Class of 2027

11th Grade
Guidance Lesson

LMHS Website - Click HERE

Graduation Requirements



GRADE POINT AVERAGE REQUIREMENT

Students must have a minimum total Grade Point Average of 2.0 to meet graduation requirements.

Subject Area	Credits Required	Required Years
Language Arts	40	4
Social Science	30	3
Mathematics	30	3
Science	30	3
Fine Art / World Language / Technical Art	20	2
Physical Education	20	2
Electives	50	
TOTAL MINIMUM CREDITS REQUIRED	**220**	



Counseling Staff

Students are assigned to a counselor based on their last name.

School Counseling Website - Click Here

A - Dang	**Mrs. Lopes**	**llopes@nlmusd.org**	**(562) 210-3328**
Dargo - Hernandez	**Ms. Mota**	**dmota@nlmusd.org**	**(562) 210-3427**
Herrera - Montoya	**Mr. Hallum**	**dhallum@nlmusd.org**	**(562) 210-3333**
Moody - Salazar	**Mr. Sahagun**	**dsahgun@nlmusd.org**	**(562) 210-3335**
Salcedo - Z	**Dr. Nguyen**	**mnguyen@nlmusd.org**	**(562) 210-3378**
College & Career	**Ms. Hamilton**	**mhamilton@nlmusd.org**	**(562) 210-3338**
Intervention	**Mr. Arenzana**	**jarenzana@nlmusd.org**	**(562) 210-3334**

Counseling Office Hours

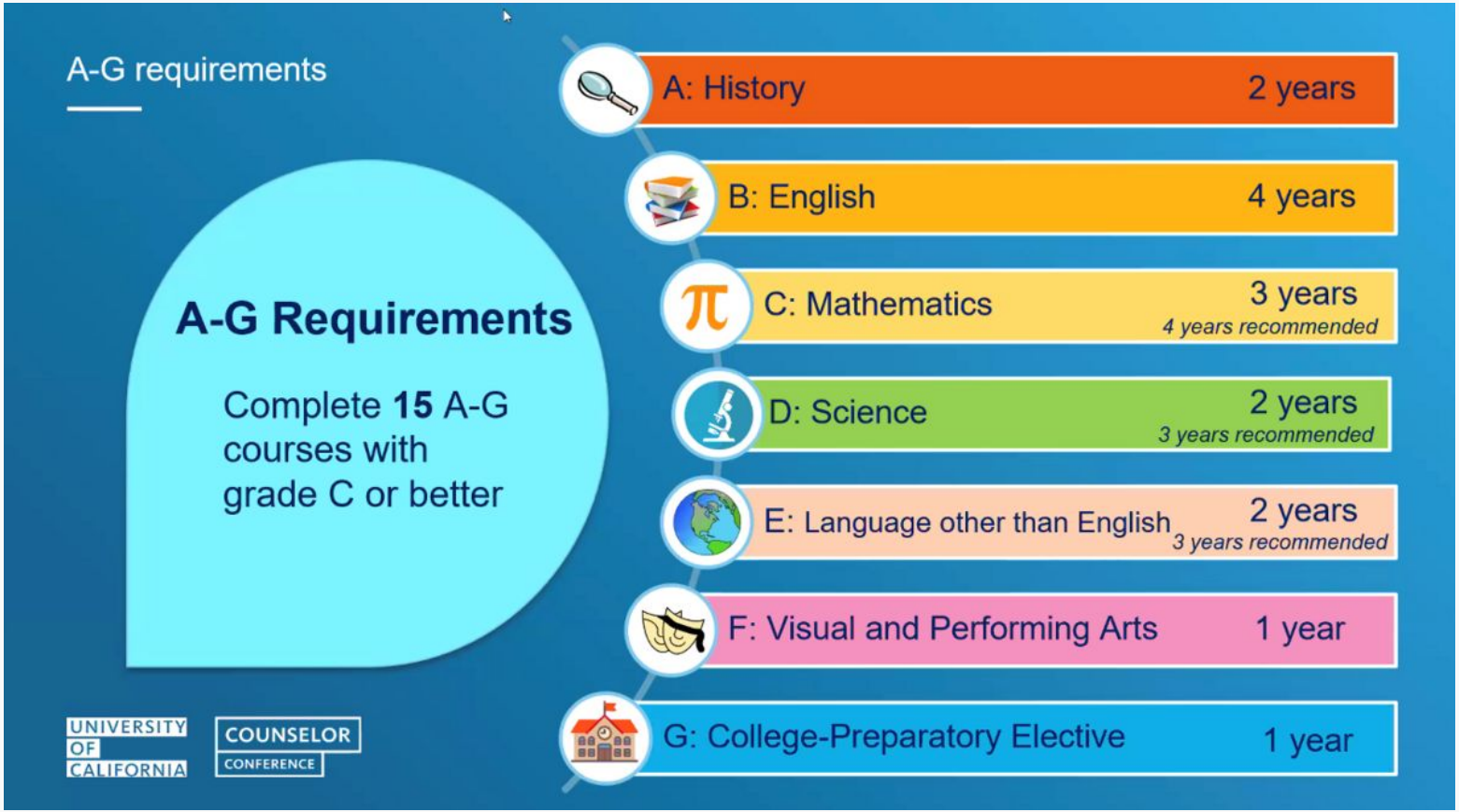
Monday - Friday

8:00 AM - 4:00 PM

Counselors are available to students before school, at snack, at lunch, and after school.

To make an appointment, you may email your counselor or visit Student Services.

A-G Requirements



[A-G Requirement Video - Click HERE]



To meet minimum admission requirements for the CSU/UC, you must complete ***15 year long high school courses*** with letter grades of “C” or better.

- At least 11 of the 15 courses must be completed by the end of your Junior year.

➢ LMHS CSU-UC 4 Year Plan
CLICK HERE

A-G Approved Course List for LMHS

CLICK HERE to view the Freshman Admission Requirements for the CSU’s and/or UC’s.

- Once you open the A-G Course List for LMHS, you can click on different academic year tabs to view A-G courses.



California Systems of Higher Education

- California Community Colleges (CCC)
- California State University (CSU)
- University of California (UC)
- Private and Independent Colleges



Types of Degrees in College



- Associate
- Bachelor
- Master
- Doctorate

COLLEGE CONSENSUS

TYPES OF DEGREES



DOCTORATE

ASSOCIATE

BACHELOR'S

MASTER'S

CSU The California State University



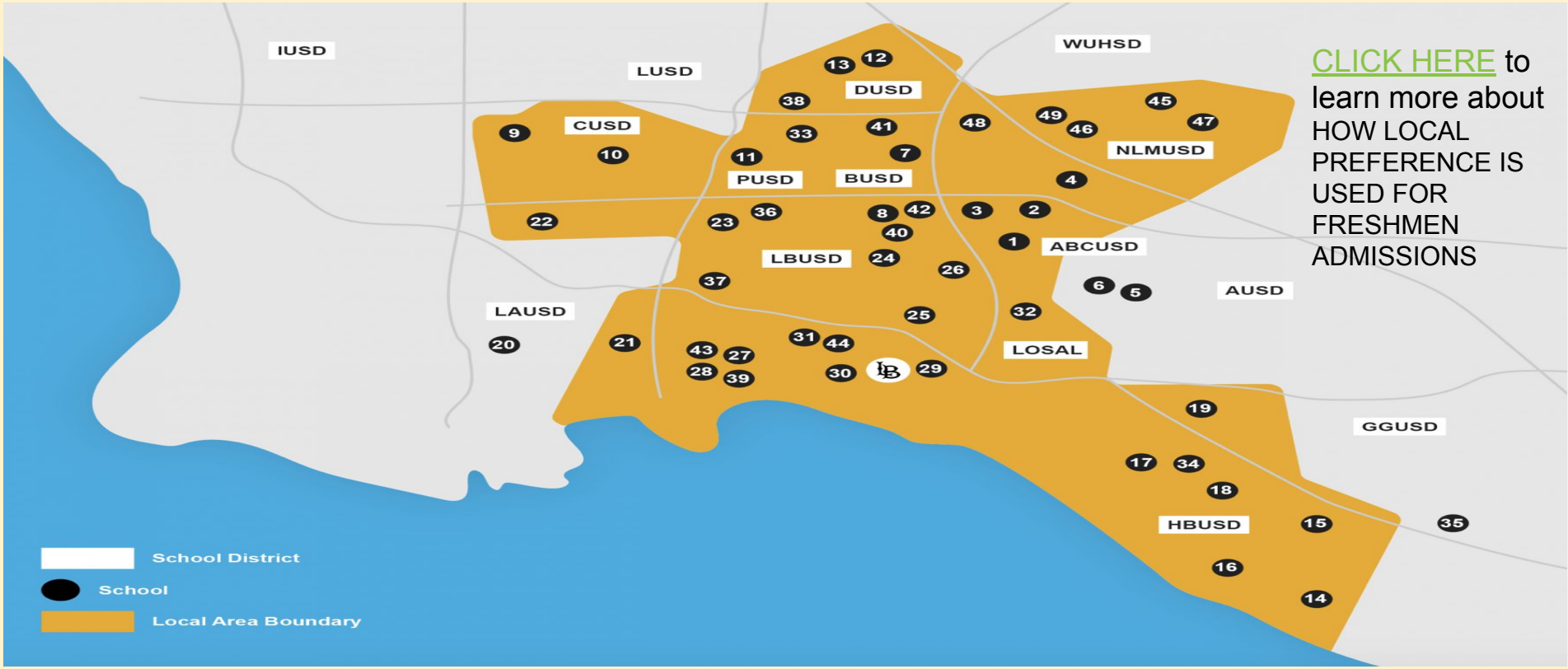
UNIVERSITY OF CALIFORNIA



CALIFORNIA STATE UNIVERSITY **LONG BEACH**

LOCAL PREFERENCE ADMISSION CONSIDERATION

LOCAL ADMISSION AREA SCHOOLS AND DISTRICTS



[CLICK HERE] to learn more about HOW LOCAL PREFERENCE IS USED FOR FRESHMEN ADMISSIONS

CSU / UC Application Profile

Eligible vs. Competitive

ELIGIBILE

- *Minimum* A-G Completion
- *Minimum* GPA
- ***Easy*** schedule with *few* A-G courses
- *Few* extracurricular or community activities

Challenge yourself to take on a more rigorous schedule your senior year.

COMPETITIVE

- Successfully continue taking and passing A-G courses beyond the minimum requirement
- Higher GPA (**3.5** or above)
- Several, recurring extracurricular or community activities

Better chance for students to be accepted to highly competitive or oversubscribed majors

College Testing Requirements

The California State University (CSU) no longer uses ACT or SAT examinations in determining admission eligibility for all CSU campuses.

Click HERE for Details & HERE for Freshmen FAQ.

UC will not consider SAT or ACT test scores when making admissions decisions or awarding scholarships.

Click HERE for Details & HERE for FAQ.

Private-Independent In-and-Out of State College or University

- Visit their website for testing requirement updates



Grants

- Must complete FAFSA to get federal grants
- Institutions may have additional grants
- Do NOT need to repay

Scholarships

- Available from colleges, universities and outside organizations
- Do NOT need to repay



Federal Student Loans

- Must complete FAFSA to access unsubsidized, subsidized and/or PLUS loans
- MUST repay



Types of Financial Aid



Federal Work Study

- Must complete FAFSA AND indicate interest in Federal Work Study Program
- Work part-time on campus



College & Career Planning Resources



Plan for College

Start here with simple steps you can take today to stay on track for college. New steps will unlock and be added to your dashboard throughout the year, so keep checking back.

Unlocked — Win $40K

0 of 6

Colleges Added

Build Your College List

Find the right college for you.

Find Colleges

Unlocked — Win $40k

0

Colleges on Your List

Reach

Match

Safety

Strengthen Your College List

A mix of reach, match, and safety schools will help you find the right college for you.

Update Your College List

Unlocked — Win $40K

Practice for the SAT

Take a timed mini section or a diagnostic quiz to boost your score.

Go to Khan Academy

Locked

Unlocks Fall 2022

Apply to College

This is what you've been working toward. You've got this!

Explore Colleges

Pay for College

Learn how to pay for college, unlock financial aid, and find scholarships just for you.

Unlocked — Win $40k

Explore Scholarships

Start looking for free money to help pay for college.

Search Scholarships

Locked

Unlocks Fall 2022

Complete the FAFSA®

The FAFSA is the most important step to pay for college.

Go to the FAFSA

Explore Careers

Learn more about possible options for life after high

Unlocked

Explore Careers

Get suggestions based on your interests.

Search Careers

Click Here [BigFuture]

College-Bound Student Athletes...update your NCAA profile!

NCAA Eligibility Center

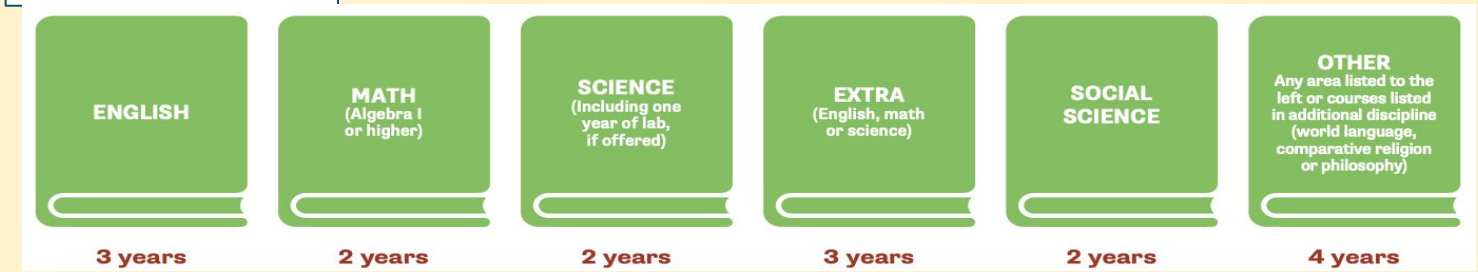
DIVISION I



NCAA Division I

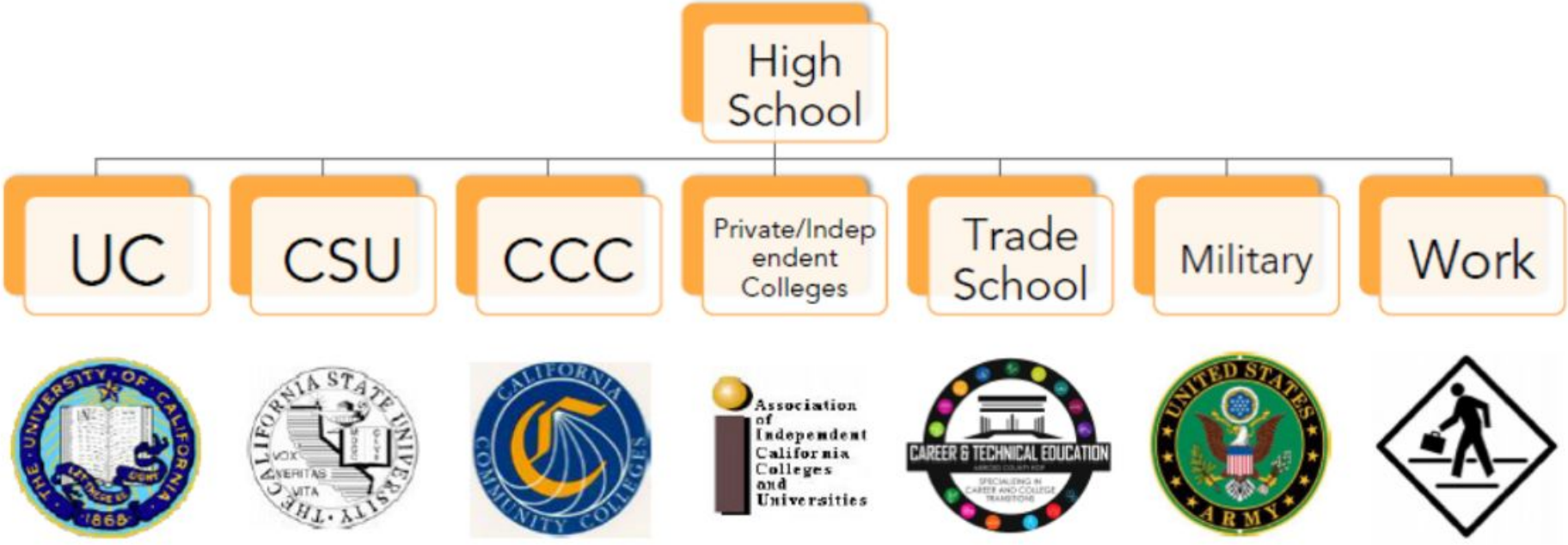
NCAA Division II

DIVISION II



Click on Division I or Division II above to see the full list of requirements!

Post Secondary Options



Visit our College and Career Center

★ **Ms. Hamilton** located in **Room 367 - College and Career Counselor**

- Provides resources for all students in their preparation for life after high school.

-Workshops: exploring careers and/or preparing for college, financial aid support, personal insight tips

- Get guidance as to enrolling for a Dual Enrollment course

-PSAT / SAT / ACT testing information

-Building a balanced college list

-One-on-one meetings with students to plan a path toward post-secondary goals

-General career exploration support

-College & scholarship application support

-Researching scholarships and financial aid opportunities

-Researching in-state and out-of-state colleges and universities

-Learning about degrees / certificate programs and transfer agreements to 4-year universities

UPCOMING EVENTS



NCAA NIGHT

Join us to learn about what is needed academically to qualify for an NCAA scholarship

Thursday
Sept 18, 2025

Time
6:00 p.m.

Video link

JOIN US

lamiradahs.org

NCAA

NAIA

2025 COLLEGE & CAREER EXPO

FREE AND OPEN TO ALL AGES

NORWALK-LA MIRADA NLM COLLEGE & CAREER

CONNECT WITH COLLEGES!
Representatives from in-state and out-of-state colleges and universities

FIND YOUR CAREER!
Meet representatives from local and regional businesses, trade colleges, and the US Armed Forces

GET HELP ALONG THE WAY!
Financial aid & additional workshops to help you and your family prepare for the next step

FUN FOR ALL!
Food sales, giveaways, and much more





6 PM - 8 PM
23
OCTOBER

JOHN GLENN HIGH SCHOOL
13520 SHOEMAKER AVE
NORWALK, CA 90650

For More Information
nlmusd.org/ccexpo



Health & Academic Achievement



❖ QUICK WELLNESS TIPS:

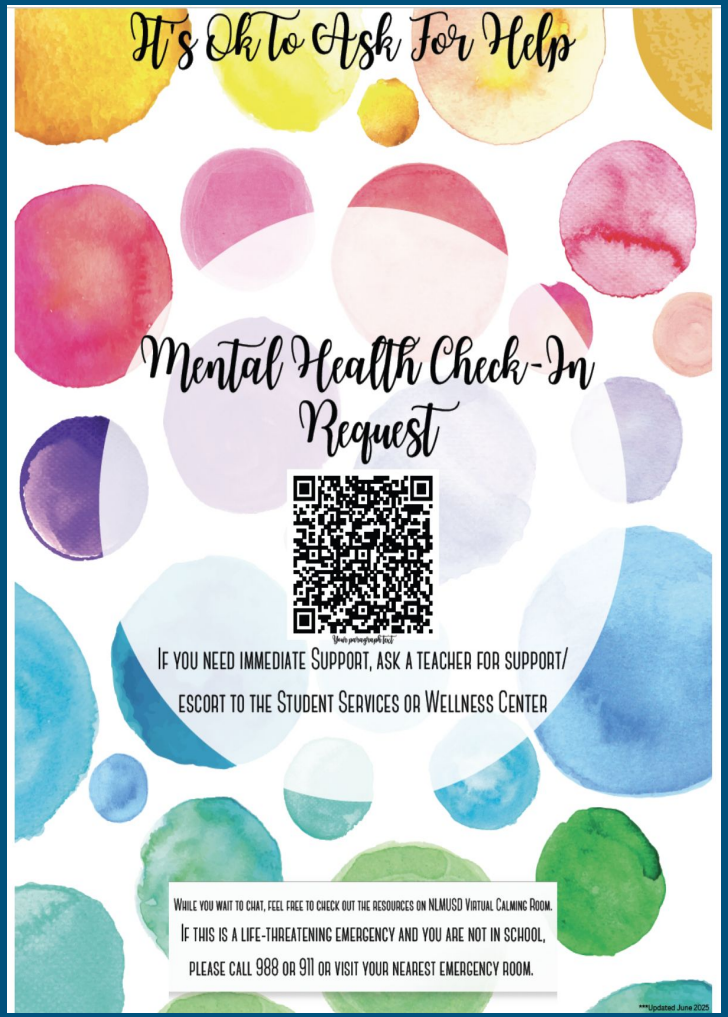
-Exercise regularly
-Nurture with nutrition
-Get 8 hours of sleep
-Maintain a positive attitude
-Remember to laugh
-Stay hydrated
-Relax with hobbies
-Be part of a supportive community
-Prioritize / Create a routine
-Be realistic
-Expect things to change
-Build new friendships
-Practice meditation

❖TIPS FOR SUCCESS:

•Attend school on a daily basis AND be on time to class
•Develop good study skills / habits
•Frequently monitor your grades on PowerSchool & check Schoology
•Follow classroom rules / school policies
•Complete your homework / classwork / projects
•Practice good time management
•Seek help by: attending teacher tutoring hours, forming study groups, and consulting with your counselor
•Get involved in school activities (clubs, athletics, ASB, etc.)
•Establish learning goals
•Maintain good grades
•Constantly communicate with your teachers

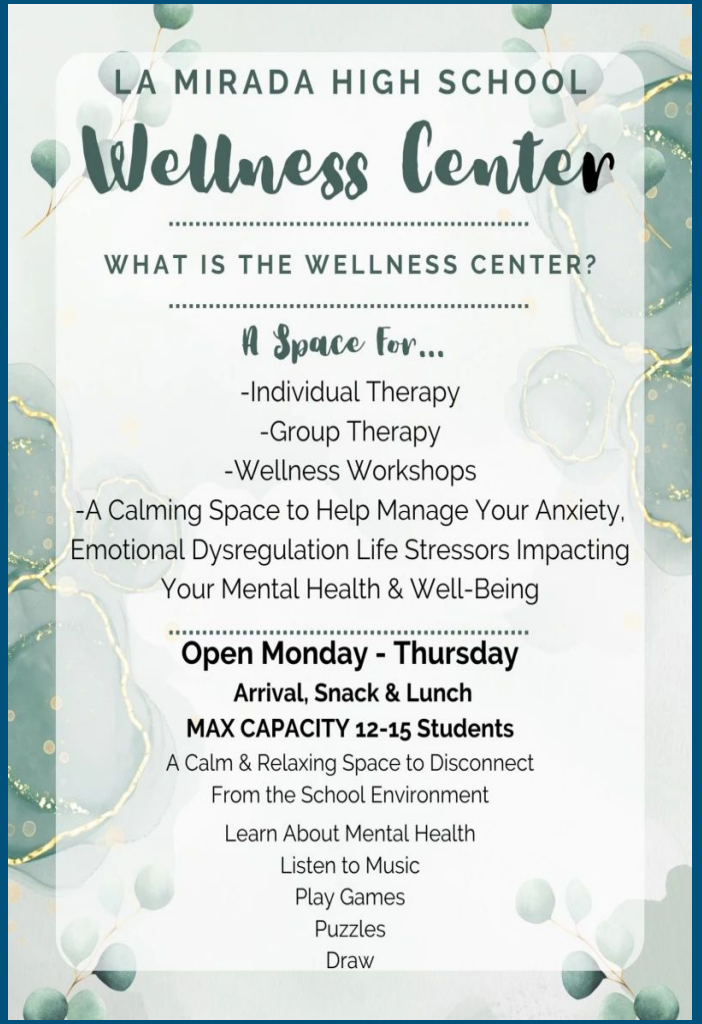
Growth Mindset Video:

https://www.youtube.com/watch?v=rf8FX2sI3gU&feature=emb_title



Ms. O'Donnell
Wellness Specialist
Room 174
Direct Line: (562) 210-3348

Email:
eodonnell@nlmusd.k12.ca.us



Virtual Calming Room

CLICK HERE to find tools to promote resilience and wellness. Try an activity once a day or more if you like. It will help you to feel calm and prepared for your daily tasks.



Visual Relaxation



Sounds & Music



Mindfulness Activities



Coloring & Creativity



Exercise



Puzzles & Games



Smart Phone Apps



Textlines & Hotlines



Healthy Eating



Live Animal Cams


QUESTIONS