



# Parent University



10<sup>th</sup>/11<sup>th</sup> Grade

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*Getting Ready for Life After  
High School*



# AGENDA:

Graduation Requirements and Transcripts

College Requirements

Financial Aid & Other Resources

Career Exploration

Q & A

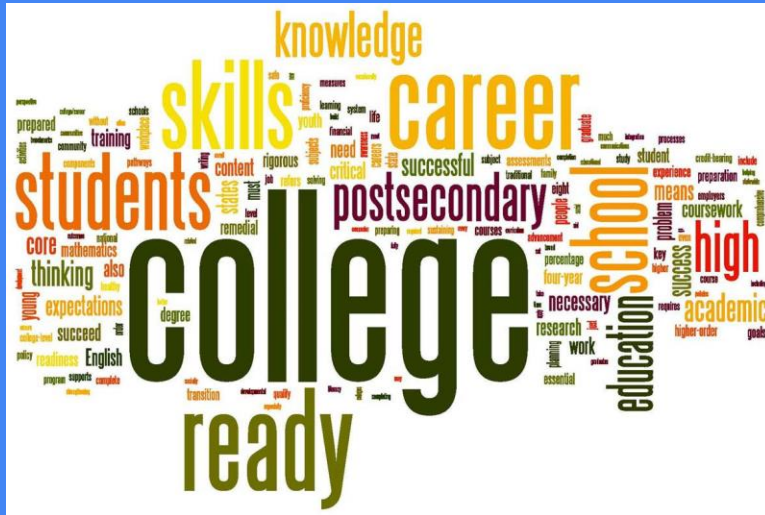


# Graduation Requirements



Subject	Credits
English	40
World History (10 <sup>th</sup> )	10
U.S History (11 <sup>th</sup> )	10
Government (12 <sup>th</sup> )	5
Economics (12 <sup>th</sup> )	5
Life and Physical Science	20
Mathematics	30
Fine Art or World Language	10
Physical Education (9 <sup>th</sup> /10 <sup>th</sup> )	20
Health	5
Electives	115
<b>Total</b>	<b>270</b>

# College Requirements



# UC/CSU College Entrance Requirements

## A- G Requirements

Subjects	Min. Requirements of College Preparatory Courses
A. History/Social Science	2 years: <a href="#">World History, U.S. History, Government</a>
B. English	4 years: College Prep <a href="#">English 9-12</a>
C. Math	3 Years of college prep math, 4 years is highly recommended <a href="#">Algebra 1, Geometry, Algebra II</a>
D. Laboratory Science	2 years of lab science. 3 years of lab science is recommended: <a href="#">Living Earth, Chemistry, Physics (Example)</a>
E. Language other than English	2 years of the same language, 3 years is recommended <a href="#">Spanish, French</a>
F. Visual/Performing Arts	1 year of a college prep course <a href="#">Art, Music, Theater</a>
G. College Preparatory Elective	1 year of a college prep elective <a href="#">Psychology, Speech and Debate, Creative Writing, etc.</a>
Test Requirements	SAT or ACT not needed for admission

# High School Requirements VS College Entrance Requirements

Grades (C's or higher)

Math (Algebra II or higher)

World Language

- min. of 2 years of the same language

Visual & Performing Art

# College Entrance Exams:

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SAT  
OR ACT

\*\*\*Most colleges are test optional –  
Private Colleges and Out of State Schools  
may still require SAT or ACT

## PRACTICE TEST:

PSAT – Practice SAT (11<sup>th</sup> Grade, Fall)

PSAT 10 – Practice SAT (10<sup>th</sup> Grade, Spring)

## ACTUAL TEST:

SAT – Critical Reading, Essay and Math  
(Spring of 11<sup>th</sup> Grade)

**OR**

ACT – Reading, Essay, Math and Science  
(Spring of 11<sup>th</sup> Grade)

\*May help with English and Math placement at 4-year University

[www.actstudent.org](http://www.actstudent.org)

[www.sat.collegeboard.org](http://www.sat.collegeboard.org)

CAASP Tests: California  
Assessment of Student  
Performance and  
Progress  
Why is it important?

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CAASP

**The CSU will use the highest achieved measure to determine placement appropriate GE English or Math courses.**

**CAASP provides an early indicator of student's readiness to take GE English and Math Courses.**

**The CAASP scores are included in the CAASP Student Score Report the school district provides to students in the fall of the senior year.**



University of California (UC)	California State Universities (CSU)	Private and Out of State Universities
<ul style="list-style-type: none"> <li>• 10 Campuses</li> <li>• Completion of A-G</li> <li>• Minimum GPA required to apply: 3.0 (realistically 3.8 and higher)*</li> <li>• SAT or ACT Score optional</li> <li>• Personal insight questions</li> <li>• Application Deadline: Nov 1<sup>st</sup>-30<sup>th</sup></li> <li>- Cost: Living on Campus: \$38, 504 Living off Campus: \$35, 604</li> </ul>	<ul style="list-style-type: none"> <li>• 23 Campuses</li> <li>• Completion of A-G</li> <li>• Minimum GPA required to apply - GPA 3.0</li> <li>• SAT or ACT Score optional</li> <li>• Application Deadline: Oct 1st to Nov 30th</li> <li>- Cost: Living on Campus: \$22,232 - \$30,240 Living off Campus: \$11,530 - \$12,785</li> </ul>	<ul style="list-style-type: none"> <li>• Many campuses throughout the nation</li> <li>• Cost vary dramatically \$-\$\$\$</li> <li>• SAT/ACT Score</li> <li>• Letter of Recommendation- <b>Deadline to request September 27</b></li> <li>• Applications and deadline vary (Common App, school's own system, etc.)</li> <li>• Eligibility requirements may vary</li> <li>- Cost: Approx. \$30,000 - \$67,000</li> </ul>

\*GPA requirements will vary based on major and school

# College Search Sites

***Wondering where to  
Begin your college search?  
Here are some places to start:***



CALIFORNIA  
COLLEGES  
DISCOVER PLAN LAUNCH

[californiacolleges.edu/](http://californiacolleges.edu/)

 CollegeBoard

**BigFuture**

[bigfuture.collegeboard.org](http://bigfuture.collegeboard.org)

 myCollegeOptions™

[mycollegeoptions.org](http://mycollegeoptions.org)

# Financial

# Aid

# FAFSA/DREAM ACT

## **FREE APPLICATION FOR FEDERAL STUDENT AID**

- **AB 469 LAW NOW REQUIRES EVERY SENIOR TO APPLY FOR FAFSA or DREAM ACT**
- **YOU ALSO HAVE THE OPTION TO OPT OUT, BUT MUST FILL OUT OPT OUT FORM.**
- **DOWNLOAD OPT OUT FORM HERE: <https://ca01001129.schoolwires.net/Page/19939>**

# Scholarships & Internships



**fastweb**

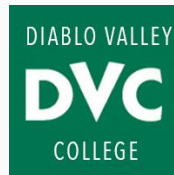
## Scholarship & Internship Resources

- **Local Scholarship Program offered to Seniors at Heritage H.S. (Applications are available online Nov. 1, 2024).**
- **Scholarships posted on College & Career Center Website.**
- **Fastweb – website to find scholarships and internships (Please note: age requirements vary for internships, please adhere to guidelines).**

# Community Colleges

- **Tuition: First two years are free, if you complete the required steps**
- Associate's degrees / degrees for transfer
- Multiple ways to transfer to 4-year Universities
- Certification programs, trade programs
- LMC will do orientations and enrollment in the spring on Liberty's campus
- FT3 only offered at LMC, CCC and DVC

LOS MEDANOS  
COLLEGE



**First Time  
Full Time  
Free Tuition**

- ✓ **TAKE CHARGE** of my future with the college's help
- ✓ **ATTEND** one of our colleges full-time (at least 12 college units per semester)
  - Apply Now [CCC](#), [DVC](#), [LMC](#)
- ✓ **GET READY** to attend college and do the following:
  - Complete and submit the Free Application for [Federal Student Aid \(FAFSA\)](#) or [California Dream Act application](#)
  - Complete an Educational Plan
- ✓ **COMMIT**
  - Complete a minimum of 12 units
  - Maintain a 2.0 grade point average or higher to remain eligible
  - Actively participate in college programs and support services
  - Make steady progress on my education plan

# Career Exploration





# Vocational & Trade Schools

- Community colleges, unions, trade schools
- Entrance exam
- On the job training
- Earn degree or certificates
- Cost varies
- [www.calapprenticeship.org](http://www.calapprenticeship.org)

LOS MEDANOS  
COLLEGE



PAUL MITCHELL



# Military of the United States



**\*Talk to a recruiter for more information (Career Center)**

**\*Students must take the ASVAB (sign up in the Career Center). ASVAB offered twice a year, once in the Fall Semester and once in Spring Semester**

**\*ASVAB test is free**



Go to the website:  
<http://www.cacareerzone.org>

You are not signed in: [Sign In](#)

Explore   Decide   Grow

## Welcome to California CareerZone

Register for an account with California CareerZone to customize your career exploration.

[Register Now!](#)



Choose an option below. Not sure where to start? [Take the Tour](#)



### Assess Yourself

Self-Assessments can help you know yourself better. And knowing yourself better can help you choose a satisfying job or occupational field to explore.

[Begin Assessment](#)



### Explore Job Families

Starting your search by looking at broad sectors can help you find related occupations within an area that you might enjoy.

[Start Exploring](#)



### Make Money Choices

After High School you will need to work to pay for housing, transportation, and clothes... Find out how much money you will need and which occupations will pay for all your needs.

[Get Started](#)

[About](#)   [Privacy Policy](#)   [Latest News](#)   [Help/Contact](#)

 California Career Resource Network

# Building Bridges: Nurturing Student Well-Being for Academic Achievement



**Scan here for website!!**



The Wellness Center, aka "The Zen Den" officially opened its doors in September of 2023. The goal of our high school wellness center is to foster a nurturing environment that prioritizes the mental and emotional well-being of our students.

- Counseling and mental health support.
- Promotion of healthy lifestyle choices.
- Workshops on stress management, mindfulness, understanding relationships.
- Referral services for outside resources and specialists.
- One trauma-informed trained SEL counselor
- One Counselor intern
- Two AMFT interns on site

# Unlocking Potential: The Impact of Social-Emotional Learning on Academic Success

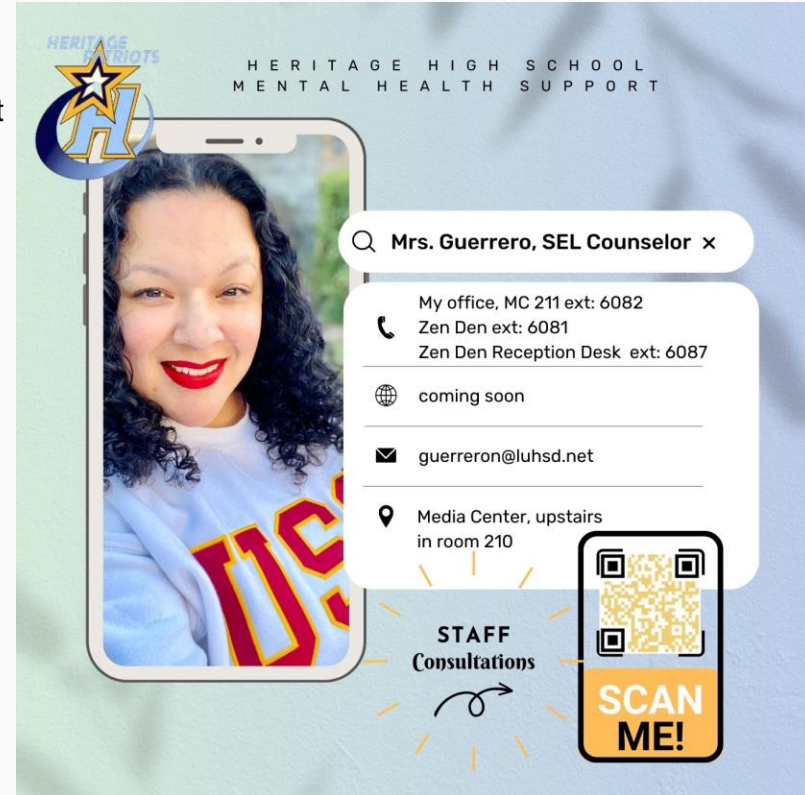


Prioritizing student mental health can have a transformative effect on academic achievement, and it is embedded as part of our SEL practices.

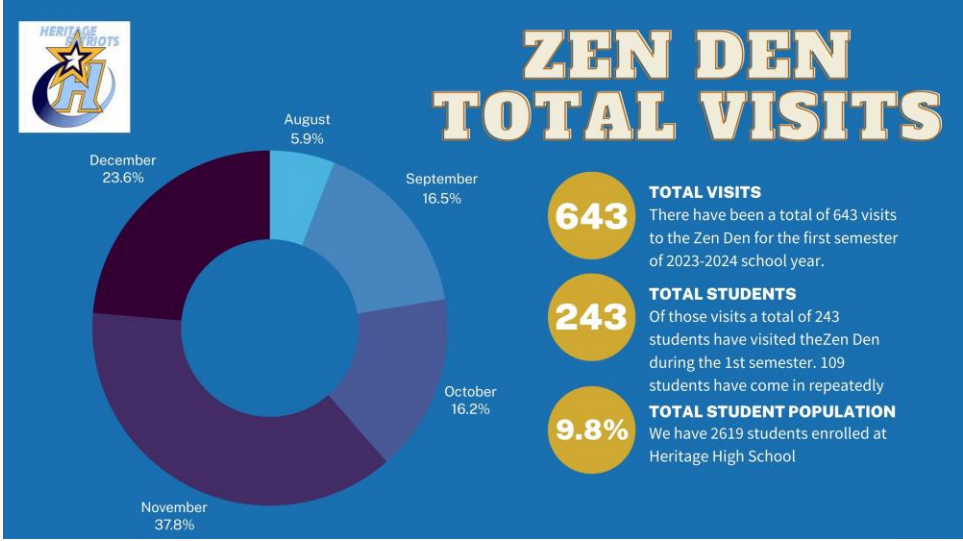
## 5 Core SEL Competencies

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making

The development of these SEL competencies equips students with the social, emotional, and interpersonal skills necessary to thrive in college and career environments.



# Zen Den By the Numbers

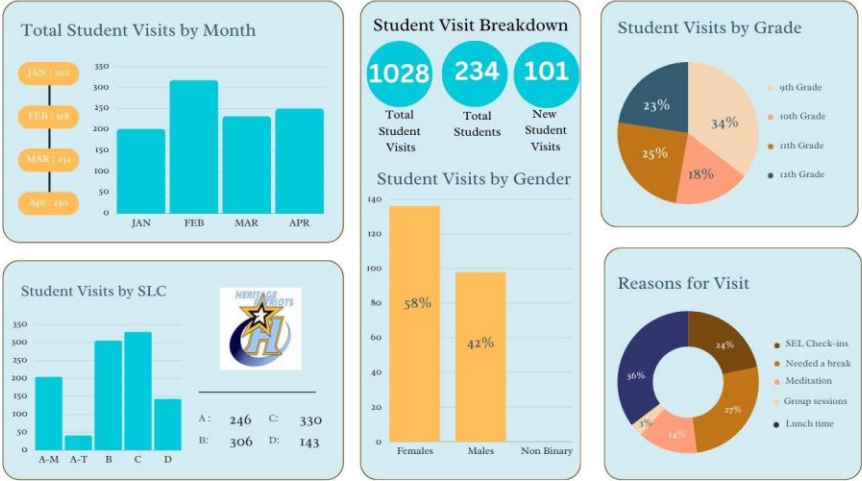


First Semester 2023

Second Semester 2024

## HERITAGE HIGH SCHOOL Zen Den Wellness Center Report 2024

2nd Semester Numbers





# College & Career Center

- Click on Student Info
- Online Information
- Located in Library 2nd Floor

The screenshot shows the Heritage High School website. The left sidebar contains a navigation menu with the following items: Home, Academics, Activities, Rising Stars, Athletics, Parent Info, School Info, Staff, Student Info (highlighted with a yellow arrow), Teachers, Alternative Education, and Calendar. The main content area features a header for Heritage High School with the tagline 'Committed to focusing its resources on the achievement of academic and personal success for all students'. Below this, the 'College & Career' section is displayed, containing two columns of links. The left column includes: HHS College & Career Center Events, BLACK COLLEGE AWARENESS FAIR - MARCH 18, 2023 - REGISTER HERE!!, NOR CAL CARPENTERS TRAINING - WOMEN IN CONSTRUCTION EVENT MARCH 24, 2023 - RSVP TODAY!, LOS MEDANOS COLLEGE - SENIOR SATURDAY - APRIL 22 OR APRIL 29 - REGISTER NOW!, CONTRA COSTA COUNTY HISTORICAL SOCIETY ESSAY CONTEST - WIN \$1500 - APPLY TODAY!, and ANTIOCH WATER PARK - NOW HIRING LIFEGUARDS - APPLY HERE!. The right column includes: Community College/Transfer Program, Community Service, Financial Aid: Comprehensive Guide to FAFSA and Financial Aid, Grade Level Action Plans, Historical Black Colleges, Job Opportunities for Students, Letter of Recommendation / Brag Sheet, and Selective Service Registration - Who Must Register. The browser's address bar shows the URL 'ca01001129.schoolwires.net/domain/441'. The Windows taskbar at the bottom shows the search bar and various application icons.

Heritage High School  
Committed to focusing its resources on the achievement of academic and personal success for all students

Home » Student Info » College & Career » [HHS College & Career Center Events](#)

### College & Career

- > [HHS College & Career Center Events](#)
- > [BLACK COLLEGE AWARENESS FAIR - MARCH 18, 2023 - REGISTER HERE!!](#)
- > [NOR CAL CARPENTERS TRAINING - WOMEN IN CONSTRUCTION EVENT MARCH 24, 2023 - RSVP TODAY!](#)
- > [LOS MEDANOS COLLEGE - SENIOR SATURDAY - APRIL 22 OR APRIL 29 - REGISTER NOW!](#)
- > [CONTRA COSTA COUNTY HISTORICAL SOCIETY ESSAY CONTEST - WIN \\$1500 - APPLY TODAY!](#)
- > [ANTIOCH WATER PARK - NOW HIRING LIFEGUARDS - APPLY HERE!](#)

- > [Community College/Transfer Program](#)
- > [Community Service](#)
- > [Financial Aid: Comprehensive Guide to FAFSA and Financial Aid](#)
- > [Grade Level Action Plans](#)
- > [Historical Black Colleges](#)
- > [Job Opportunities for Students](#)
- > [Letter of Recommendation / Brag Sheet](#)
- > [Selective Service Registration - Who Must Register](#)

# College & Career Center

-10<sup>th</sup> and 11<sup>th</sup> Grade College Planning

-College Speaker Presentations

-College Websites

-College Athletics

-Financial Aid Information

-Scholarships

-Testing Information

-Work Permit Information



OFFICE HOURS: MONDAY-FRIDAY 7:30AM-4:00PM

**The main objective of the College & Career Center at Heritage High School is to serve each student with increased self-awareness, information, resources, and skills to meet his/her college/career goals.**

**The Career Center (located on 2nd floor of the Media Center/Library) is a place where students can:**

- Research Colleges & Universities.
- Explore different career paths and options (Including Trade/Vocational Schools, Certificate Programs, and Military).
- Research post high school training information.
- Meet with college and university representatives.
- Get resume information.
- Get information on College/Industry visitation programs.
- Attend lunchtime College Readiness Presentations and Career Activities.
- Work permit applications and work permit renewal forms.
- Get information on College & Career Center Calendar of Events and Activities.
- College Entrance Exam information (SAT, PSAT, ACT).
- Local and outside scholarship information.

workshop presentation (10-29-21)

- ▶ The Financial Aid Process - Presented by Los Medanos College Office of Financial Aid
- ▶ Welcome
- ▶ HHS College & Career Center Events
- ▶ Calendar for College and Career
- ▶ ASVAB Career Exploration Program
- ▶ California State University
- ▶ Career Exploration
- ▶ Collegiate Sport
- ▶ Community College/Transfer Program
- ▶ Community Service
- ▶ Financial Aid: Comprehensive Guide to FAFSA and Financial Aid
- ▶ FAFSACAL GRANT/DREAM ACT
- ▶ Grade Level Action Plans
- ▶ Historical Black Colleges
- ▶ Job Opportunities for Students
- ▶ Letter of Recommendation / Brag Sheet
- ▶ LMC/DVC Registration Info.
- ▶ Military
- ▶ PSAT, SAT or ACT prep
- ▶ Resources for Underrepresented Students
- ▶ SAT/ACT TESTING
- ▶ Scholarships
- ▶ Trade Careers
- ▶ University of California
- ▶ Website Resources
- ▶ Western Undergraduate Exchange
- ▶ High School Resume Examples and Writing Tips
- ▶ Work Permit Application

# Save the Date

District College Night

September 25, 2024

6:00pm-8:00pm at

Heritage H.S. Gym





# Questions?

*Thank you for your time and attending our presentation!*