



**COLLEGE PARK HIGH SCHOOL**

HOME OF THE FALCONS

***WELCOME  
CLASS OF 2026!***

# CPHS COUNSELING DEPARTMENT

What are we going to talk about today?

- Goals for Success in High School
- How to get involved
- Academic Topics to Keep in Mind
- Graduation Requirements/College A-G Requirements
- Introduction to Naviance

# CPHS COUNSELING DEPARTMENT

**Morgan Gillette**

**Mitzi Chacón**

**Tamara Prorise**

**Lisa Johnson**

**David Walters**

**Charisse Segee**

**Counselor: A-D**

**Counselor: E-Lee**

**Counselor: Lef - Rhe**

**Counselor: Ric-Z**

**College & Career Advisor**

**Wellness Center Coordinator**



# Administration

Principal	<u>Kevin Honey</u>		honeyk@mdusd.org
Vice Principal	<u>Gary Jensen</u>	A-G	jenseng@mdusd.org
Vice Principal	<u>Vicki Wilson</u>	H-O	wilsonv@mdusd.org
Vice Principal	<u>Jen Mahmood</u>	P-Z	mahmoodj@mdusd.org

# HOW DO STUDENTS REACH THEIR COUNSELOR?

## STUDENT WALK-IN APPOINTMENTS:

- ✓ BEFORE SCHOOL
- ✓ BRUNCH
- ✓ LUNCH
- ✓ AFTER SCHOOL

## STUDENTS CAN ALSO:

- ✓ EMAIL  
(PREFERRED)

STOP IN AND SEE  
MR. WALTER IN  
ROOM S-7  
*FOR CAREER AND  
COLLEGE  
INFORMATION*



# COLLEGE PARK HIGH SCHOOL

HOME OF THE FALCONS

## Goals by Year

### Freshman Goals:

- Get to know CPHS, develop healthy routines
- Develop self advocacy skills
- Develop time management skills



### Sophomore Goals:

- Get to know yourself
- Identify interests, abilities, and skills
- Get involved: extra curricular activities, community service, summer programs (DVC or similar)
- Begin thinking about the future

### Junior/Senior Goals:

- Post-secondary planning: career interests, college planning, employment, military, internships, Gap year
- Think about which options is right for you!

# Student Checklist for Success

- ✓ Monitor assignments in Aeries and Google classroom weekly/daily
- ✓ Meet with your teachers for academic support
- ✓ Use your RTI period wisely
- ✓ Create a structured study time at home free from distractions
- ✓ Keep your backpack organized
- ✓ Use your Falcons planner, have a “turn it in” folder
- ✓ Practice self care....get at least 8 hours of sleep nightly, go on a walk, run, hang out with friends or family
- ✓ TURN OFF ELECTRONICS at least one hour before bed
- ✓ Attend school regularly, keep up with your work

# GET INVOLVED!

## BECOME INVOLVED:

- EXTRACURRICULAR CLUBS
- ATHLETICS IN AND OUT OF SCHOOL
- COMMUNITY SERVICE OPPORTUNITIES
- EMPLOYMENT\*

## COURSES:

- ELECTIVES: EXPLORE AREAS OF INTEREST
- IDENTIFY SUBJECT AREAS: STRENGTHS AND WEAKNESSES



# Student Clubs

CLUBS 2021-2022							
Club Name	Day/Time	Location	Faculty Advisor	Club President	Club President's Email	Purpose of Club	Club Type
Anime Club	Tuesday - lunch	S-21	Maganito	Ziggy Zagala	<a href="mailto:23ziza01@mdusd.net">23ziza01@mdusd.net</a>	To share the love of Anime	Activity
Be the Change	Every other Thursday - lunch	A-4	Winterich	Mae Gunter	<a href="mailto:23magun01@mdusd.net">23magun01@mdusd.net</a>	raise awareness of world issues	Fundraising
Black Student Union	Tuesday - lunch	J-3	Harris	Kaleena Fowler	<a href="mailto:22kafo01@mdusd.net">22kafo01@mdusd.net</a>	Education of injustices/history of African-Americans	Fundraising
California Scholarship Federation (CSF)	Wednesday - lunch	J-6	Haider	Kelly Valdez	<a href="mailto:22keval01@mdusd.net">22keval01@mdusd.net</a>	Community service and academic achievement	Fundraising
Card-Board Club	Tuesday - lunch	H-6	Furtado	Erin Hurley	<a href="mailto:23erhur01@mdusd.net">23erhur01@mdusd.net</a>	Play board/card games	Activity
						Foster love of chemistry with elementary	

# Graduation Requirements vs. College A-G

## CPHS Graduation Requirements:

English- 4 years	40 credits
Math- 3 years	30 credits
• Must pass <u>Algebra 1</u>	
Science- 2 years	20 credits
• 10 credits Life Science	
• 10 credits Physical Science	
Social Studies- 3 years	30 credits
VAPA, World Language, CTE	20 credits
• Need two of three areas	
Electives	60 credits
Physical Education - 2 years	20 credits
<hr/>	
<b>**D's = Passing Credits</b>	<b>220 Credits</b>

## UC/CSU A-G Requirements:

- A:** History- 2 years (World History & US History)
- B:** English- 4 years
- C:** Math- 3 years, 4 years recommended (Algebra 1, Geometry, Algebra II)
- D:** Laboratory Science- 2 years
  - Life Science (Biology, Physiology)
  - Physical Science (Chemistry, Earth Science, Physics)
- E:** LOTE- 2 years (Level 2), Level 3 recommended
- F:** VAPA- 1 year
- G:** College Prep Elective- 1 year (Gov/Econ, Math, Science, or LOTE goes here)

**\*\*C's or better!**

# Academic Topics to Keep in Mind

WHAT IS A TRANSCRIPT? (SEE NEXT SLIDE FOR EXAMPLE)

A TRANSCRIPT REFLECTS YOUR COURSES TAKEN AND THE FINAL SEMESTER GRADE RECEIVED.

WHAT IS A GPA?


GRADE POINT AVERAGE. WEIGHTED AND UNWEIGHTED

WHAT IS A-G?

THE A-G/COLLEGE ENTRANCE REQUIREMENTS ARE A SEQUENCE OF HIGH SCHOOL COURSES STUDENTS MUST COMPLETE WITH A C OR BETTER TO BE *MINIMALLY* ELIGIBLE FOR ADMISSION TO UC/CSU AND OTHER 4 YEAR UNIVERSITIES.

# What is a Transcript

p	005060	French II	A	5.00	5.00
*	008875	Basketball Adv	A	5.00	5.00
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.5000					
Grd 10 Spring 20-21 College Park High School					
p	000060	English II	P	5.00	5.00
p	001320	Geometry	B	5.00	5.00
p	002940	Chem of Earth	B	5.00	5.00
p	003490	World History I	P	5.00	5.00
p	005060	French II	A	5.00	5.00
*	008875	Basketball Adv	A	5.00	5.00
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.5000					
Work in Progress- College Park High School					

Course Tags:    * = Non Academic    + = Honors (weighted)    p = College Prep    r = Repeated						
	Weighted	Non-Wgtd	CREDIT SUMMARY			
			Subject Area	Credit Req'd	Compl	Needed
Acad GPA (9-12)	3.0000	3.0000	English	40.00	20.00	20.00
Acad GPA (10-12)	3.3333	3.3333	Mathematics	30.00	20.00	10.00
Total GPA (9-12)	3.1429	3.1429	World History	10.00	10.00	-
Credit Attempted:	120.00		U.S. History	10.00	-	10.00
Credit Completed:	120.00		Economics	5.00	-	5.00
Class Size: 468			U.S. Government	5.00	-	5.00
Class Rank: 			Science/Life	10.00	10.00	-
Ranked by Weighted Total GPA			Science/Physical	10.00	10.00	-
District Enter: 3/22/2010			VAPA/WrldLang/CTE	20.00	20.00	-
School Enter: 8/15/2019			Physical Ed	20.00	20.00	-
			Electives	60.00	10.00	50.00
			* TOTALS *	220.00	120.00	100.00
			Algebra 1 Requirement Met			
Class of 2023						

# Honors & Advanced Placement (AP) Courses

- Honors and AP classes have accelerated/rigorous curriculum.
- Honors give a GPA bump, but no college credit.
- AP courses have an AP exam and students may receive college credits for the course as well as a GPA bump
- UC's & CSU's limit the gpa bump you can receive up to 4 classes, with no more than 2 classes from 10<sup>th</sup> grade. You may take additional AP & Honors classes but the Honors/GPA bump (for UC's and CSU's) will only be applied to 4 classes.



# WHAT HAPPENS IF A CLASS IS FAILED?

- To earn high school credits for a course you **MUST** receive a D or higher at the semester. (C's or better to be eligible for College)
- You **MUST** make up failed courses in order to graduate high school.

Quarter grades are NOT final, they are a progress report.

Options for Credit Recovery or Grade Improvement:

1. Summer School
2. Take a 0 Period Apex credit recovery course
3. Repeat the class the next year



# Academic Support

STRUGGLING IN CLASS?  
NEED HELP?

- *TALK TO YOUR TEACHER!!!*
- USE YOUR RTI PERIOD
- MATH TUTORING, MONDAYS IN H-5
- PEER TUTORING: TUESDAYS/THURSDAYS IN LIBRARY
- CALIFORNIA STATE LIBRARY - ONLINE TUTORING 24/7, **NEW!**
- CHECK IN WITH YOUR COUNSELOR



IF YOU HAVE A D OR F IN AN  
ACADEMIC CLASS:

- ❖ SUMMER SCHOOL
- ❖ APEX CREDIT RECOVERY PROGRAM

# Scheduling

- *Schedule changes only happen within the first 3 weeks of the Fall semester AND the first 2 weeks of the the Spring semester.*
- Schedule changes are only permitted for
  - Missing a necessary class/credits for graduation
  - Enrolled in the wrong course
  - A class was repeated and needs to be adjusted so that credits are not missed
- Course requests cannot always be guaranteed
- One class change may adjust your entire schedule
- **Students cannot request a schedule change for a different teacher**

# Options for after high school

# CALIFORNIA'S 4 SYSTEMS OF EDUCATION

COMMUNITY  
COLLEGE

4 YEAR UNIVERSITIES / COLLEGES



COMMUNITY  
COLLEGES



CSU's



UC's

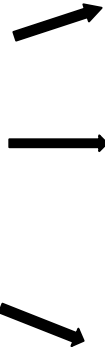


PRIVATE  
COLLEGES

# WHICH PATH IS RIGHT FOR YOU?

## THE BEGINNING

### Graduation



Straight to work, military,  
GAP, specialty school

**Community  
College**

Transfer

**4 Year  
University**

Training or  
Certificate

Graduate

## THE GOAL

### Employed & Independent



# What is a UC? CSU? Private College/University?

- **UC** - University of California (examples: UC Berkeley, UCLA, UC Davis)
- **CSU** - California State University (examples: Cal State East Bay, San Francisco State, CSU Long Beach...)
- **Private/Out of State Colleges and Universities** (examples: Saint Mary's College, University of San Francisco, Stanford)

# WHAT IS THE DIFFERENCE BETWEEN A COMMUNITY COLLEGE (2+ YEAR) AND 4-YEAR UNIVERSITY/COLLEGE?

## COMMUNITY COLLEGE:

DEGREES TAKE ABOUT TWO TO THREE YEARS TO COMPLETE (ASSOCIATES DEGREE), OFFERS TRANSFER TO A 4-YEAR COLLEGE CERTIFICATE PROGRAMS.

## 4 - YEAR UNIVERSITY:

BACHELOR DEGREES TAKE 4 (OR MORE) YEARS TO COMPLETE  
MANY COLLEGES OFFER GRADUATE PROGRAMS  
(MASTERS, CREDENTIALS, PHD )



# COLLEGE BOUND STUDENT ATHLETES

- Register for NCAA Eligibility Center no later than Junior Year
  - [Eligibilitycenter.org](http://Eligibilitycenter.org)
- Complete a total of 16 Core Courses in:
  - English, Math, Science, Social Science, Foreign Language
  - 10 of the 16 core must be completed PRIOR to Senior year
  - Earn over a 2.3 GPA (in your 16 core)
  - SAT/ACT Scores\*\*
- Not all courses are approved for NCAA-work with your Academic Counselor (especially online courses or credit recovery courses!)
- Need to repeat a class? - See your Counselor

# ***COLLEGE & DISCIPLINE RECORD***

Counselor must answer....

“Has the applicant ever been found responsible for a disciplinary violation at your school, whether related to academics misconduct or behavioral misconduct, that resulted in the applicants probation suspension, removal, dismissal, or expulsion from your institution?”

☐

Yes

☐

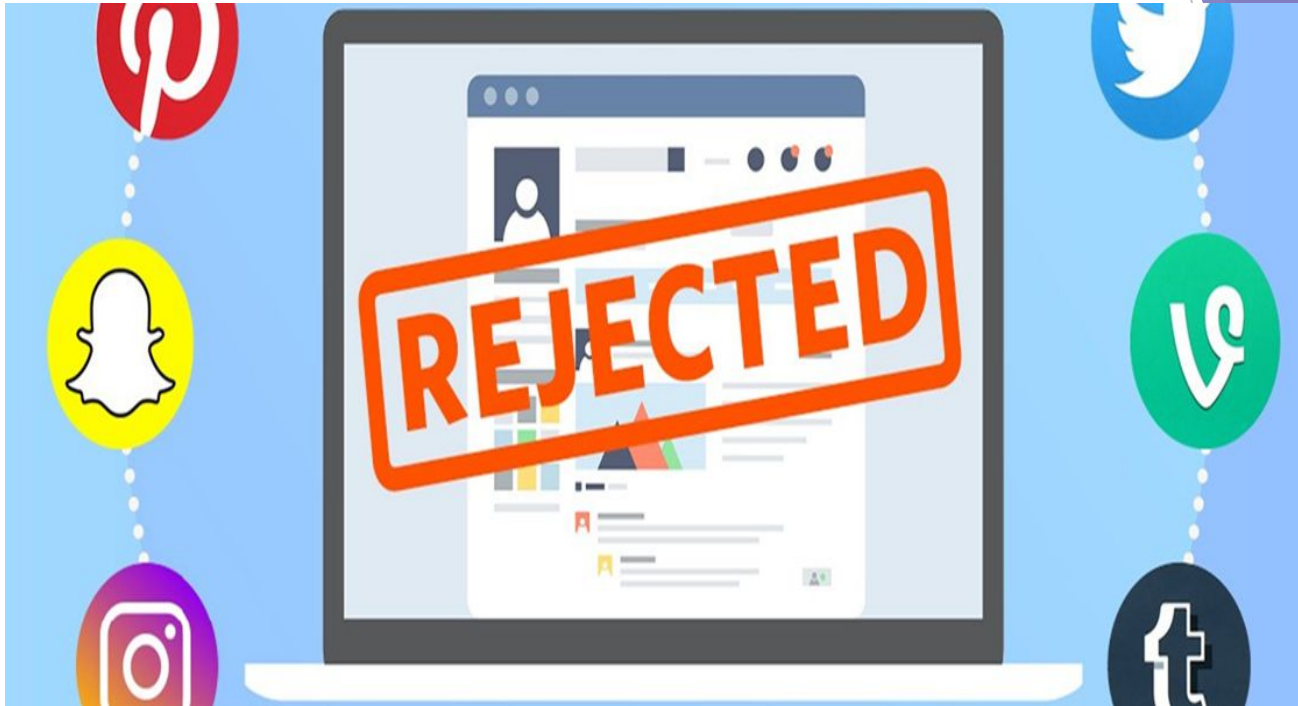
No

Students must answer.....

“Have you ever been found responsible for a discipline violation...whether related to academic misconduct or behavioral misconduct that resulted in a disciplinary action? (Could include, but are not limited to: probation suspension, removal, dismissal, or expulsion from the institution.)”

**SO REMEMBER: YOUR ACTIONS IN HIGH SCHOOL MATTER LATER IN LIFE. BE SMART, BE KIND, USE YOUR WORDS WISELY IN PERSON, ESPECIALLY IN WRITING AND ON SOCIAL MEDIA. DO YOUR BEST.**

## *A Word About.... Social Media*



**MANY EMPLOYERS AND COLLEGES BELIEVE IT IS FAIR GAME TO VISIT APPLICANTS SOCIAL MEDIA PROFILE. SO BEWARE WHAT YOU POST, AS IT LASTS FOREVER....EVEN ON SNAPCHAT!**

Naviance

Naviance

Naviance

# Logging on to Naviance

- ▶ Use MDUSD account to log into Clever



# Why is Naviance Student Important?

## Career Exploration

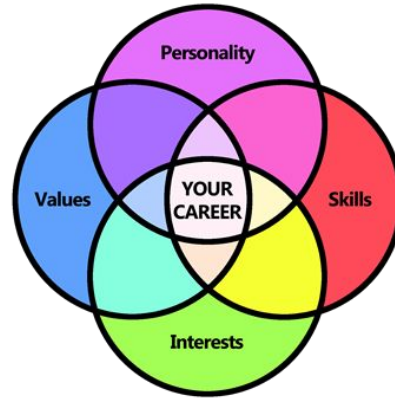
- ▶ Career Interest Inventory
- ▶ Personality Inventory

## College Preparation

- ▶ College Search
- ▶ Application Process
- ▶ College Major Exploration

## Success Planning

- ▶ Course Planner
- ▶ Personalized Goals & Tasks
- ▶ Resumé Building



# Let's Practice!

1. Log into Naviance
2. Select:
  - ▶ “Careers” (top of the page)
  - ▶ “Explore Careers”
  - ▶ Research a career that interests you

# Quiz!

- What is the minimum GPA to get a work permit?
- Can you request a class change for a different teacher?
- What kind of grades do you need to have in order to be A-G eligible for a UC/CSU?
- What is one way to make up a failed grade?
- What does GPA stand for?
- What is the minimum passing grade for high school graduation?
- How many credits do you need to graduate?
- How many years of PE do you need to meet graduation requirements?

# Roadtrip Nation Interv

 Self-Discovery Home

Career Cluster Finder

Career Interest Profiler

Intelligences®

Learning and Productivity®

Personality®

Skills®

StrengthsExplorer®

Explore

What's your

ers

Playlists

THANK YOU!

QUESTIONS???