



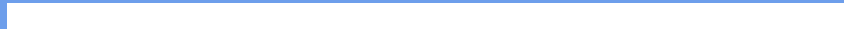
La Mirada High School

10th Grade Presentation
Class of 2026

Pre-Survey



<https://docs.google.com/forms/d/e/1FAIpQLSdzO4g5pM4ANSs9vDkYQ1rnIY7pyL-x2F3ZpjSscr2YKBI3UQ/viewform>



Who is your Counselor?

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) 210-3315
College & Career	Ms. Hamilton	mhamilton@nlmusd.org	(562) 210-3338
Intervention	Mr. Arenzana	jarenzana@nlmusd.org	(562) 210-3334

*La Mirada High School
Diploma Requirements*



Diploma candidates must also have a minimum Grade Point Average (GPA) 2.00.

In order to participate in the Graduation Ceremonies, all requirements must be completed before June 2026.

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
Fine Arts ~ World Language ~ Technical Arts	2 years	20
TOTAL REQUIRED CREDITS		170
TOTAL ELECTIVE CREDITS		50
TOTAL MINIMUM CREDITS		220

Systems of Higher Education

Community College



**California
Community
Colleges**

4-Year California Colleges & Universities (Three Types)



**California State
Universities
(CSU)**



**University of
California (UC)**



PRIVATE COLLEGES
(Located in California)

a-g Requirements

a	History & Social Sciences - 2 Years Required <ul style="list-style-type: none">• 1 Year World History + 1 year U.S. History
b	English - 4 Years Required
c	Mathematics - 3 Years Required - 4 Recommended
d	Laboratory Science - 2 Years Required - 3 Recommended
e	Language Other Than English (LOTE) 2 Years Required - 3 Years Recommended <ul style="list-style-type: none">• Must be 2 years of the SAME language
f	Visual and Performing Arts - 1 Year 1 year of the same course
gg	College Preparatory Electives - 1 Year <ul style="list-style-type: none">• May be chosen from the A, B, C, D, E, F categories.

All a-g Courses must be completed with a grade of “C” or better

a-g Eligible vs. Competitive

ELIGIBLE

- **Minimum a-g Completion**
- **Minimum GPA**
- **Choosing a Minimum 12th grade schedule w/ few a-g courses**
- **A few extracurricular or community activities**

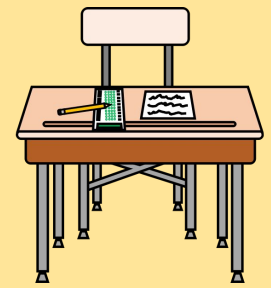
Does not mean that a student will be accepted to their 1st choice campus

COMPETITIVE

- **Taking a-g courses beyond the minimum**
- **Higher GPA**
- **Competitive 12th grade schedule w/ a-g courses**
- **Several, recurring extracurricular or community activities**

Better chance for students to be accepted to highly competitive or impacted majors

- The [CSU & UC has permanently suspend the requirements](#) for applicants to take either the ACT or SAT test as part of their application.
- For a list of Test Optional Colleges in California visit [Association of Independent California Colleges and Universities](#)



	ACT Plus Writing	SAT Plus Writing
	www.act.org	https://collegereadiness.collegeboard.org/sat
Content	Math, English, Writing, & Science Reasoning	Evidence based reading, writing, math, essay
Method	NO Penalty for wrong answers	NO Penalty for wrong answers
Scoring	Out of 36	Out of 1600

College Bound Student Athletes Start your NCAA Profile NOW!

<https://web3.ncaa.org/ecwr3/>

DIVISION I 16 Core Courses

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II 16 Core Courses (2013 and After)

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Financial Aid



[FAFSA Filling](#) [Federal Financial Aid](#)
[California Dream Act Information](#)

GRANTS

- **Free Money** for educational expenses based on financial need
- **Main Types:**
 - [Cal-Grant](#)
 - [Pell Grant](#)



Scholarships

- **Free money** based on specific requirements or criteria
- **Main Types:**
 1. [On Campus](#)
 2. [National](#)
 3. [Local \(High School\)](#)



Work-Study

- **Jobs** to help pay for school
 - **Employment** at the Campus
 - **Up to 15 hours** per week



[Practice](#)
[FAFSA](#)
[Work](#)
[Sheet](#)

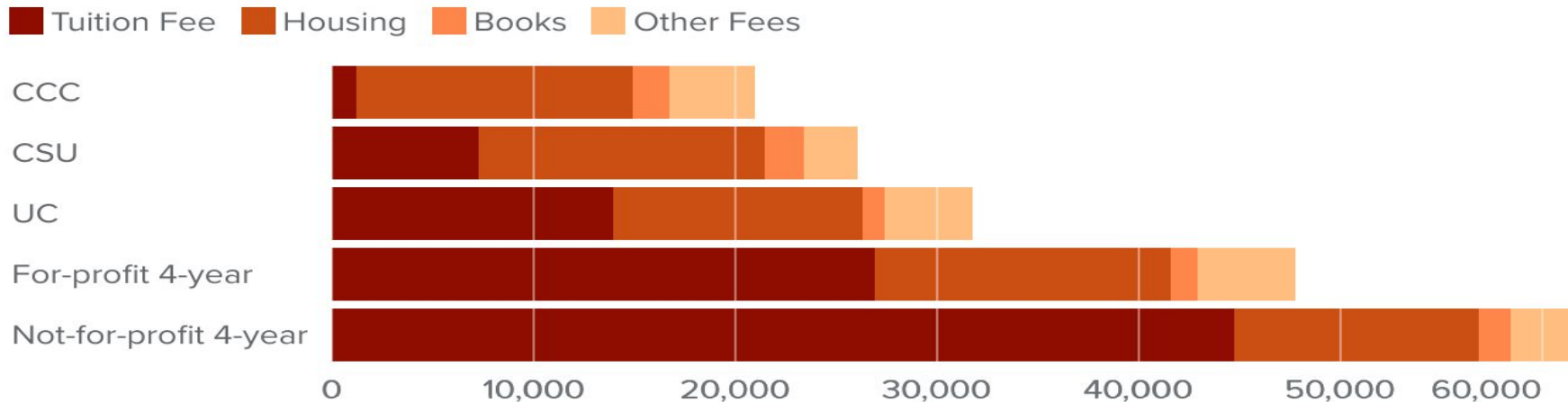
Loans

- Money on loan** which must be paid back with interest
- **[Subsidized](#):** Government pays down interest in school
 - **[Unsubsidized](#):** Automatic monthly payments

How much does college cost?

FIGURE 1

For students at public colleges, tuition is a small part of overall costs



SOURCE: Integrated Postsecondary Education Data System.

NOTES: Data from 2019. Housing costs are the typical institutions estimated cost of living off-campus. California Community College and California State University students are much more likely to live with family, which could greatly reduce living costs.

College and Career Center Room 367

- Located in [College and Career Center](#) (Room 367), **Ms Hamilton** is your College & Career Counselor who actively engages all students to:
 - Prepare now for their Future Career past the high school diploma.
 - Prepare Financial Aid Workshops including the FAFSA ([Free Application for Federal Student Aid](#)).
 - Meets one-on-one with students to discover their strengths to plan a path towards their goals.
 - Engage all students with a variety of College and Career speakers, workshops and activities that inspires all students to plan beyond the diploma.



College & Career Fair Expo



College & Career Expo
Thursday, October 26th

6:00 p.m. to 8:00 p.m.
Norwalk High School

Colleges and Universities from all over California along with representatives from local and national businesses will be there

Financial aid, college applications, NCAA eligibility clearinghouse and more. No registration is required for the Expo and attendees are encouraged to arrive early.

College and Career information:

THESE ARE 2 GREAT WEBSITES THAT CAN HELP ANSWER QUESTIONS.

California Career Zone: www.cacareerzone.org

- ◆ Great tool to compare different colleges and careers.
- ◆ Learn about what you need to pursue your goals.
 - Assess yourself
 - Explore different job options

California Colleges: www.californiacolleges.edu

- ◆ Every student has their own personal account.
- ◆ Explore different colleges.
- ◆ Look at admission requirements and applications.
- ◆ Research different Finance Options for College.
- ◆ Search different careers to find what best suits your skills, values, interests, and personality.



Self-Care

- ◆ **Get enough sleep**
- ◆ **Improve study habits**
- ◆ **Ask for help**
- ◆ **Have a growth mindset**
- ◆ **Take a deep breath when needed**
- ◆ **Stay active**
- ◆ **Eat healthy & stay hydrated**
- ◆ **Disconnect - take a break from social media**
- ◆ **Visit the [NLM Virtual Calming Room](#)**

Post-Survey



<https://forms.gle/qBAyPTXJPuxpmZUHA>

Questions?
