

# WPHS COUNSELING NEWSLETTER



**NOVEMBER**

**2024-2025**

**PAVE YOUR PATH!**

# NEWS & UPDATES!



## Tutoring

- Visit the student union (located by the counseling office) to receive afterschool tutoring or support from 3:30-4:15 every day. You can receive support for any subject. Contact [Aderris@rjuhsd.us](mailto:Aderris@rjuhsd.us) for more info.



## Upcoming Events/ News

- **Temporary caseload coverage for Mr. Bains:**

**Last names:**

**Mo-Ny:** Mrs. Gilchrist

**O-Pi :** Mrs. Swinford

**Pl-Ri:** Mr. Simmons

**Ro-Sa:** Mrs. Hildebrand

- Please contact the counseling department if you have any questions.






## Reminders

School starts at 8:30 am (9:30 on Wednesdays) please make sure you are on site before this time.

# Attention Class of 2025



## WHAT ARE SOME REASONS TO START AT SIERRA?

-  The first two years are FREE!!!!
-  Transfer to a CSU or UC by completing your general education requirements
-  Flexible schedule for you to take classes in person and/or online

## WHAT CLASSES AT SIERRA CAN I TAKE TO COMPLETE MY GENERAL EDUCATION REQUIREMENTS TO TRANSFER?

Click here to look at the classes you can choose from to transfer from Sierra to a CSU/UC: [Sierra College Transfer Curriculum](#)

## HOW DO I APPLY FOR FALL 2025?

- Step 1:** Apply at [opencccapply.net](https://opencccapply.net)
- Step 2:** Activate your mySierra account (email will be sent 24 hours after you apply)
- Step 3:** In your mySierra account, go into Canvas to take your CAP session (Career and Academic Planning)
- Step 4:** Our Enrollment Specialist, JD, will meet with you during his office hours. Once you've met with him, he will clear you to sign up to see Mrs. Hildebrand to discuss a plan for your Fall 2025 classes.
- Step 5:** Attend WPHS' Financial Aid Night on December 5th to learn how to fill out your FAFSA/CADAA!

# Sierra College Nursing Admissions Workshop For High School Students & Parents



## Learn more about the Sierra College Nursing Program:

- How to apply to the Nursing program
- What are the prerequisites
- How important are grades
- What does multi-criteria entrance mean
- What is the ATI TEAS
- Bring your questions

All prospective high school students and  
parents are invited to attend.

Thursday, November 7th, 5:30-7:30pm  
Room RN 200  
Sierra College Rocklin Campus

### Did you know?

The Sierra College Nursing Program is ranked 2nd in the state of California- [registerednursing.org](http://registerednursing.org)





# SACRAMENTO STATE

Seniors! We are partnering with Sac State Admissions & Outreach for an exclusive On- the-Spot-Admissions & Transcript review. SEE YOU THERE!



**Wednesday, November 13th**



**11:36am - 12:36pm**



**Maker Space in the Grove Building**



**[Sac State On-the-Spot Admission](#)**

Email Ms. Luna @ [gluna@rjuhsd.us](mailto:gluna@rjuhsd.us)  
for details



# *The Power of Presence: Why School Attendance Matters*

As we dive into the second quarter, we want to emphasize an essential factor for student success: **attendance**. Showing up each day goes beyond logging hours; it's about laying the groundwork for academic growth, personal development, and future success. Here's why consistent attendance is key and how we, as a school community, can support students in building a strong attendance habit.

## **1. Academic Achievement and Consistency:**

Missing even a single day of class can result in students falling behind on important lessons, assignments, and discussions. Regular attendance helps students stay on track, perform better on tests, and strengthen their understanding of the material.

## **2. Social Connections and School Community:**

School isn't just about academics—it's a place where students form friendships, build social skills, and become part of a community. Regular attendance helps students feel connected and engaged with their peers, teachers, and school activities.

**3. Positive Habits for the Future:** Building a habit of regular attendance teaches responsibility and self-discipline—skills that benefit students in all areas of life. Future employers, colleges, and organizations look for candidates who demonstrate commitment, reliability, and punctuality. By maintaining consistent attendance, students learn to prioritize their responsibilities and develop a strong work ethic.

**4. Avoiding Chronic Absenteeism:** Missing 10% or more of the school year—just two days a month—can lead to chronic absenteeism, a major obstacle to academic success. It impacts not only grades but also overall learning outcomes. By working together we can help students avoid falling into this pattern.



Students who miss 10% of the school year are considered "habitually absent," according to California Ed Code 48260. Students may not miss more than **9 total days** in the school year, or 4.5 days per semester.

If you or your student need support with attendance please reach out to our counseling/admin team for further support.

# Stay connected!

Students, check your email for an invite to our grade level Canvas class!

## Welcome Freshmen!

Counselors will be using this Canvas classroom to help guide you during your time at West Park High School. We will provide information regarding course registration, upcoming events, and other counseling-related topics that you might need to know.

## Meet Your Counseling Team



Phitsamay Gilchrist	Laura Swinford	Keith Simmons	Romy Bains	Kassie Hildebrand
Pgilchrist@rjuhsd.us	Lswinford@rjuhsd.us	Ksimmons@rjuhsd.us	Rbains@rjuhsd.us	Khildebrand@rjuhsd.us

## Resources



- Announcements on upcoming events.
- Access to our monthly newsletter.
- Lessons and how to guides for college/career planning.