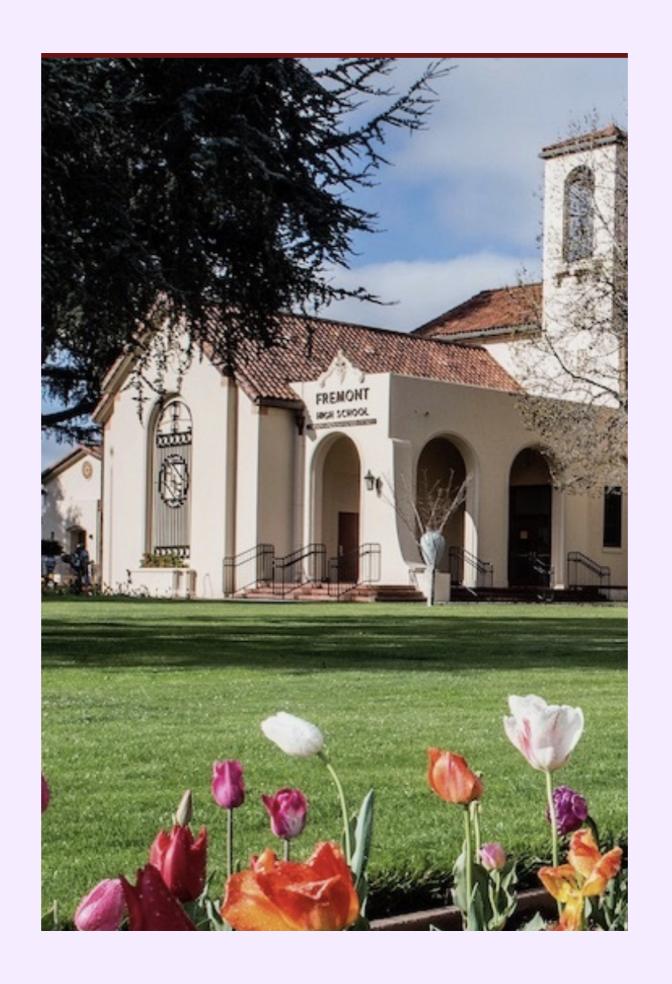
9th Grade
Fall Family
Guidance Night

2024



AGENDA

- Resources on Campus
- Understanding High School
 Graduation and College Requirements
- Four-Year Planning
- Counselor Support in High School



Meet Your School Counseling Team



Sandra Woosley A - C



Vanessa Goulart A - C



Sherry Fazzio D - HUR



Ana Franco HUS - MEK



Dan Amezquita MEL - ROM



Eric Medeiros RON - Z

School Counselors can help you with:

- Transcript questions
- Credit recovery options
- Enrichment options
- Resources/supplies
- Academic concerns (class/schedule)
- Social concerns (family/friends)

We are often the person to ask if they don't know where to go.

We will help connect to other resources if needed.



Adriana Magallon

College and Career Advisor can help you with:

- Financial aid questions/Scholarships
- Career exploration
- College application process
- College testing/fee waivers
- Community service/job opportunities

How can I see my counselor?

- Walk in's at brunch and lunch
- Set up appointment
- Email counselor

FREMONT HIGH SCHOOL

District Home

Students

Parents S

Staff

ABOUT US

ACADEMICS

GUIDANCE & STUDENT SUPPORT

STUDENT LIFE



GUIDANCE & STUDENT SUPPORT

The purpose of the Guidance Program is to assist students with their academic planning so they can take full advantage of a range of options upon graduation from high school. FUHSD's Guidance Teams at each site generally include Certificated Guidance Counselors, College and Career Advisors and Administrators. These team members are often the first point of contact for students and families seeking information about FUHSD's high schools. The majority of guidance services are delivered through group presentations in the classroom or in evening presentations for students and their families. Guidance presentations occur throughout the year at each site with topics that include choosing a college and career, financial aid and course selection. The Guidance team is available to students and their families for individual appointments for support with:

- College to career planning (including a 4-year plan toward graduation);
- Facilitating positive, collaborative relationships with peers and teachers;
- Navigating the high school experience (including time management, involvement in extracurricular activities, self-advocacy, volunteer and internship opportunities); and
- Social emotional wellness.

The College and Career Advisors are the point of contact for college representatives, military recruiters, volunteer and internship opportunities. They also organize our district's College Fair each fall. College and Career Advisors support Naviance, our district's college and career planning tool, which provides students with personalized surveys and customized career and college exploration resources.

FHS CEEB CODE 053460



SCHEDULE CHANGE REQUEST

SCHOOL PROFILE

STUDENT CLERK & OPEN BLOCK INFORMATION

GUIDANCE COUNSELOR AND COLLEGE AND CAREER ADVISOR APPOINTMENTS

Appointments are ONLY for current FHS students. To request an appointment with you A Guidance Counselor or College and Career Advisor please click the button below:

Appointment Request

Guidance Team

High School Planning

College & Career Planning

Student Wellness & Resources

Climate Office

Incoming Students

9th Grade Counselor

Presentations

- ❖ Happened 10/7 & 10/28 in PE class
- **First session covered:**
 - ➤ Your Guidance Team
 - > Student Support on campus
 - ➤ Intro to Career planning
 - > Student Involvement on campus

Second session covered:

- ➤ Graduation Requirements
- ➤ "A-G" College Requirements
- ➤ Creating a 4-Year Plan



Need help witha C1055?

Talk to your teacher

- A. Ask for help during class or stay after class
- B. Most teachers end their class by saying "I'll be here after class if you need help"

Attend TUTORIAL

Available 3 times a week

Attend Students for Success

Offered every Monday through Thursday, check the times and detailed information <u>here</u>

Reach out to a trusted adult on campus

Talk to someone who can give you advice or if you have a support class (i.e. learning skills, AVID, Academic Foundations) take advantage of it!

Reach out to your counselors

If you're stuck and don't know what else to do reach out to us for additional tips/suggestions

Students for Success (Free tutoring!)

This program is free to all current FHS students. Students can:

- Get help with classwork and homework
- View textbooks
- Research and write papers
- Have finished papers peer edited
- Work on multimedia projects.

- Monday 3:10-5:30 p.m.
- Tuesday 1:30-5:30 p.m.
- Wednesday 3:10-5:30 p.m.
- Thursday 1:30-5:30 p.m.

(Room 76)

Tutoring is available in every subject and in multiple languages.



Build Positive Relationships at FHS

SPORTS

Contact the coach on the individual sport for updates

FHS athletics website



CLUBS

See the updated FHS club list

ACTIVITIES

FHS website and join the official FHS social

media sites:

FHS Instagram

FHS Twitter

FHS Youtube



Graduation Requirements College Eligibility (A-G)

Subject Requirements	High School Graduation Requirements	University Admission Requirements
English	40	40
Math	20 (Algebra I and Geometry)	30 (4 years recommended)
Science	20	20 (2-4 years recommended)
Social Science	30	20
World Language*	10	20 (3-4 years recommended)
Fine Art/ Visual & Performing Arts*	10	10
Applied Academics*	10	
Physical Education	20	
Electives	60	10 (approved College Prep elective)
Other Requirements	Not for UC or CSU	SAT/ACT**
Subject Credits	220	150





INSTRUCTIONS: Complete the grid with your tentative 4 year plan and then upload it to Google Classroom. If you know you will be taking a class in a certain subject area but are not sure of the specific class, just list "Math", "English", etc. For each academic class that will count towards electives, place an "(e)" after the class to help keep track. INSTRUCTIONS: Complete the grid with your tentative 4 year plan and then upload it to Google Classroom. If you know you will be taking a class in a certain subject area not sure of the specific class, just list "Math", "English", etc. For each academic class that will count towards electives, place an "(e)" after the class to help keep track.

Gulumies	rid with your tentati	ve 4 year plan and the be etc. For each acad	emic class that wil	I count to		HS . c	Grade 12	HS A-G	Earned	
INSTRUCTIONS: Complete the g		IS A.G Grad	e 10 CH	-G G	rade 11	CR A-G	<u> </u>	10 Y	$\dashv \parallel$	
Subject Area	Grade 9 t/Writ	10 Y World Life			WitteN	10	Gov't/Econ.	10 Y		
Math (20+) 10 credits "Algebra" + 10 credits "Geometry" Social Studies (30)		World	History 10	Y 105	History	+		$\overline{+}$		ı
Science (20+) 10 credits Life Science + 10 credits square of Science	Biology (Life)	10 N PE		N					\Box	١
Physical Education (20) World Language (10)*				1		_				ı
Fine Art (20)* Applied Academics (20)))*			+	10016	redits = 6		credits = 6	4	$\ $
		adits = 6a	Ideal credits =	12			REQ	UIRED = 22	olay a sport write do	own the
Other Electives Credits To be an track for gradicy you should have at lear following total credits year. Must earn D or breceive credits. *20 credits each from PE Note: You earn 5	ation, st the after each etter to 2 of the 3 categories	(World Language, Fin a sport. If you play a sp	e Art, Applied Acad ort your freshman	demics) year, your s	port will count	in the "Elec	tive" category. If yo	u're planning to	,,,,	
*10 credits each from PE Note: You earn 5	credits per seasorro.									

Creating a Four Year Plan

FREMONT HIGH SCHOOL Sample Four--Year Plan

	UC/			Vocational/
	Highly Selective College	CSU	Community College	Technical School
	Lit/Writ	• Lit/Writ	Lit/Writ	• Lit/Writ
9 th Grade	 Algebra 1 or higher 	 Algebra 1 or higher 	Algebra 1 or higher	 Algebra 1 or higher
	Biology	Biology	Biology	Biology
			 Science in Society 	 Science in Society
	• PE 9	• PE 9	• PE 9	• PE 9
	 Language – Level 1 	 Language – Level 1 	 Language – Level 1 	 Elective Class
	Fine Art elective	 Fine Art elective 	Fine Art or Applied	Fine Art or Applied
			Academic elective	Academic elective
	 World Lit/Writ 	 World Lit/Writ 	World Lit/Writ	 World Lit/Writ
10 th Grade	 Algebra 2 or higher 	 Geometry or higher 	 Geometry or higher 	 Geometry or higher
	 World History 	 World History 	 World History 	 World History
	Chemistry (H)	 Chemistry 	Biology	 Biology
		 Physics 	Chemistry	Chemistry
			Physics	Physics
	• PE 1012, Basketball,	• PE 1012, Basketball,	PE 1012, Basketball,	PE 1012, Basketball,
	Soccer, Weight	Soccer, Weight	Soccer, Weight Training,	Soccer, Weight Training,
	Training, Dance, or	Training, Dance, or	Dance, or Team Sport	Dance, or Team Sport
	Team Sport	Team Sport		
	 Language – Level 2 	 Language – Level 2 	 Language – Level 2 	Elective
	 Am. Lit Honors 	 Am. Lit Honors 	Am. Lit	Am. Lit
11 th Grade	 AP Eng Lang & Comp 	• Am. Lit		
	 Pre Calculus or higher 	 Algebra 2 or higher 	Algebra 2 or higher	Algebra 2 or higher
	 AP US History 	 AP US History 	 US History 	 US History
	US History	 US History 		
	Physics H	 Physics H 	 Physics 	 Physics
	 Physiology 	 Physics 	 Physiology 	 Physiology
	AP Chemistry	 Physiology 	 Science in Society 	 Science in Society
	AP Biology			
	 Language Level – 3 	 Language Level – 3 	 Language Level – 3 	Elective
	Elective	Elective	Elective	CTE Elective
	 AP Eng Lit & Comp 	 AP Eng Lit & Comp 	 Expository Read/Writ 	 Expository Read/Writ
12 th Grade		Expository Read/Writ Story & Style	Story & Style	Story & Style
	Pre Calculus or higher	Pre Calculus or higher	Pre-Calculus or higher	Algebra 2 or higher
	AP US Gov/ Econ	AP US Gov/ Econ	US Gov/Econ	US Gov/Econ
	AP Microecon/US Gov	AP Microecon/US Gov	03 001/20011	03 001/20011
	US Gov/Econ	US Gov/Econ		
	AP Biology	Physics Honors	Physics	Physics
	AP Chemistry	AP Biology	Physiology	Physiology
	AP Chemistry AP Physics	AP Chemistry	Science in Society	Science in Society
	- OL LIBACA	AP Physics	Science in Society	Science in Society
	Language – Level 4 H	Language – Level 4 H	Elective	CTE Elective
	AP Language	Language - Level 4 H	Liective	CILLIECTIVE
L	- Ar Language			1

9th and 10th Grade

The classes are preselected for you, all students in the district must take these English courses

11th Grade

- Am. Lit/Writ or
- Am. Lit/Writ Honors or
- AP Language and Composition (APLAC)

12th Grade

- Expository Reading and Writing Composition (ERWC) Short Stories/Non-fiction or
- Story and Style Novels/Fiction or
- AP English Literature (AP Lit)

Subject Area	Grade 9	HS CR	A-G	Grade 10	HS CR	A-G	Grade 11	HS CR	A-G	Grade 12	HS CR	A-G	Total Credits Earned
English (40)	Lit/Writ	10	Υ	World Lit	10	Υ		10	Υ		10	Υ	

10th Grade

All 10th grade students take World History in the district.

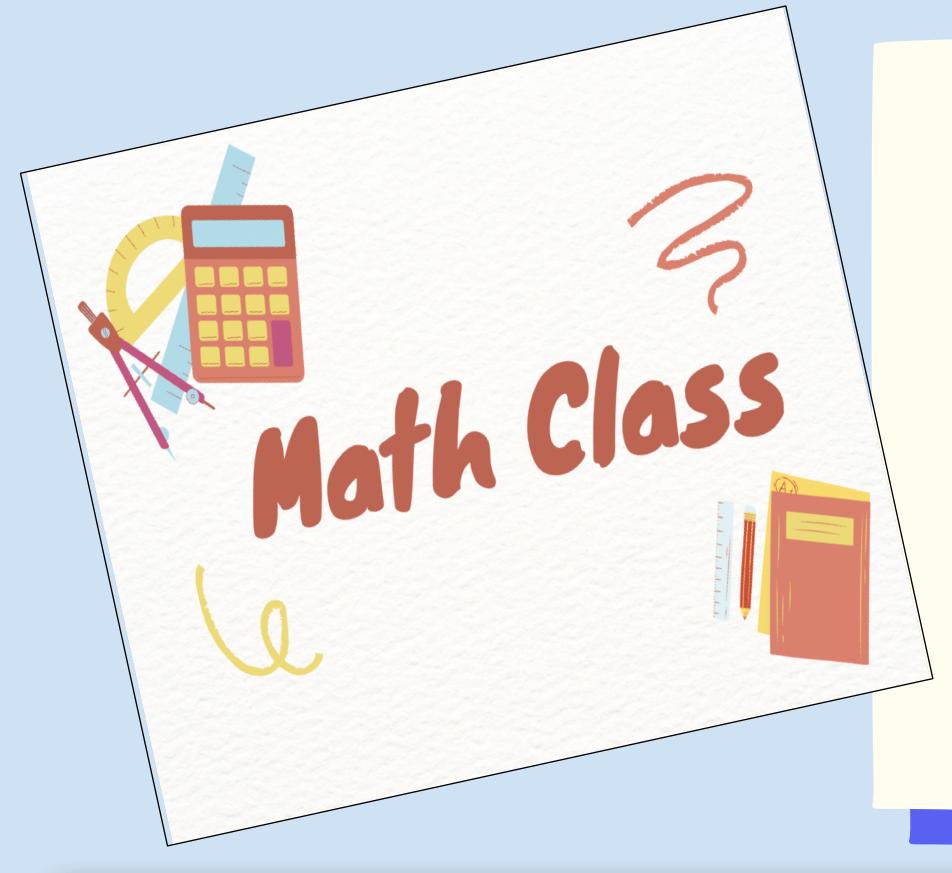
11th Grade

- US History or
- AP US History (APUSH)

12th Grade: Every senior will take 1 semester of Econ and 1 semester of Gov

- Gov/Econ or
- AP Gov/Econ or
- Gov/AP Econ

1	Social Studies (30)			World History	10	Υ	US History	10	Υ	Gov't/Econ.	10	γ	

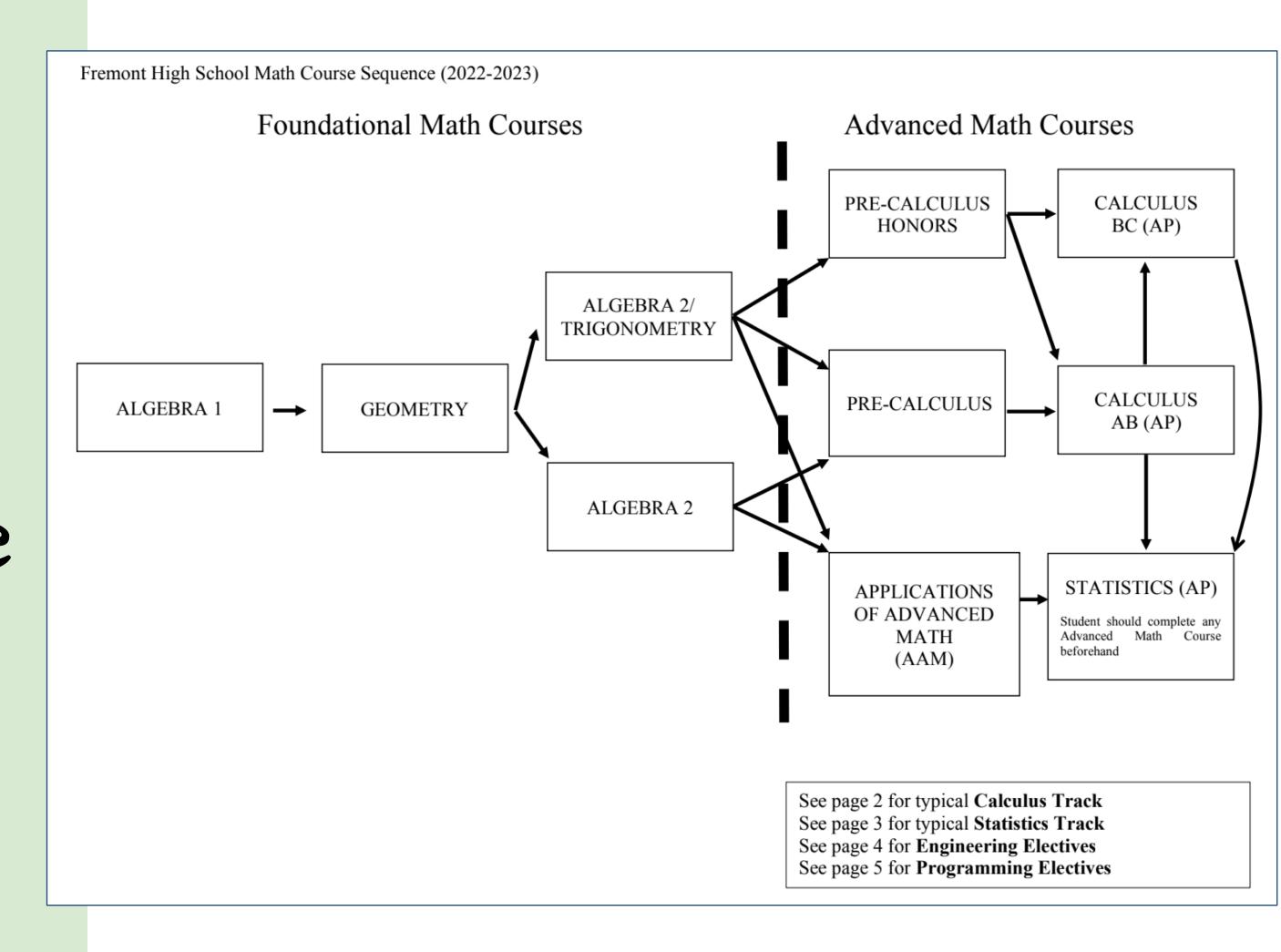


Choose your Math Class

- → H.S. Graduation requirement:
 Algebra 1 and Geometry
- → 4 year university requirement: Algebra 1, Geometry, Algebra 2
- → Recommended: 4 years of math for all types of colleges



Math Course Sequence



MUST TAKE:

- 1 Life Science (10 credits) and
- 1 Physical Science (10 credits) or
- Can take in 11th and 12th grade as well

We recommend taking Physical Science in 10th Grade

Science (20+)	Biology (Life)						
10 credits Life Science +							
10 credits Physical Science							

Counts as Life Science	Counts as Either	Counts as Physical Science
Biology Physiology AP Biology	Science in Society AP Environmental Science	Chemistry/Chemistry Honors AP Chemistry Physics/Physics Honors AP Physics

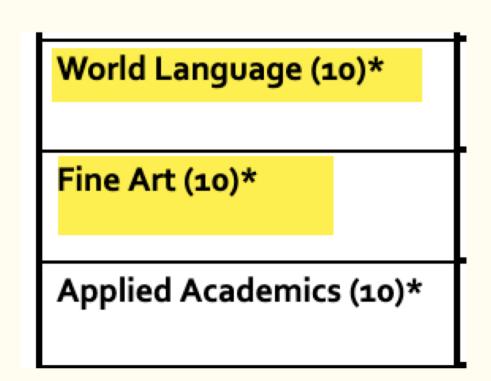
PE (20 Credits Total)

- You earn 5 credits per season of a sport. If you play a sport your freshman year, your sport will count in the "Elective" category.
- In 10–12th grade, sports can count for PE credit (5 credits/sport)
- If you're planning to play a sport write down the name of the sport.

-									 _	
	Physical Education (20)	PE 9	10	N	PE	Ν				
L										

Choose 2 out of 3 Electives (20 Credits) for graduation

- World Language
- Fine Arts
- Applied Academics



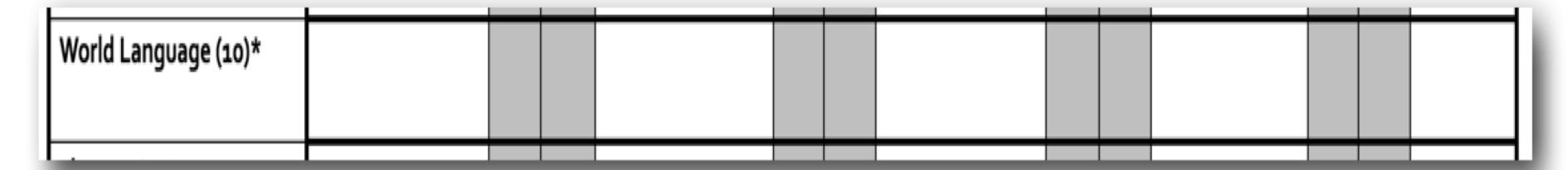
Must complete 2 out of the 3 elective categories for H.S. Graduation

For 4-year colleges you must complete World Language AND Fine Art

Choose your World Language **

As a reminder if you are planning to apply to a 4 year university you must complete at least 2 years of the same language. However 3 to 4 years are highly recommended by some colleges.

Language Options: >> Spanish >> Japanese >> French >> Chinese



Choose your Fine Art *,

- Must complete at least one year of a fine art if you want to apply to a 4 year college.
- Use the course offerings resource to see the full listing of fine art courses

V	ISUAL AND PERFORMING ARTS (UC/CSU	υ f)
Art		
6110 P	Art 1	9-12
6120 P	Art 2	10-12
6130 P	Art 3	10-12
6210 P	3D Sculpture and Design 1	9-12
6360 P	Ceramics 1	9-12
6370 P	Ceramics 2	10-12
6390 P	Ceramics 4	10-12
6450 H	AP Studio Art: 2D Design	11-12
Music		
7040 P	Adv. Treble Choir	9-12
7060 P	A Choir (Concert Choir)	9-12
7080 P	Small Mixed Vocal*	10-12
7120 P	Concert Band+	9-12
7130 P	Symphonic Band+	10-12
7140 P	Wind Ensemble*+	10-12
7240 P	Orchestra	9-12
7250 P	Chamber Orchestra*	10-12
7320 P	Music Genesis	9-12
Theater	Arts	
6710 P	Drama	9-12
6720 P	Advanced Drama*	10-12
6730 H	Advanced Drama H*	11-12

10-12

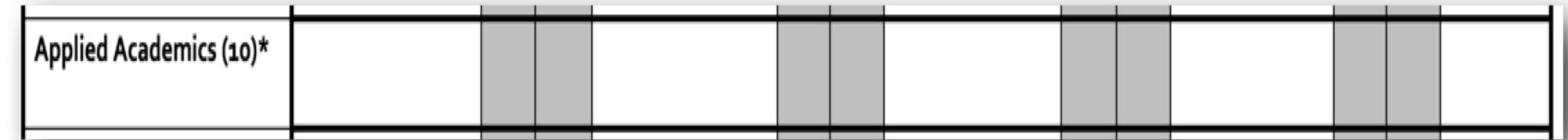
7780 P **f** Adv. Stagecraft Tech

	Fine Art (10)*							
Ш								Ц

Choose your Applied Academic **

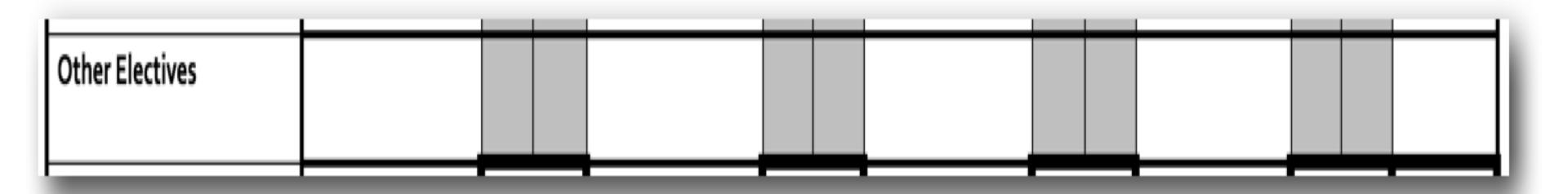
This is optional if you already have a World Language and Fine Art. But these are some excellent hands on and career-focused classes!

APPLIED ACADEMICS									
Business	Department								
4580 P g	Principles of Business	10-12							
4850 P g	Law	10-12							
4924 P	Marketing (dual enrollment)	10-12							
Compute	r Science/Math Electives								
7810 P g	Digital Innovation & Design	9							
2370 P g	Comp Prog Java	10-12							
2350 Н с	AP Comp Sci A	10-12							
Theater I	Design								
7770	Stagecraft Tech	9-12							
7780 P f	Adv. Stagecraft Tech	10-12							
CTE Prog	ram								
5710	Culinary Arts 1	10-12							
7765	Culinary Arts 2	10-12							
7530	Auto Tech 1	10-12							
7535	Auto Tech 2	11-12							
7920A P	Kinesiology A (dual enrollment)	10-12							
7920 P	Kinesiology B (dual enrollment)	11-12							
8180 P d	Engineering Essentials	9-11							
8345 P <i>g</i>	Intro to Engineering Design	10-12							
8270 P g		10-12							
8260 P g	Digital Electronics	11-12							
	(1007.1)								

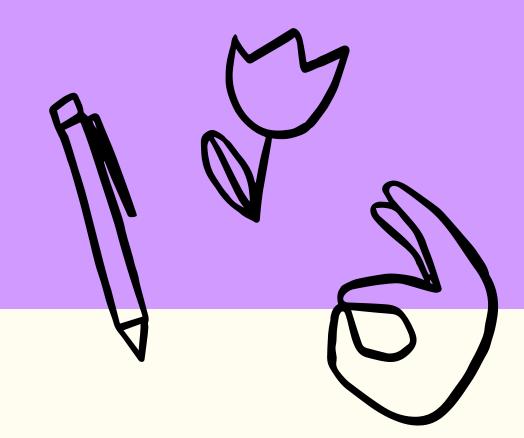


Add any other Elective Classes **

Such as: Student Tutor, Lab Assistant, Academic Foundations, Learning Skills, AVID, Yearbook

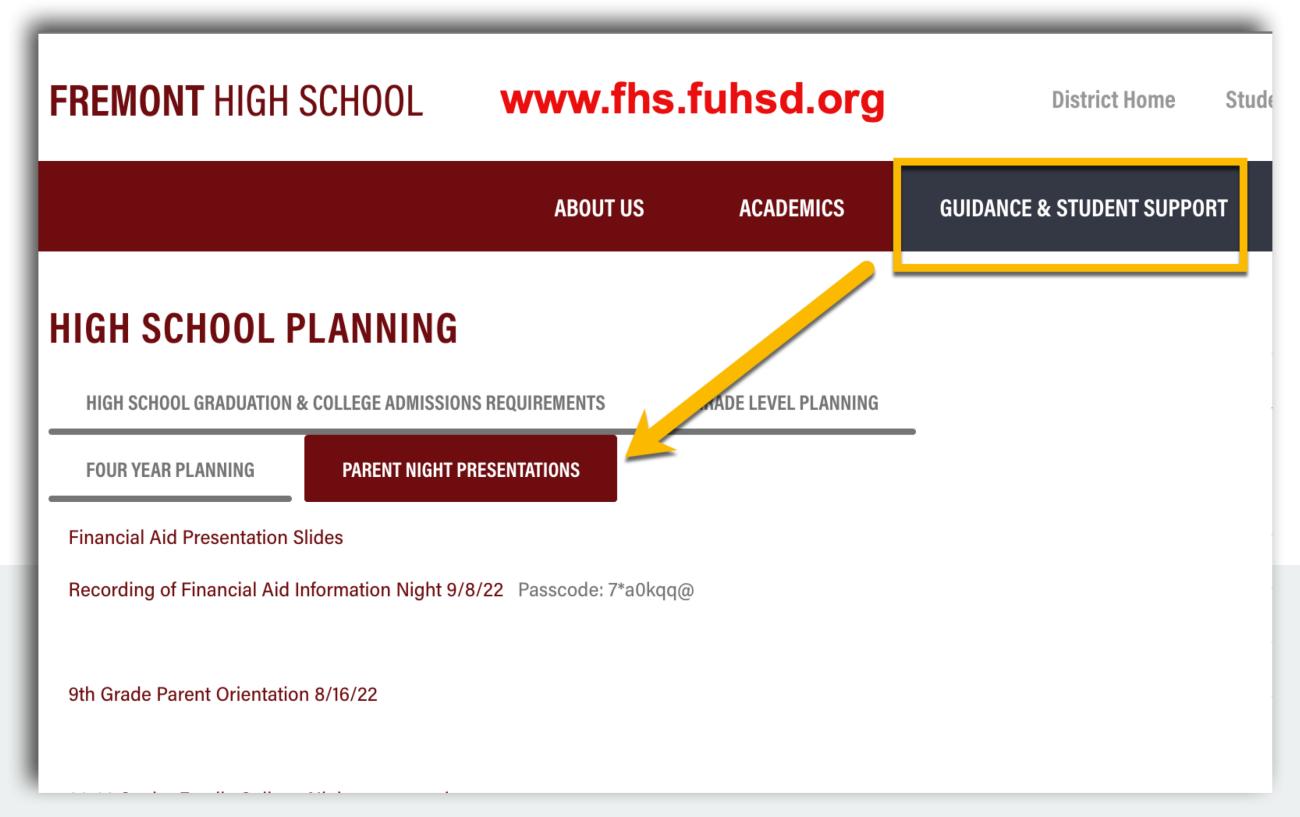


Four Year plan tips



- Don't skip math levels
- Can earn PE credits for sports beginning in 10th grade
 - Don't put off PE until senior year
- Avoid overloading yourself with too many AP/Honors courses (complete time management activity during course selection)
- Remember this is just a plan, you are not locked in to these courses
- Keep college options open by planning for A-G eligibility
- Counselors will follow up with students who did not complete a plan, or if the plan the completed was incomplete

Want to review our presentations?



Times /Location	Shannon Theatre	Fair Oaks Room	Studen	t Center	Room 76		
Grade Level Meetings 6:00-6:30 pm	9th grade	10th grade	11th g	rade			
Session #1 6:40-7:10pm	College 101+ in Shannon Theatre	Dual Enrol (Presented by Foot in Fair Oaks I	thill College)	School (Presented	Private s/Liberal Arts by St. Mary's College) student Center		
Session #2 7:20-7:50 pm	College Lists/Majors in Shannon Theatre	Commu College/Tre (Presented by Foot in Fair Oaks I	ansfer thill College)	Private Schools/Liberal Arts (Presented by St. Mary's Colleg			

En Español: 6:00- 7:45pm Todas las presentaciones serán combinadas y presentadas en una sola sesión en la biblioteca

BREAK OUT SESSION DESCRIPTIONS

All breakout sessions are open to all grade levels

Session	Description
College 101	In this session we'll cover the basics of planning for 4 year college. We'll talk about A-G requirements, college testing, majors/careers, timeline of applying, staying competitive, and college essay writing.
College Lists/Major:	What's in a college list? How do I pick a major? Are my decisions final and can I change them? Find out how to strategically build your best college list and pick a major that matches your goals and your interests in life and beyond.
Community College/Transfer (presented by Foothill)	Learn about the benefits of planning early to attend community college and utilize TAG (transfer admission guarantee) programs, financial benefits, support and honors programs, certificate-trade programs, planning tools, and understand general admission rates.
Dual Enrollment (presented by Foothill)	Interested in taking a community college class while in high school? Join this session to learn about your opportunities.
Private Schools/Liberal Arts Colleges	Understanding private schools, and why considering an education at a liberal arts & sciences institution can add value to your academic

THANK YOU FOR JOINING!

- ❖ Next Family Guidance Night will be next semester on 01/28/25 at 6pm to review course selection information.
- ❖ You'll have the opportunity to hear directly from teachers about course offerings and important information to consider when selecting courses.

