailed registrations) April 27, 2021 (for registrations made online or by phone)	April 27, 2021
June 5, 2021	SAT Subject Tests not offered on this date	May 6, 2021	May 18, 2021 (for mailed registrations) May 26, 2021 (for registrations made online or by phone)	May 26, 2021

- https://www.khanacademy.org/sat

College Placement

CollegeBoard

Texas Success Initiative Assessment 2.0

Admisión universitaria de estándares combinados

Comprensión de GPA / Ranking y ACT/SAT

Ejemplo: UT Austin
Sam Houston

Ejemplo de estándares de admisión

Para Sam Houston State University, los estándares de admisión para los estudiantes que se gradúan en el Plan de Fundamentos HB 5 se revisarán en base a lo siguiente:

- GPA de 3.50+ y puntaje de al menos 17 en el ACT o 930 SAT (lectura/escritura basada en evidencia + matemáticas) *
- GPA de 3.0 - 3.49 y una puntuación de al menos 19 en el ACT o 1010 SAT (lectura / escritura basada en evidencia + matemáticas) *
- GPA de 2.50 - 2.99 y una puntuación de al menos 22 en el ACT o 1110 SAT (lectura / escritura basada en evidencia + matemáticas) *
- GPA de 2.25 - 2.49 y una puntuación de al menos 25 en el ACT o 1210 SAT (lectura / escritura basada en evidencia + matemáticas) *
- Un GPA de 2.24 o menos se considerará solo mediante revisión

Recursos

- ACT
- SAT
- TSIA 2.0

mackinvia.com/titles?page=1&limit=50&sort=0&groupId=75495&groupName=CCMR%20Resources%20Our%20Districts%20Have%20Access%20to

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50 / page 1-3 of 3 Resource A-Z

CCMR Resources

Dr. Laura Sheneman

A resource guide for college, career, and military readiness (CCMR) planning.

More Info

Open Now

Add To Favorites

GALE: Testing and Education Reference Center with Career Module

Gale

Provides access to research tools on careers and higher education possibilities. Includes tests for certification in a number of vocations along with career planning tools and test-taking strategies.

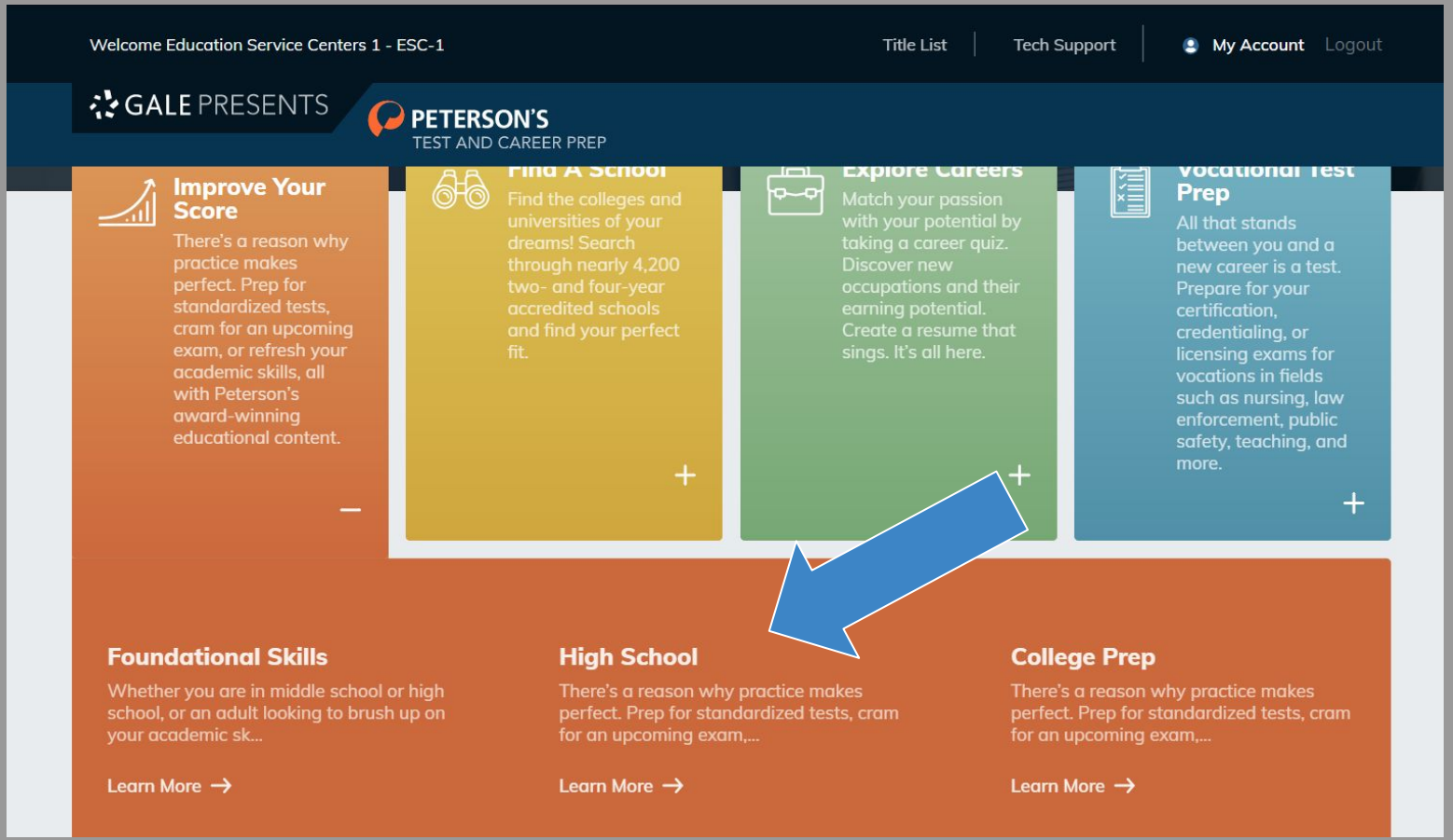
More Info

Open Now

Add To Favorites

TEXQUEST - EBSCO LearningExpress

Open Now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Find the colleges and universities of your dreams! Search through nearly 4,200 two- and four-year accredited schools and find your perfect fit.
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Match your passion with your potential by taking a career quiz. Discover new occupations and their earning potential. Create a resume that sings. It's all here.
Vocational Test Prep
All that stands between you and a new career is a test. Prepare for your certification, credentialing, or licensing exams for vocations in fields such as nursing, law enforcement, public safety, teaching, and more.
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Whether you are in middle school or high school, or an adult looking to brush up on your academic sk...
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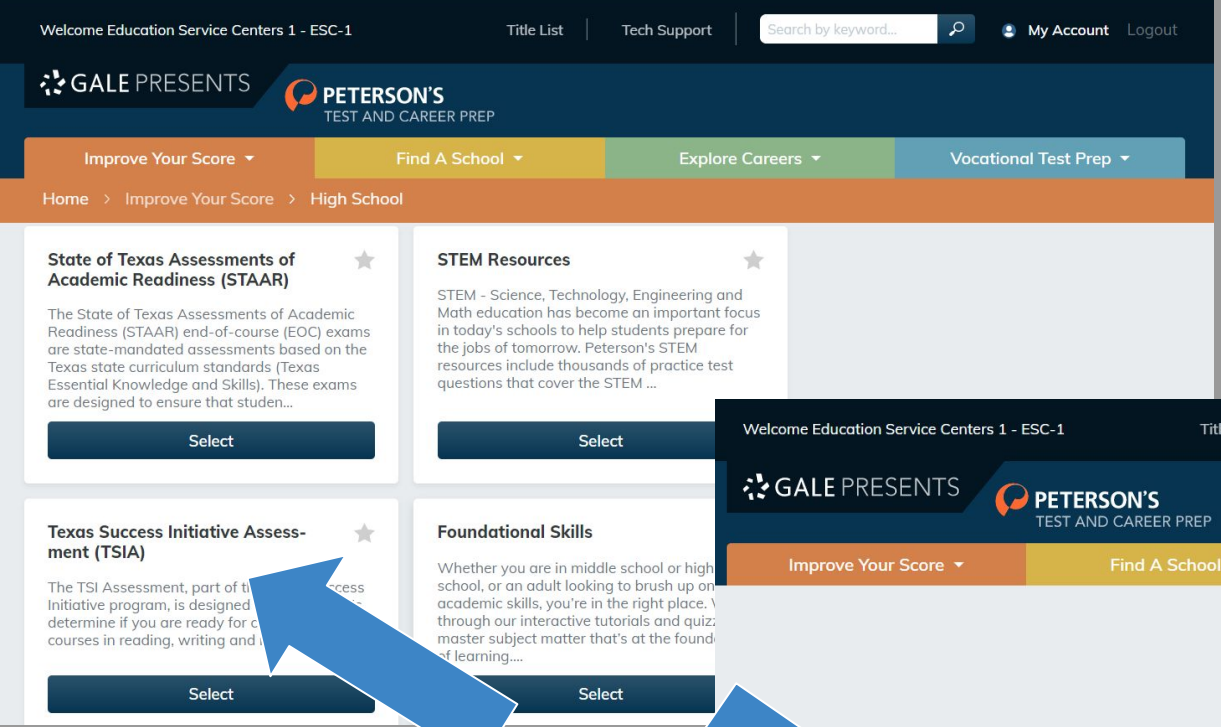
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State of Texas Assessments of Academic Readiness (STAAR)
The State of Texas Assessments of Academic Readiness (STAAR) end-of-course (EOC) exams are state-mandated assessments based on the Texas state curriculum standards (Texas Essential Knowledge and Skills). These exams are designed to ensure that studen...
Select
STEM Resources
STEM - Science, Technology, Engineering and Math education has become an important focus in today's schools to help students prepare for the jobs of tomorrow. Peterson's STEM resources include thousands of practice test questions that cover the STEM ...
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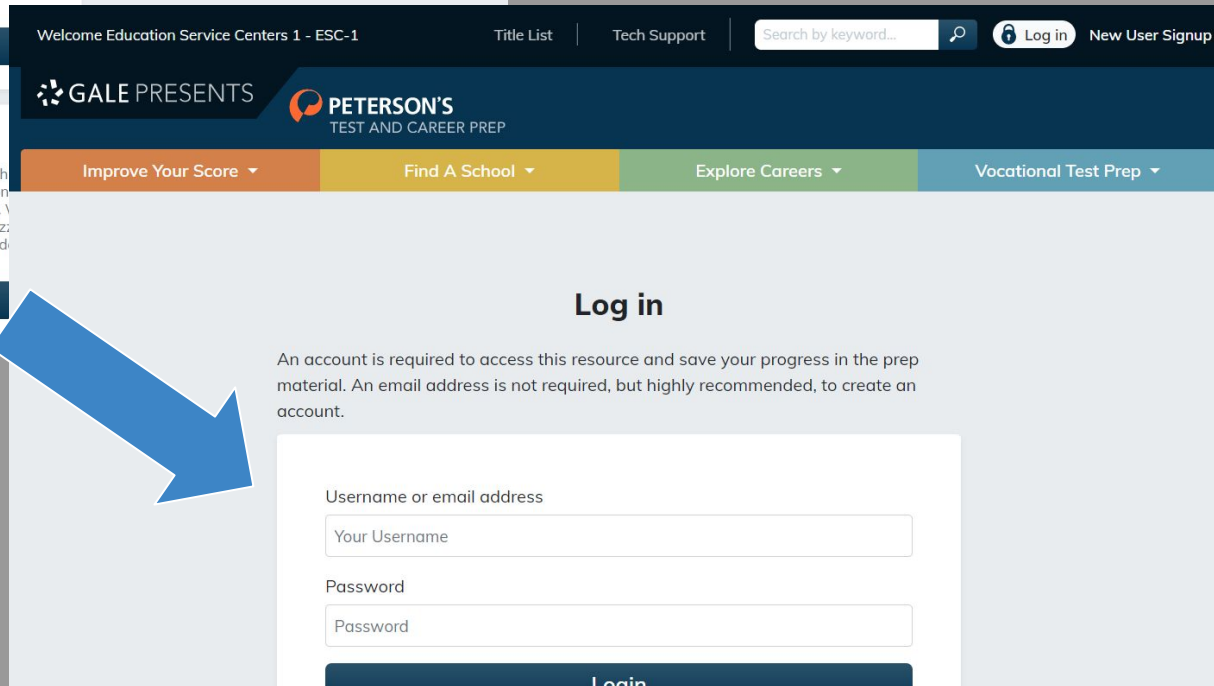
Texas Success Initiative Assessment (TSIA)
Select
Foundational Skills
Select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Username or email address
Your Username
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College Prep

There's a reason why practice makes perfect. Prep for standardized tests, cram for an upcoming exam, or refresh your academic skills, all with Peterson's award-winning educational content.

Accuplacer

The College Board's Accuplacer test is a computer-based placement test that assesses math, reading and writing skills and includes reading comprehension, sentence skills, arithmetic, elementary algebra, college-level mathematics and a writing test. T...

Select

ACT

The ACT is a standardized college entrance exam that measures your knowledge and skills in English, mathematics, reading, and science reasoning, as well as your ability to apply these skills to future academic tasks. Many colleges require and/or acce...

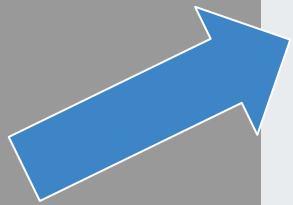
Select

CLEP

The CLEP gives students the chance to earn college-level credits simply by passing an exam.

DSST

The DSST gives students the chance to earn college-level credits simply by passing an exam.



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Improve Your Score | Find A School | Explore Careers | Vocational Test Prep

Home > Improve Your Score > ACT

ACT

The ACT is a standardized college entrance exam that measures your knowledge and skills in English, mathematics, reading, and science reasoning, as well as your ability to apply these skills to future academic tasks. Many colleges require and/or accept the ACT for admission. Check with the colleges you're interested in to learn more about specific requirements.

ACT Online Course

An initial diagnostic pretest determines your strengths and weaknesses. Based on your results, interactive lessons with quizzes provide you the information you need to build your skills. Contains 3, full-length practice tests....

Select

ACT Practice Tests

Test subjects include English, math, reading, science and the optional writing section. Contains three full-length practice tests with detailed answer explanations....

Select

Peterson's ACT Prep Guide Ebook

Articles

- Beat Test Stress
- Word of the Day
- Tips and Strategies for the ACT

Other resources

- ACT Testing Information

Accuplacer - College Board

- https://accuplacer.collegeboard.org/students

- https://securemedia.collegeboard.org/digitalServices/pdf/accuplacer/accuplacer-sample-questions-for-students.pdf

- https://securemedia.collegeboard.org/digitalServices/pdf/accuplacer/accuplacer-study-app-flyer.pdf

CollegeBoard
ACCUPLACER

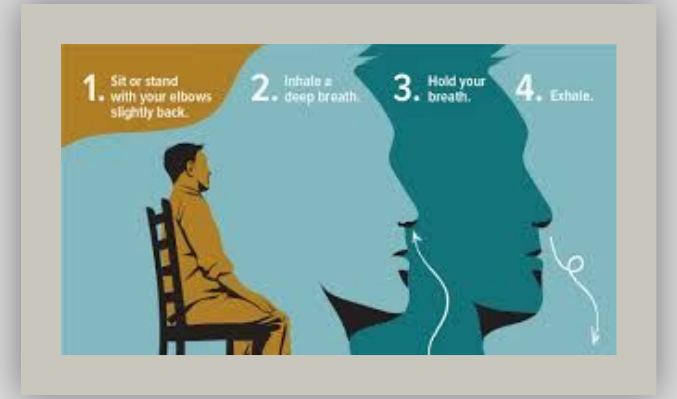
TSI
Texas Success Initiative

TEST
ANXIETY

Relajación Diferencial

1. Siéntate derecho en la silla.
2. Coloque ambos pies en el piso- asegúrese de que estén planos en el suelo.
3. Agarre firme los lados inferiores de la silla.
4. Al mismo tiempo, use las manos para levantar la silla y empuje los pies firmemente sobre el piso.
5. Mantenga esta posición contando lentamente por 5 segundos.
6. Libere la tensión en las manos y pies; deje que el cuerpo se relaje mientras cuenta lentamente.
7. Repita el proceso varias veces antes que comience el examen.

Respiracion Profunda



Inhale, respire profundamente y llene el diafragma mientras empuja hacia abajo y hacia afuera. Al mover el diafragma, los pulmones se inflan por completo.

Aguante la respiración: cuente lentamente hasta tres.

Libere lentamente el aire mientras exhala.

Concéntrese en el diafragma moviéndose hacia adentro.

Repita el ciclo cinco veces.

Repita si es necesario.

Estrategias Para Reducir la Ansiedad

ESTUDIE EFICIENTEMENTE – TOMAR CLASES DE HABILIDADES DE ESTUDIO Y ESTRATEGIAS PARA TOMAR EXÁMENES.

ESTABLEZCA UNA RUTINA DE PRUEBA PREVIA CONSISTENTE-FAMILIARIZASE CON LO QUE FUNCIONO ANTERIORMENTE.

APRENDA TÉCNICAS DE RELAJACIÓN-RESPIRE

NO OLVIDES COMER UN ALMUERZO SALUDABLE-EL CEREBRO NECESITA ALIMENTACIÓN PARA FUNCIONAR.

HAGA ALGO DE EJERCICIO-AYUDA LIBERAR LA TENSION.

DUERMA LO SUFICIENTE-EL DORMIR SUFICIENTE ESTA DIRECTAMENTE RELACIONADO CON EL RENDIMIENTO ACADÉMICO.

HABLE CON EL MAESTRO/A-APRENDE LO QUE SE VA PRESENTAR EN EL EXAMEN Y MIDE TU NIVEL DE ANSIEDAD.

Relajación de visualización

- Al reducir la ansiedad ante los exámenes, la visualización se conoce como palming.
- Cierre los ojos.
- Use las palmas de las manos, cubra los ojos suavemente.
- Imagine una escena relajante/un lugar tranquilo, real o imaginario.
- Imagínese en un lugar tranquilo y relajante.

Practique el método de visualización con palmas días antes de la prueba. Lo más práctica, más fácil será la técnica el dia del examen.

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¡Gracias!

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