



# Counselor Fall Presentation



TRACYHIGHCOUNSELING

# **PRESENTATION OUTLINE**

**Tracy High School Counseling Department Changes**

**Wellness Center & Zen Den**

**Grad and A-G requirements Overview**

**Grad Status Letter**

# Tracy High School Counselors

Caseloads are assigned by Student's Last Names



**AUDRA MUNOZ**

**A-BAR**

**AVID/BRIDGE**

amunoz@tusd.net



**ASHLEY HALLEN**

**BAS-F**

ahallen@tusd.net



**TRIP MANLEY**

**G-MAN**

cmanley@tusd.net



**KAMARA CLARK**

**MAR-REZ**

kclark@tusd.net



**JONATHAN SANNY**

**RI-Z**

jsanny@tusd.net

# How to contact your Counselors

Counseling Office Hours:  
8:00am to 4:30pm

Counseling Drop-In Hours:  
Before AND After School  
During BOTH Lunches

Counselors are also available by email.

Interested in setting up an appointment?  
Please check our website to book an appointment.

# Tracy High School Counseling Department



Ms. Fonseca  
Counseling Secretary

Mrs. McMahon  
Registrar

Mrs. Smith  
Psychologist

Ms. Bogetti  
Psychologist

# Wellness Center & The Zen Den

## Mental Health Resources

### Wellness Center Staff (A104)

Sydney Nangyala – Mondays

Pam Thao – Wednesday, Thursday, and Friday

### Zen Den Staff (A105)

Moriah Hickey – Tuesdays & Thursdays

### Counselors

Wednesday Wellness Lunch (LAST Wednesday of the Month)

Counseling Website (Virtual Wellness Center)

## SELF-CARE CHECK-IN

HOW ARE YOU  
FEELING?

WHAT ARE  
YOUR NEEDS  
TODAY?

WHAT ARE YOU  
GRATEFUL FOR?

TAKE 1 MIN TO  
BREATHE AND  
GROUND  
YOURSELF

WHAT DO  
YOU WANT TO  
ACCOMPLISH TODAY?



Each year you are enrolled in 6 classes, you earn 5 credits per class per semester for a total of 60 credits a year.

You must take and pass specific subject courses.

It is important that you pass your classes each semester so you do not need to go to summer school or night school in order to make up the credits you are missing to graduate on time.

# GRADUATION REQUIREMENTS

ENGLISH.....	40 CREDITS
WORLD HISTORY.....	10 CREDITS
US HISTORY.....	10 CREDITS
GOV/ECON.....	10 CREDITS
ALGEBRA.....	10 CREDITS
MATH.....	10 CREDITS
BIOLOGY.....	10 CREDITS
CHEMISTRY.....	10 CREDITS
PHYSICS.....	10 CREDITS
ART OR LANGUAGE.....	10 CREDITS
P.E. ....	20 CREDITS
ELECTIVES .....	70 CREDITS

**TOTAL .....220 CREDITS**

# A-G Requirements (UC/CSU)

A – History 2 years

B – English 4 years

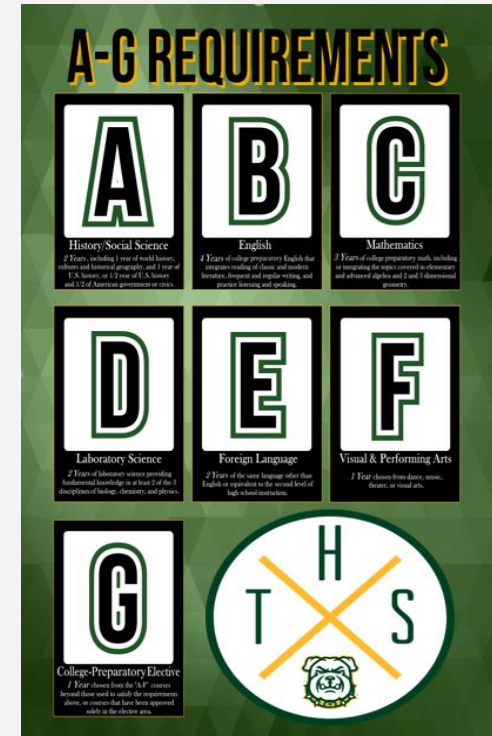
C – Math 3 years (4 years recommended)  
(Algebra 1, Geometry, Algebra 2)

D – Lab Science (2 required, 3 recommended)

E – Foreign Language 2 years (3 years recommended)

F – Visual & Performing Arts 1 year

G – College Prep Elective 1 year



**Grade of C or better!**



IS THIS YOU?



THEN VISIT A LEARNING LAB!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM 7:30-8:30	<b>Math</b> Mr. Lunetta (A110)  <b>Mod Lang</b> Ms. Cortez (D102)  <b>SpEd</b> Ms. Heinrich (D204)	<b>English</b> Mr. Musich (A207)  <b>Math</b> Mr. Lunetta (A110)	<b>Math</b> Mr. Lunetta (A110)  <b>SpEd</b> Ms. Heinrich (D204)	<b>Math</b> Mr. Lunetta (A110)  <b>Science</b> Mr. Wasurick (E102)	<b>Math</b> Mr. Lunetta (A110)  <b>Soc Science</b> TBA
PM 3:47-4:45				<b>Science</b> Mr. Wasurick (E102)	

GET HELP WITH HOMEWORK • ASK A QUESTION • STUDY ALONE OR WITH FRIENDS  
 DROP IN FOR 2 MINUTES • STAY THE HOUR • WE ARE HERE TO HELP!