



Senior Guidance Lesson 2025-2026

La Mirada High School
Counseling Department
September 17, 2025



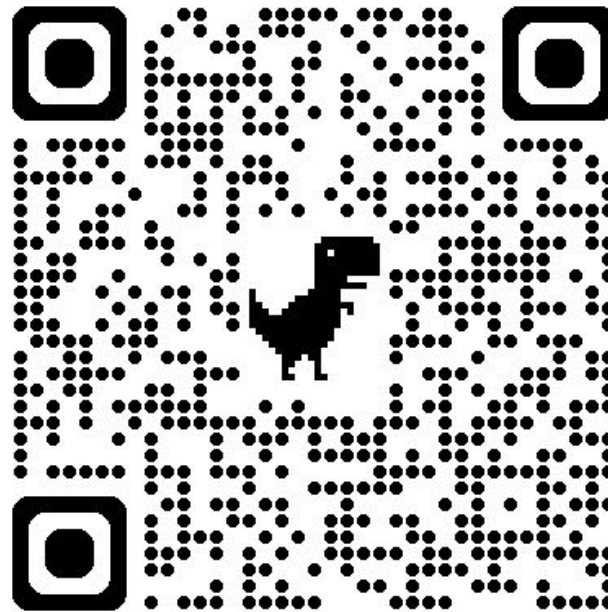
Alpha Counselor Breakdown (By Student's Last Name)

Alpha	Counselor	Email	Office Number
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	dsahagun@nlmusd.org	(562) 210-3335
Salcedo - Z	Dr. Nguyen	mnguyen@nlmusd.org	(562) 210-3378
Intervention (All Grades)	Mr. Arenzana	jarenzana@nlmusd.org	(562) 210-3334
College & Career (All Grades)	Ms. Hamilton	mhamilton@nlmusd.org	(562) 210-3338

Pre-Survey

Before our lesson today, everyone will be taking a short pre-survey to assess how much you know about graduation requirements, college admissions requirements, and college application timeline. The survey is ANONYMOUS!

Click Here
To Begin 



Academic Counseling Overview

Quick Review of Graduation Requirements

- Pass All Subject Requirements
- 2.0 Minimum GPA
- 220 Credits



College Admissions Requirements

- CSU-UC A-G Freshman Admissions Requirement
 - Reminder!!! Grades of “D” are not accepted by CSU’s & UC’s
- Private-independent colleges and universities
 - It varies; check with your college or university of interest for its admission requirements

NCAA Eligibility Center

- La Mirada High School's NCAA Courses (School Code: 051352)
- NCAA Student Registration
 - Create an Account: Application Fee
 - Create a Profile Page: No Application Fee



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 learn about first-year requirements



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

- Visit their website for testing requirement updates



College Application Timeline



CALIFORNIA COMMUNITY COLLEGES

Application opens as early as mid-September to early October. Check with your community college of interest.

CAL STATE APPLY

October 1- December 1, 2025



For all other colleges or universities, please visit their website for deadline information and application.



October 1 - December 1, 2025
Click [HERE](#) for Freshman: Tips for Applying



What is Common App?

Each year, more than 1 million students apply to more than 1,000 Common App member colleges worldwide through our online college application platform.

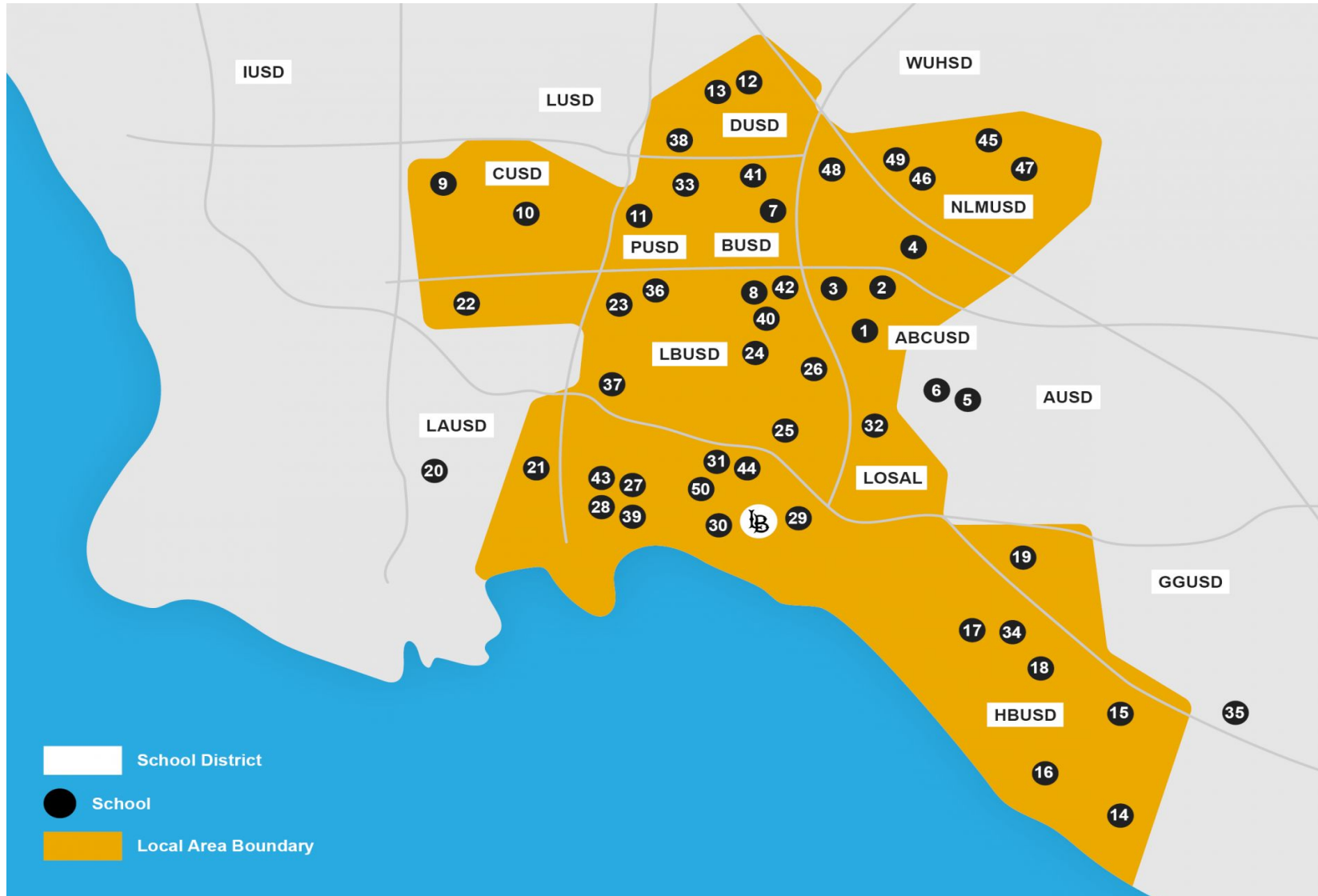
Follow the steps below to get started, or visit our first-year and transfer application guides for more information.

Create an account



CSULB Local Preference Admission Consideration

Click [HERE](#) for Details!





Financial Aid General Information

FAFSA | Dream Act & Cal Grant



- **Application Window for 2026 -2027**
 - *Application will be available by October 1, 2025.*
 - *Priority California FAFSA/Dream Act deadline is March 2, 2026.*
- **Scholarship Search Websites**
 - www.collegeboard.org
 - www.fastweb.com
 - <https://studentscholarships.org>
 - <https://www.scholarships.com>
 - [Immigrants Rising](#)
 - scholarships and fellowships that don't require proof of US Citizenship



CALIFORNIA
COLLEGES.edu
DISCOVER. PLAN. LAUNCH.

➤ CaliforniaColleges.edu

- Discover your interests and values.
- Find careers, colleges, or training to reach your goals.
- Learn how to find money to pay for college.
- Launch college and financial aid applications.
- Monitor all your progress in one place.

➤ 12th Grade Planning Guides

- CollegeBoard
- Common App



How to Register Your Student Account

The screenshot shows the CaliforniaColleges.edu website. At the top left is the logo with the text "CALIFORNIA COLLEGES.edu" and "DISCOVER. PLAN. LAUNCH.". At the top right, there is a navigation bar with a "Click" button and a "Register Your Account" button with a question mark icon. The main content area is split into two columns. The left column has a large orange background with the text "CaliforniaColleges.edu" and "Your free, all-access pass to a bright future." Below this, it says "Students, find your path and build knowledge, skills, and a plan to achieve your dreams. Parents and educators, guide and support them every step of the way." The right column has a dark blue background with a "Sign In" section. It contains two input fields for "Email Address/Username" and "Password", a blue "Sign In" button, a "Forgot Password?" link, and a "Sign in with Google" button. At the bottom, there is a white section with the heading "Students" and the text "What kind of life do you want after high school? CaliforniaColleges.edu will help you". To the right of this text is a video player showing two students wearing face masks.

College & Career Planning Resources

LMHS SENIOR PLANS



Created just for you! Students can advantage of these month by month guides with links to important resources and additional information to keep you on track during their senior year. Students: Click on the image below to access the plans. If you want to edit the document, you will need to make a copy. Note: If you make a copy, you will still need to refer back to these links to see any edits made on our side.



2 OR 4 YEAR COLLEGE



TRADE SCHOOL



WORKFORCE



MILITARY



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 1-2-3
Match 1-3
Safety 1

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

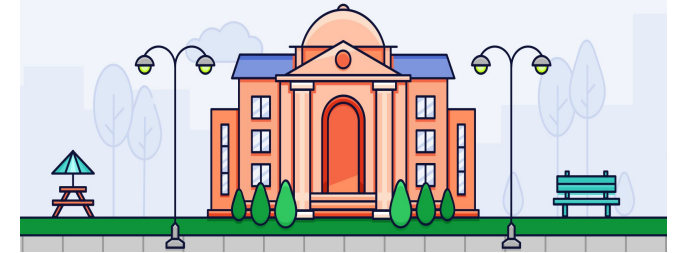
Complete the FAFSA®

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

Go to the FAFSA

BigFuture®


Prepare for college and explore careers



Explore Careers

Learn more about possible options for life after high

Unlocked



Explore Careers

Get suggestions based on your interests.

Search Careers

Other Student Resources

The infographic is titled "Request & Send Transcripts" and is divided into six numbered steps, each with an icon and a list of instructions:

- Step 1: Log in or Register**
 1. Sign in at www.parchment.com
 2. Click **Sign Up** to log in or register your account
- Step 2: Add your school to your Profile**
 1. Click Get Started
 2. Add your High School
- Step 3: Provide Consent**
 1. Complete the waiver form, Complete the Transcript Authorization form by eSigning
- Step 4: Add Destinations**
 1. Select Destinations such as colleges, NCAA, Common Application, or yourself
 2. Review Destinations
- Step 5: Payment**
 1. Provide debit/credit card payment if there are any fees
- Step 6: Track Order**
 1. The status of your request will be emailed and updated in your Parchment.com Account

At the bottom, it states: "More than 3 Million students use Parchment to send Transcripts" and includes the tagline "Turn Credentials into Opportunities" and the Parchment logo.



The screenshot shows the website for La Mirada High School's Counseling Department. The header includes the school logo, navigation links for "English", "District Home", "Parents", "Staff", and a search icon. A secondary navigation bar lists "Who's My Counselor?", "Counseling Calendar", "Classroom Lessons", "Intervention Counseling", and "College & Career". The main content area is titled "Counseling" and includes sections for "Welcome!", "Mission Statement", and "Vision".

Click [HERE](#) for Transcript Request

Click [HERE](#) for Senior Brag Sheet

Click [HERE](#) for School Counseling Webpage

Upcoming Events:

College & Career Center
Linktree



<https://linktr.ee/lmhsccc>

One-stop shop for all the links you may need for college and financial aid applications, career exploration, testing, and more!

Visit the College & Career Webpage & Schoology for more information!



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



2025 COLLEGE & CAREER EXPO

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

FREE AND OPEN TO ALL AGES



6 PM - 8 PM
23
OCTOBER

JOHN GLENN HIGH SCHOOL
13520 SHOEMAKER AVE
NORWALK, CA 90650

For More Information
nlmsd.org/ccexpo



Mental Health & Wellness

LA MIRADA HIGH SCHOOL
Wellness Center

WHAT IS THE WELLNESS CENTER?

A Space For...

- Individual Therapy
- Group Therapy
- Wellness Workshops

-A Calming Space to Help Manage Your Anxiety, Emotional Dysregulation Life Stressors Impacting Your Mental Health & Well-Being


Open Monday - Thursday
Arrival, Snack & Lunch
MAX CAPACITY 12-15 Students

A Calm & Relaxing Space to Disconnect From the School Environment

- Learn About Mental Health
- Listen to Music
- Play Games
- Puzzles
- Draw

It's Ok to Ask For Help

Mental Health Check-In Request



IF YOU NEED IMMEDIATE SUPPORT, ASK A TEACHER FOR SUPPORT/
ESCORT TO THE STUDENT SERVICES OR WELLNESS CENTER

WHILE YOU WAIT TO CHAT, FEEL FREE TO CHECK OUT THE RESOURCES ON NLMUSD VIRTUAL CALMING ROOM.
IF THIS IS A LIFE-THREATENING EMERGENCY AND YOU ARE NOT IN SCHOOL,
PLEASE CALL 988 OR 911 OR VISIT YOUR NEAREST EMERGENCY ROOM.

***Updated June 2025

Elizabeth O'Donnell, LCSW, PPSC

LMHS Wellness Specialist

Direct Line: (562) 210-3348

Email: eodonnell@nlmusd.k12.ca.us

Room 174



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

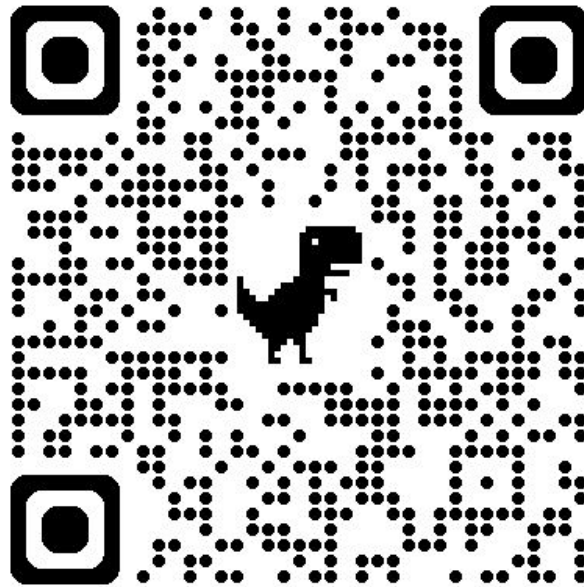


Live Animal Cams

Post Survey

Now that the lesson has concluded, please take a moment to complete the post survey to assess how much you have learned about graduation requirements, college admissions requirements, and college application timeline. The survey is **ANONYMOUS!**

Click Here
To Begin 



THANK YOU
for your participation!

Any questions?