La Mirada High School

10th Grade Presentation

Class of 2028

Pre-Survey



https://docs.google.com/forms/d/e/1FAIpQLScEGyeklkj5sz958cDSwbZf3dVXHxlrJdObcynhH2DLIdWhQw/viewform?usp=header

Who Is Your Counselor?

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
Salcido - Z	Mrs. Nguyen	mnguyen@nlmusd.org	(562) 210-3315
College & Career	Ms. Hamilton	mhamilton@nlmusd.org	(562) 210-3338
Intervention	Mr. Arenzana	jarenzana@nlmusd.org	(562) 210-3334

La Mirada High School
Graduation Requirements



Diploma candidates must also have a minimum Grade Point Average (GPA) 2.00.

***In order to participate in the Graduation Ceremonies, all requirements must be completed** before June 2028.*

SUBJECT AREA	Years	Credits
Language Arts	4 years	40
Social Science	3 years	30
Science	3 years	30
Mathematics	3 years	30
Physical Education	2 years	20
Fine Arts ~ World Language ~ Technical Arts	2 years	20
TOTAL REQUIRED CREDITS		170
TOTAL ELECTIVE CREDITS		50
TOTAL MINIMUM CREDITS		220

Systems of Higher Education

Community College

4-Year California Colleges & Universities (Three Types)

California Community Colleges

California State Universities (CSU)

University of California (UC)

PRIVATE COLLEGES
(Located in California)

COMMUNITY COLLEGES

Requirements: Graduate HS with Diploma or GED

Associates Degree: 2 year programs

Transfer to a Cal State: Need 60 units of general education classes (ex: math, history, english, science)+ transfer specific classes (depends on major)

Transfer to a UC
Need 70 units + transfer specific classes (depending on major)

TAG (Transfer admission guarantee) Irvine, Davis, Merced, Santa Barbara, Riverside, Santa Cruz

Benefits Inexpensive, close to home, easier to transfer to a CSU, UC, and private school

CALIFORNIA STATE UNIVERSITY



Requirements: Pass A-G courses with a C or higher, 2.0 minimum GPA, SAT or ACT
Degrees: Bachelors of Arts/Science, Masters, Teaching & other credentials, Style of learning is practical "hands on"
Benefits: One application for all 4 schools, NO ESSAY needed, 23 four-year institutions

UNIVERSITY OF CALIFORNIA

Requirements: Pass A-G courses with a C or higher, 3.0 minimum GPA, SAT or ACT with Writing
Degrees: Bachelors of Arts/Science, Masters, Doctorates and Professional
Benefits: Researched based, 9 campuses, Guaranteed on-campus housing in dorms for freshmen, One application for all 4



a-g Requirements

a	**History & Social Sciences – 2 Years Required** • 1 Year World History + 1 year U.S. History
b	**English – 4 Years Required**
c	**Mathematics – 3 Years Required – 4 Recommended**
d	**Laboratory Science – 2 Years Required – 3 Recommended**
e	**Language Other Than English (LOTE)** **2 Years Required – 3 Years Recommended** • Must be 2 years of the SAME language
f	**Visual and Performing Arts – 1 Year** 1 year of the same course
g	**College Preparatory Electives – 1 Year** • May be chosen from the A, B, C, D, E, F categories.

All a-g Courses must be completed with a grade of "C" or better

a-g
Eligible vs. Competitive

ELIGIBLE

- Minimum a-g Completion
- Minimum GPA
- Choosing a Minimum 12th grade schedule w/ few a-g courses
- A few extracurricular or community activities

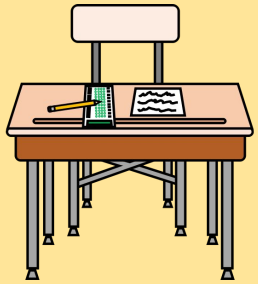
Does not mean that a student will be accepted to their 1st choice campus

COMPETITIVE

- Taking a-g courses beyond the minimum
- Higher GPA
- Competitive 12 th grade schedule w/ a-g courses
- Several, recurring extracurricular or community activities

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

- **The CSU & UC has suspended the requirements for applicants to take either the ACT or SAT test as part of their application.**



- **For a list of Test Optional Colleges in California visit Association of Independent California Colleges and Universities**

	ACT Plus Writing	SAT Plus Writing
	www.act.org	https://collegereadiness.collegeboard.org/sat
Content	Math, English, Writing, & Science Reasoning	Evidence based reading, writing, math, essay
Method	NO Penalty for wrong answers	NO Penalty for wrong answers
Scoring	Out of 36	Out of 1600

College Bound Student Athletes
Start your NCAA Profile NOW!
https://web3.ncaa.org/ecwr3/

DIVISION I
16 Core Courses

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II
16 Core Courses
(2013 and After)

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).



Meeting Link

***Recommendation**: You should register with the NCAA Eligibility Center by the end of your 10th grade year (the earlier the better).

Financial Aid



FAFSA Filling Federal Financial Aid
California Dream Act Information

GRANTS

- Free Money for educational expenses based on financial need
- Main Types:
  - Cal-Grant
  - Pell Grant



Scholarships

- Free money based on specific requirements or criteria
- Main Types:
  1. On Campus
  2. National
  3. Local (High School)



Practice FAFSA Work Sheet

Work-Study

- Jobs to help pay for school
  - Employment at the Campus
  - Up to 15 hours per week

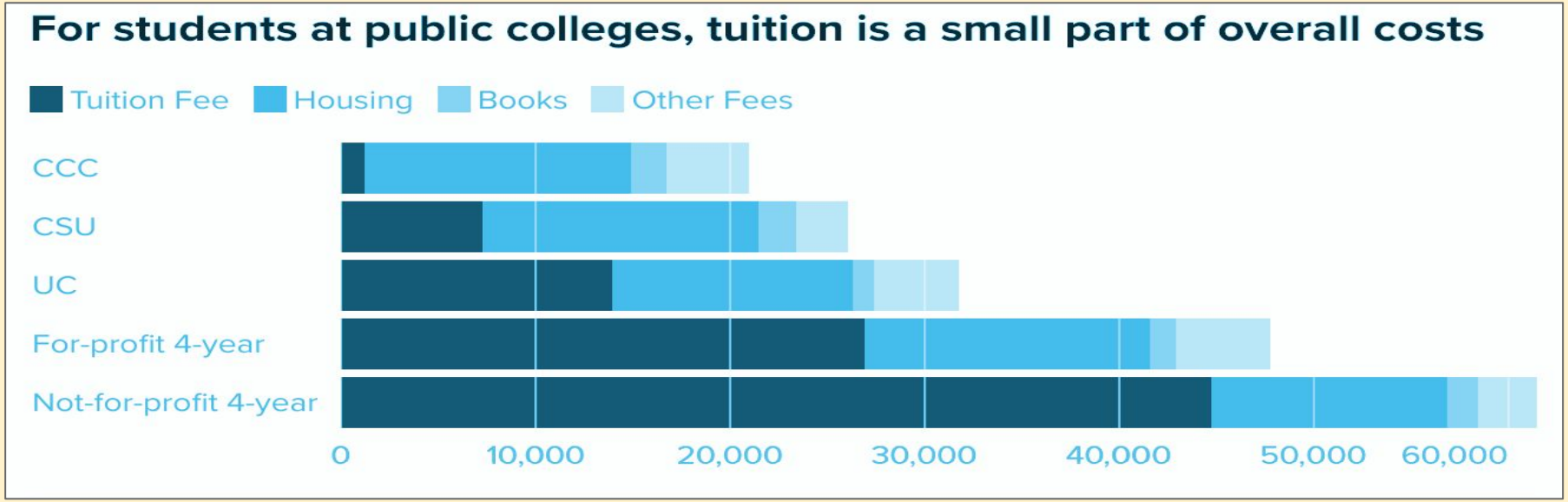


Loans

Money on loan which must be paid back with interest

- Subsidized: Government pays down interest in school
- Unsubsidized: Automatic monthly payments

How Much Does College Cost?



College & Career Center Room 367

- Located in College and Career Center (Room 367), **Ms Hamilton** is your College & Career Counselor who actively engages all students to:



  - Prepare now for their Future Career past the high school diploma.
  - Prepare Financial Aid Workshops including the FAFSA (Free Application for Federal Student Aid).
  - Meets one-on-one with students to discover their strengths to plan a path towards their goals.
  - Engage all students with a variety of College and Career speakers, workshops and activities that inspires all students to plan beyond the diploma.

College & Career Fair Expo



College & Career Expo
Thursday, October 23rd
6:00 p.m. to 8:00 p.m.
John Glenn High School

Colleges and Universities from all over California along with representatives from local and national businesses will be there

Financial aid, college applications, NCAA eligibility clearinghouse and more. No registration is required for the Expo and attendees are encouraged to arrive early.

CALIFORNIA COLLEGES.edu
DISCOVER. PLAN. LAUNCH.

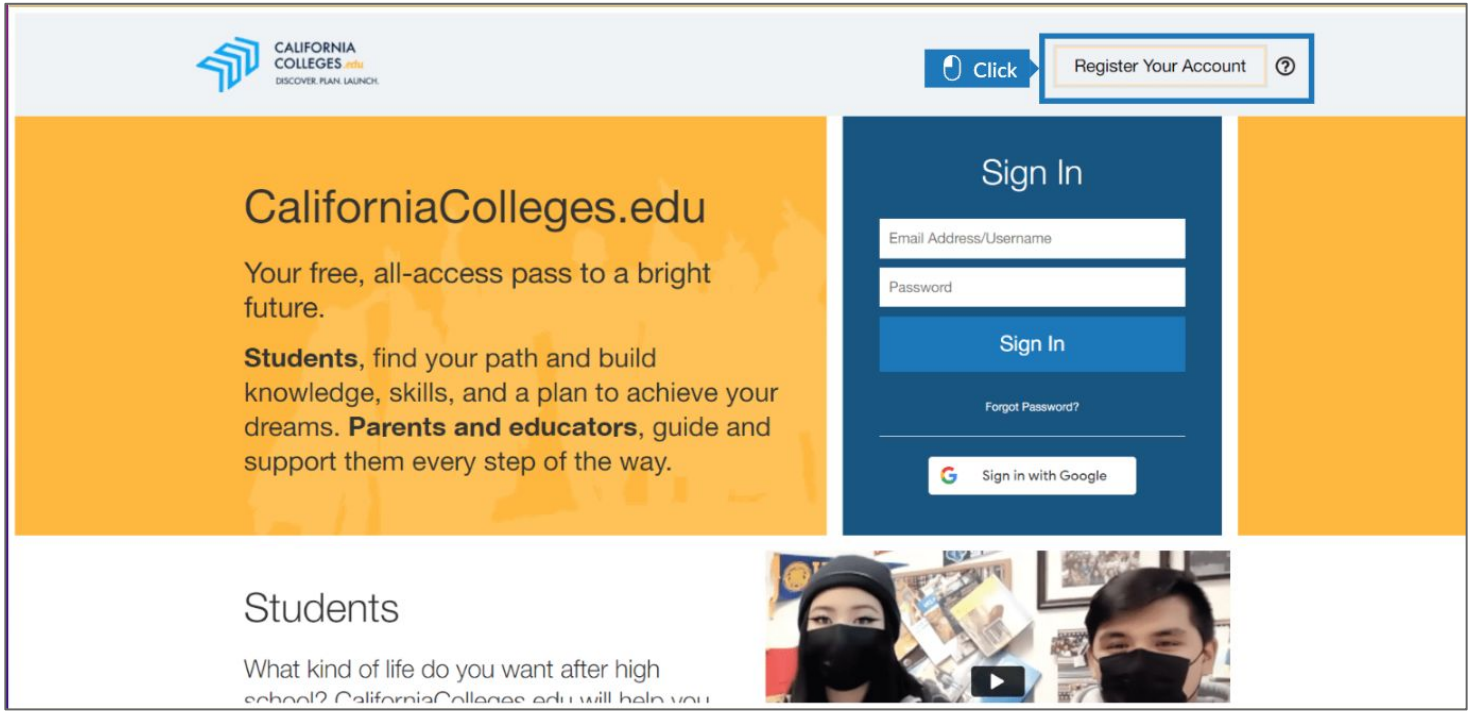
- [CaliforniaColleges.edu]



- 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.

How to Register Your Student Account

(NEW STUDENTS ONLY)



Self-Care

- Get enough sleep
- Improve study habits
- Ask for help
- Have a growth mindset
- Take a deep breath when needed
- Stay active
- Eat healthy & stay hydrated
- Disconnect - take a break from social media
- Visit the NLM Virtual Calming Room

Post-Survey



https://docs.google.com/forms/d/e/1FAIpQLSdi0U9krBypcfGv4IWtNju_Zd4p5J8VAzt3W3m9-xZ05GxU0w/viewform?usp=preview

Questions?