9th Grade

Fall Family

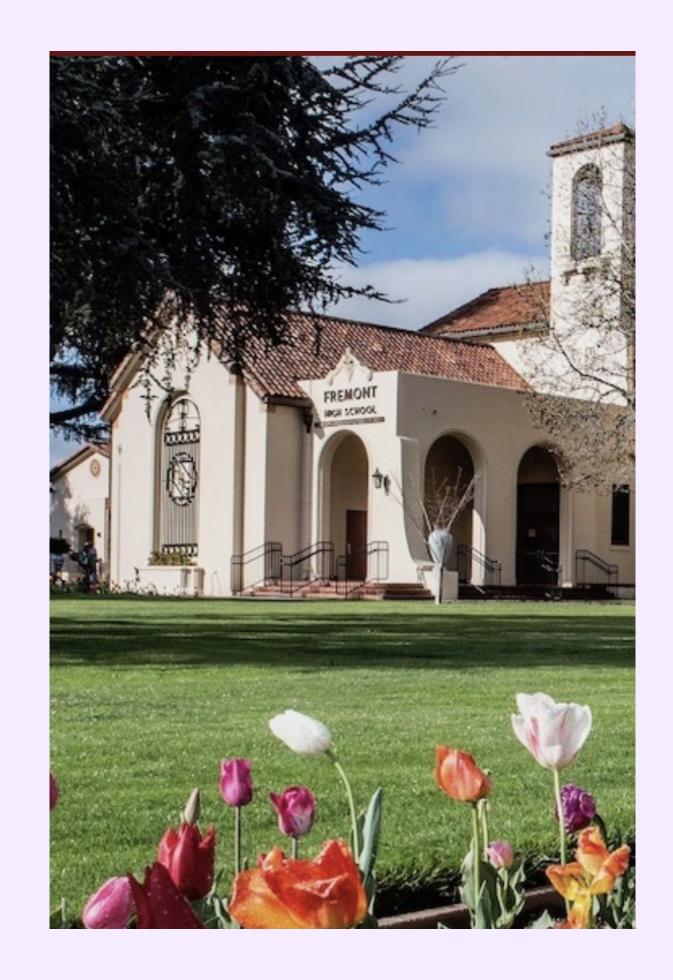
Guidance Night

2023



AGENDA

- Resources on Campus
- Understanding High School
 Graduation and College Requirements
- Four-Year Planning
- Counselor Support in High School



Meet Your School Counseling Team



Sandra Woosley Last Names: A-C (408) 522-2459



Vanessa Goulart Last Names: A-C (408) 522-2430



Sherry Fazzio Last Names: D-HUR (408) 522-2480



Maribel Sanchez
Last Names: HUS-MEK
(408) 522-2428
(1st Semester Substitute
for Ana Franco)



Dan Amezquita Last Names: MEL-ROM (408) 522-2484



Eric Medeiros Last Names: RON-Z (408) 522-2423



Adriana Magallon College & Career Advisor (408) 522-2404



Lorena Moreno Guidance Support (408) 522-2412



Laine Sazon Registrar (408) 522-2405



Syvees Sazon Data tech (408) 522-2406



Brooke Chan Assistant Principal (408) 522-2411

How can my counselor help me?

School Counselors can help you with:

- Transcript questions
- Credit recovery options
- Enrichment options
- Resources/supplies
- Academic concerns (class/schedule)
- Social concerns (family/friends)

We are often the person to ask if they don't know where to go. We will help connect to other resources if needed.

College and Career Advisor can help you with:

- Financial aid questions/Scholarships
- Career exploration
- College application process
- College testing/fee waivers
- Community service/job opportunities

How can I see my counselor?

- Walk in's at brunch and lunch
- Set up appointment
- Email counselor

FREMONT HIGH SCHOOL

District Home

Students

Parents S

Staff

ABOUT US

ACADEMICS

GUIDANCE & STUDENT SUPPORT

STUDENT LIFE



GUIDANCE & STUDENT SUPPORT

The purpose of the Guidance Program is to assist students with their academic planning so they can take full advantage of a range of options upon graduation from high school. FUHSD's Guidance Teams at each site generally include Certificated Guidance Counselors, College and Career Advisors and Administrators. These team members are often the first point of contact for students and families seeking information about FUHSD's high schools. The majority of guidance services are delivered through group presentations in the classroom or in evening presentations for students and their families. Guidance presentations occur throughout the year at each site with topics that include choosing a college and career, financial aid and course selection. The **Guidance team** is available to students and their families for individual appointments for support with:

- College to career planning (including a 4-year plan toward graduation);
- Facilitating positive, collaborative relationships with peers and teachers;
- Navigating the high school experience (including time management, involvement in extracurricular activities, self-advocacy, volunteer and internship opportunities); and
- Social emotional wellness.

The College and Career Advisors are the point of contact for college representatives, military recruiters, volunteer and internship opportunities. They also organize our district's College Fair each fall. College and Career Advisors support Naviance, our district's college and career planning tool, which provides students with personalized surveys and customized career and college exploration resources.

FHS CEEB CODE 053460



SCHEDULE CHANGE REQUEST

SCHOOL PROFILE

STUDENT CLERK & OPEN BLOCK INFORMATION

GUIDANCE COUNSELOR AND COLLEGE AND CAREER ADVISOR APPOINTMENTS

Appointments are ONLY for current FHS students. To request an appointment with you A Guidance Counselor or College and Career Advisor please click the button below:

Appointment Request

Guidance Team

High School Planning

College & Career Planning

Student Wellness & Resources

Climate Office

Incoming Students

9th Grade Counselor

Presentations

- Happened 10/2 & 10/16 in PE class
- First session covered:
 - > Your Guidance Team
 - Student Support on campus
 - Intro to Career planning
 - Student Involvement on campus

Second session covered:

- > Graduation Requirements
- ➤ "A-G" College Requirements
- Creating a 4-Year Plan



Need help witha C1055?

Talk to your teacher

- A. Ask for help during class or stay after class
- B. Most teachers end their class by saying "I'll be here after class if you need help"

Attend TUTORIAL

Available 3 times a week

Attend Students for Success

Offered every Monday through Thursday, check the times and detailed information <u>here</u>

Reach out to a trusted adult on campus

Talk to someone who can give you advice or if you have a support class (i.e. learning skills, AVID, Academic Foundations) take advantage of it!

Reach out to your counselors

If you're stuck and don't know what else to do reach out to us for additional tips/suggestions

Students for Success (Free tutoring!)

This program is free to all current FHS students. Students can:

- Get help with classwork and homework
- View textbooks
- Research and write papers
- Have finished papers peer edited
- Work on multimedia projects.

- Monday 3:10-5:30 p.m.
- Tuesday 1:30-5:30 p.m.
- Wednesday 3:10-5:30 p.m.
- Thursday 1:30-5:30 p.m.

Tutoring is available in every subject and in multiple languages.



Build Positive Relationships at FHS

SPORTS

Contact the coach on the individual sport for updates

FHS athletics website



CLUBS

See the updated FHS club list

ACTIVITIES

FHS website and join the official FHS social media sites:

- FHS Instagram
- FHS Twitter
- FHS Youtube



Graduation Requirements College Eligibility (A-G)

Subject Requirements	High School Graduation Requirements	University Admission Requirements
English	40	40
Math	20 (Algebra I and Geometry)	30 (4 years recommended)
Science	20	20 (2-4 years recommended)
Social Science	30	20
World Language*	10	20 (3-4 years recommended)
Fine Art/ Visual & Performing Arts*	10	10
Applied Academics*	10	
Physical Education	20	
Electives	60	10 (approved College Prep elective)
Other Requirements	Not for UC or CSU	SAT/ACT**
Subject Credits	220	150





INSTRUCTIONS: Complete the grid with your tentative 4 year plan and then upload it to Google Classroom. If you know you will be taking a class in a certain subject area but are not sure of the specific class, just list "Math", "English", etc. For each academic class that will count towards electives, place an "(e)" after the class to help keep track. INSTRUCTIONS: Complete the grid with your tentative 4 year plan and then upload it to Google Classroom. If you know you will be taking a class in a certain subject area not sure of the specific class, just list "Math", "English", etc. For each academic class that will count towards electives, place an "(e)" after the class to help keep track. World Lit Subject Area Lit/Writ Gov't/Econ. English (40) US History World History Math (20+) 10 credits "Algebra" + 10 credits "Geometry Social Studies (30) Biology (Life) Science (20+) 10 credits Life Science + PE 10 credits Physical Science Physical Education (20) World Language (10)* Fine Art (10)* Applied Academics (10)* REQUIRED = Ideal credits = receive credits.

*10 credits each from 2 of the 3 categories (World Language, Fine Art, Applied Academics)

PE Note: You earn 5 credits per season of a sport. If you play a sport your freshman year, your sport will count in the "Elective" category. If you're planning to play a sport write down the Other Electives Ideal total = 1 To be an track for graduation, you should have at least the following total credits after ear

Creating a Four Year Plan

FREMONT HIGH SCHOOL Sample Four-Year Plan

	UC/ Highly Selective College	CSU	Community College	Vocational/ Technical School
	Lit/Writ	Lit/Writ	Lit/Writ	Lit/Writ
th Grade	Algebra 1 or higher	Algebra 1 or higher	Algebra 1 or higher	Algebra 1 or higher
	Biology	Biology	Biology	Biology
		11 30 7 12	Science in Society	 Science in Society
	• PE 9	• PE 9	• PE 9	• PE 9
	Language – Level 1	· Language – Level 1	Language – Level 1	Elective Class
	Fine Art elective	Fine Art elective	Fine Art or Applied	Fine Art or Applied
			Academic elective	Academic elective
	T		1	
th	World Lit/Writ	World Lit/Writ	World Lit/Writ	World Lit/Writ
oth Grade	Algebra 2 or higher	Geometry or higher	Geometry or higher	 Geometry or higher
	World History	World History	World History	 World History
	Chemistry (H)	Chemistry	Biology	 Biology
		Physics	Chemistry	 Chemistry
	<u>, , , , , , , , , , , , , , , , , , , </u>	7706733345 20 0000 0000 0000 0000	Physics	Physics
	• PE 1012, Basketball,	• PE 1012, Basketball,	• PE 1012, Basketball,	• PE 1012, Basketball,
	Soccer, Weight	Soccer, Weight	Soccer, Weight Training,	Soccer, Weight Training,
	Training, Dance, or	Training, Dance, or	Dance, or Team Sport	Dance, or Team Sport
	Team Sport	Team Sport	10 10 10 10 10 10 10 10 10 10 10 10 10 1	1500 S CO. S. C.
	Language – Level 2	• Language – Level 2	Language – Level 2	Elective
ab -	Am. Lit Honors	Am. Lit Honors	• Am. Lit	Am. Lit
1 th Grade		Am. Lit		
	Pre Calculus or higher	Algebra 2 or higher	Algebra 2 or higher	 Algebra 2 or higher
	AP US History	 AP US History 	 US History 	 US History
	US History	 US History 		- 1143 - 1143
	Physics H	Physics H	Physics	 Physics
	Physiology	Physics	Physiology	 Physiology
	AP Chemistry	Physiology	Science in Society	 Science in Society
	AP Biology			
	Language Level – 3	Language Level – 3	Language Level – 3	Elective
	Elective	Elective	Elective	CTE Elective
				8
	AP Eng Lit & Comp	 AP Eng Lit & Comp 	 Expository Read/Writ 	 Expository Read/Writ
2th Grade		Expository Read/Writ	 Story & Style 	 Story & Style
15, 10,00		 Story & Style 		20 10
	Pre Calculus or higher	Pre Calculus or higher	Pre-Calculus or higher	Algebra 2 or higher
	AP US Gov/ Econ	AP US Gov/ Econ	US Gov/Econ	 US Gov/Econ
	AP Microecon/US Gov	AP Microecon/US Gov	- 13	100
	US Gov/Econ	US Gov/Econ		
	AP Biology	Physics Honors	Physics	Physics
	AP Chemistry	AP Biology	Physiology	Physiology
	AP Physics	AP Chemistry	Science in Society	Science in Society
	7 i Tilysics	AP Physics	Science in Society	Jenetice in Jociety
	• Language – Level 4 H	Language – Level 4 H	Elective	CTE Elective
	Lunguage - Level 411	Lunguage Level 411	Licente	CILLICCUYC

9th and 10th Grade

The classes are preselected for you, all students in the district must take these English courses

11th Grade

- Am. Lit/Writ **or**
- Am. Lit/Writ Honors or
- AP Language and Composition (APLAC)

12th Grade

- Expository Reading and Writing Composition (ERWC) Short Stories/Non-fiction or
- Story and Style Novels/Fiction or
- AP English Literature (AP Lit)

Subject Area	Grade 9	HS CR	A-G	Grade 10	HS CR	A-G	Grade 11	HS CR	A-G	Grade 12	HS CR	A-G	Total Credits Earned
English (40)	Lit/Writ	10	Υ	World Lit	10	Y		10	Y		10	Υ	

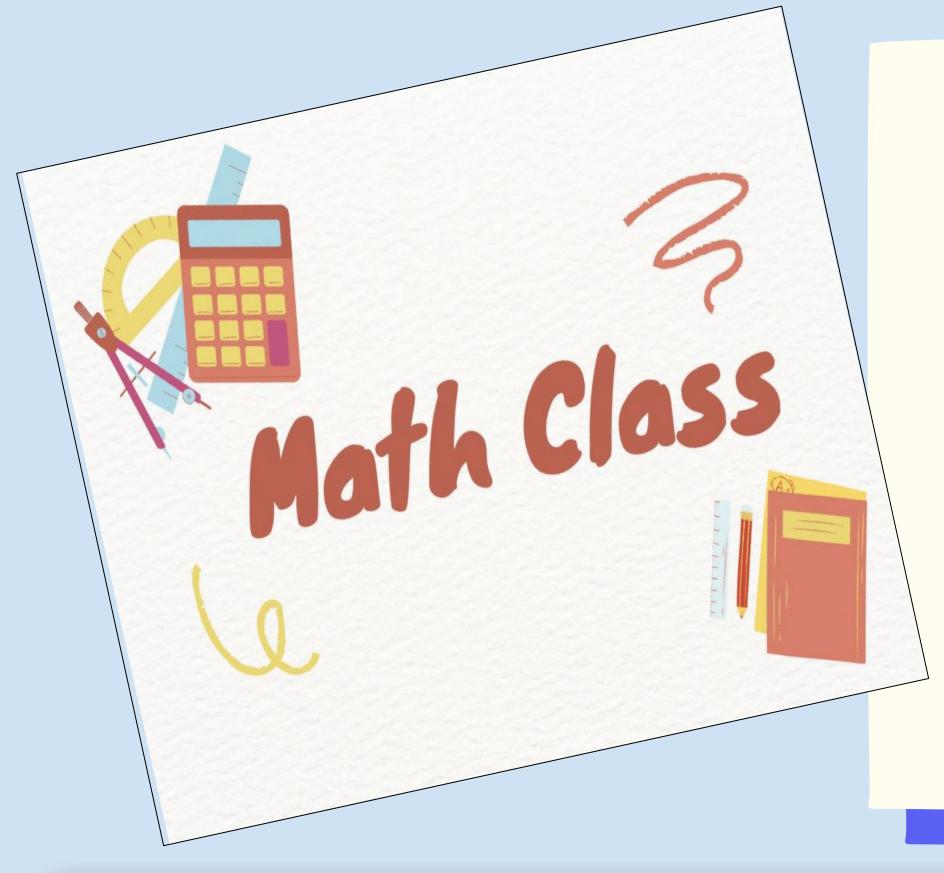
10th Grade

All 10th grade students take World History in the district.

11th Grade

- US History or
- AP US History (APUSH)
- 12th Grade: Every senior will take 1 semester of Econ and 1 semester of Gov
 - Gov/Econ **or**
 - AP Gov/Econ **or**
 - Gov/AP Econ

	Social Studies (30)			World History	10	Υ	US History	10	Υ	Gov't/Econ.	10	Υ	
0.0		0 92	8 8	6			(4	03		

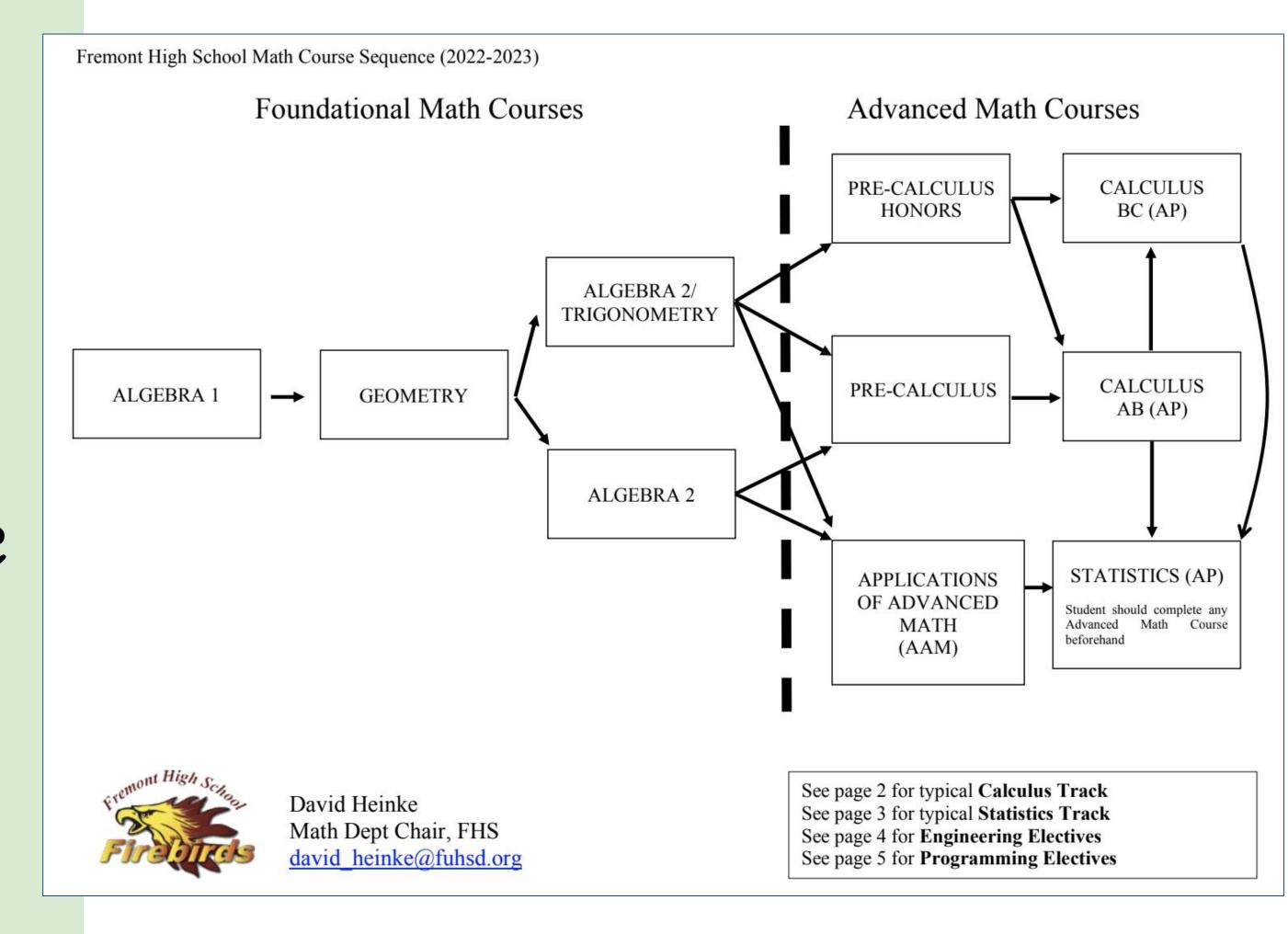


Choose your Math Class

- → H.S. Graduation requirement: Algebra 1 and Geometry
- → 4 year university requirement: Algebra 1, Geometry, Algebra 2
- → Recommended: 4 years of math for all types of colleges



Math Course Sequence



MUST TAKE:

- 1 Life Science (10 credits) and
- 1 Physical Science (10 credits) or
- Can take in 11th and 12th grade as well

We recommend taking Physical Science in 10th Grade

Science (20+) 10 credits Life Science + 10 credits Physical Science	7	G.	100		- 0	 		2/2	11	
10 credits Life Science +	Science (20+)	Biology (Life)								
		37.								
	10 credits Life Science +	1								
10 creaits Physical Science	- CONTROL (SECTION OF CONTROL									
av created i mysical selectice	10 creaits Physical Science	48	9	 		 - 1	0 11		20.00	2. //

Counts as Life Science	Counts as Either	Counts as Physical Science
Biology Physiology AP Biology	Science in Society AP Environmental Science	Chemistry/Chemistry Honors AP Chemistry Physics/Physics Honors AP Physics

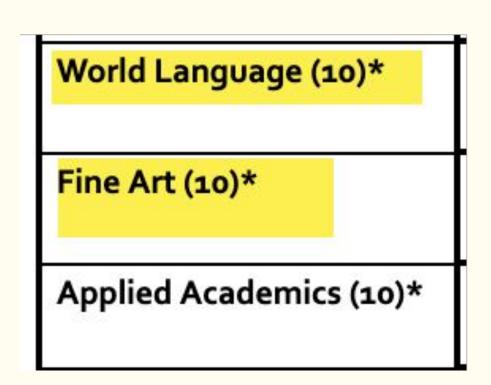
PE (20 Credits Total)

- You earn 5 credits per season of a sport. If you play a sport your freshman year, your sport will count in the "Elective" category.
- In 10–12th grade, sports can count for PE credit (5 credits/sport)
- If you're planning to play a sport write down the name of the sport.

F	Physical Education (20)	PE 9	10	N	PE	N						
						S 38	73	13			(A)	

Choose 2 out of 3 Electives (20 Credits) for graduation

- World Language
- Fine Arts
- Applied Academics



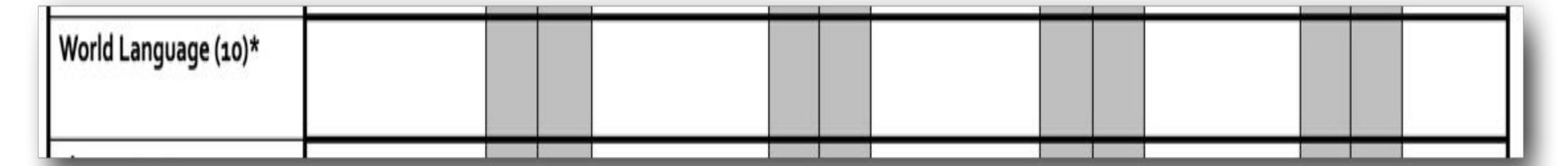
Must complete 2 out of the 3 elective categories for H.S. Graduation

For 4-year colleges you must complete World Language AND Fine Art

Choose your World Language **

As a reminder if you are planning to apply to a 4 year university you must complete at least 2 years of the same language. However 3 to 4 years are highly recommended by some colleges.

Language Options: > Spanish > Japanese > French > Chinese



Choose your Fine Art

- Must complete at least one year of a fine art if you want to apply to a 4 year college.
- Use the course offerings resource to see the full listing of fine art courses

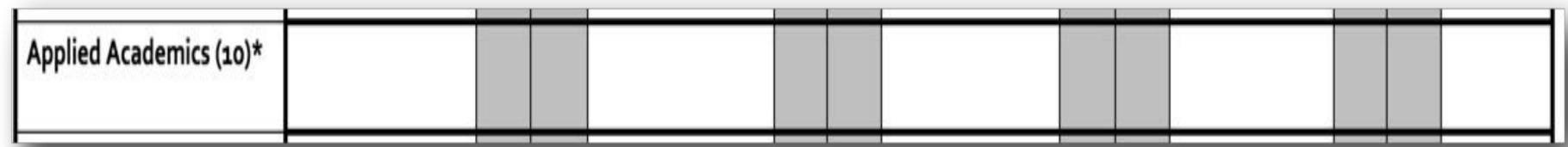
Vis	SUAL AND PERFORMING ARTS (UC/CSU	I f)
Art		
6110 P	Art 1	9-12
6120 P	Art 2	10-12
6130 P	Art 3	10-12
6210 P	3D Sculpture and Design 1	9-12
6360 P	Ceramics 1	9-12
6370 P	Ceramics 2	10-12
6390 P	Ceramics 4	10-12
6450 H	AP Studio Art: 2D Design	11-12
Music		
7040 P	Adv. Treble Choir	9-12
7060 P	A Choir (Concert Choir)	9-12
7080 P	Small Mixed Vocal*	10-12
7120 P	Concert Band+	9-12
7130 P	Symphonic Band+	10-12
7140 P	Wind Ensemble*+	10-12
7240 P	Orchestra	9-12
7250 P	Chamber Orchestra*	10-12
7320 P	Music Genesis	9-12
Theater A	Arts	
6710 P	Drama	9-12
6720 P	Advanced Drama*	10-12
6730 H	Advanced Drama H*	11-12
7780 P <i>f</i>	Adv. Stagecraft Tech	10-12

Fine Art (10)*									
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Choose your Applied Academic **

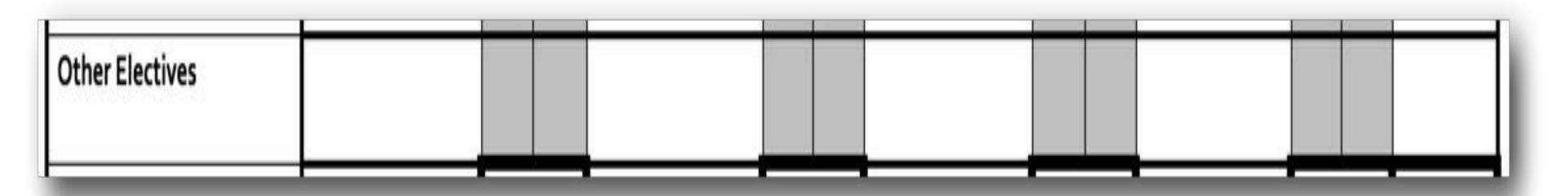
This is optional if you already have a World Language and Fine Art. But these are some excellent hands on and career-focused classes!

	APPLIED ACADEMICS	
Business	Department	
4580 P g	Principles of Business	10-12
4850 P g	Law	10-12
4924 P	Marketing (dual enrollment)	10-12
Compute	r Science/Math Electives	
7810 P g	Digital Innovation & Design	9
2370 P g	Comp Prog Java	10-12
2350 H <i>c</i>	AP Comp Sci A	10-12
Theater I	Design	
7770	Stagecraft Tech	9-12
7780 P <i>f</i>	Adv. Stagecraft Tech	10-12
CTE Prog	ram	
5710	Culinary Arts 1	10-12
7765	Culinary Arts 2	10-12
7530	Auto Tech 1	10-12
7535	Auto Tech 2	11-12
7920A P	Kinesiology A (dual enrollment)	10-12
7920 P	Kinesiology B (dual enrollment)	11-12
8180 P d	Engineering Essentials	9-11
8345 P <i>g</i>	Intro to Engineering Design	10-12
8270 P g	Principles of Engineering	10-12
8260 P g	Digital Electronics	11-12



Add any other Elective Classes **

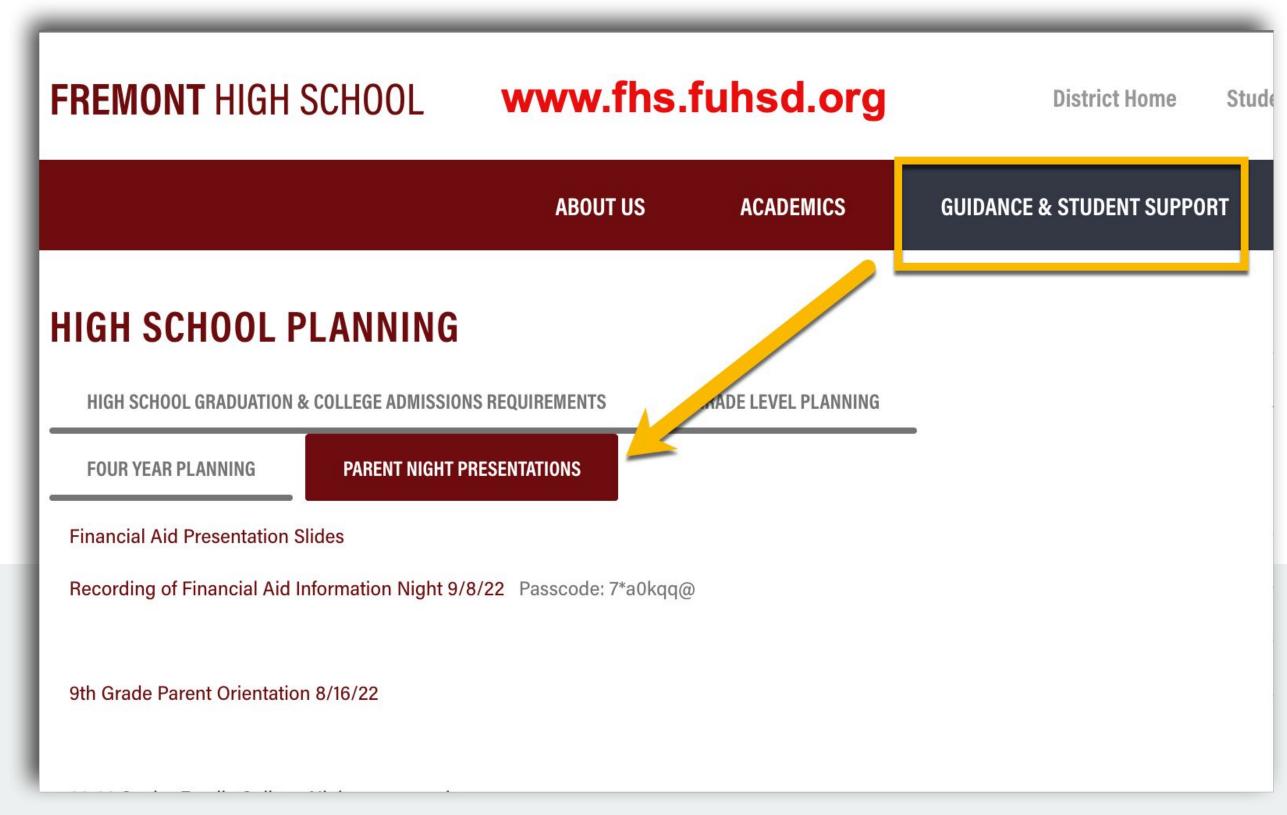
Such as: Student Tutor, Lab Assistant, Academic Foundations, Learning Skills, AVID, Yearbook



Four Year plan tips

- Don't skip math levels
- Can earn PE credits for sports beginning in 10th grade
 - Don't put off PE until senior year
- Avoid overloading yourself with too many AP/Honors courses (complete time management activity during course selection)
- Remember this is just a plan, you are not locked in to these courses
- Keep college options open by planning for A-G eligibility
- Counselors will follow up with students who did not complete a plan, or if the plan the completed was incomplete

Want to review our presentations?



Interested in speaking at the FHS Career Day (2/2)

Our students greatly benefit from hearing about the career paths of others.

If you are interested and able to share more about you career, please sign up using this QR Code!



Fremont High School Fall Family Informational Night

October	Times & L	ocations	Shannon Theater	Fair Oaks	Student Center	Staff Lounge (downstairs B building)
25th, 2023	6:00- 6:30	Grade Level Meetings	9 th Grade	10 th Grade	11 th Grade	12 th Grade
*All Breakout sessions are open to all grade levels	6:40-7:10	Session #1	College 101	Community College/Transfer (Presented by Foothill College)	Private Schools/ Liberal arts (Presented by USF)	12th Grade Optional Q&A
	7:20-7:50	Session #2	College Lists/Majors	Dual Enrollment (Presented by Foothill College)	Private Schools/ Liberal arts (Presented by USF)	

Presentaciones en Español: 6:00-7:45 PM

Todas las presentaciones serán combinadas y presentadas en una sola sesión en la biblioteca.

Break Out Sessions

College 101: In this session we'll cover the basics of planning for 4 year college. We'll talk about A-G requirements, college testing, majors/careers, timeline of applying, staying competitive, and college essay writing.

College Lists/Majors: What's in a college list? How do I pick a major? Are my decisions final and can I change them? Find out how to strategically build your best college list and pick a major that matches your goals and your interests in life and beyond.

Community College/Transfer (presented by Foothill): Learn about the benefits of planning early to attend community college and utilize TAG (transfer admission guarantee) programs, financial benefits, support and honors programs, certificate-trade programs, planning tools, and understand general admission rates.

Dual Enrollment (presented by Foothill): Interested in taking a community college class while in high school? Join this session to learn about your opportunities.

Private Schools/Liberal Arts Colleges (presented by USF):

Understanding private schools, and why considering an education at a liberal arts & sciences institution can add value to your academic program/career.

THANK YOU FOR JOINING!

- ❖ Next Family Guidance Night will be next semester on 01/24/24 at 6pm to review course selection information.
- You'll have the opportunity to hear directly from teachers about course offerings and important information to consider when selecting courses.

