



Senior Guidance Lesson 2023-2024



La Mirada High School
Counseling Department
October 11, 2023

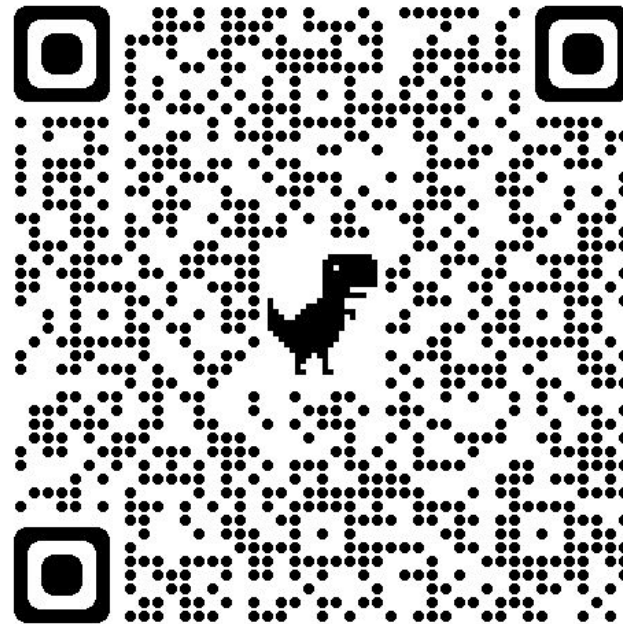
Alpha Counselor Breakdown (By Student's Last Name)

Alpha	Counselor	Email	Office Number
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
Intervention (All Grades)	Mr. Arenzana	jarenzana@nlmusd.org	(562) 210-3334
College & Career (All Grades)	Ms. Hamilton	mhamilton@nlmusd.org	(562) 210-3338

Pre-Survey

Before our lesson today, everyone will be taking a short pre-survey to assess how much you know about graduation requirements, college admissions requirements, and college application timeline. The survey is **ANONYMOUS!**

Click Here
To Begin 



Academic Counseling Overview

Quick Review of Graduation Requirements

- Pass All Subject Requirements
- 2.0 Minimum GPA
- 220 Credits



College Admissions Requirements

- CSU-UC A-G Freshman Admissions Requirement
- Reminder!!! Grades of "D" are not accepted by CSU's & UC's
- Private-independent colleges and universities
- It varies; check with your college or university of interest for its admission requirements

NCAA Eligibility Center

- La Mirada High School's NCAA Courses (School Code: 051352)
- NCAA Student Registration
 - Create an Account: Application Fee
 - Create a Profile Page: No Application Fee



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



College Application Timeline



CALIFORNIA COMMUNITY COLLEGES

Application opens as early as mid-September to early October. Check with your community college of interest.

CAL STATE APPLY

October 1- November 30, 2023



For all other colleges or universities, please visit their website for deadline information and application.



October 1 - November 30, 2023
Click [HERE](#) for Freshman: Tips for Applying

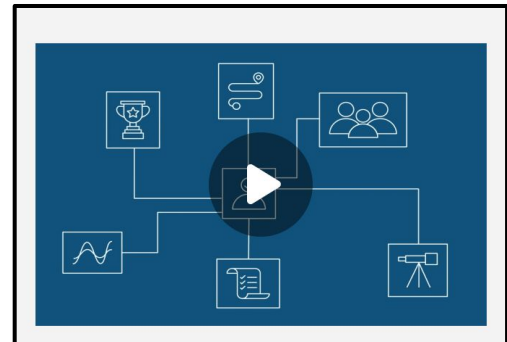


What is Common App?

Each year, more than 1 million students apply to more than 1,000 Common App member colleges worldwide through our online college application platform.

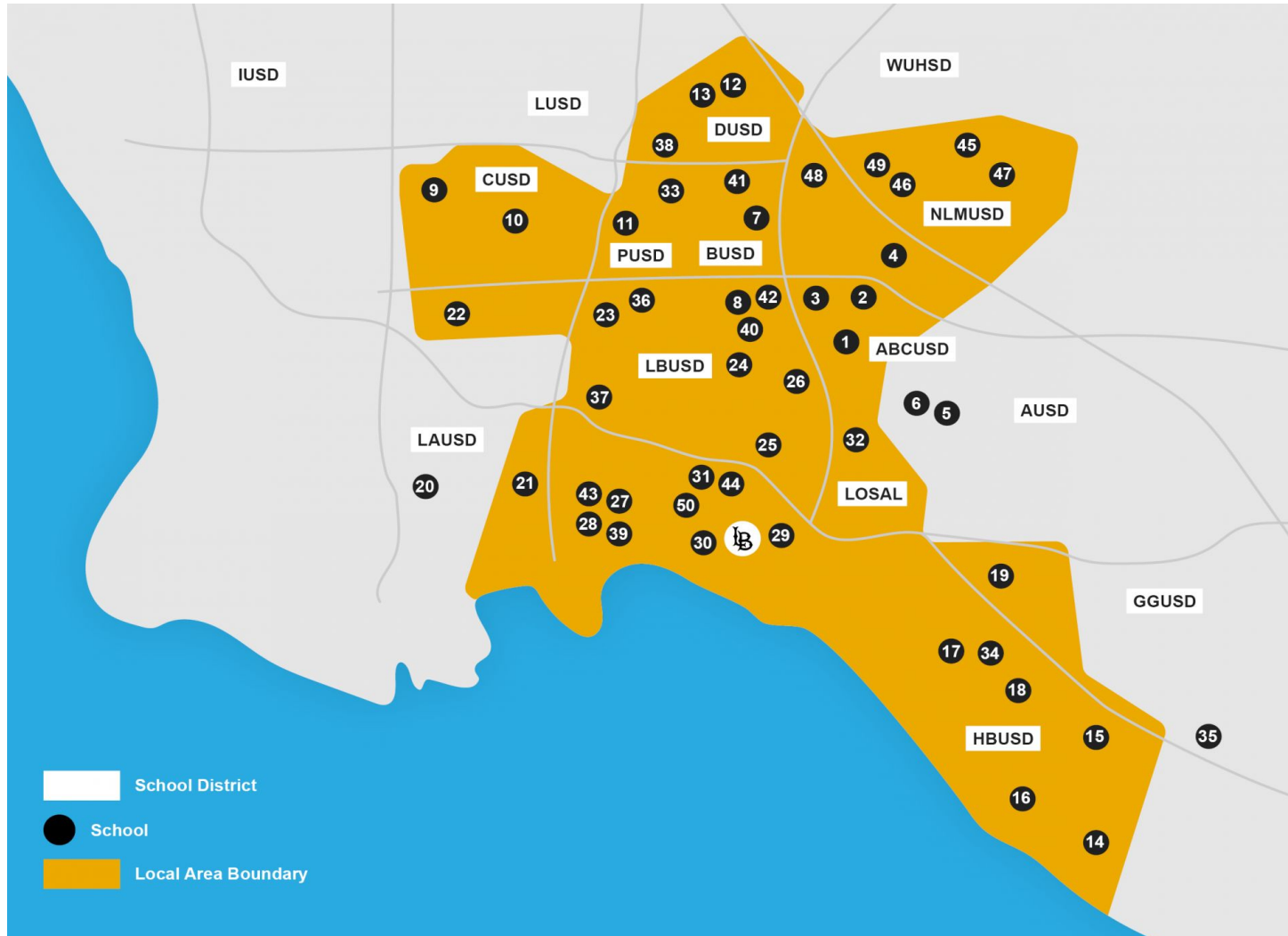
Follow the steps below to get started, or visit our first-year and transfer application guides for more information.

[Create an account](#)



CSULB Local Preference Admission Consideration

Click [HERE](#) for Details!



Financial Aid General Information

FAFSA | Dream Act & Cal Grant

- **Application Window for 2024 -2025**
 - *December 1, 2023 - April 2, 2024*
- **Scholarship Search Websites**
 - www.collegeboard.org
 - www.fastweb.com
 - <https://studentscholarships.org>
 - <https://www.scholarships.com>
 - <https://bigfuture.collegeboard.org/pay-for-college/scholarship-search>
 - Immigrants Rising
 - scholarships and fellowships that don't require proof of US Citizenship



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 1-3

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

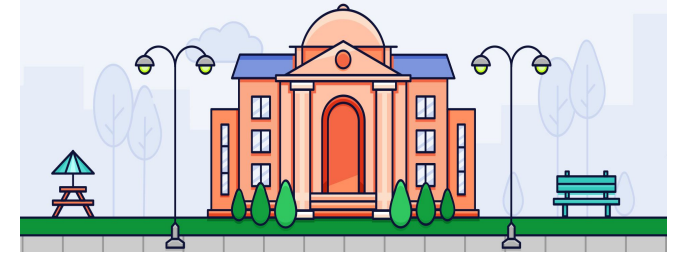
Complete the FAFSA®

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

Go to the FAFSA




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

Other Student Resources

The infographic is titled "Request & Send Transcripts" and is divided into six numbered steps. Step 1: Log in or Register. Step 2: Add your school to your Profile. Step 3: Provide Consent. Step 4: Add Destinations. Step 5: Payment. Step 6: Track Order. At the bottom, it states "More than 3 Million students use Parchment to send Transcripts" and includes the Parchment logo.

WHAT IS PARCHMENT?

Parchment.com
The simple online way to **Request, Send, and Store Transcripts**.
Including powerful tools to research colleges and find the right fit for you.

Request & Send Transcripts

Step 1: Log in or Register
1. Sign in at www.parchment.com
2. Click **Sign Up** to log in or register your account.

Step 2: Add your school to your Profile
1. Click Get Started
2. Add your High School

Step 3: Provide Consent
1. Complete the waiver form.
2. Complete the Transcript Authorization form by eSigning.

Step 4: Add Destinations
1. Select Destinations such as colleges, NCAA, Common Application, or yourself.
2. Review Destinations.

Step 5: Payment
1. Provide debit/credit card payment if there are any fees.

Step 6: Track Order
1. The status of your request will be emailed and updated in your Parchment.com Account.

More than 3 Million students use Parchment to send Transcripts

Turn Credentials into Opportunities

parchment



The screenshot shows the "School Counseling Home" webpage for La Mirada High School. The page features a blue header with the school's logo and name. Below the header is a navigation menu with links for HOME, ABOUT US, ACADEMICS, PATHWAYS, COUNSELING, ATHLETICS, STUDENTS, PARENTS, and CONTACT US. The main content area includes a "Welcome" message, "Availability" information, and "2022-23 Office Hours" (Mondays-Fridays | 8:00 AM - 4:00 PM). A sidebar on the right contains links for "Who is My Counselor?", "Classroom Presentations", "High School Graduation Requirements", "A-G & College Planning", "PSAT, SAT, ACT", "Financial Aid + Scholarships", and "Intervention Counseling Services".

Click [HERE](#) for Transcript Request

Click [HERE](#) for Senior Brag Sheet

Click [HERE](#) for School Counseling Webpage

Upcoming Events:



Visit the College & Career Webpage & Schoology for more information!

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!

COLLEGE
APPLICATION
WORKSHOPS!

UPCOMING
COLLEGE
VISITS

Mental Health & Wellness



The screenshot shows the homepage of the Mental Health & Wellness website. At the top left is the NLM logo and the text "Mental Health & Wellness". To the right is a navigation menu with links: Home, Kindness, Prevention, Healthy Coping Strategies, Early Intervention, Intensive Services, District Mental Health Team, Staff Wellness Resources, and More. A search icon is also present. The main heading is "Mental Health & Wellness" in a large, dark font. Below it, in a teal color, is "Norwalk-La Mirada Unified School District Alternative Programs and Support Department". The word "Purpose" is centered below that. The main text describes the district's commitment to cultivating wellness through a multi-tiered support system.

NLM Mental Health & Wellness

Home · Kindness · Prevention · Healthy Coping Strategies · Early Intervention · Intensive Services · District Mental Health Team · Staff Wellness Resources · More ▾ 🔍

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.



Ms. Elizabeth O'Donnell
Wellness Specialist
Room 174

Virtual Calming Room

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](#)

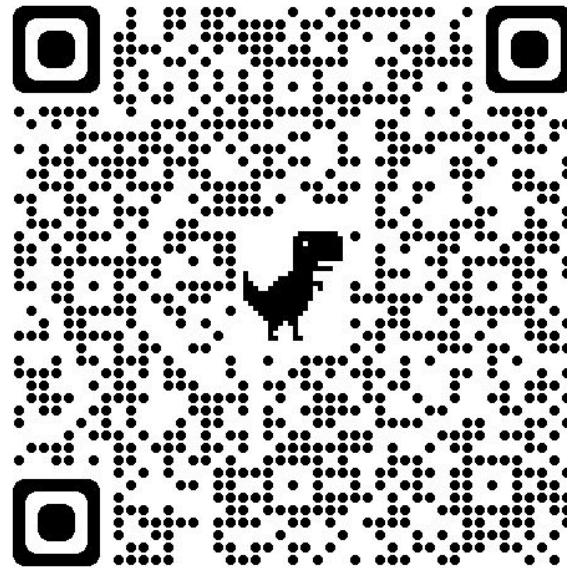


[Live Animal Cams](#)

Post Survey

Now that the lesson has concluded, please take a moment to complete the post survey to assess how much you have learned about graduation requirements, college admissions requirements, and college application timeline. The survey is **ANONYMOUS!**

Click Here
To Begin 



THANK YOU
for your participation!

Any questions?