

Welcome!



Sophomore & Junior Parent Information
2025-2026



MEET OUR COUNSELING TEAM



NATALIE RENDON
A-CAR



JOY RUBIO
CAS-FUE



BIANCA BISHOP
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ASST. PRINCIPAL

CONTACT INFORMATION
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FOLLOW US!
@GWHSCOUNSELING



TRACI CUTLER
COUNSELING TECH.

Importance of 10th & 11th grade

Sophomore year is a great time for your student to begin seriously thinking about post-secondary options.

Sophomores should:

- ★ Explore career options, majors, and /certificates/degrees
 - ★ Research colleges and visit campuses
 - ★ Get C's or better in all classes
- ★ Enjoy a variety of extracurricular activities

Counselors will meet with your student twice a year to review their goals and create and their (ILP) Individualized Learning Plan. The more details your student has the better we can guide them and plan their classes for the remainder of their high school career.



Graduation Requirements

SOPHOMORES

JUNIORS

English	4 years	40 credits	4 years	40 credits
History	3 years	30 credits	3 years	30 credits
Mathematics	3 years	30 credits	2 years	20 credits
Science	2 years	20 credits	2 years	20 credits
Health	1/2 year	5 credits	1/2 year	5 credits
Physical Education	2 years	20 credits	2 years	20 credits
Fine Art/Foreign Lang.	1 year	10 credits	1 year	10 credits
Electives		65 credits		75 credits

*Students can receive PE Waiver for 10 credits with the completion of 2 sports or 2 fall seasons of marching band or color guard

Earn a Total of 220 credits for graduation



A-G Requirements

Requirements	Subject	Years
A	Social Science	2
B	English	4
C	Mathematics	3
D	Lab Science	2
E	Foreign Language (same language)	2
F	Visual & Performing Arts	1
G	College Prep Electives	1
	TOTAL	15

Course requirements for admissions to a CSU or UC

**Must complete 15 “A-G” courses by the end of the Senior Year;
must complete 11 “A-G” courses by the end of 11th grade for UC**

****Some colleges desire additional courses in some subject requirements. Students should visit the college website to determine additional classes desired by the specific college.**

Example: Cal Poly San Luis Obispo desires additional semesters of English, Math, Science and a Visual & Performing Art.

CTE Pathways



Agricultural Mechanics

Introduction	Concentrator	Capstone	UC/CSU a-g Approved
Ag Mechanics 1(p)	Ag Mechanics 2(p)	Ag Mechanics 3(p)	G-elective

Animal Science

Introduction	Concentrator	Capstone	UC/CSU a-g Approved
Ag Science 1 (P)	Animal Science (P)	Veterinary Science (P)	G-elective

CTE Pathways

Film/Video Production

Introduction	Concentrator	Capstone	UC/CSU a-g Approved
-	Intro to Video (P)	Advanced Filmmaking (P)	F-fine art



CTE Pathways



Cabinetry, Millwork, & Woodworking

Introduction	Concentrator	Capstone	UC/CSU a-g Approved
-	Intro to Wood	Wood Product Con 2	-

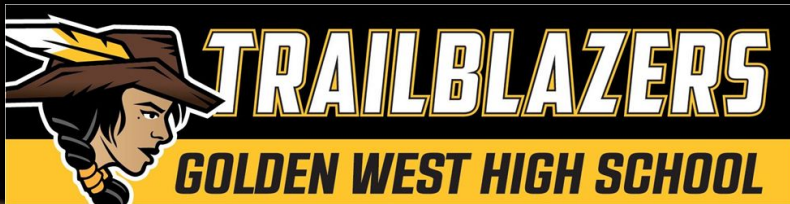
Welding and Materials Joining

Introduction	Concentrator	Capstone	UC/CSU a-g Approved
-	Metal Manufacturing 1	Metal Manufacturing 2 (P)	G elective

CTE Pathways

Systems Diagnostic, Service, & Repair (Automotive)

Introduction	Concentrator	Capstone	UC/CSU a-g Approved
-	Intro to Auto Tech (P)	Advanced Auto Mechanics (P)	G-elective



College and Career Ready



Understanding the College/Career Readiness Measure: Prepared

The College/Career Indicator includes measures on how well local educational agencies (LEAs) and schools are preparing students for likely success after graduation. Graduates classified as **Prepared** on this state measure must meet *at least one* of the criteria in the **Prepared** level.

1

Smarter Balanced Summative Assessments

Score of Level 3 "Standard Met" or higher on both English language arts/literacy (ELA) and mathematics

2

Advanced Placement (AP) Exams

Score of 3 or higher on two AP exams

3

International Baccalaureate (IB) Exams

Score of 4 or higher on two IB exams

4

College Credit Courses

Two semesters, three quarters, or three trimesters of college coursework with a grade of C- or better in academic/Career Technical Education subjects where college credits are awarded

5

State Seal of Biliteracy (SSB)

SSB awarded and score of Level 3 or higher in ELA on the Smarter Balanced Summative Assessments

6

Leadership/Military Service

Two years of Leadership/Military Science, score of Level 3 or higher in ELA or math, and Level 2 "Standard Nearly Met" or higher in other subject area

7

Career Technical Education (CTE) Pathway

Pathway completion with a grade of C- or better in the capstone course plus one of the Additional Criteria below:

- **Smarter Balanced Summative Assessments:** Level 3 or higher in ELA and at least a Level 2 in mathematics, or Level 3 or higher in mathematics and at least a Level 3 in ELA
- One semester/two quarters/two-trimesters of College Credit Courses with a grade of C- or better in academic/CTE subjects where college credits are awarded for each course

8

University of California (UC) and California State University (CSU) a–g requirements

Complete a–g course requirements with a grade of C- or better plus one of the Additional Criteria below:

- **Smarter Balanced Summative Assessments:** Level 3 or higher in ELA and at least a Level 2 in mathematics, or Level 3 or higher in mathematics and at least a Level 3 in ELA
- One semester/two quarters/two-trimesters of College Credit Courses with a grade of C- or better in academic/CTE subjects where college credits are awarded for each course
- Score of 3 on one AP exam or score of 4 on one IB exam
- Completion of CTE Pathway

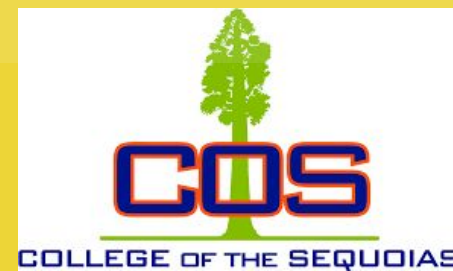
For more information, please visit the California Accountability Model & School Dashboard web page at <https://www.cde.ca.gov/ta/ac/cm/index.asp>.

California Department of Education - October 2019

COS Dual Enrollment Classes

Mandatory Meeting at GWHHS on **November 4th** for interested students

- www.cos.edu
-
- Speak with counselor; student must have cumulative 3.0 GPA
- Create an account: cccapply.net and submit COS application
- Complete Concurrent High School Enrollment Form from counselor
- Turn in completed Concurrent Enrollment Form to counselor
- Register for a class through COS BannerWeb
- Students can get a grade bump if the class is transferable (courses numbered 1-199) and they submit an official transcript to our registrar



CAREER- MAJOR- COLLEGE

Have you done enough research to determine your major and which colleges will have that major?

CAREER: your career plans should drive the choice of college major

Californiacolleges.edu

<https://cos.emsicc.com/?radius=&region=Central%20Valley>

MAJOR: colleges vary on what majors and degrees they offer

COLLEGE: once you have narrowed down your major then select your college

*** Note:** playing a sport in college is not a major, it is an extracurricular activity.

College/Career Exploration

californiacolleges.edu

This website has a career inventory and personality inventory that will allow you to discover careers that you may be interested in based on your strengths and interests.

It also allows you to:

- college search tools
- major search tools
- career interest inventory
- financial aid planning
- college application launch
- FAFSA launch

Counselors will meet with students to create Individual Learning Plans with students in fall.



Degree/Certificate Options

- ❑ **CTE Certificate-** Short term programs in a particular field (for example medical assistant, auto mechanic, paralegal) that provides the skills to gain employment in the field of choice more quickly.
- ❑ **Associate Degree-** typically a two year program study at a Community College. Student may obtain an Associate of Science (AS) or Associate of Art (AA)
- ❑ **Bachelor Degree-** a four year degree awarded at a University. There are Bachelor's of Science (BS) or Bachelor's of Art (BA)
- ❑ **Master Degree-** a graduate level degree, must complete a Bachelor's degree in order to pursue a Masters of Science (MS) or a Masters of Art (MA)
- ❑ **Doctoral Degrees:** is the highest level of academic **degree**. Everyone is familiar with the medical doctor, who holds an M.D. (Medical **Doctorate**). But you can earn a **doctorate** in almost any subject area (examples: psychology, chemistry, genetics).

Military

Sign up for the ASVAB in the Counseling Office

Check the bulletin for test dates

Usually offered twice a year (fall & spring)

Questions ask **Mrs. Cutler** in the counseling office.

Meet with a recruiter

Check the counseling office for recruiter visits

ROTC Programs:

<https://www.bestcolleges.com/resources/rotc-programs/>



College Application Process

Senior Year

Application workshops will occur on campus for the UC, CSU, COS, and FAFSA/Dream Act.

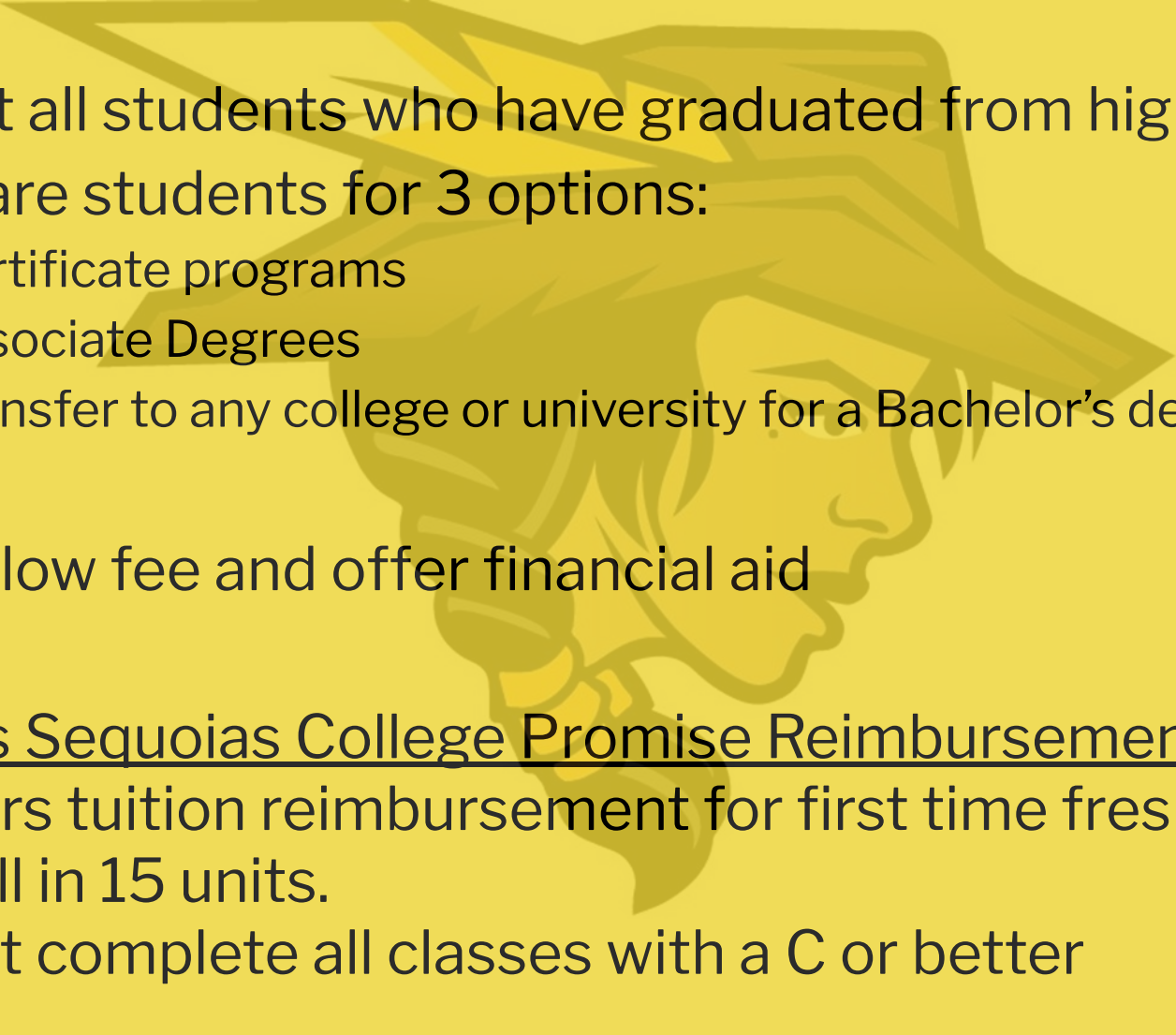
FAFSA/Dream Act

All students are mandated to complete the FAFSA application. Workshops will be provided on campus.

Application workshop will take place during the school day and students will be sent invitations to attend.

TRAILBLAZERS

California Community Colleges

- 
- Admit all students who have graduated from high school
 - Prepare students for 3 options:
 - Certificate programs
 - Associate Degrees
 - Transfer to any college or university for a Bachelor's degree
 - Have low fee and offer financial aid
 - COS's Sequoias College Promise Reimbursement
 - covers tuition reimbursement for first time freshmen if you enroll in 15 units.
 - must complete all classes with a C or better

University of California

- ❑ **Competitive admission- the earlier your student plans, the better!**
 - only 9 UC campuses in the state
- ❑ **Explore UC websites for freshman admission examples**
- ❑ **Requires Personal Insight Questions**
 - examples available on UC websites
- ❑ **Application Cost: \$80/application**

UC Cont.



California State University

- ❑ **23 campus in the state**
- ❑ **Submission window October 1st- Nov 30th of senior year**
 - **applications submitted via CCGI account**
- ❑ **The earlier your student's counselor knows about plans to apply to a CSU, the better!**

Application fee is \$70



**The California
State University**

CSU Cont.



Private Colleges and Universities

<http://www.commonapp.org/>

- Admission requirements vary by institution, but most follow similar UC/CSU guidelines in terms of subject requirements
- Check individual campus websites to determine admission requirements
- GPA: 9-12th Fall Semester
- Extracurricular Activities
- Essay/Personal Statement
- Letters of Recommendation
- Some Privates may have an interview

TRAILBLAZERS

College Entrance Exams

- The CSU and UC systems no longer require the ACT/SAT exam be taken as part of the admission requirement.

- For private universities, check their specific requirements as they may still require the ACT/SAT



TRAILBLAZERS

GOLDEN WEST HIGH SCHOOL

NCAA/NAIA Eligibility

It is highly recommended that students speak to their coach and/or our athletic director to about the possibility of being eligible.

Counselors should also be informed of their interest in being eligible to ensure proper course planning. Speak directly with your counselor, for additional information/questions.

NCAA – register online at www.eligibilitycenter.org

Cost \$100 or check online if you qualify for a fee waiver

NAIA – register on-line at www.playnaia.com/psaRegister.php

Cost \$100-\$160 or check online to see if you qualify for a fee waiver



Knowing Your Resources

- ☐ Monitor your student's grades on Parent Portal
- ☐ **Free tutoring**
 - XL Program- In the library before and after school
 - Paper App
- ☐ School Social Worker- Erica Soto
- ☐ School Psychologist- Quinn Peltzer
- ☐ Nurse- Gina De La Fuente
- ☐ Athletic Director- John DeLong
- ☐ Youth Service Officer- Monica Ceja
- ☐ Community Resource Agencies
 - VYS

Counselors are contacted via EMAIL for appointments, inquiries, etc.



Stay Informed!

- Subscribe to the daily bulletin on our website
- Check our counseling website periodically
- Counselors are happy to help you with college application questions. Please make an appointment when you have questions or email the questions to your student's counselor.

Jose Cortez is your Assistant Principal over 10th and 11th Grade

Email: jcortez@vusd.org

- Beginning 10th grade year, students are allowed off campus for lunch