



Sophomore Presentation

Pathways for the Future

Hello Class of 2026!

The Counselors welcome you to your Sophomore Presentation!



Ms. Jurkovich, Ms. Loy, Ms. Patil, Ms. Payumo,
Ms. Mendoza (Office Manager) & Mr. Poole

Counselor Assignments

Counselor

Caseload

Ms. Loy

Gr 10

A - B

Mr. Poole

Gr 10

C - J

Ms. Jurkovich

Gr 10

K - Ph

Ms. Patil

Gr 10

Pi – S

Ms. Payumo

Gr 10

T - Z

SHOW YOUR HORNET

*Classroom/
Smart Period*



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

Objective



- To provide 10th graders with information about graduation requirements, post-secondary options, and available resources. Students will have a strong understanding of how to interpret a transcript.

Rationale

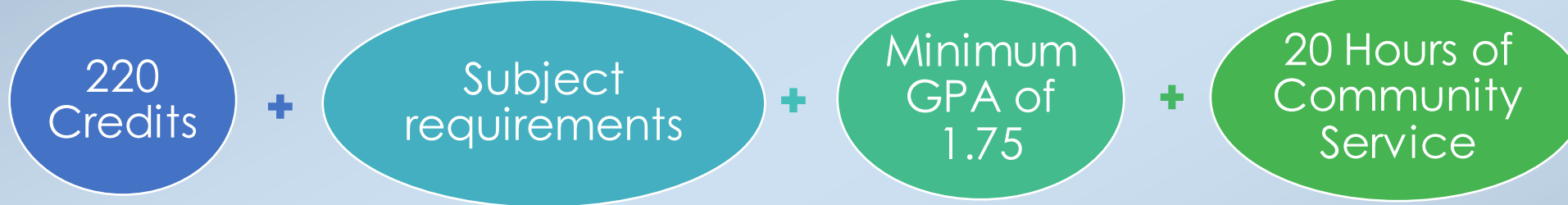


- To ensure that all sophomores understand the graduation and college requirements so they can best plan for their post-secondary goals. Plus know the available resources to ensure success while at AHS.

Pre-Test

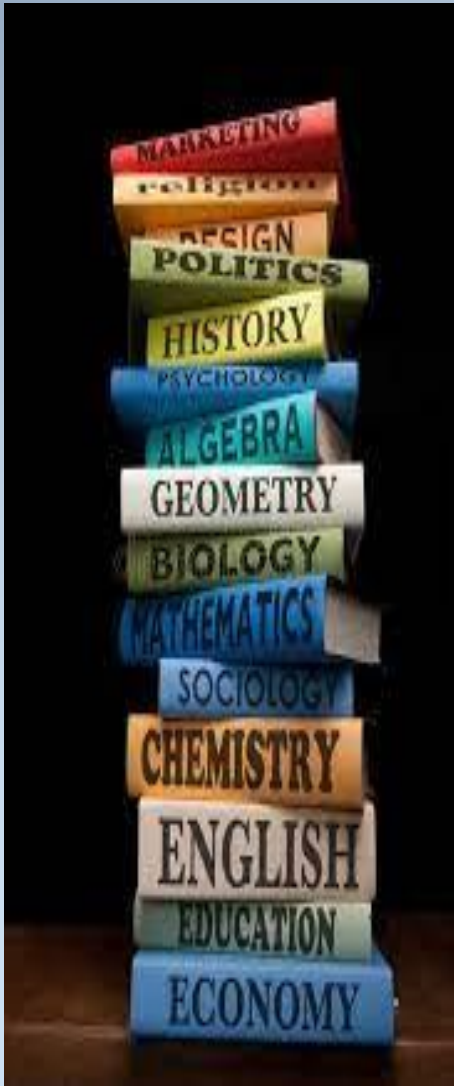
rb.gy/gadydf

Graduation Requirements



= Graduation!

Subject Requirements for Graduation



English	40 Credits		Navigating Life	5 Credits
Social Studies	30 Credits		Ethnic Studies	5 Credits
Math	20 Credits		Visual Perf. Art / CTE	10 Credits
Science (Lab) <ul style="list-style-type: none">○ 1yr Bio. Life○ 1 yr. Physical	20 Credits		World Language / CTE	10 Credits
Physical Education	20 Credits		Electives	60 Credits
			Total Credits Needed	220

How Are Credits Earned?

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

Semester 1

(August – December)

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

Semester 2

(January – June)

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

1st Semester = 30

2nd Semester = 30

= 60 Credits Per School Year!

Transcripts

- Your transcript is a very important document.
- Your transcript tracks all the classes you have taken, grades you have earned and how you are progressing towards earning your diploma.
- **Permanent** High School Record
- Could be seen by colleges, employers, coaches, etc.

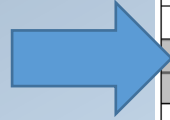
This is the legal document that shows you have earned your diploma!



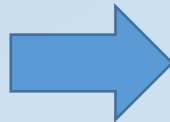
Student Name	Student ID	Grade	Birthdate	Counselor	Transcript of Student Progress																																																																																																																																																	
					October 30, 2023 Alameda High School 2201 Encinal Avenue Alameda, CA 94501 (510) 337-7022																																																																																																																																																	
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Course Tags: * = Non Academic + = Honors (weighted) p = College Prep r = Repeated				<table border="1"> <thead> <tr> <th>Date</th> <th>Test Taken</th> <th>Score</th> <th>Subject Area</th> <th>CREDIT SUMMARY</th> <th>Credit Rec'd</th> <th>Compl'd</th> <th>Needed</th> </tr> </thead> <tbody> <tr> <td>06/18</td> <td>SAT Rndg/Wrt 580 Math 500</td> <td>1090</td> <td>Current Life Issues</td> <td>5.00</td> <td>5.00</td> <td>-</td> <td>-</td> </tr> <tr> <td>05/19</td> <td>AP: English Lit & Comp</td> <td>2</td> <td>English</td> <td>40.00</td> <td>40.00</td> <td>-</td> <td>-</td> </tr> <tr> <td>05/18</td> <td>AP: US History</td> <td>4</td> <td>Visual/Perf/Art/CTE</td> <td>10.00</td> <td>10.00</td> <td>-</td> <td>-</td> </tr> <tr> <td>05/18</td> <td>AP: English Lang & Comp</td> <td>3</td> <td>World Lang/CTE</td> <td>10.00</td> <td>10.00</td> <td>-</td> <td>-</td> </tr> <tr> <td>05/17</td> <td>AP: European History</td> <td>4</td> <td>HS Algebra</td> <td>10.00</td> <td>10.00</td> <td>-</td> <td>-</td> </tr> <tr> <td>05/17</td> <td>AP: Psychology</td> <td>2</td> <td>Mathematics</td> <td>10.00</td> <td>10.00</td> <td>-</td> <td>-</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Life Science</td> <td>10.00</td> <td>10.00</td> <td>-</td> <td>-</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Physical Science</td> <td>10.00</td> <td>10.00</td> <td>-</td> <td>-</td> </tr> <tr> <td></td> <td></td> <td></td> <td>World History</td> <td>10.00</td> <td>10.00</td> <td>-</td> <td>-</td> </tr> <tr> <td></td> <td></td> <td></td> <td>US History</td> <td>10.00</td> <td>10.00</td> <td>-</td> <td>-</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Government</td> <td>5.00</td> <td>5.00</td> <td>-</td> <td>-</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Economics</td> <td>5.00</td> <td>5.00</td> <td>-</td> <td>-</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Physical Education</td> <td>10.00</td> <td>10.00</td> <td>-</td> <td>-</td> </tr> <tr> <td></td> <td></td> <td></td> <td>FgLang/PrArts/CTE</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Science</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Electives</td> <td>85.00</td> <td>85.00</td> <td>-</td> <td>-</td> </tr> <tr> <td></td> <td></td> <td></td> <td>* TOTALS *</td> <td>230.00</td> <td>230.00</td> <td>-</td> <td>-</td> </tr> </tbody> </table>			Date	Test Taken	Score	Subject Area	CREDIT SUMMARY	Credit Rec'd	Compl'd	Needed	06/18	SAT Rndg/Wrt 580 Math 500	1090	Current Life Issues	5.00	5.00	-	-	05/19	AP: English Lit & Comp	2	English	40.00	40.00	-	-	05/18	AP: US History	4	Visual/Perf/Art/CTE	10.00	10.00	-	-	05/18	AP: English Lang & Comp	3	World Lang/CTE	10.00	10.00	-	-	05/17	AP: European History	4	HS Algebra	10.00	10.00	-	-	05/17	AP: Psychology	2	Mathematics	10.00	10.00	-	-				Life Science	10.00	10.00	-	-				Physical Science	10.00	10.00	-	-				World History	10.00	10.00	-	-				US History	10.00	10.00	-	-				Government	5.00	5.00	-	-				Economics	5.00	5.00	-	-				Physical Education	10.00	10.00	-	-				FgLang/PrArts/CTE	-	-	-	-				Science	-	-	-	-				Electives	85.00	85.00	-	-				* TOTALS *	230.00	230.00	-	-
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District Enter: 8/28/2006 School Enter: 8/31/2015 Graduate, Standard HS Diploma: 6/7/2019				Date: _____ Event: _____ Hours: 42.00 Community Service: _____ 06/19 Golden State Seal Merit Diploma																																																																																																																																																		
This transcript is unofficial unless signed by a school official.				Signature: _____ Date: _____																																																																																																																																																		

Reading your Transcript: Grades

If you went to an AUSD middle school, math and foreign language may be listed

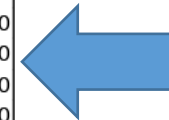


Each semester's classes and grades are listed



Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp
Grade 8 1st Semester 2020-2021				+ p	SWPE	AP World Hist	B 5.00 5.00				
Lincoln Middle School				Credit Att: 30.00 Cmp: 30.00 TGPA: 3.67							
MDCH	Algebra 1	B	10.00 10.00	Grade 10 2nd Semester 2022-2023							
Credit and GPA rules vary for MS Courses				Alameda High School							
Grade 8 Fall 2020-2021				p	EECE	English 2P	A 5.00 5.00				
Lincoln Middle School				p	FSCE	Span 2 P	A 5.00 5.00				
FFAH	French 1	A	10.00 10.00	p	MEAF	Adv Alg 2 P	C 5.00 5.00				
Credit and GPA rules vary for MS Courses				*	PDGI	Dance	A 5.00 5.00				
Grade 9 1st Semester 2021-2022				p	QCCI	Chemistry P	B 5.00 5.00				
Alameda High School				+ p	SWPE	AP World Hist	A 5.00 5.00				
p	DDGD	Navigating Life	A 5.00 5.00	Credit Att: 30.00 Cmp: 30.00 TGPA: 3.67							
p	EECD	English 1P	A 5.00 5.00	--WORK IN PROGRESS--							
p	FSCD	Span 1 P	A 5.00 5.00	Alameda High School							
p	MGCE	Geometry P	A 5.00 5.00	+ p	EEPF	Ap English 3HP	10.00 0.00				
*	PZGD	Phys Ed 9	A 5.00 5.00	p	FSCF	Span 3 P	10.00 0.00				
p	QBCI	Biology P	A 5.00 5.00	p	LMIX	Contemp Dance 2	10.00 0.00				
Credit Att: 30.00 Cmp: 30.00 TGPA: 4.00				p	MFCF	Pre Calculus P	10.00 0.00				
Grade 9 2nd Semester 2021-2022				+ p	QEPI	Ap Envir Sci Hp	10.00 0.00				
Alameda High School				+ p	SHPF	Ap Us History Hp	10.00 0.00				
p	EECD	English 1P	B 5.00 5.00	Total Credit: 60.00							
p	FSCD	Span 1 P	B 5.00 5.00								
p	MGCE	Geometry P	B 5.00 5.00								
*	PZGD	Phys Ed 9	A 5.00 5.00								
p	QBCI	Biology P	A 5.00 5.00								
p	SJCI	Intro EthStud P	B 5.00 5.00								
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.33											
Grade 10 1st Semester 2022-2023											
Alameda High School											
p	EECE	English 2P	A 5.00 5.00								
p	FSCE	Span 2 P	A 5.00 5.00								
p	MEAF	Adv Alg 2 P	B 5.00 5.00								
*	PDGI	Dance	A 5.00 5.00								
p	QCCI	Chemistry P	B 5.00 5.00								

The classes you are currently taking are listed.



Reading your Transcript: Grades

All classes are listed, and the grades earned.

The total credits earned and attempted plus your GPA is listed per semester

	Crs-ID	Course Title	Mark	Att/Cmp	
Grade 9 1st Semester 2021-2022					
Alameda High School					
p	DDGD	Navigating Life	A	5.00	5.00
p	EECD	English 1P	B	5.00	5.00
p	LAAE	Multimedia Art	C	5.00	5.00
p	MDCD	Algebra 1 P	D	5.00	5.00
*	PZGD	Phys Ed 9	A	5.00	5.00
p	QBCI	Biology P	A	5.00	5.00
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.00					
Grade 9 2nd Semester 2021-2022					
Alameda High School					
p	EECD	English 1P	B	5.00	5.00
p	LAAE	Multimedia Art	C	5.00	5.00
p	MDCD	Algebra 1 P	F	5.00	0.00
*	PZGD	Phys Ed 9	A	5.00	5.00
p	QBCI	Biology P	B	5.00	5.00
p	SJCI	Intro EthStud P	D	5.00	5.00
Credit Att: 30.00 Cmp: 25.00 TGPA: 2.17					

Each Semester is listed separately.

For each class, you see your grade, the number of credits you could earn and how many credits you did earn.

P = college prep * = non-academic class

Reading your Transcript: GPA

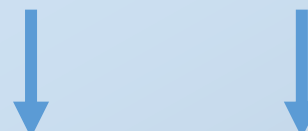
Total GPA = all classes you have taken in high school. This is used to determine the minimum for graduation.

Academic GPA (9-12) = all classes except for PE for grades 9 – 12

Academic GPA (10-12) = all classes except for PE for grades 10 – 12

Weighted GPA = additional point given for honors/AP classes (i.e., grade bump, 5-point A)

Non-Weighted GPA = no additional grade point given to honors/AP classes



	Weighted	Non-Wgtd
Acad GPA (9-12)	3.79	3.62
Acad GPA (10-12)	3.83	3.58
Total GPA (9-12)	3.78	3.61
Credit Attempted:	180.00	
Credit Completed:	180.00	

How many credits you have attempted **and** completed.

Reading your Transcript: Credit Summary

Credits Required

Each Subject Area is listed

The number of credits you have completed in each subject area


The **Total** number of credits you have earned and what you still need

CREDIT SUMMARY			
Subject Area	Credit Req'd	Compl	Needed
Navigating Life	5.00	5.00	-
English	40.00	20.00	20.00
Visual/PerfArt/CTE	10.00	10.00	-
World Lang/CTE	10.00	5.00	5.00
HS Algebra	10.00	10.00	-
Mathematics	10.00	10.00	-
Life Science	10.00	10.00	-
Physical Science	10.00	10.00	-
World History	10.00	10.00	-
US History	10.00	-	10.00
Government	5.00	-	5.00
Economics	5.00	-	5.00
Physical Education	20.00	15.00	5.00
Ethnic Studies	5.00	5.00	-
Electives	60.00	5.00	55.00
TOTALS *	220.00	115.00	105.00

The number of credits you still need to complete in each subject area are shown

Reading your Transcript: The Center Box


SAT/ACT scores should you take them, will be listed here.



Date	Test Taken	Score
12/22	SAT Rdng/Wrt 560 Math 570	1130
05/23	AP: US History	4
05/23	AP: English Lang & Comp	2
05/22	AP: World History: Modern	5

AP test scores will be listed here is you take an AP test.

Your submitted **Community Service** hours are noted here.



Date	Event	Hours
	Community Service	24.00

Community Service Hours

The Students' Guide

Fulfilling Community Service
Requirements in the
Alameda Unified
School District



This handbook has been revised for the students and their families in the Alameda Unified School District by the Alameda Youth Advisory Commission, the Alameda Collaborative for Children, Youth, and Their Families, and the Alameda Unified School District.



ALAMEDA UNIFIED SCHOOL DISTRICT
Graduation Requirements



COMMUNITY SERVICE VERIFICATION FORM

Student Name _____ Grade _____ Class of _____

Name of Agency or Organization _____

Date Activity Performed: From _____ To _____

Title / Activity Description _____

Supervisor _____ Phone # (____) _____

(Signature)

I have completed _____ hours of Community work on this task.

Student Signature _____ Date _____

- 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
 - Alameda Free Library
 - Alameda Rec and Park Dept.

More information is available on our website in the Student section under "Forms and Information."

HOW TO DO WELL IN SCHOOL



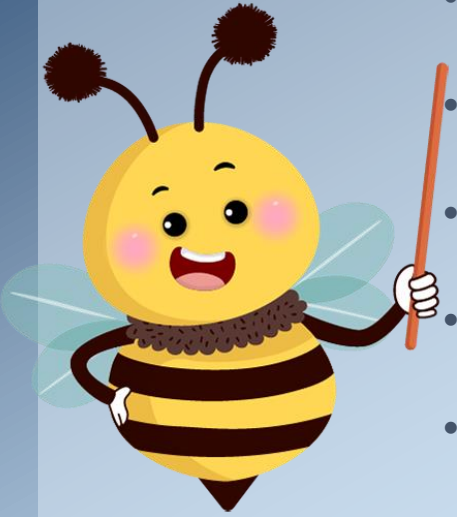
- Ask for help
- Attend every class and SMART period
- Get SMART period passes as needed
- Check Google Classroom, Aeries & your school email regularly
- Use a planner or other organization system.
- Form study groups
- Attend Teacher Office Hours if available.
- Talk to your Teachers and Counselor.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

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 (Students: Athletics) or speak with your PE teacher.
- Participate in Spirit Days or other school activities.
- Audition for the Fall play, Spring musical, talent shows, etc. (when permitted)
- Explore community service opportunities.



RESOURCES AT AHS



- SMART Period: See your teacher for a pass if needed
- Media Center: open before/after school and lunch
- Math Club Peer Tutoring (Fridays at lunch in Rm C210)
- Office hours with your teacher
- Hornet Support Center (C141)
- College and Career Center (E116, Ms. Gwen)
- SCOIR- College & Career exploration tool
- Counselors and Administrators
- SBHC: Counseling and health services available at the School Based Health Center. (E 160, DM on Instagram: @sbhc_afs, schoolbasedinfor@alamedaafs.org)

Transcript Analysis Activity

Student Name	Student ID	Grade	Birthdate	Counselor	Transcript of Student Progress		
					October 30, 2023 Alameda High School 2201 Encinal Avenue Alameda, CA 94501 (510) 337-7022		
Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp
Grade 8 1st Semester 2014-2015				Grade 10 1st Semester 2016-2017			
Lincoln Middle School				Alameda High School			
FSAH	Spanish 1	B+	5.00 5.00	p	EEAE	Eng 2 Ex P	A 5.00 5.00
MDCH	Algebra 1	B	5.00 5.00	p	FSCF	Span 3 P	A 5.00 5.00
Credit and GPA rules vary for MS Courses				p	MECE	Algebra 2 P	A 5.00 5.00
Grade 8 2nd Semester 2014-2015				p	QCHG	Chemistry Hp	B 5.00 5.00
Lincoln Middle School				p	SJAX	Ap European Hist	B 5.00 5.00
FSAH	Spanish 1	B	5.00 5.00	p	SPGI	Psychology	A 5.00 5.00
MDCH	Algebra 1	B	5.00 5.00	Credit Att: 30.00 Cmp: 30.00 TGPA: 4.00			
Credit and GPA rules vary for MS Courses				Grade 10 2nd Semester 2016-2017			
Grade 8 Fall 2014-2015				Alameda High School			
Lincoln Middle School				p	EEAE	Eng 2 Ex P	A 5.00 5.00
FSAH	Spanish 1	A-	5.00 5.00	p	FSCF	Span 3 P	B 5.00 5.00
MDCH	Algebra 1	C	5.00 5.00	p	MECE	Algebra 2 P	A 5.00 5.00
Credit and GPA rules vary for MS Courses				p	QCHG	Chemistry Hp	C 5.00 5.00
Grade 9 1st Semester 2015-2016				p	SJAX	Ap European Hist	A 5.00 5.00
Alameda High School				p	SPGI	Psychology	A 5.00 5.00
p	EEAD	Eng 1 Ex P	A 5.00 5.00	Credit Att: 30.00 Cmp: 30.00 TGPA: 3.83			
p	FSCE	Span 2 P	A 5.00 5.00	Grade 11 1st Semester 2017-2018			
p	MGCE	Geometry P	A 5.00 5.00	Alameda High School			
p	PZGD	Phys Ed 9	A 5.00 5.00	p	EEPF	Ap English 3HP	B 5.00 5.00
p	QBCL	Biology P	A 5.00 5.00	p	EWCI	Creative Writing P A	5.00 5.00
p	SFGD	Comp Cult & Geo	A 5.00 5.00	p	FSHF	Spanish 4 Hp	B 5.00 5.00
Credit Att: 30.00 Cmp: 30.00 TGPA: 4.00				p	MFCF	Pre Calculus P	C 5.00 5.00
Grade 9 2nd Semester 2015-2016				p	QSCI	Physiology P	A 5.00 5.00
Alameda High School				p	SHPF	Ap Us History Hp	A 5.00 5.00
p	DDGI	Current Life Iss	A 5.00 5.00	Credit Att: 30.00 Cmp: 30.00 TGPA: 3.83			
p	EEAD	Eng 1 Ex P	A 5.00 5.00	Grade 11 2nd Semester 2017-2018			
p	FSCE	Span 2 P	B 5.00 5.00	Alameda High School			
p	MGCE	Geometry P	B 5.00 5.00	p	EEPF	Ap English 3HP	B 5.00 5.00
p	PZGD	Phys Ed 9	A 5.00 5.00	p	EWCI	Creative Writing P A	5.00 5.00
p	QBCL	Biology P	A 5.00 5.00	p	FSHF	Spanish 4 Hp	B 5.00 5.00
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.67				p	MFCF	Pre Calculus P	B 5.00 5.00
				p	QSCI	Physiology P	A 5.00 5.00
Course Tags: * = Non Academic + = Honors (weighted) p = College Prep r = Repeated							
Weighted Non-Wtd Acad GPA (9-12) 3.88 3.60 Acad GPA (10-12) 3.91 3.53 Total GPA (9-12) 3.89 3.61 Credit Attempted: 230.00 Credit Completed: 230.00				CREDIT SUMMARY Subject Area Credit Rec'd Credit Needed 05/18 SAT Reading 590 Math 500 1000 05/19 AP: English Lit & Comp 2 5.00 5.00 05/18 AP: US History 4 40.00 40.00 05/18 AP: English Lang & Comp 3 10.00 10.00 05/17 AP: European History 4 10.00 10.00 05/17 AP: Psychology 2 10.00 10.00 HS Algebra 10.00 10.00 Mathematics 10.00 10.00 Life Science 10.00 10.00 Physical Science 10.00 10.00 World History 10.00 10.00 US History 10.00 10.00 Government 5.00 5.00 Economics 5.00 5.00 Physical Education 10.00 10.00 FgLang/PArts/CTE - - Science - - Electives 85.00 85.00 * TOTALS * 230.00 230.00			
District Enter: 8/28/2006 School Enter: 8/31/2015 Graduate, Standard HS Diploma: 6/7/2019				Date: _____ Event: _____ Hours: _____ 06/19 Community Service 42.00 Golden State Seal Merit Diploma			

This transcript is unofficial unless signed by a school official.

Signature: _____

Date: _____

- What is the student's total GPA?
- Does the student meet the GPA requirement to graduate?
- Does this student currently meet HS graduation credit requirements? If not, what do they need to make up?
- How many community service hours does this student have? How many more hours do they need to graduate?
- What recommendations, if any, would you have for this student?

Transcript Analysis

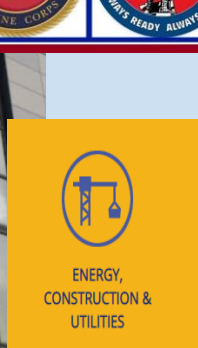
- Whole Class Discussion

-What did you notice about your transcript?

-What recommendations would you have for your student?

Post Secondary Plans

- 4-year college
- Community college
- Gap Year
- Apprenticeship programs
- Military
- Employment



4-Year Colleges



- University of California (UC)- 9 campuses
- California State University (CSU)- 23 campuses
- Private/Independent/Out of State Universities
- Admissions Requirements:
 - High School Diploma
 - Subject Requirements
 - Minimum GPA
 - Test Scores (possibly)
 - Essays or Short Answer Questions(possibly)
 - Letters of Recommendation/Secondary School Reports (possibly)
- Bachelors (BA/BS) Degrees

**G) College Prep
Elective**

1 Year

A) History

2 years

B) English

4 Years

UC/CSU A-G

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

UC Minimum GPA = 3.0*

CSU Minimum GPA = 2.5*

**F) Visual/
Performing
Art**

1 Year

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**

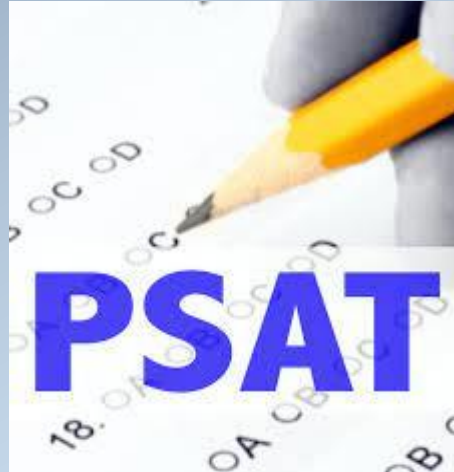
*** GPA = 10-12 not
including PE
Private schools look
at all 9-12 grades**



Testing For College Admission

SAT®

CollegeBoard



- If you plan to apply to 4-year colleges, testing *may* be required.
- **PSAT**- A standardized test to help prepare for taking the SAT. When taken as a junior, students with high scores could qualify for the National Merit Scholarship Program. The test is offered each October at AHS.
- **SAT** or **ACT**- Standardized tests that some colleges may require for college admission. Students generally test junior year if needed. Register online
 - ❖ SAT: www.sat.org/register
 - ❖ ACT: www.actstudent.org
- Starting in 2023-24, the SAT and PSAT will be digital tests.



Community Colleges



California
Community
Colleges

- 116 colleges Statewide
- Admissions Requirements
 - High School Diploma or
 - 18+ years old
- 2-year schools
 - Transfer to a 4-year college
 - Associates of Arts (AA) Degrees
 - Vocational Certificates/Programs
 - Dual Enrollment Program for High School Students (High School Special Enrollment form required)

Gap Year



- What is a gap year?
 - When you take a year off after graduation.
 - Meant to give students a break from academics
- Should students take a gap year?
 - It can be a good choice if students use this time to build their skills, expand their knowledge, and clarify their interests and career choices.
- What can you do in a GAP year?
 - Volunteer
 - Internship
 - Travel
 - Employment
- www.gapyearassociation.org

Apprenticeship Programs



- “Earn while you learn” to become skilled in a trade.
- Combination of classroom and paid, hands-on job training.
- Full-time employment and career placement built in.
- 40 + options including: Automotive, culinary, carpentry, construction, electricians, firefighters, machinists, etc.
- Requirements: High School Diploma & 18 years old
- www.calapprenticeship.org; www.apprenticeship4you.com



Military



- Six different branches of the US Military– Army, Marines, Navy, Air Force, Space Force and Coast Guard.
- Requirements– 17 years old, high school diploma, physical exam, background & security checks.
- Benefits
 - Career Training- 85% of military jobs don't involve combat
 - Education
 - College Tuition Assistance (GI Bill (in state tuition reimbursement), Loan Repayment, College Fund Program)
 - College Credit- convert military training to college credits via testing
- www.todaysmilitary.com

Employment



- Working can provide high school graduates with valuable experience and the opportunity to earn money while exploring potential career paths.
- Potential Job Opportunities for high school graduates
 - Retail
 - Service Industries
 - Office Jobs
 - Outdoors
 - State of California
- While many jobs available to newly graduated high school students may not initially offer salaries exceeding \$50,000 a year, there are still some opportunities that have the potential to do so with experience and advancement. Keep in mind that earning a higher income often requires additional education, training, or skills development. Here are some industries where this is possible:
 - Construction
 - Sales
 - Information Technology (IT)/Computers
 - Telecomm
 - Insurance
 - Utilities
- www.caljobs.ca.gov

teen Mental Health First Aid



teen
MENTAL HEALTH FIRST AID

1 in 5
teens has had a serious **mental health disorder** at some point in their life.

50%
of all **mental illnesses** begin by age 14, and **75%** by the mid-20s.

Suicide is the **second leading cause of death** for **15- to 24-** year-olds.

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

Why teen Mental Health First Aid?

teen Mental Health First Aid teaches high school students how to identify, understand and respond to signs of mental illnesses and substance use disorders among their friends and peers. The training gives students the skills to have supportive conversations with their friends and get a responsible and trusted adult to take over as necessary. It is designed to be delivered in schools or community sites in three interactive classroom sessions of 90 minutes each or six sessions of 45 minutes each.

Schools and organizations offering the training are required to train at least 10 percent of adult staff in Youth Mental Health First Aid and to train the entire grade level. A critical step in the teen Mental Health First Aid action plan is connecting with a trusted adult. Youth Mental Health First Aid trains adults to be prepared to help young people facing a crisis.

WHO SHOULD TAKE IT

- High school students in grades 10, 11 and 12
- High schools, organizations partnering with a high school and youth-serving organizations are eligible to teach teen MHFA to students.

WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- Common signs and symptoms of a mental health crisis, particularly suicide.
- How to open the conversation about mental illnesses and addiction with friends.
- The impact of school violence and bullying on mental health.
- How to seek the help of a responsible and trusted adult.

The course will teach students how to apply the teen MHFA Action Plan to help a friend:

- Look for warning signs.
- Ask how they are.
- Listen up.
- Help them connect with an adult.
- Your friendship is important.

TO LEARN MORE ABOUT TEEN MHFA, VISIT [MHFA.org/teens](https://mhfa.org/teens).

"Schools offering this training can save lives, families and communities. Regardless of how happy, smart or popular someone seems on the outside, everyone is fighting battles we have no idea about. tMHFA taught me that sometimes we need a reminder of what is important and the tools to make that a priority."
— Katie Ramboyong, teen Mental Health First Aider

USA
MENTAL HEALTH FIRST AID
BORN THIS WAY FOUNDATION

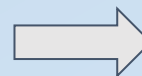
Remember the skills you learned in the **teen** Mental Health First Aid training in Navigating Life.

- Recognize early warning signs that a friend is developing a mental health challenge.
- Recognize warning signs that a friend may be experiencing a mental health crisis. Describe how to talk to a friend about mental health and seeking help.
- Explain when and how to get a responsible adult involved.
- Discuss where to find appropriate and helpful resources about mental health challenges and professional help.
- Apply the tMHFA Action Plan to help a friend with a mental health challenge or crisis.



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



National Suicide Prevention Lifeline: 988

Alameda Co. 24-hour Crisis/Suicide Hotline: 1-800-309-2131

Alameda Co. Text keyword "Safe" (4pm-7pm, every day): 20121

Trevor Project (LGBTQ Support 24-hour support): 1-866-488-7386/
text START to 678678

National Suicide Prevention Lifeline (24-hour): 800-273-TALK (8255)/
text ANSWER to 839863

Crisis Text Line (24-hour): Text HOME to 741741

Grief Counseling Services: 1-800-260-0094

Bullying and Cyberbullying Help Chat: stompoutbullying.org

**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

Youth Targeted Resources

-CA Youth Crisis Line (24-hour talk **and** text): 1-800-843-5200

-CA Peer-Run Warm Line (24-hour): 1-855-845-7415

-Teen Line: Warm Line (6 p.m. – 10 p.m., daily) 1-800-852-8336/text (6 p.m.-9 p.m. daily) TEEN to 839863/ Online Forum: teenlineonline.org/board

-Project Return Peer Support Network: (Mon-Fri 2:30 pm- 10 pm; Sat.-Sun 10 a.m.-6 p.m.) 1-888-488-9777



Post-Test

rb.gy/hntt4n