

**AHS  
Freshmen  
Presentation:  
Graduation  
Requirements**



# SHOW YOUR HORNET

*Classroom/  
Smart Period*



<b>P</b> repared	<ul style="list-style-type: none"><li>• Be on time to class</li><li>• Have required materials for class</li></ul>
<b>R</b> espectful	<ul style="list-style-type: none"><li>• Attend regularly</li><li>• Respect school property and the property of others</li><li>• Follow classroom rules and expectations</li></ul>
<b>I</b> nclusive	<ul style="list-style-type: none"><li>• Help others around you who need help or are confused</li><li>• Respect each individual's differences</li></ul>
<b>D</b> edicated	<ul style="list-style-type: none"><li>• Stay on task</li><li>• Finish work and assignments</li><li>• Use gym equipment or classroom supplies appropriately</li></ul>
<b>E</b> ngaged	<ul style="list-style-type: none"><li>• Be an active participate in class</li><li>• Listen to the teacher during instruction</li><li>• Listen to peers during group work/activities</li><li>• Take notes</li><li>• Utilize SLANT daily</li></ul>

# Objective



- To inform 9<sup>th</sup> graders about graduation requirements, school resources and post-secondary options.

# Rationale



- To ensure that all freshmen understand the graduation requirements and how to be successful in high school.

# School Counselors

9<sup>th</sup> Grade Counselor: Room C125  
Ms. Marisol Perez

10<sup>th</sup>-12<sup>th</sup> Grade Counselors: Room C132  
Ms. Janice Loy  
Ms. Constance D'Ambrosio  
Ms. Sayalee Patil  
Ms. Elizabeth Foston-Aragon

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College & Career Center Specialist: Room E128  
Ms. Gwen Meyer



# School Counselors

Ms. Perez



Ms. Loy



Ms. D'Ambrosio



Ms. Patil



Ms. Foston Aragon

# Administrators



**Principal:**  
Mr. Ithurburn



**Assistant  
Principal:**  
Ms. Krasnow



**Assistant  
Principal:**  
Mr. Lee



**Dean of  
Students:**  
Ms. Gerosolimo-  
Snowden

# What are the Graduation Requirements for the Class of 2025?



# Graduation Requirements for the Class of 2025

**Credit  
Requirements  
220**

**Meet  
Subject  
Requirements**

**Minimum  
GPA of 1.75**

**20 Hours of  
Community  
Service**

# Credit Requirements for Graduation

English	40 Credits		Navigating Life	5 Credits
Social Studies	30 Credits		Visual / Perf. Art / CTE	10 Credits
Math	20 Credits		World Lang/CTE	10 Credits
Science (Lab) <ul style="list-style-type: none"> <li>• 1 Yr. Bio. Life</li> <li>• 1 Yr. Physical</li> </ul>	20 Credits		Electives	65 Credits
Physical Education	20 Credits		<b>Total Credits Needed:</b>	<b>220</b>



# How Are Credits Earned?

- 5 credits per class each semester only if you earn a passing grade of a D or higher! Credit is NOT earned if you receive a F.

## Semester 1

(August – December )

- English 5
- Spanish 5
- Biology 5
- Math 5
- PE 5
- Ethnic Studies 5

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1<sup>st</sup> Semester = 30

## Semester 2

( January – June )

- English 5
- Spanish 5
- Biology 5
- Math 5
- PE 5
- Navigating Life 5

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2<sup>nd</sup> Semester = 30

= 60 Credits Per School Year!

# 4 Years of High School Credits

Fall term = 30 Credits

Spring term = 30 Credits

- **Grade 9: 60 Credits**
- **Grade 10: 60 Credits**
- **Grade 11: 60 Credits**
- **Grade 12: 50 Credits**

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220

Credits to graduate



# Mock 9<sup>th</sup> Grade Transcript

	Crs-ID	Course Title	Mark	Att/Comp
	Grade 9	1st Semester		
	Alameda	High School		
p	EECD	English 1P	F	5.00 0.00
p	FSCD	Spanish 1P	B	5.00 5.00
p	SJCI	IntroEthStud P	A	5.00 5.00
p	MDCD	Algebra 1P	D	5.00 5.00
*	PZGD	Phys Ed 9	F	5.00 0.00
p	QBCI	Biology P	D	5.00 5.00
<b>Credit Att: 30.0 Cmp: 20.0 TGPA: 1.5</b>				
	Grade 9	2nd Semester		
	Alameda	High School		
p	EECD	English 1P	B	5.00 5.00
p	FSCD	Spanish 1P	A	5.00 5.00
p	DDGD	Navigating Life	A	5.00 5.00
p	MDCD	Algebra 1P	C	5.00 5.00
*	PZGD	Phys Ed 9	D	5.00 5.00
p	QBCI	Biology P	F	5.00 0.00
<b>Credit Att: 30.0 Cmp: 25.0 TGPA: 2.33</b>				

Subject Area	CREDIT SUMMARY		
	Credit Req'd	Complete	Needed
Navigating Life	5.00	5.00	0.00
English	40.00	5.00	35.00
Visual Art/CTE	10.00	0.00	10.00
World Language/CTE	10.00	10.00	0.00
HS Algebra	10.00	10.00	0.00
Mathematics	10.00	0.00	10.00
Life Science	10.00	5.00	5.00
Physical Science	10.00	0.00	10.00
World History	10.00	0.00	10.00
US History	10.00	0.00	10.00
Government	5.00	0.00	5.00
Economics	5.00	0.00	5.00
Physical Education	20.00	5.00	15.00
Electives	65.00	5.00	60.00
<b>* TOTALS*</b>	<b>220.00</b>	<b>45.00</b>	<b>175.00</b>

	Weighted	Non-Wgtd
Acad GPA (9-12)	2.20	2.20
Acad GPA (10-12)	0.00	0.00
<b>Total GPA (9-12)</b>	<b>1.91</b>	<b>1.91</b>

# How to Compute Your GPA: Grade Point Average

Grade                      Points                      GPA =  $\frac{\text{Total Points}}{\text{\# of Grades}}$

- A                      = 4                      4.0
- B                      = 3                      3.0
- C                      = 2                      2.0
- C                      = 2                      2.0
- D                      = 1                      1.0
- F                      = 0

12 divided by 6 = 2.0 GPA



# HOW TO DO WELL IN SCHOOL

- Ask for help
- Attend every class and SMART period
- Get SMART period passes as needed
- Check Google Classroom, Aeries & your school email regularly
- Use a planner or other organization system.
- Form study groups
- Attend Teacher Office Hours if available.
- Talk to your Teachers and Counselor.
- Encourage your parents to contact your Teachers.



# RESOURCES AT AHS

- SMART Period: See your teacher for a pass if needed
- Link Crew Mentor
- Math Club Peer Tutoring (Tues. at lunch in Rm C211)
- Office hours with your teacher
- College and Career Center
- Counselors and Administrators
- Hornet Support Center – Ms. Downs (Rm C141)
- SBHC: Counseling and health services available at the School Based Health Center.



# Wellness Tips

Talking: Find a trusted adult to talk to.

Deep breathing: Deep breathing slows heart rate, lowers blood pressure and increases oxygen intake, which have a calming effect.

Grounding: Grounding can distract one's mind from their anxiety and keep them grounded in the present. Common grounding exercises include the 5-4-3-2-1 senses technique (five things you can see, four things you can feel, etc.),

Imagery: Imagery involves creating a detailed mental image of a safe and place.

Progressive muscle relaxation: Progressive muscle relaxation is the practice of tightening one muscle group at a time followed by a relaxation phase with release of the tension.

Positive self-talk and affirmations: Positive self-talk helps challenge self-sabotaging and negative thoughts.

Journaling: Journaling helps you clarify your thoughts and feelings, thereby gaining valuable self-knowledge.

Desk yoga: Neck rolls, cat-cow stretch, shoulder shrug, triceps stretch, seated twist and the seated pigeon pose are some examples.



# Steps to Help

1. Talk to your Parent/Guardian/other trusted family member
2. Talk to your School Counselor, Teacher, Administrator
3. Talk to staff at the School Based Health Center
4. Talk to a trusted friend
5. Call or text a help hotline



\*Suicide Prevention Lifeline (24 hour): 1-800-273-TALK (8255) \*24-Hour Crisis Line: 1-800-309-2131

\*Crisis Text Line: Text HOME to 741741 (24 hours)

\*Crisis Call Center: 1-800-273-8255 or text ANSWER to 839863 ,Alameda Co. Text keyword "Safe" (4pm-7pm, every day) to 20121

\*Trevor Project (LGBTQ Support 24-hour support): 866-488-7386

\*California Youth Crisis Line (24-hour talk **and** text): 800-843-5200 Grief Counseling Services: 800-260-0094

\*Bullying and Cyberbullying Help Chat: **stompoutbullying.org**



alameda family services

## ATTENTION ALAMEDA HIGH HORNETS!

### SCHOOL-BASED HEALTH SERVICES ARE AVAILABLE

**OPEN**

**For Fall 2021:**  
**THE SCHOOL-BASED HEALTH CENTER [SBHC] IS OPEN!**  
Location: E-building (near Encinal Avenue entrance)  
Hours: Monday-Friday, 8:30am-4:30pm

**Need access to FREE & CONFIDENTIAL medical services and/or mental health support?**

- Visit the SBHC (Mon-Fri, 8:30am-4:30pm)
- Call or send us a message

**CONTACT US:**

- \*DM us on Instagram: @sbhc\_afs
- \*Email us: schoolbasedinfo@alamedafs.org
- \*Call us: Monday-Friday, 8:30AM-4:30PM (510) 337-7006 or (510) 748-4085

Follow @sbhc\_afs on Instagram for the most updated info about our hours and services!

Use phone to scan

\*NOTE: SBHC Staff are only available Monday-Friday, 8:30am-4:30pm. We follow district scheduled school vacation and holidays.

**In case of any emergency, call 911**

# Community Service Hours

- Each student must document a minimum of 20 hours of non-paid volunteer work in non-profit or government organization such a school, shelter, hospital, etc.
- Alameda Organizations include:
  - **Bay Area Red Cross**
  - **Meals on Wheels**
  - **Alameda Food Bank**

*More information is available on our website in the Student section under “Student Information.”*



# Post Secondary Plans

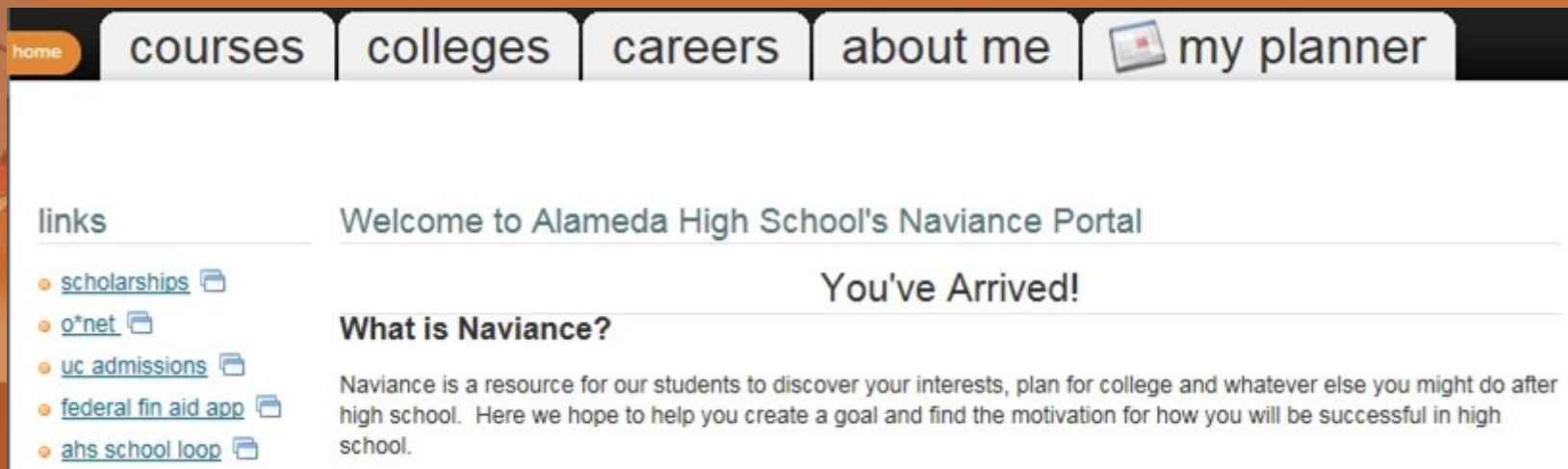
- 4 year college
- Community college options:
  - Transfer to a 4 year college
  - Complete an Associates degree in a Vocational program to prepare for the world of work.
- Military
- Apprenticeship programs
- Employment



# AHS Counseling Office & College and Career Center Introduces

The logo for Naviance | Student, featuring a white compass rose icon on a teal background, followed by the text "Naviance | Student" in white.

a web based tool for students

A screenshot of the Naviance Student portal. The top navigation bar includes "home", "courses", "colleges", "careers", "about me", and "my planner". The main content area has a "links" section with five items: "scholarships", "o\*net", "uc admissions", "federal fin aid app", and "ahs school loop". The main heading is "Welcome to Alameda High School's Naviance Portal" followed by "You've Arrived!". Below this is a section titled "What is Naviance?" with a paragraph explaining the tool's purpose for students.

home courses colleges careers about me my planner

links

- scholarships
- o\*net
- uc admissions
- federal fin aid app
- ahs school loop

Welcome to Alameda High School's Naviance Portal

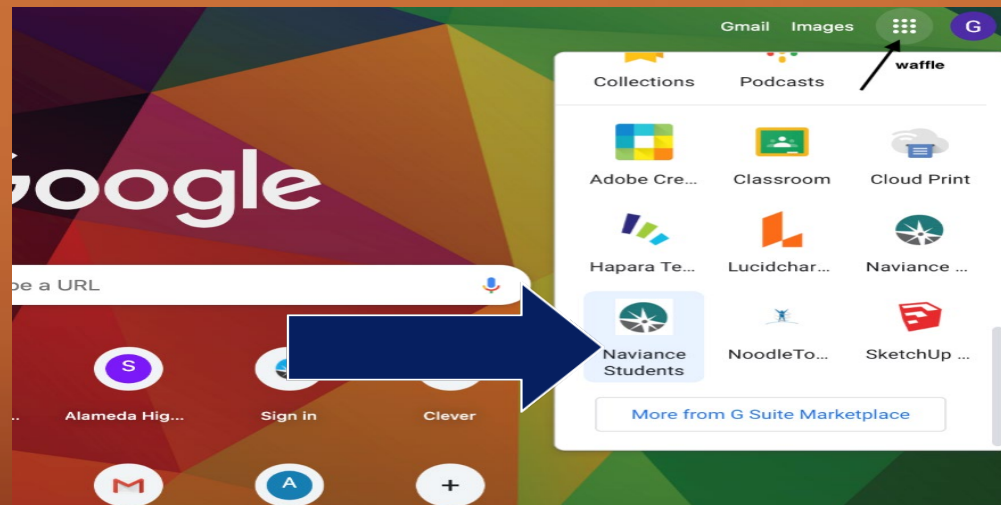
## You've Arrived!

### What is Naviance?

Naviance is a resource for our students to discover your interests, plan for college and whatever else you might do after high school. Here we hope to help you create a goal and find the motivation for how you will be successful in high school.

# Naviance is on our Webpage

- You need to be logged into your Chrome browser for your AUSD Google account.
- Access Naviance via the Google Apps Waffle.
- Choose Naviance
- Students, if you have difficulties, contact Ms. Gwen.





**G) College Prep  
Elective**

**1 Year**

**A) History**

**2 years**

**B) English**

**4 Years**

**F) Visual/  
Performing  
Art**

**1 Year**

**UC/CSU  
A-G**

**Minimum Course  
Requirements  
Grades of C or better  
required.**

**C) Math**

**3 Years  
(Alg.1, Geom.,  
Alg. 2)  
4 Recommended**

**E) Foreign  
Language**

**2 Years  
3 Recommended**

**D) Science**

**2 Years Lab  
Science  
3 Recommended**

# Ways to get involved

- Join a club: List of clubs is available on AHS homepage under Activities (Club Activities).
- Play a sport: (when permitted) Check our school website for updates (Athletics) or speak with your PE teacher.
- Participate in Spirit Days or other school activities.
- Audition for the Spring musical, talent shows, etc.(when permitted)
- Talk to your Link Crew mentor.
- Explore community service opportunities.



# Course Selection

- **Happens each year at the end of January or beginning of February**
- **Forms will be distributed to all students during their English or Social Studies classes.**
- **Students will have a week to complete their course selection forms, enter their selections into Aeries and return their forms to their teacher.**
- **Students have 1 week at the beginning of each semester to request a change of elective class by completing a Course Change Selection Form. Parents must approve the request in writing.**



# You are Ready to Graduate!

- ✓ Minimum of 220 Credits
- ✓ Minimum 1.75 GPA (Grade Point Average)
- ✓ Fulfilled all Subject Requirements.
- ✓ Minimum of 20 Hours Community Service.



# Hornet PRIDE!

SHOW YOUR  
**HORNET**

P.R.I.D.E.

PREPARED

RESPECTFUL

INCLUSIVE

DEDICATED

ENGAGED



Alameda



High School

P: Prepared  
R: Respectful  
I: Inclusive  
D: Dedicated  
E: Engaged

Questions?

Go Hornets!

