



Livermore Learns Transition from Middle School to High School

January 28, 2025

Agenda

1. Introductions
2. Counselors
3. Graduation Requirements/4 year Plan
4. Courses
5. Getting Involved
6. Specialty Programs
7. Bell Schedule
8. Helpful Hints

Introductions

- Clark Conover - Principal, Granada High School
- Rox Mohammed- Principal Livermore High School
- Joni Therrien- Counselor, Granada High School
- Edress Waziri- Counselor, Livermore High School

Counselors

LHS COLLEGE AND CAREER CENTER

Academic Counselor (Last Names A - G): Elaina Edwards, eedwards@lvjusd.org

Academic Counselor (Last Names H - O): Edress Waziri, ewaziri@lvjusd.org

Academic Counselor (Last Names P-Z): Jade Bohl, jbohl@lvjusd.org

SEL & Wellness Counselor: Zachary Radecke, zradecke@lvjusd.org

First Generation College and Career Counselor: Elizabeth Esquivez, eesquivez@lvjusd.org

College and Career Specialist/ROP Coordinator: Paula-Ann Cabading, pcabading@lvjusd.org

GHS COLLEGE AND CAREER CENTER

Academic Counselor (Last Names A - E): Marilee Solomon, msolomon@lvjusd.org

Academic Counselor (Last Names F - L): Tyler Johnston, tjohnston@lvjusd.org

Academic Counselor (Last Names M-Rn): Joni Therrien, jtherrien@lvjusd.org

Academic Counselor (Last Names Ro-Z): Amy Castorena, acastorena@lvjusd.org

First Generation College and Career Counselor: Elizabeth Esquivez, eesquivez@lvjusd.org

College and Career Specialist/ROP Coordinator: Danielle Watson, dwatson@lvjusd.org



Semester System

LVJUSD operates on a semester system:

- The school year is divided into two 18-week semesters.
- All semester courses earn 5 credits unless noted otherwise.
- With 240 credits needed for graduation, students should take 60 credits per year, which is 30 credits per semester (6 courses per semester).

Graduation Requirements

English - 40 credits	Social Science - 35 credits
Math - 20 credits	Science - 20 credits
Health - 5 credits	Physical Education - 20 credits
World Language <i>and/or</i> Visual & Performing Arts (VPA) <i>and/or</i> Career Technical Education (CTE) - 30 credits (students must take courses in at least 2 of the 3 categories)	Electives - 70 credits



Sample 9th Grade Schedule

	Semester 1	Semester 2
<i>Period A (Optional)</i>	<i>Limited Options</i>	
Period 1	Algebra 1A	Algebra 1B
Period 2	Social Science 9	Health
Period 3	PE 1A	PE 1B
Period 4	Con Physics A	Con Physics B
Period 5	Spanish 1A	Spanish 1B
Period 6	English 9A (H)	English 9B (H)
<i>Period B (Optional)</i>	<i>Limited Options</i>	

This schedule shows a student taking a full schedule of 12 classes and earning 60 credits for the year.



UC/CSU A-G Admissions Requirements

A.	History/Social Science	2 Years
B.	English	4 Years
C.	Math	3 Years (4 Recommended)
D.	Lab Science	2 Years (3 Recommended)
E.	World Language	2 Years (3 Recommended)
F.	Visual & Performing Arts	1 Year
G.	College Prep Elective	1 Year

High School

4 Year Plan

Objectives
LHS Pathway:
Degree Interests:
Career Interests:

Name: _____

Class of: _____

Parent Signature: _____

Post High School Plans
After High School I want to go to...
<input type="checkbox"/> Community College
<input type="checkbox"/> Trade Sch/ Apprenticeship Program
<input type="checkbox"/> Military or <input type="checkbox"/> Workforce

Freshman Year
1. Social Science/Health or APSS
2. English 9
3. Math: _____
4. PE 1
5. Sci: Conceptual Physics
6. CTE (Recommended)

Sophomore Year
1. World History or AP
2. English 10
3. Math: _____
4. PE 2
5. Science: _____
6. CTE/VAPA/Elective

Junior Year
1. US History or AP
2. English 11 or AP
3. Math: _____
4. World Lang
5. CTE/VAPA/Elective
6. CTE/VAPA/Elective

Senior Year
<i>*A. Not required/Optional</i>
1. Civics/Econ or AP
2. English 12 or AP
3. Math: _____
4. World Lang
5. CTE/VAPA/Elective
6. CTE/VAPA/Elective
<i>*B. Not required/Optional</i>

** A/B Periods are optional (see catalog)*

**Students are encouraged to take a Concurrent Enrollment course in college in 11th and/or 12th*

High Diploma Requirements	
Social Science	35 Credits
English	40 Credits
Math	20 Credits (Must pass Algebra 1B)
PE	20 Credits
Health	5 Credits
Science	20 Credits (10 Life Sci & 10 Phy. Sci)
VAPA/ CTE / World Lang.	30 Credits (In 2 of the 3 categories)
Electives	70 Credits
Total	240 Credits
<i>One Semester Class = 5 Credits</i>	

UC/CSU A-G College Requirements	
A. History/ Social Science	2 Years
B. English	4 Years
C. Math	3 Years (4 recommended)
D. Lab Science	2 Years (3 recommended)
E. World Language	2 Years (3 recommended)
F. VAPA	1 Year
G. College Prep Elective	1 Year
<i>C or better</i>	
<i>110 Credits (11 a-g courses) by the end of junior year</i>	
<i>SAT I or ACT (depending on the institution)</i>	

VAPA = Visual and Performing Arts classes

CTE = Career Technical Education classes

World Lang. = World Language / Foreign Language

**This plan meets the minimum A-G college requirements only.*

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Visit [Out-of-State](#), [Private](#), and [Ivy League](#) University websites for their unique admission requirements.

9th Grade Required Courses

- **English 9 Or Honors**
- **Social Studies/Health or AP Human Geography**
 - Students have flexibility to take Health in later years but it is still recommended that freshmen take Health unless scheduling selections “force” it to a later year.
- **Math - 8th grade teacher recommendation**
- **Science - Determined by math placement**
- **Physical Education**

Freshman Electives

- **World Languages**
 - American Sign Language (ASL), French, Spanish, Latin
- **Visual and Performing Arts (VAPA)**
 - Animation, Art, Ceramics, Choir, Digital Photo, Drama, Orchestra, Band, Video Production, Studio Broadcasting
- **Career and Technical Education (CTE)**
 - Computer Applications, Computer Graphics, Computer Science, Web Page Design, Intro Business, Design Engineering, Robotics, Machine Tool, Foods, Video Game Design, ROP

Course Advancement

Students who wish to advance into a higher-level course in the following academic year can take a Non-District Course from a WASC accredited, A-G approved transcript bearing institution as long as the student adheres to the following policies and procedures:

- Grade of “C-” or better in the course is required to advance to the next level in accordance with current highschool advancement policy
- Course will be added onto the LVJUSD high school transcript under the name of the issuing institution
- Course will be excluded from the high school GPA and graduation requirements
- Students can only advance one level per subject provided that graduation requirements are met
- An official transcript is required for verification of the completed course
- Prior to enrollment in the course, students must contact their middle school administration or counselor

If you have specific questions about acceleration or advancement, please contact your student's Counselor or Vice Principal.

Getting Involved

- Take electives based on your interests e.g. (Choir, Band, Color Guard)
- Join/Start a club based on your interests and/or passions
- Play a sport
- Enroll in Leadership (elective course)
- Volunteer and/or do community service



Advanced Placement (AP) Program

Stand out to colleges.

Grade boost.

Earn College Credit.

Build Skills and Confidence.

How many should I take?



**Middle Years
Programme**



**Diploma
Programme**

**International Baccalaureate (IB) Programs at Granada High
GHS now offers IB Middle Years Programme (MYP) classes for
grades 9-10 and the IB Diploma Programme (DP) for grades 11-12**

**Come to our IB Info Night for 8th grade students and parents
February 6 at GHS to learn about the benefits of enrolling
students in our IB Programmes and how IB can help your
student be successful in high school and beyond. More
details on the Info Night to come.**



International Baccalaureate®
Baccalauréat International
Bachillerato Internacional

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IB Entry Points at Granada High

Students may enter the MYP in 9th grade or start with the Diploma Programme in 11th grade



Middle Years Programme



Diploma Programme

9th
Grade

10th
Grade

11th
Grade

12th
Grade



LIVERMORE HIGH SCHOOL



CALIFORNIA
FFA FOUNDATION



LIVERMORE FFA

LHS AGRICULTURE DEPARTMENT

GREEN ENGINEERING ACADEMY

Tri-Valley Regional Occupational Program (ROP)

Regional Occupational Programs (ROP) provide engaging learning opportunities for high school students eager to acquire career training and technical skills essential for business and industry employment.

Program to explore careers and/or college majors and develop job skills.

Open to seniors, juniors, sophomores, some courses for frosh. Juniors and seniors have priority in enrolling in ROP courses.

Some classes are at other high school sites in the Tri-Valley.

WELLNESS CENTER INFO

Services and programs we offer to all students:

- Individual and group counseling
- Relaxation, meditation, and de-escalation tools
- Conflict Mediation
- Crisis support
- Peer mediation and conflict resolution
- Culture Keeper program
- Links to community resources
- Teen Mental Health First Aid (Peer to Peer Mental Health Support)
- Cultivating healthy relationships
- Substance abuse intervention and resources
- Trauma informed education | Adverse Childhood Experiences (ACES)
- Resources and toolkits for parents & guardians
-

[Welcome to our Mental Health Website! - Liverm](#)

[Valley Joint Unified School District](#)



MONDAY/ TUESDAY/ FRIDAY

Begins	Ends	Period
7:17am	8:22am	A (Optional/Conditional)
8:30am	9:25am	1
9:33am	10:28am	2
10:36am	11:31am	3
11:39am	12:34pm	4
12:34pm	1:04pm	Lunch
1:12pm	2:07pm	5
2:15pm	3:10pm	6
3:18pm	4:23pm	B (Optional/Conditional)

WEDNESDAY

Begin	End	Period
8:30am	10:05am	1
10:13am	11:48am	3
11:56am	12:26pm	CAP/ASE
12:26pm	12:56pm	Lunch
1:04pm	2:39pm	5

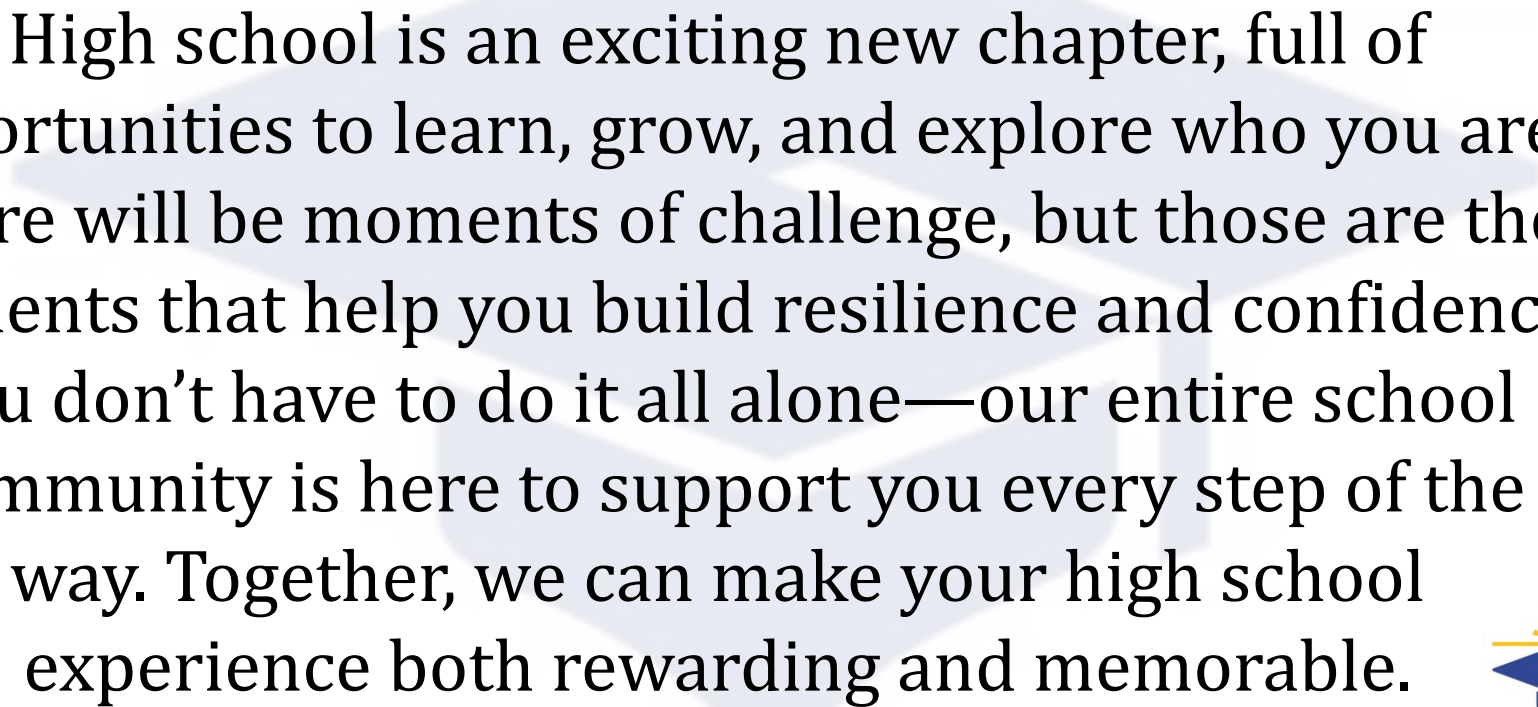
THURSDAY

Begin	End	Period
7:17am	8:22am	A
8:30am	10:05am	2
10:13am	11:48am	4
11:48am	12:18pm	Lunch
12:26pm	1:21pm	ASE/CAP
1:29pm	3:04pm	6
3:12pm	4:17pm	B

Scheduling

Students will select their courses in February and held to their choices. Master schedules are created based on these requests. Unless there is an error on our part, schedules will not be changed in August.

We encourage self-advocating for incoming freshman!



High school is an exciting new chapter, full of opportunities to learn, grow, and explore who you are. There will be moments of challenge, but those are the moments that help you build resilience and confidence. You don't have to do it all alone—our entire school community is here to support you every step of the way. Together, we can make your high school experience both rewarding and memorable.

For Parents

- 1. Stay Involved, but Empower Independence**
 - Encourage your teen to take ownership of their academics and responsibilities while letting them know you're there to support them.
- 2. Monitor Progress Regularly**
 - Use tools like the student portal to stay informed about grades and attendance, but have regular check-ins at home to discuss progress instead of relying solely on digital updates.
- 3. Encourage Open Communication**
 - Create a safe space where your child feels comfortable talking to you about their successes, struggles, and social life.
- 4. Support a Healthy Routine**
 - Help your child maintain a balance between academics, extracurriculars, and rest. Teens thrive with proper sleep, nutrition, and time to recharge.
- 5. Get to Know the School Community**
 - Attend school events, join the parent-teacher association, and connect with other families to build a support network.
- 6. Teach Resilience**
 - If your child faces setbacks, guide them through problem-solving instead of solving problems for them. Reinforce the idea that challenges are opportunities to grow.
- 7. Utilize School Resources**
 - Familiarize yourself with the school's resources, such as counseling services, academic support, and extracurricular opportunities. Encourage your child to take advantage of them.



For Students

- 1. Stay Organized**
 - Use a planner or digital calendar to keep track of homework, tests, and activities. Learning to manage time effectively will make a big difference.
- 2. Ask Questions and Seek Help Early**
 - If you don't understand something in class or feel overwhelmed, ask your teacher or counselor for help right away.
- 3. Get Involved**
 - Join clubs, sports teams, or other activities to meet new people, build skills, and feel connected to the school community.
- 4. Build Good Study Habits**
 - Set aside time each day for homework and review, and find a quiet, distraction-free space to work.
- 5. Make New Friends, but Be Yourself**
 - High school is a great time to meet people with different interests. Focus on building positive friendships where you feel accepted for who you are.
- 6. Balance Academics and Fun**
 - While grades are important, so is your mental and emotional well-being. Make time for things you enjoy and people who make you happy.
- 7. Be Resilient**
 - High school will have ups and downs. If you make a mistake or face a challenge, learn from it and keep moving forward. You are more capable than you think.
- 8. Know Where to Go for Support**
 - Your teachers, counselors, and administrators are here to help you. Don't hesitate to reach out if you're feeling stressed, need advice, or want to talk.

When Challenges Arise

1. **Academically**

- Don't wait to get help! Take advantage of office hours, tutoring programs, or study groups. Break tasks into smaller steps and set goals for each study session.

2. **Socially**


- It's okay to feel nervous or out of place at first. Be open to meeting new people, but remember that it's okay to take your time finding your "people." Respect others' differences.

3. **Emotionally**

- High school can be overwhelming, and it's normal to feel stressed at times. Talk to someone you trust—a parent, teacher, counselor, or friend. Practice self-care by exercising, journaling, or doing something creative.

4. **When Things Feel Too Hard**

- Remember, you're not alone. The school is filled with people who want you to succeed.
Reaching out shows strength, not weakness.



**EXPO at Livermore and Granada
High Schools
February 12
5 pm**

