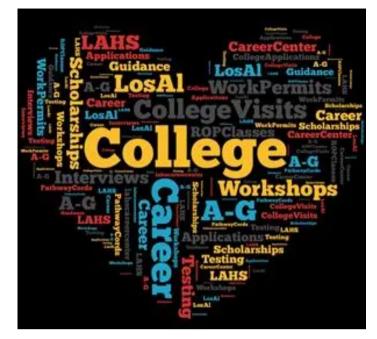
LAHS COLLEGE AND CAREER

Monthly Newsletter August 2024



Welcome to the 2024-2025 school year

Welcome to the Los Alamitos High School College and Career Center.

In these monthly e-newsletters you will find information about scholarships, internships, jobs, college events and much more. We hope that you can take advantage of as many opportunities as possible this year! The 'Career Center" is located downstairs in the STEM Building. Students are encouraged to come before and after school, and during nutrition and lunch.

Archives of this e-newsletter will be posted on the Los Al High School website, so you never miss a beat of the goings on of the College and Career Center.

<u>At a Glance</u>

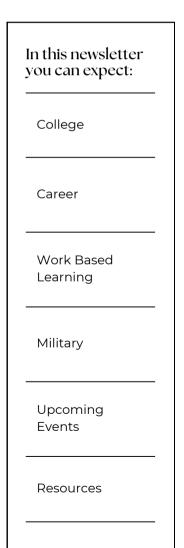
Seniors this is your most important year, with so many decisions to make! Be sure to stay up to date on important deadlines with college applications, FAFSA, events, workshops, college visits and so much more! Reading your golosal email <u>weekly</u> is crucial to your success!

Juniors, its the best year to start getting informed about colleges and careers, so sign up to attend college visits this fall. Sign-ups will be through Naviance.

Sophomore and Freshmen

use CaliforniaColleges.edu to research college majors that link to your career goals.

We hope that this is a great school year for all and we are here to help. Come visit us at the College and Career Center!



Follow Us

Instagram @<u>losalcollegeandcareer</u> LAHS College and Career





College

Representatives from various colleges and universities will be hosting in-person and virtual sessions throughout the fall, offering 11th and 12th grade students the opportunity to learn about their institutions.

In-person college visits are held in the College and Career Center in the STEM building. Virtual visits are held after school and can be viewed from home.

To attend a college visit, sign up through Naviance by navigating to Colleges >College Visits, where you can view the list of visiting colleges this fall. Be sure to watch for weekly Instagram posts and listen to morning announcements for updates!

Using Naviance:

• Click on Clever app icon. Click on the option to "log in with Google account and use your golosal sign-in info

College Visits

Upcoming visits (more to come):

- New York University August 30, 2024 @ 9:30 AM
- University of California-Los Angeles September 4, 2024 @9:30 AM
- Northern Arizona University September 10, 2024 @ 9:30 AM
- Johns Hopkins University September 10, 2024 10:45 AM
- University of Chicago September 10, 2024 11:47 AM
- Northern Michigan University September 10, 2024 @ 1:20 PM
- University of California-Davis September 11, 2024 @ 10:45 AM
- University of the Pacific September 12, 2024 @ 9:30 AM
- Grand Canyon University September 13, 2024 @ 10:45 AM
- University of Minnesota-Twin Cities September 18, 2024 10:45 AM

Registration and a list of all colleges/universities visiting this fall can be found on Naviance. Only 5 registrations per students. Juniors and Seniors ONLY.

SAT ACT ACT & SAT Test Dates Due to limited testing some colleges/universities are "test optional" make sure to verify with your school of

ACT Test Dates

interest.

- September 14, 2024
- October 26, 2024
- **PRE-ACT** October 26, 2024*
- December 14, 2024

SAT Test Dates

- August 24, 2024
- October 5, 2024
- **PSAT** October 12,2024*
- November 2, 2024 December 7, 2024
- Register and pay at: www.actstudent.org

*Sign up in Activities Office

sat.collegeboard.org

Career



Work Permits

Work permit applications are available through the College and Career Center.

In order to receive a work permit you need:

- To have been offered a job (You will need your employer's signature.)
- To be between the ages of 14-18.
- Your parent's signature.
- Your social security number

Students may NEVER WORK past 10:00 p.m. on a night preceding a school day OR past 12:30 a.m. on a night preceding a non-school day.

Entertainment Permits

Parent/Guardian must complete all requested information on the front of the application form. Please print and sign your name. School record information is to be filled out by authorized school district official (Los Alamitos High School – Career Center). Students applying for an Entertainment Work Permit must have satisfactory grades ("C" grade or better in all classes) and satisfactory attendance (no more than 10 absences during the school year) at the official grading period. Information covering California's child labor laws applicable to the entertainment industry can be found at http://www.dir.ca.gov/dlse/DLSA-CL.htm.

To obtain both applications, please visit: <u>https://lahs.losal.org/academics/college-career-center/employment</u>

Military

ASVAB Testing

The Armed Services Vocational Aptitude Battery (ASVAB) is a standardized test that helps determine a student's aptitude for military careers and other areas of study. The ASVAB is given annually to over one million high school, postsecondary, and military applicants. The ASVAB measures a student's developed abilities in four domains: verbal, math, science and technical, and spatial.



ASVAB Test Dates

• November 4, 2024, 7:45 AM (Sophomore -Seniors ONLY)

This will be the only test date for the 2024-25 school year. Please plan accordingly.

Job Board Opportunities

The Career Center offers a job board of available listings for students seeking part-time employment. Local businesses are welcome to call (562) 799-4780, Ext. 82240 or email <u>mschaeffer@losal.org</u>.

This partnership between LAHS and the local business community has been very effective over the years. Remember to HIRE Los Al! (A note to parents: Research shows that students with part-time jobs exceeding 15 hours per week tend to earn lower grades.)



Work-Based Learning

CTE Spotlight: Summer Work-Based Learning Experience

This summer, Mary Michael, a Los Alamitos High School senior, participated in a work-based learning program at Saint Mary Medical Center. Volunteering in the 7Bauer (Telemetry) department, Mary assisted with patient discharges, room sanitation, and supporting nurses with daily tasks.



She had the unique opportunity to observe critical medical procedures, such as a code blue emergency, and build connections

with healthcare professionals, including surgeons and nurses. Her experience provided valuable insight into the medical field and demonstrated the importance of teamwork in patient care.

Mary's favorite part of the experience was interacting with patients, offering companionship and emotional support. One memorable moment was a conversation with a patient who shared his passion for being a DJ, which left a lasting impact on her. This work-based learning opportunity not only strengthened her interest in healthcare but also inspired her to consider pediatric care as a future focus

Mary's summer volunteer experience is a testament to the power of work-based learning, providing her with both practical skills and personal growth as she prepares to continue her journey into the medical field.

What is Work-Based Learning?

And why it should be important to you!

Work-Based Learning (WBL) is a way for high school students to gain real-world experience while still in school. It connects what you learn in the classroom to actual jobs and careers. Here's an easy breakdown:

What is Work-Based Learning?

Hands-on Experience: You get to work with real companies or organizations.

Learning on the Job: You learn skills by actually doing professional tasks.

Explore Careers: It helps you figure out what careers you like (or don't like) before deciding on your future path.

Why is Work-Based Learning Important?

Skill Development: You learn valuable skills that go beyond the classroom, like teamwork, communication, and problem-solving.

Resume Building: The experience can help you build your resume and give you a head start when applying for jobs or colleges.

Networking: You meet professionals in your field of interest, which can lead to job opportunities later.

Boosts Confidence: By working in a real-world setting, you gain confidence and understand how the workplace operates.

Overall, Work-Based Learning is a great way to get ahead by blending learning and working to prepare for your future!

Career Events

Who: Long Beach Search & Rescue



What: Lunch demo, where you will learn all about their amazing programs and careers that it can lead to.

When: Friday, August 30 @ Lunch time Where: in front of the Gym

Why: Learn all about an opportunity that can help you shape your college and career plans!

Current Internship Opportunities

M.I.R.E.



This 12-week program offers students hands-on experience in medical innovation, research, and entrepreneurship by working alongside top industry leaders in biotech and healthcare.

Media Center Internship

This internship offers juniors and seniors in the computer science or engineering pathway the chance to earn A-G credit, gain resume-worthy experience, and potentially secure a paid summer opportunity

Sports Medicine Internship



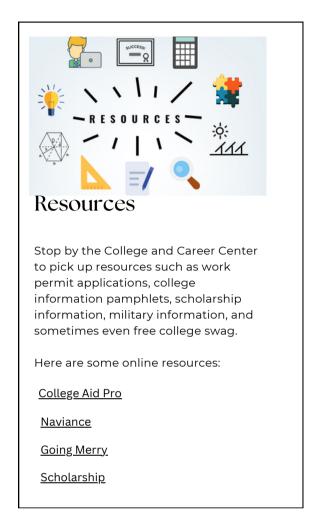
Explore your passion for patient care with the 2024-25 Sports Medicine Internship – apply today to gain hands-on experience and earn A-G credit

Upcoming Events & Resources



Keep and eye out for upcoming College and Career events.

- College Info night for Seniors Monday, September 9, 2024 6:00 PM-8:00 PM
- Senior College Summit (mandatory) Students ONLY Monday, September 9, 2024 8:00 AM (PAC)
- Financial Aid 101 Night Tuesday, September 10, 2024 7PM Online Webinar



COLLEGE & CAREER TEAM



Marianne Schaeffer

MSchaeffer@losal.org





LFordpatterson@losal.org



Gladys Alfaro

GAlfaro@losal.org