

Sophomore Guide

HOW TO BECOME COLLEGE AND CAREER READY AS A
SOPHOMORE AT CENTRAL HIGH SCHOOL



Central High School Counseling

Prepared for 2022 - 2023 School Year
559-276-5276



SOPHOMORE YEAR CHECKLIST



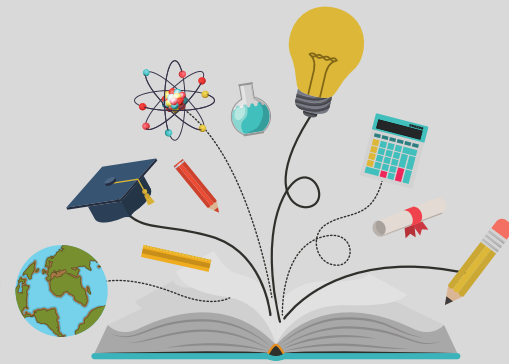
- ☐ **Research career, college, and military options.**
 - www.cacareerzone.org
 - www.californiacolleges.edu
 - Check out acceptance rates and average GPA and test scores.
- ☐ **Educate yourself on the differences between schools.**
 - 4 year universities, Community Colleges, or trade/vocational schools.
 - Consider Cost, Location, Admissions Requirements, Programs/Majors offered
- ☐ **Know your high school graduation requirements.**
 - Under "grades" tab in Aeries.
- ☐ **Know your A-G requirements.**
 - Make sure you are enrolled in the right classes.
 - Nothing below a C in an A-G class.
 - Check your status in Aeries under "Student Info" and "Profile"
- ☐ **Take the PSAT to prepare for college entrance exams.**
 - See SAT/ACT page for more information.
- ☐ **Understand your college readiness.**
 - If you have dreams of attending a competitive college, make sure your academic profile is strong.
 - Know how to read your transcript.
- ☐ **Challenge yourself with a rigorous schedule.**
 - Sophomore and Junior year grades are the most important.
 - Consider taking AP or Honors classes.
 - Go above and beyond the minimum requirements - take zoology, journalism, or a 3rd year of World Language.
- ☐ **Take classes that appeal to your interests.**
 - Consider ROP Medical Careers or ROP Athletic Training if you have an interest in the medical field.
 - As a junior you will have more space in your schedule, take a music, art or cooking class to expand your interests.
 - If you are considering playing collegiate athletics, talk to Ms. Conway to ensure you are NCAA Eligible.
- ☐ **Keep your grades up!**
 - Check Aeries regularly and communicate with your teachers.
 - Aim for a 3.0 or higher to maximize opportunities. (3.5 or higher if you're thinking about a UC)
- ☐ **Get involved in extra-curricular activities and clubs. Colleges look for well-rounded students.**
- ☐ **Look for volunteer and community service opportunities.**
- ☐ **Create a professional email address and keep your social media accounts clean.**

Sophomore “Preparing for College” Calendar

Here is a breakdown of many important dates and deadlines you will need to meet for community college, 4-year colleges, and military. Keep this somewhere safe! (Class of 2025)

<u>AUGUST/SEPTEMBER</u>	<u>OCTOBER/NOVEMBER</u>	<u>DECEMBER/JANUARY</u>
• Begin RESEARCHING your college and/or military options by using sites such as ○ www.Californiacolleges.edu ○ www.Cacareerzone.org ○ www.careersinthemilitary.com • STAY ORGANIZED by keeping an agenda and using folders or binders for your classwork. • Get familiar with the Career Center by checking the website or following on social media. • Get involved in virtual clubs and activities. • Attend the virtual College Night offered by Fresno County Office of Education on Sept. 14th. • Sign up for virtual college presentations through the Career Center.	• Your first progress report will arrive in early October. • Start the year strong with good grades. Aim for B’s or better to keep all of your college options open. • If you are having trouble in school, visit with your teachers during their office hours or attend afternoon tutoring sessions. • Be sure you understand your progress towards completing high school graduation requirements and that you know what A-G classes are.	• Prepare for and take your final exams. • KEEP YOUR GRADES UP! ○ F grades must be retaken in order for you to graduate. ○ D grades must be retaken if you plan on applying to a 4 year college. • The grades you receive in your sophomore and junior years are used to calculate your GPA for CSU and UC college applications. • Seek out opportunities to work or volunteer during the Winter Break.
<u>FEBRUARY/MARCH</u>	<u>APRIL/MAY</u>	<u>JUNE</u>
• Start the semester strong with good grades. • Registration for your junior classes will be done in the Spring. ○ Select your classes carefully. You need to make sure you are completing high school graduation requirements and meeting A-G requirements for college applications. ○ Choose challenging classes if you have long term goals of attending college. ○ Your junior year should be your most challenging academic year.	• Sign up for summer school if you are deficient on credits or if you need to make up a D or F grade. • Consider taking a summer class at Fresno City through the FCC High School Enrichment program. Registration for Summer will open in April. • Consider getting a job if you are old enough or look for chances to volunteer to gain work experience.	• Prepare for and take your final exams. • PASS ALL YOUR CLASSES! • Finish your school year passing all of your classes! Sophomore Year grades are very important to colleges! • Take summer school if necessary. • Use your summer to research college options and career requirements.

EDUCATIONAL OPTIONS



Students have multiple options to continue their education after high school. There is no "one way" to be successful so students have to find the path that is right for them! Knowing your options can help in making a decision!

	DESCRIPTION	DEGREE	QUALIFICATIONS	COST *in 2020	PROS/CONS
VOCATIONAL/ TECH SCHOOLS	An educational institution that provides job-training for a specific skill or area.	Certificate qualifying a graduate to work in a specific trade	- High school diploma - Application and all follow-up steps	Costs vary depending on the school and length of program. Typically more than CC	PROS: - short programs - quicker entry into the workforce CONS: - high costs - limited to a specific trade
COMMUNITY COLLEGE	A public education institution that provides both academic programs (many for transfer) and workforce training programs.	Certificate, Associate Degree (AA) or AA for Transfer to a 4-year college	- High school diploma - Application and all follow-up steps - Course placement determined by high school classes and GPA	\$46 per unit plus fees and books (tuition waived with CA Promise Grant)	PROS: - affordable - multiple program options including transfer - fresh start for struggling students CONS: - may take longer to graduate
CAL STATE UNIVERSITIES	A system of 23 public, 4-year universities in CA.	Bachelor's Degree	- Complete A-G requirements with C or better. - SAT or ACT scores - Admission based on GPA and test scores	\$5,742 per year for tuition at all CSU campuses. Room and Board, student fees, & books vary	PROS: - affordable - simple admissions process - reputable system CONS: - may take longer to graduate for impacted programs
UNIVERSITY OF CALIFORNIA	A system of 9 public, 4-year universities in CA.	Bachelor's Degree	- Complete A-G requirements with minimum 3.0 GPA - Admission is based on 11 categories of qualifications	\$13,104 per year for tuition at all UC campuses. Room and Board, student fees, & books vary	PROS: - highly reputable institutions - opportunities for advanced degrees and research CONS: - more expensive - competitive admissions process
PRIVATE COLLEGES	There are over 100 private colleges in CA. Private schools are typically smaller schools are have religious affiliations.	Bachelor's Degree or Certificate if it is trade school	Private schools can each set their own qualifications. Most require A-G completion, a test score, and application essay.	Average about \$35,000 per year for tuition.	PROS: - smaller schools & class sizes - positive environment CONS: - very expensive
OUT OF STATE COLLEGES	Every state has their own system of public schools as well as private options. There can be differences in the admissions process and financial aid.	Varies by the type of school	Out of state schools can each set their own qualifications. Most require that certain courses have been completed with a minimum GPA.	Costs vary but students typically pay more than in-state. Cal Grant cannot be used out of CA.	PROS: - new experiences or unique opportunities - could be a school you've always want to attend CONS: - possibly more expensive - distance from home
MILITARY	The military offers several educational opportunities. Speak to a recruiter about the options.	Options vary	- High school diploma - Take the ASVAB to determine your military qualifications.	Speak to your recruiter.	PROS: - affordable education options - job opportunities - opportunities to travel CONS: - long term commitment - distance from home

Summary of Subject Completion Requirements

Subject	Central Unified Graduation			CSU	UC
History	World Cultures Modern World History U.S. History American Government Economics			World History U.S. History	World History U.S. History
English	4 years of English			4 years of English	4 years of English
Math	3 years of math – 1 must be Math 1 *10 credits of Math 1 in middle school will be counted			3 years minimum	3 years minimum *4 recommended
Science	2 years –1 year Life Science, 1 year Physical Science			2 years 1 year life science 1 year physical science	2 years 1 year life science 1 year physical science *3 years recommended
World Language	1 year (includes World Language)			2 years of the same language	2 years of the same language *3 years recommended
Visual or Performing Arts				1 year of A-G approved Visual or Performing Art	1 year of A-G approved Visual or Performing Art
Electives/Other	2 years P.E.	1 yr freshman req.	70 other elective credits	1 year of academic elective	1 year of academic elective
Tests	SBAC testing as Juniors			No Testing Requirement	No Testing Requirement
GPA &/or Credits	230 credits with D or higher required to graduate			No minimum GPA, but below a 3.0 requires higher SAT or ACT score	Minimum 3.0 to apply

A-G Subject Requirements for CSU and UC

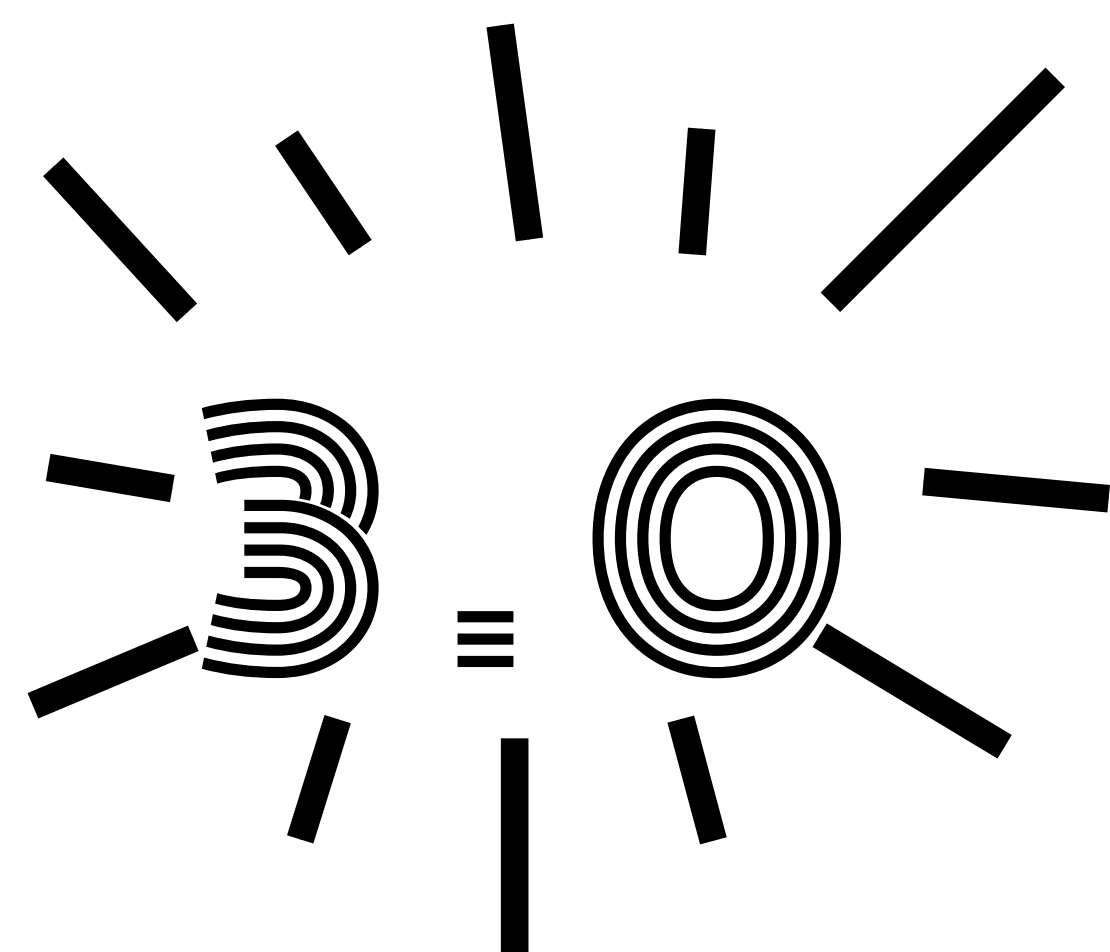
*MUST HAVE A **"C"** GRADE OR BETTER IN EACH REQUIRED COURSE

The Governing Board is committed to providing equal opportunity for all individuals in education. District programs, activities, and practices shall be free from unlawful discrimination, including discrimination against an individual or group based on race, color, ancestry, nationality, national origin, ethnic group identification, age, religion, marital, pregnancy, or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity or expression, or genetic information; a perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics.

A-G SUBJECT AREA	CENTRAL HIGH SCHOOL CLASSES OFFERED	
History (2 years/4 semesters) 1 Year World History 1 Year US History (World) (US) ☐ ☐ ☐ ☐	US History, Modern World History, World Geography, American Government, Ag Government (also includes AP, Accelerated and SDAIE Courses) (CHSy3) ☐ ☐	
English 4 Years College Prep ☐ ☐ ☐ ☐	English 1, 2, 3, 4, ERWC, African American Lit, Composition & Literature, Fiction F, AP Language & Composition, AP Literature & Composition, and all Accelerated and SDAIE Courses	
Mathematics 3 years minimum (Finishing at least Math 3) ☐ ☐ ☐	Math 1, Math 1E, Math 2, Math 2E, Math 3, Math 3E, Math 3/Trig H, Trigonometry, Trig Elem Functions, AP Calculus AB, AP Calculus BC, AP Statistics, and all SDAIE Courses	
Science 2 years with Laboratory (Life) (Physical) ☐ ☐	<u>Life Sciences</u> Biology, Ag Biology, Anatomy, Zoology, Plant & Animal Phys, (AP/SDAIE), Biotechnology	<u>Physical Sciences</u> Chemistry, Ag Chemistry, AP Chemistry, Honors Chemistry Conceptual Physics, AP Physics (all AP/SDAIE) (CHSy3)
World Language 2 Years of the same lang. ☐ ☐	Spanish 1, 2, 3, 4, French 1, 2, 3, 4, Spanish Literacy 1, Spanish Literacy 2, Hmong 1, 2, Punjabi 1, 2, Punjabi for Native Speakers	
Visual or Performing Arts 1 Year Art, Dance, Drama or Music ☐ ☐	3-D Design, Theater 1, 2, 4, Children's Theater, Draw & Paint, Advanced Art, Beg/Int/Adv Ceramics, Computer Ceramics Design, Floral Design, Folklorico, Ballet 1, 2, Modern Dance 1, 2, 3, Dance Performance, Computer Arts & Graphics, Beg/Adv Stained Glass, Concert Choir, Advanced Chorus, Treble Choir, Bass Choir, Digital 3-D, Jazz Band, Marching Band, Computer Ceramic Design, Video Production, AP Studio Art, ROP Comp Animation & Graphics, ROP Comp Graphics & Technology, AP Music Theory, ROP Floral Design, ROP Fashion Design, Flamenco Guitar, Piano	
Elective 1 year of Academic Elective	Economics, Ag Economics, AP Economics, Ag Science 1, Science 1, Science for Ca Citizens, Psychology/Sociology, Philosophy H, American Justice, Principals of Technology, ROP Sports Medicine, ROP Veterinary Science, Environmental Science, Food Science, AP Psychology, Parent/Childcare, Social Living, Computer Science Intro, Family Career Life, Intro to Teaching, and specific other courses listed above.	



THE



DIFFERENCE

Having a 3.0 GPA increases your college opportunities with admissions and financial aid.

2.0 GPA C AVERAGE

- qualifies you to play high school sports and participate in activities
- makes you eligible for Cal Grant B (usable at community college)

2.2 GPA

- minimum GPA for DII sports*

2.3 GPA

- minimum GPA for DI sports*

2.5 - 2.9 GPA

- students in this range can apply to a CSU but must score higher on the SAT or ACT to be eligible for admission

AVERAGE GPA & SAT SCORE OF ACCEPTED STUDENTS

- Cal State LA - 3.
- Fresno State - 3.33
- Sacramento State - 3.4
- CSU Long Beach - 3.5
- UC Merced - 3.5
- Cal Poly - 3.95
- UC Davis - 3.99
- UCLA - 4.3
- Stanford - 3.95

3.0 GPA B AVERAGE

- increases your chances of being admitted to a CSU.
- minimum GPA to apply to a UC
- makes you eligible for Cal Grant A (the only Cal Grant that can be used at a 4 year school)
- minimum GPA for Honors Academic Award

3.5 GPA

- minimum GPA for SCCCD Honors Programs*
- minimum GPA to qualify for CSF

3.75 - 4.0+ GPA

- High Honors Academic Award
- Smittcamp applicants must have a minimum 3.8 GPA
- 4.0 students = Valedictorians
- increased admission at major universities*



*must also meet other requirements

COLLEGE TESTING UPDATES CLASS OF 2023 AND BEYOND

SAT and ACT tests have traditionally been used as part of college admission for 4 year colleges and universities. Due to COVID 19 and other college trends, many college systems are changing their requirements. Here are some updates on SAT & ACT testing starting for the **Class of 2023**.

- **Community college** applications never require an SAT/ACT score.
- **University of California (UC) schools have announced they will no longer use SAT or ACT scores for admissions.**
- **California State Universities (CSU, including Fresno State) have announced they will no longer use SAT or ACT scores for admissions.**
- Students have until December of their senior year to take the SAT.

Due to these changes, many students will likely not need a test score to apply to college in California, however we understand that some students will still need a test score for applying to other colleges or to qualify for NCAA.

There will an SAT offered at Central High School on October 27th, 2022 (for Seniors) and again on March 22nd, 2023 (for Juniors for those students who need to test.

Please email Renee Lynd if you have any questions:
rlynd@centralunified.org