



Freshman 101

Class of 2027

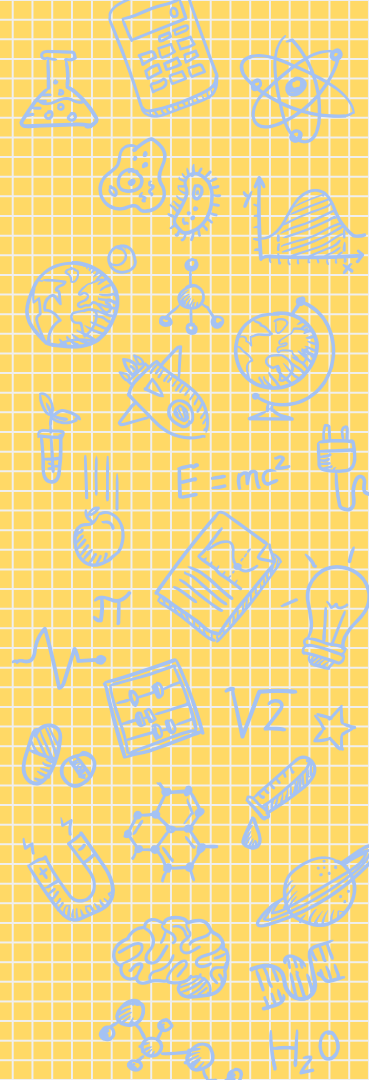
LMHS Counseling Team

Please Note...

- ✘ This presentation, along with future Grade-Level Counseling Presentations, can be found in the “**Class of 2027**” Schoology Course
- ✘ Here are the steps on how to access it and follow along throughout today’s presentation:

Join “Class of 2027”

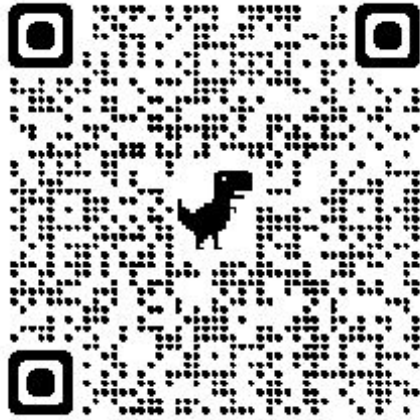
1. Click **Courses** at the top of Schoology
2. Click **My Courses** (Top Right Corner)
3. Click **Join a Course** (located in the right column)
4. Enter Access Code: **CWJ3-Q66Q-DXTF8**
 - a. Click “**JOIN**”



OBJECTIVES

STUDENTS WILL BE ABLE TO:

- UNDERSTAND H.S. GRADUATION REQUIREMENTS
- READ A HIGH SCHOOL TRANSCRIPT
- IDENTIFY HIGH SCHOOL SUCCESS SKILLS



Pre-Survey

<https://forms.gle/6iRjWSFyqtrRKRuVA>



LMHS COUNSELORS!

A - Dang	Mrs. Lopes	llopes@nlmusd.org	(562) 210-3328
Dargo - Hernandez	Ms. Mota	dmota@nlmusd.org	(562) 210-3427
Herrera - Montoya	Mr. Hallum	dhallum@nlmusd.org	(562) 210-3333
Moody-Salazar	Mr. Sahagun	dsahagun@nlmusd.org	(562) 210-3335
Salcido - Z	Mrs. Nguyen	mnguyen@nlmusd.org	(562) 210-3378
College & Career	Ms.. Hamilton	mhamilton@nlmusd.org	(562) 210-3338
Intervention	Mr. Arrenzana	jarrenzana@nlmusd.org	(562) 210-3334

**Fall 2023
Office Hours**

Monday - Friday

8:00am - 4:00pm
Available By Appointment

LMHS Counselors!



Left to Right: Mr. Hallum, Ms. Hamilton, Ms. Mota, Mrs. Nguyen, Mr. Sahagun, Mrs. Lopes, Mr. Arenzana

WHY SHOULD I MEET WITH MY COUNSELOR?

- ✘ Set goals for High School
- ✘ Create academic and career plans
- ✘ Problem solving
- ✘ Individual and small-group counseling
- ✘ Emotional/Personal concerns
- ✘ Individual/family/school crisis intervention
- ✘ Bullying/harassment
- ✘ Counseling Referrals to Outside Agencies
- ✘ See Something, Hear something → Say something!



GRADES MATTER!!

HIGH SCHOOL

- ✘ Graduation
- ✘ Sports Eligibility (2.0 Minimum GPA)
- ✘ Participation in clubs & other school activities

AFTER HIGH SCHOOL

- ✘ Meet requirements and be competitive for college admission & other post-secondary options
- ✘ Apply for Federal & State Financial Aid (FAFSA)
- ✘ Apply For Scholarships

HIGH SCHOOL REQUIREMENTS

- ✗ What are credits?
- ✗ How do I earn credits?
- ✗ What grades are PASSING?
- ✗ What grades are FAILING?
- ✗ What is the minimum GPA to graduate high school?

GRADUATION REQUIREMENTS

EARN AT LEAST 220 CREDITS

BREAK DOWN:

9TH GRADE= 60 CREDITS

10TH GRADE= 120 CREDITS

11TH GRADE= 180 CREDITS

12TH GRADE= 240 CREDITS

HIGH SCHOOL SUCCESS BEGINS WITH YOU!



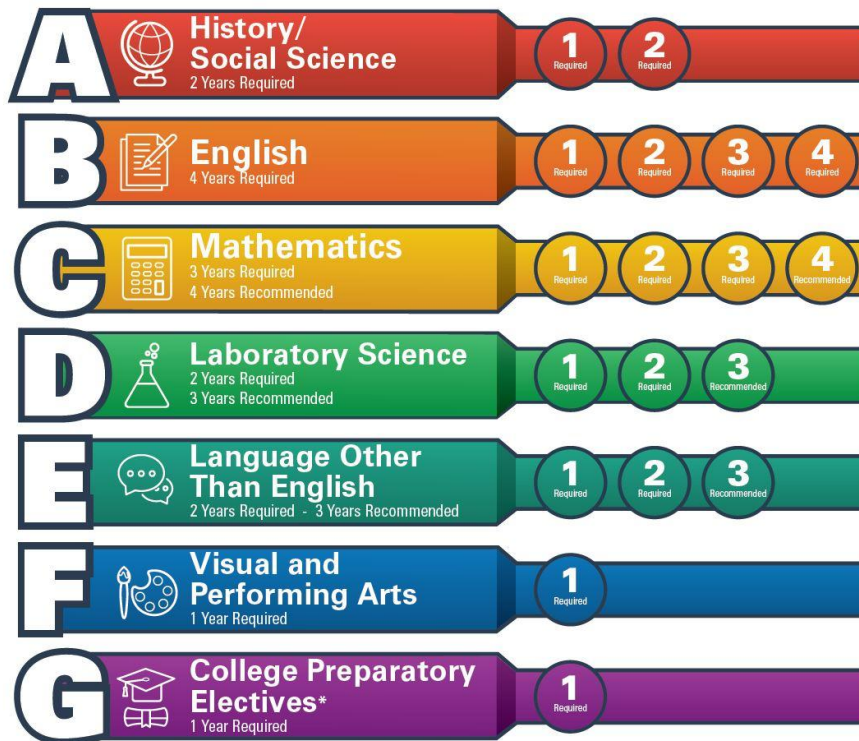
SUBJECT AREA	Years	Credits
LANGUAGE ARTS	4 years	40
SOCIAL SCIENCE	3 years	30
SCIENCE	3 years	30
MATHEMATICS	3 years	30
PHYSICAL EDUCATION	2 years	20
Foreign Language/Fine Art/ Career Tech.	2 years	20
TOTAL REQUIRED CREDITS		170
TOTAL ELECTIVE CREDITS		50
TOTAL MINIMUM CREDITS		220



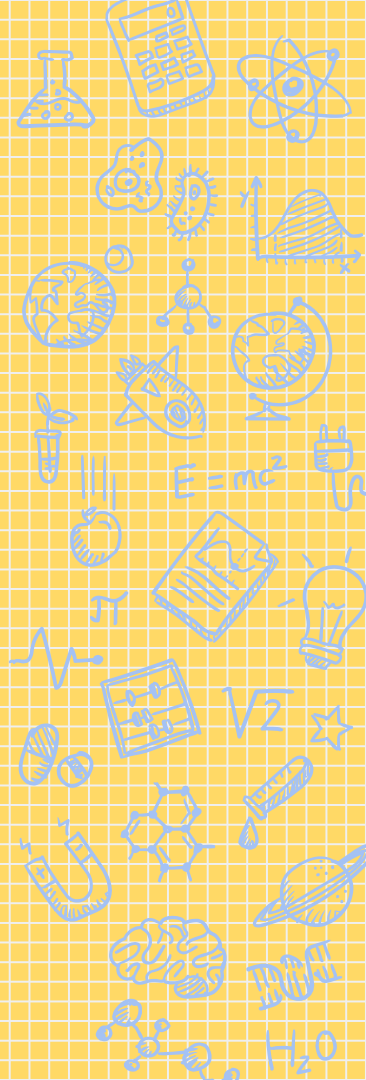
You can go to college

A-G REQUIREMENTS

The University of California (UC) and California State University (CSU) systems require that students complete at least 15 courses in the areas listed below to be considered for admissions. Courses must be completed with a grade of "C" or better. Additional coursework beyond the minimum requirements is strongly recommended.



*Any courses taken in excess of the minimum required in any subject area may count toward the fulfillment of the College Preparatory Elective requirement





**Norwalk-La Mirada USD
OFFICIAL TRANSCRIPT**

Enter Date: 08/09/2010
Leave Date: 06/03/2023
Graduation Date:

Class of: 2023

State ID: _____

Student Name: _____
La Mirada High School
13520 Adelia Dr., Norwalk, CA 90651
Tel: (562) 210-3919 Fax: (562) 943-7700
Counselor: Mota

Course Title	Grade	Gender	Sum	Sum	Course Title	Grade	Gender	Sum	Sum
18-19 Harchamoun Middle School			S1	S2				S1	S2
Lang Arts 8 S	B	0.00	A	0.00	Lang Arts 11A - III A	C+	5.00	B+	5.00
Physical Science 8 S	A+	0.00	A	0.00	Living Earth A	A	5.00	A	5.00
Science 8 S	A+	0.00	A	0.00	US Hist A	A	5.00	A	5.00
Nov Science 8 S	A+	0.00	B+	0.00	Digital Photography A	B+	5.00	B+	5.00
19-20 La Mirada High School			B	5.00	Finance B	B	5.00	B	5.00
Sports Media and Writing A	B	5.00	A-	5.00	Lang Arts 11B - III B	B+	5.00	B	5.00
Spanish 1A	B	5.00	B	5.00	Living Earth B	B-	5.00	B-	5.00
Spanish 1B	B	5.00	A-	5.00	US Hist B	A	5.00	A	5.00
Lang Arts 9A	A+	5.00	B+	5.00	Digital Photography B	C	5.00		
CC Mathematics I A	A+	5.00	B	5.00					
CC Mathematics I B	A+	5.00	B	5.00					
Phys Ed 9 B	A+	5.00	A+	5.00					
Physics in the Universe A	A-	5.00	A-	5.00					
Spanish 2A	B	5.00	A-	5.00					
Spanish 2B	B	5.00	A-	5.00					
Lang Arts 10A	B+	5.00	B-	5.00					
Lang Arts 10B	B+	5.00	A	5.00					
CC Mathematics II A	B	5.00	B	5.00					
CC Mathematics II B	A+	5.00	A+	5.00					
Phys Ed 10 B	A+	5.00	A+	5.00					
Chemistry in the Earth System A	A+	5.00	A-	5.00					
Wild Hist A	A+	5.00	A	5.00					
Wild Hist B	A	5.00	A	5.00					
21-22 La Mirada High School			A-	5.00					
Finance A									

Grade	Credit	GPA	Class Rank
9th	60	3.583	146 out of 413
10th	60	3.167	
11th	60	3.167	
12th	60	3.444	
Total	180.0	3.444	

Grade	Credit	GPA	Class Rank
9th	60	3.583	146 out of 413
10th	60	3.167	
11th	60	3.167	
12th	60	3.444	
Total	180.0	3.444	

ACAD GPA: 3.276 **GPA Summary:** 3.218
UC/CSU GPA: 3.218 **PERFECT:** 146 out of 413

CHANCE ENR: _____ **Proficiency Tests:** 0000000000
CHANCE ENR: _____ **Not Pass:** 0 0
CHANCE ENR: _____ **0000000000**

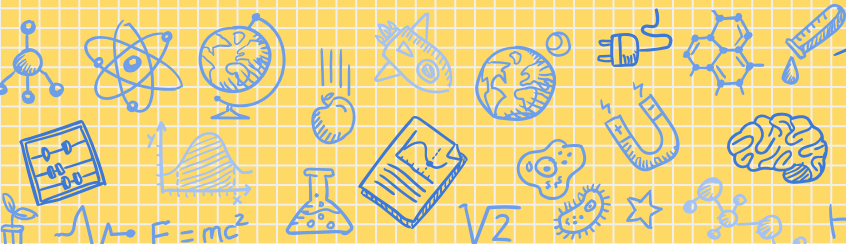
_____ **Comment:** _____
 a "1" are either repeated classes or not counted in GPA

POLIO _____ **1** **2** **3** **4** **5** **IMMUNIZATION Record**

OTF/D/AB/D/T/D _____
HIS Meningitis _____
Hep A _____
Hep B _____
Vaccella _____
TB Test _____

Transcript is unofficial unless signed/stamped by a school official
 Student's Signature _____ Date: 01/20/2023
 Official's Signature _____

HOW DO I READ A TRANSCRIPT?



Course Breakdown

Crse	Course Title	S1	S2	Sum	*	Crse	Course Title	S1	S2	Sum	*
18-19 Hutchinson Middle School											
	Lang Arts 8 S	B 0.00	A 0.00								
	Math 8 S	A+ 0.00	A- 0.00								
	Phys Ed 6-8	A+ 0.00	A+ 0.00								
	Science 8 S	A+ 0.00	A 0.00								
	Soc Science 8 S	A 0.00	B+ 0.00								
	Yearbook	A+ 0.00	A+ 0.00								
19-20 La Mirada High School											
	Sports Media and Writing A	B 5.00									
	Sports Media and Writing B		A- 5.00								
	Spanish 1A	B 5.00									
	Spanish 1B		B 5.00								
	Lang Arts 9A	A- 5.00									
	Lang Arts 9B		A- 5.00								
	CC Mathematics I A	B+ 5.00									
	CC Mathematics I B		B 5.00								
	Phy Ed 9 A	A+ 5.00									
	Phy Ed 9 B		A+ 5.00								
	Physics in the Universe A	A- 5.00									
	Physics in the Universe B		A- 5.00								
20-21 La Mirada High School											
	Spanish 2A	B 5.00									
	Spanish 2B		B- 5.00								
	Lang Arts 10A	B+ 5.00									
	Lang Arts 10B		A 5.00								
	CC Mathematics II A	B 5.00									
	CC Mathematics II B		B 5.00								
	Phy Ed 10 A	A+ 5.00									
	Phy Ed 10 B		A+ 5.00								
	Chemistry in the Earth System A	A- 5.00									
	Chemistry in the Earth System B		A- 5.00								
	Wld Hist A	A+ 5.00									
	Wld Hist B		A 5.00								
21-22 La Mirada High School											
	Finance A	A- 5.00									
21-22 La Mirada High School											
	Lang Arts 11A	C+ 5.00									
	CC Mathematics III A	B- 5.00									
	Living Earth A	A 5.00									
	US Hist A	A 5.00									
	Digital Photography A	B+ 5.00									
	Finance B		B+ 5.00								
	Lang Arts 11B		B- 5.00								
	CC Mathematics III B		B- 5.00								
	Living Earth B		B- 5.00								
	US Hist B		A 5.00								
	Digital Photography B		C 5.00								

Credits/GPA/Class Rank

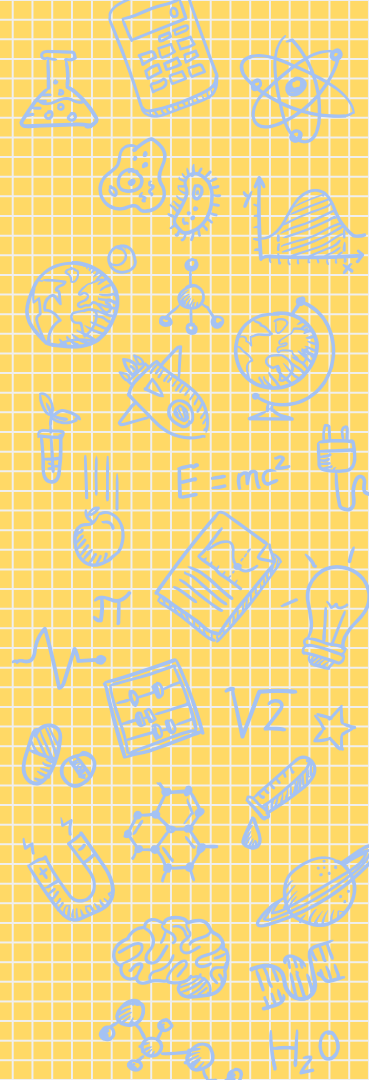
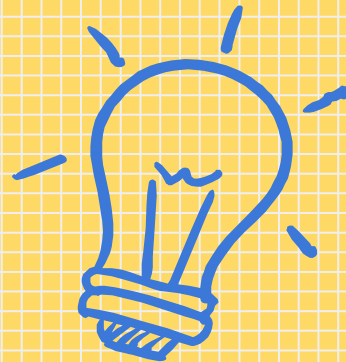
Grade	Credit	GPA
8th		0.000
9th	60	3.583
10th	60	3.583
11th	60	3.167
12th		
Total	180.0	3.444

GPA Summary

ACAD GPA:	3.375	FAFSA:	3.318
UC/CSU GPA:	3.318	Class Rank:	146 out of 413

SKILLS FOR SUCCESS!

1. EARN GOOD GRADES
2. STAY ORGANIZED
3. GET INVOLVED!

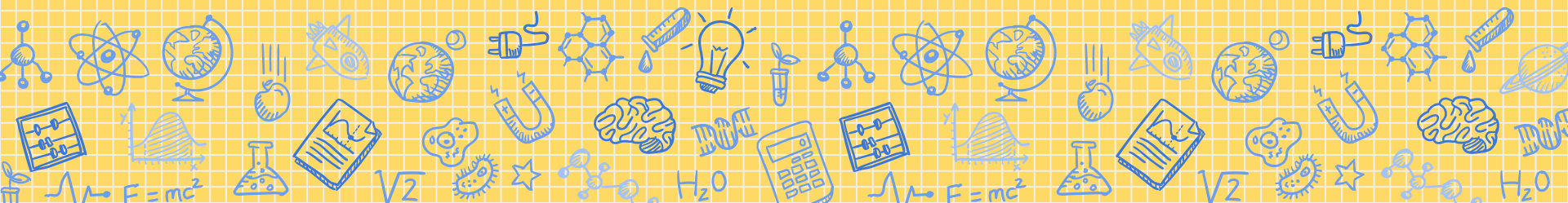


STRATEGIES TO EARN GOOD GRADES!

- ✗ Use a planner
- ✗ Keep your schoolwork in a binder
- ✗ Organize your backpack every week
- ✗ Go to tutoring
- ✗ Attend school daily & on time
- ✗ Have all your materials
- ✗ Show good body language in class
- ✗ Do your homework
- ✗ Participate in class
- ✗ Take notes in class
- ✗ Have a good study place
- ✗ Review and study for tests
- ✗ Set goals for yourself
- ✗ Follow school rules
- ✗ Talk to your teachers
- ✗ Ask for help

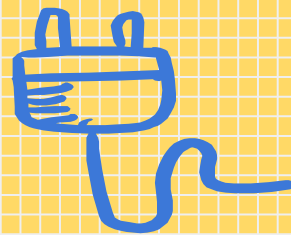
What is 1 strategy you already use?

What is 1 strategy you plan to use?



GET INVOLVED

- ✘ Clubs
- ✘ Extra-Curricular Activities
- ✘ Sports/Athletics
- ✘ Fine Arts/Performing Arts



JOIN A PATHWAY

- ✘ ACE Business Academy
- ✘ Apple Education Academy
- ✘ Digital Marketing & Design
- ✘ Digital Photography
- ✘ Law/CSI
- ✘ Sports Medicine
- ✘ Welding
- ✘ Engineering
- ✘ Biomedical Science
- ✘ Visual & Performing Arts (VAPA)



HOW TO GET SUPPORT?

- ✗ Speak to your teacher before/after/break
- ✗ Meet with your Counselor
- ✗ Tutoring Resources:
 - ✗ On-Campus Tutoring (Schedule on School Website)
 - ✗ Calculus Club Tutoring - Rm. 261 (Lunch)
 - ✗ Khanacademy.org



2023-2024 LMHS Tutoring Schedule

General Subject: Math				
Specific Subject	Days	Time(s)	Location(s)	Teacher(s)
Math	M, T, W, Th	3:35-4:40 PM	Room 271	Mr. Banuelos
Math	By Appointment	By Appointment	Room 928	Mr. Choi
Geometry	By Appointment	Snack & Lunch	Room 934	Mr. Yovino
Math	M, T, W, Th, F	Lunch	Room 273	Mr. Couvrey
CC Geometry	Thurs	Lunch	Room 915 (only Ms. Johnson's students)	Ms. Johnson
Math	M, T, W, Th, F	Lunch	Room 261	Mrs. Kidwell

General Subject: English Language Arts				
Specific Subject	Days	Times	Location(s)	Teacher(s)



[Counseling](#) » [School Counseling Home](#)

School Counseling Home

Welcome

Our Counseling Department is here to support your academic, college/career, and social/emotional needs. We strive to provide each student with an individualized academic plan and resources to succeed. Please reach out to our counselors to begin your plan for a successful future.

Availability

Counselors are available to students before school, at snack, at lunch and after school. If a student would like to make an appointment with a counselor, please visit Students Services to complete a Counselor Request Form.

Parents may get in contact with their student's counselor by calling the school office at (562) 210-3315. We would prefer that your student attend appointments with you, however, we realize there may be times when you want to meet with us privately.

2022-23 Office Hours

Mondays -Fridays | 8:00 AM - 4:00 PM

Beliefs

- We believe that all students can successfully transition to post-secondary college and career options with comprehensive guidance and support.
- We believe that the counselor is an advocate to all students for social, emotional,

[School Counseling Home](#)

[Who Is My Counselor?](#)

[Classroom Presentations](#)

[High School Graduation Requirements](#) [↗](#)

[A-G & College Planning](#)

[PSAT, SAT, ACT](#) [↗](#)

[Financial Aid + Scholarships](#) [↗](#)

[Intervention Counseling Services](#)

[Mental Health Resources +](#)

LMHS WELLNESS CENTER

What is the Wellness
Center?

A space for...

Individual Therapy
Group Therapy
Wellness Workshops

Time to relax and connect with friends during:

Arrival, Snack & Lunch

Calming space to help you manage anxiety feelings or any other
extreme life stressors

During Arrival, Snack & Lunch

- Relaxing time to disconnect from school environment
- Learn about Mental Health
- Listen to music
- Draw
- Schedule a check in session if needed



Mental Health
Check-In
Request

NLMUSD Virtual Calming Room



Virtual Calming Room

[Home](#)

[Visual Relaxation](#)

[Sounds & Music](#)

[Mindfulness Activities](#) ▾

[More](#) ▾



NLM Virtual Calming Room

This site is for students, families and staff in our Norwalk and La Mirada Communities to find tools to promote resilience and wellness. Try an activity once a day or more if you like. It will help you to feel calm and prepared for your daily tasks.

~Wellness Team at Norwalk-La Mirada Unified School District

Disclaimer: The following links are purely for educational purposes and are not intended as psychological interventions or as a substitute for psychological treatment. If you are in need of psychological help you should seek the consultation of a licensed mental health professional.

Upcoming Event...

COLLEGE & CAREER EXPO

THURSDAY, OCTOBER 26

6PM - 8PM

NORWALK HIGH SCHOOL STADIUM

11356 E. LEFFINGWELL ROAD

**NO
REGISTRATION
NEEDED**

NLM

NORWALK · LA MIRADA
UNIFIED SCHOOL DISTRICT
Every Student. Future Ready. Our Promise.

- REPRESENTATIVES FROM COLLEGES, UNIVERSITIES, BUSINESSES, AND U.S. ARMED FORCES
- FINANCIAL AID & COLLEGE APPLICATION WORKSHOPS
- PHOTO BOOTH, GIVEAWAYS, & MORE



Post-Survey

<https://forms.gle/gBbNEec35spche4u8>



THANK YOU!

QUESTIONS?

