



Welcome Freshman  
and Sophomore  
Parents





# Sophomore Counselors

**Ms. Cantu (A-Lil)**

[claudia\\_cantu@upland.k12.ca.us](mailto:claudia_cantu@upland.k12.ca.us)

**Ms. Santoyo (Lim-Z)**

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# Freshman Counselors

**Mr. McCain (A-Lon)**

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**Ms. Sanchez (Loo-Z)**

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# U-College & dual enrollment Counselor

Ms. Ahumada  
(Ms. A)

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# Counseling Department





# What do your counselors do?

- ★ Meet with students to develop a 4-year plan and update annually
- ★ Let students know what resources are available and how to find them
- ★ Help students navigate the road to college or plans after high school







# Earning Credits:

- Five credits are awarded at the end of each semester for every class passed (D or better)
- 230 credits are required for graduation
- There are 2 semesters in 1 academic year



# Semester Breakdown

Credits are earned each semester, not each quarter



**Semester 1** ends January 20th


**Semester 2** begins January 23rd  
and ends June 9th

In order to graduate from **Upland High School**, you must pass:


- **23 of 24 classes**








# Graduation Requirements


- 
- ✓ History 30 credits (3 years)
  - ✓ English 40 credits (4 years)
  - ✓ Math 20 credits (2 years)
  - ✓ Life Science 10 credits
  - ✓ Physical Science 10 Credits

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# Graduation Requirements

- 
- ✓ Fine Arts 10 credits (1 year)  
CTE/World Language
  - ✓ P.E. 20 credits (2 years)
  - ✓ Electives 90 credits

230 total credits and Algebra I  
required for graduation



# Post-Secondary Plans - The Sky's the Limit!

## Public University

University of  
California

California State  
Universities


Private  
and out of  
state  
colleges  
and  
universities

Community  
Colleges  
(Junior  
College)

Trade  
Schools  
and  
Specialty  
Schools

Military  
  
world  
of work





A. History/Social Science	2 Years
B. English	4 Years
C. Math	3 Years*
D. Lab Science	2 Years*
E. Foreign (World) Language	2 Years*
F. Visual Performing Arts (VPA)	1 Year
G. College Prep Elective	1 Year

\*Recommended extra year




## A-6 Requirements


**Must pass classes  
with a C or better**



# SAT/ACT Information

- 
- 👍 Private Colleges/Universities - check each campus for testing requirements
  - 👍 California State Universities (CSU) and the University of California (UC) - do not require any testing
  - 👍 Junior/Community Colleges - do not require testing






\*If student receives a **D or F** in an A-G course, it must be retaken

\*If student receives an **F** in a core graduation requirement, it must be retaken

Night School and Summer School are options to make up classes

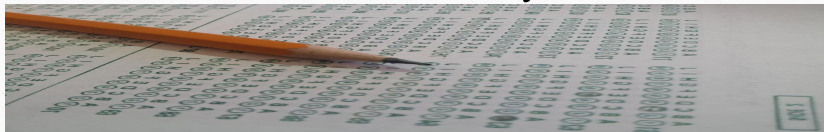


What if my student gets a low grade?



## PSAT for Sophomores

- On College & Career Day
- Through Horizon Test Prep
  - Online & free
- Students will receive results right away on the account the you create that day





# College Dual Enrollment



Chaffey College

- ✓ Students can earn 10 high school credits and 3 college credits for successfully passing a college class in one semester
- ✓ Start by applying to the community college followed by completing a HSP (High School Partnership) or NON HSP form
- ✓ A counselor will approve your request form if the student is in good academic standing



# College Dual Enrollment



Chaffey College

- ✓ HSP and NON HSP differ in that HSP covers textbooks and all fees along with tuition, while NON HSP only covers tuition
- ✓ Interested? Apply to Chaffey now and keep an eye out for the Spring 2023 open enrollment form that begins October 24, 2022
- ✓ Any Dual enrollment questions?  
Contact Mrs. A @ 909-949-7880 ext 35354 or email:  
[Jessica\\_ahumada@upland.k12.ca.us](mailto:Jessica_ahumada@upland.k12.ca.us)



# College Dual Enrollment




Chaffey College

Have not applied to Chaffey before?  
Apply today and get started







# Academic Resources

Where to get **help!**





## Contact Teacher

Email/Contact  
teacher about missing  
assignments

Request tutoring time  
for extra help



## Homework Center

- After school in the library
- Small breakout groups to work on subject areas with peer tutors
- Starts in October



## Tutor.com

- Tutor.com is available to all students through your Clever account
- Sign in to Google and then go to Clever
- 24/7 support
- All subjects











Questions?

Thank you for joining us!

Please email counselor if  
you have any specific  
questions or concerns:

[Claudia\\_Cantu@upland.k12.ca.us](mailto:Claudia_Cantu@upland.k12.ca.us)

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Thank you!