

# Class of 2025

11th Grade  
Guidance Lesson

[LMHS Website - Click HERE](#)





# Counseling Staff

Students are assigned to a counselor based on their last name.

[School Counseling Website - Click Here](#)

## Counseling Office Hours

Monday - Friday

8:00 AM - 4:00 PM

*Counselors are available to students before school, at snack, at lunch, and after school.*

*To make an appointment, you may email your counselor or visit Student Services to complete and submit a counselor request form.*

A - Dang	Mrs. Lopes	<a href="mailto:llopes@nlmusd.org">llopes@nlmusd.org</a>	(562) 210-3328
Dargo - Hernandez	Ms. Mota	<a href="mailto:dmota@nlmusd.org">dmota@nlmusd.org</a>	(562) 210-3427
Herrera - Montoya	Mr. Hallum	<a href="mailto:dhallum@nlmusd.org">dhallum@nlmusd.org</a>	(562) 210-3333
Moody - Salazar	Mr. Sahagun	<a href="mailto:dsahagun@nlmusd.org">dsahagun@nlmusd.org</a>	(562) 210-3335
Salcido - Z	Mrs. Nguyen	<a href="mailto:mnguyen@nlmusd.org">mnguyen@nlmusd.org</a>	(562) 210-3378
College & Career	Ms. Hamilton	<a href="mailto:mhamilton@nlmusd.org">mhamilton@nlmusd.org</a>	(562) 210-3338
Intervention	Mr. Arenzana	<a href="mailto:jarenzana@nlmusd.org">jarenzana@nlmusd.org</a>	(562) 210-3334

# Graduation Requirements



## GRADE POINT AVERAGE REQUIREMENT

Students must have a minimum total Grade Point Average of 2.0 to meet graduation requirements.

<u>Subject Area</u>	<u>Credits Required</u>	<u>Required Years</u>
Language Arts	40	4
Social Science	30	3
Mathematics	30	3
Science	30	3
Foreign Language/Fine Art/Technical Art	20	2
Physical Education	20	2
Electives	50	
<b>TOTAL MINIMUM CREDITS REQUIRED</b>	<b>220</b>	

# A-G Requirements

<b>A</b>	<b>History</b>		<b>2 Years Required</b>
<b>B</b>	<b>English</b>		<b>4 Years Required</b>
<b>C</b>	<b>Math</b>		<b>3 Years Required</b> <b>4 Recommended</b>
<b>D</b>	<b>Laboratory Science</b>		<b>2 Years Required</b> <b>3 Recommended</b>
<b>E</b>	<b>Foreign Language</b>		<b>2 Years Required</b> <b>3 Recommended</b>
<b>F</b>	<b>Visual and Performing Arts</b>		<b>1 Year Required</b>
<b>G</b>	<b>College Preparatory Elective</b>		<b>1 Year Required</b>

[A-G Requirement Video - Click HERE](#)

# A-G Requirements

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What you need to know

To meet minimum admission requirements for the CSU/UC, you must complete **15 year long high school courses** with letter grades of “C” or better.

- At least 11 of the 15 courses must be completed by the end of your Junior year.

➤ LMHS CSU-UC 4 Year Plan

[CLICK HERE](#)

## A-G Approved Course List for LMHS...

[CLICK HERE](#) to view the Freshman Admission Requirements for the CSU's and/or UC's.

- Once you open the [A-G Course List for LMHS](#), you can click on different academic year tabs to view A-G courses offered during specific years.



# 4 Systems of Higher Education



University of California (UC)



California State University (CSU)



California Community Colleges (CCC)



Independent and Private  
Colleges/Universities

## Degrees

High School- 4 years



Diploma

Community College - 2 years (Optional)



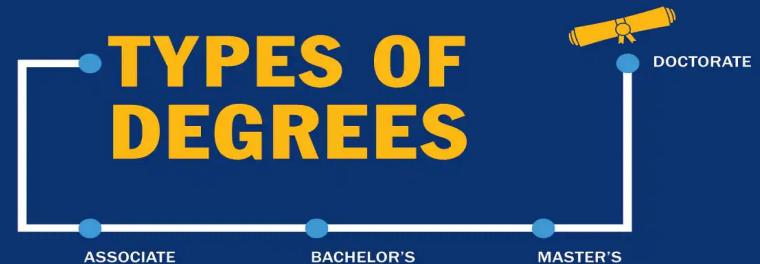
Associate's Degree

University -4 years



Bachelor's Degree

## TYPES OF DEGREES







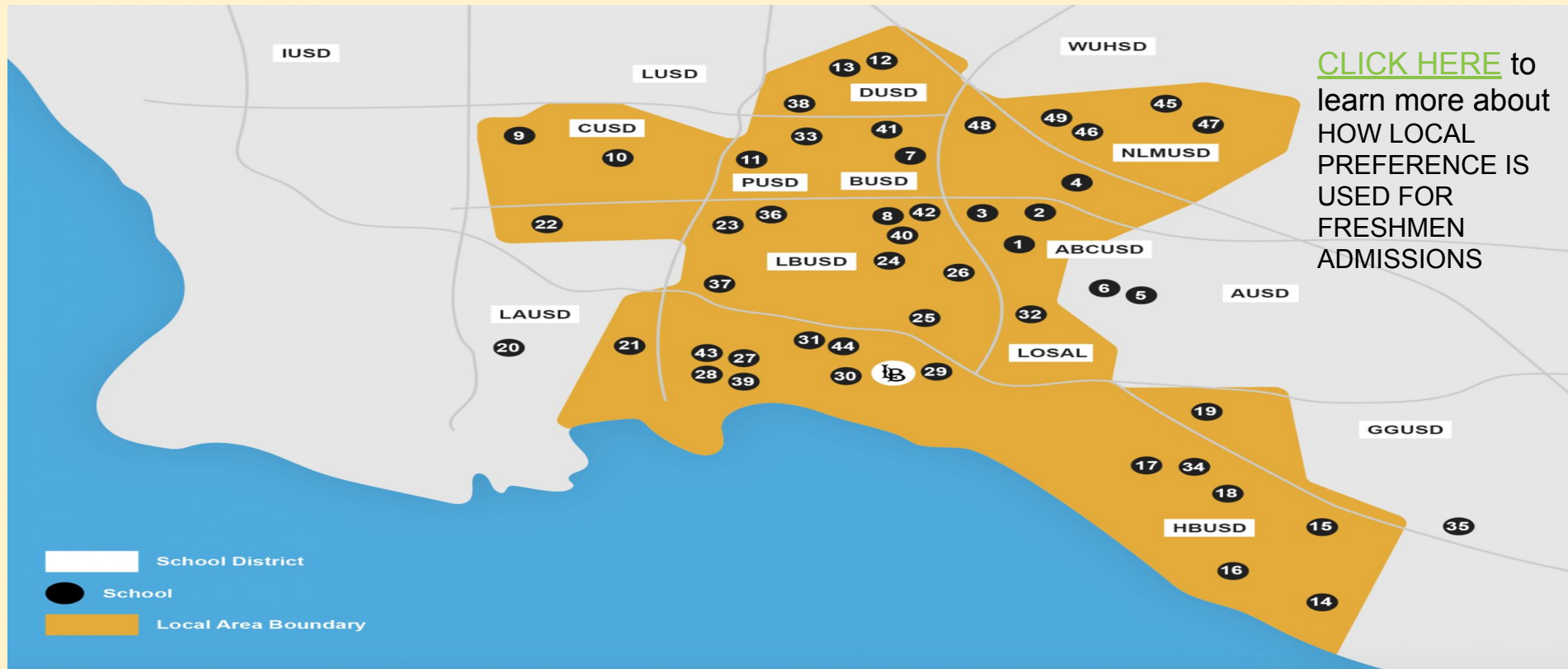
The California State University



UNIVERSITY OF CALIFORNIA



LOCAL ADMISSION AREA SCHOOLS AND DISTRICTS



[CLICK HERE](#) to learn more about HOW LOCAL PREFERENCE IS USED FOR FRESHMEN ADMISSIONS



# CSU / UC Application Profile

## Eligible vs. Competitive

### ELIGIBLE

- *Minimum* A-G Completion
- *Minimum* GPA
- **Easy** schedule with *few* A-G courses
- *Few* extracurricular or community activities

***Challenge yourself to take on a more rigorous schedule your senior year.***

### COMPETITIVE

- Successfully continue taking and passing A-G courses beyond the minimum requirement
- Higher GPA (**3.5** or above)
- Several, recurring extracurricular or community activities

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

# College Testing Requirements



**The California State University (CSU) no longer uses ACT or SAT examinations in determining admission eligibility for all CSU campuses.**

Click [HERE](#) for Details & [HERE](#) for Freshmen FAQ.



**UC will not consider SAT or ACT test scores when making admissions decisions or awarding scholarships.**

Click [HERE](#) for Details & [HERE](#) for FAQ.



**Private-Independent In-and-Out of State College or University**

- Visit their website for testing requirement updates

# Types of financial aid



## GRANTS

Money awarded to students who show financial need. Grants are not repaid.

## STUDENT LOANS

Money you borrow to help pay for college. You'll have to repay the loans after you're done with college.



## WORK-STUDY

Money you earn from a job at the college to help you pay for school expenses. This might include a job in the cafeteria or library.

## SCHOLARSHIPS

Money you don't repay that is awarded by colleges or organizations. To increase your chances of earning scholarships, do well in school, get involved, and volunteer.



If you qualify for free or reduced price lunch, you may qualify for "need-based" financial aid such as grants, work-study and some scholarships, when it's time to go to college.

# College & Career Planning Resources

## Plan for College

Start here with simple steps you can take today to stay on track for college. New steps will unlock and be added to your dashboard throughout the year, so keep checking back.

Unlocked Win \$40K

0 of 6

Colleges Added

### Build Your College List

Find the right college for you.

Find Colleges

Unlocked Win \$40k

0

Colleges on Your List

Reach 1-2-3

Match 1-2

Safety 1

### Strengthen Your College List

A mix of reach, match, and safety schools will help you find the right college for you.

Update Your College List

Unlocked Win \$40K




### Practice for the SAT

Take a timed mini section or a diagnostic quiz to boost your score.

Go to Khan Academy

Locked



Unlocks Fall 2022

### Apply to College


This is what you've been working toward. You've got this!

Explore Colleges

## Pay for College

Learn how to pay for college, unlock financial aid, and find scholarships just for you.

Unlocked Win \$40k




### Explore Scholarships

Start looking for free money to help pay for college.

Search Scholarships

Locked



Unlocks Fall 2022

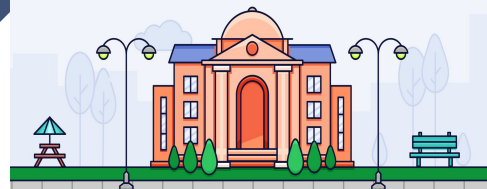
### Complete the FAFSA®

The FAFSA is the most important step to pay for college.

Go to the FAFSA

 **BigFuture**


Prepare for college and explore careers



## Explore Careers

Learn more about possible options for life after high

Unlocked



### Explore Careers

Get suggestions based on your interests.

Search Careers

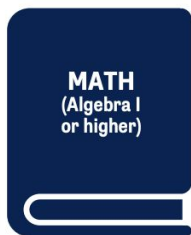
# College-Bound Student Athletes...update your NCAA profile!

## NCAA Eligibility Center

### DIVISION I



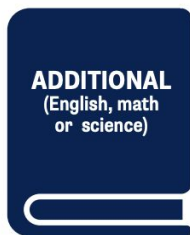
4 years



3 years



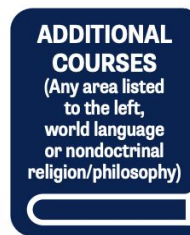
2 years



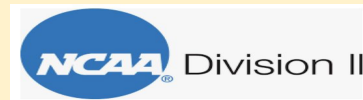
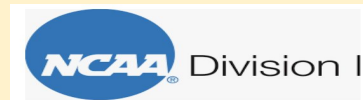
1 year



2 years



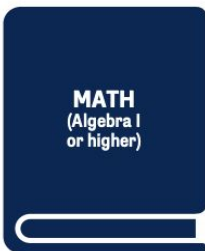
4 years



### DIVISION II



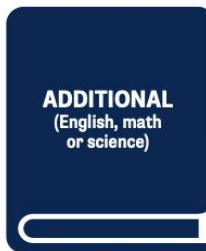
3 years



2 years



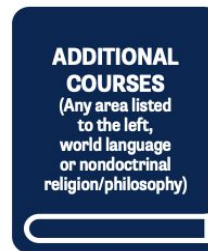
2 years



3 years



2 years



4 years

Click on Division I or Division II above to see the full list of requirements!



# Post Secondary Options

High School

UC

CSU

CCC

Private/Independent  
Colleges

Trade  
School

Military

Work



# Visit our College and Career Center

- ★ **Ms. Hamilton** located in **Room 367 - College and Career Counselor**
  - Provides resources for all students in their preparation for life after high school.

-Workshops: exploring careers and/or preparing for college, financial aid support, personal insight tips

-PSAT / SAT / ACT testing information

-Building a balanced college list

-One-on-one meetings with students to plan a path toward post-secondary goals

-General career exploration support

-College & scholarship application support

-Researching scholarships and financial aid opportunities

-Researching in-state and out-of-state colleges and universities

-Learning about degrees / certificate programs and transfer agreements to 4-year universities



# Upcoming Event...

## COLLEGE & CAREER EXPO

THURSDAY NORWALK HIGH STADIUM  
OCTOBER 26 11356 E. LEFFINGWELL ROAD  
6PM - 8PM NORWALK, CA

- COLLEGE & UNIVERSITY REPRESENTATIVES
- APPLICATION & FINANCIAL AID WORKSHOPS
- FOR MORE INFORMATION, SCAN THE QR CODE

## EXPO DE UNIVERSIDAD Y CARRERA

JUEVES ESTADIO DE ESCUELA NORWALK  
26 DE OCTUBRE 11356 E. LEFFINGWELL ROAD  
6PM - 8PM NORWALK, CA

- REPRESENTANTES DE COLEGIOS Y UNIVERSIDADES
- TALLERES DE SOLICITUD Y AYUDA FINANCIERA
- PARA MÁS INFORMACIÓN ESCANEA EL CÓDIGO QR



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

# Health & Academic Achievement



## ❖ QUICK WELLNESS TIPS:

- Exercise regularly
- Nurture with nutrition
- Get 8 hours of sleep
- Maintain a positive attitude
- Remember to laugh
- Stay hydrated
- Relax with hobbies
- Be part of a supportive community
- Prioritize / Create a routine
- Be realistic
- Expect things to change
- Build new friendships
- Practice meditation

## ❖ TIPS FOR SUCCESS:

- Attend school on a daily basis AND be on time to class
- Develop good study skills / habits
- Frequently monitor your grades on PowerSchool & check Schoology
- Follow classroom rules / school policies
- Complete your homework / classwork / projects
- Practice good time management
- Seek help by: attending teacher tutoring hours, forming study groups, and consulting with your counselor
- Get involved in school activities (clubs, athletics, ASB, etc.)
- Establish learning goals
- Maintain good grades
- Constantly communicate with your teachers

## Growth Mindset Video:

[https://www.youtube.com/watch?v=rf8FX2sl3qU&feature=emb\\_title](https://www.youtube.com/watch?v=rf8FX2sl3qU&feature=emb_title)

Ms. O'Donnell  
Wellness Specialist  
Room 174

# Mental Health & Wellness

Norwalk-La Mirada Unified School District  
Alternative Programs and Support Department

## Purpose

Norwalk-La Mirada USD is committed to cultivating wellness of our students, families and staff through a multi-tiered system of support with an emphasis on prevention and early intervention. Our goal is to promote all students' resiliency and positive social emotional wellbeing. Positive mental health contributes to effective stress management and healthy relationships. We want to help our students to reach their potential by supporting their mental and emotional health.





T

[CLICK HERE](#) 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.



Visual Relaxation



Sounds & Music



Mindfulness Activities



Coloring & Creativity



Exercise



Puzzles & Games



Smart Phone Apps



Textlines & Hotlines



Healthy Eating



Live Animal Cams

The word "QUESTIONS" is written in a bold, white, sans-serif font with a slight 3D effect. It is centered on a white rectangular background. Surrounding the text are numerous semi-transparent squares in various shades of blue and green, some overlapping each other and the text, creating a dynamic, abstract graphic. The entire white rectangle is set against a solid dark blue background.

**QUESTIONS**