



# Senior Information Night

September 29, 2025

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# Counseling Department

**Maya Lozowski (she/her)**

School Counselor M.A., PPS

Last Names A-La

**Anne Carew (she/her)**

School Counselor, M.A., PPS

Last Names Le-Z

**Mika Sasaki (she/her)**

Wellness Counselor I, MSW, PPS

**Madeline Wilson (she/her)**

Wellness Counselor II, MSW, PPS

**Diane Spasic (she/her)**

College & Career Advisor

**Michela Christensen (she/her)**

Registrar

# School Counseling & College & Career Appointments

Students can make appointments or sign up for a workshop with their school counselor or the college and career advisor by:

- Joining Counseling/C&C Google Classrooms and making an appointment via Calendly
- Emailing their counselor
- Drop-in during brunch and lunch



**Counseling google classroom:**  
dsxha6yv

**College & Career google classroom:**  
4p7mnkc

\* Reminder: Students need to be logged into their jeffersonunion.net account to access

# Social & Emotional

Senior year and planning for the future can be stressful. The TN Wellness Team has a variety of supports. Students can:

- Come down and take a break
- Meet with a counselor and get help with anxiety, stress management, goal-planning, or just to chat about life
- Meet with a Peer Helper
- Join the Expressive Arts Therapy Group

These flyers are posted around campus, in the office, online, and in the parent newsletter weekly.



# Student & Family Support

Life gets complicated. If you could use any resources, we are here for students AND families:

- Parenting resources
- Financial and housing resources
- Finding a mental health provider
- Navigating health insurance
- Substance use & recovery resources
- Exploring effects of screen time
- Free and confidential mental health and/or reproductive health services
- Safety concerns at school, at home, or in the community
- Resources on self-harm & suicidal ideation
- LGBTQ+ Resources
- Supporting English Learners
- Employment resources
- And more...

**Mika Sasaki (she/her)**  
Wellness Counselor I, MSW, PPS

**Madeline Wilson (she/her)**  
Wellness Counselor II, MSW, PPS



# Important FALL Information

- Senior Grad Status Letters: **September**
- Senior Individual Meetings: **September/October**
  - Graduation status/Credit recovery
  - Post graduation planning
- Flex Time
  - Tuesdays and Thursdays
- College Application Deadlines
  - UCs & CSUs: **December 1st, 2025**
  - Private and out-of-state colleges and universities: check the admissions website directly
- Letters of Recommendation
  - Please give recommenders at least one month to complete this
  - Letter of recommendation request forms



# Graduation Requirements

- Earn a total of 225 credits
- Pass specific subject requirements
  - English: 40 credits (4 years)
  - History/Social Science: 30 credits (3 years)
  - Math: 30 credits (3 years)
  - Laboratory Science: 20 credits (2 years)
    - Physical Science: 10 credits
    - Life Science: 10 credits
  - Fine Art or Language Other Than English: 10 credits (1 year)
  - Career Technical Education (CTE): 10 credits (1 year)
  - Physical Education: 20 credits (2 years)
  - Health: 5 credits (1 semester)
  - Electives: 60 credits

**\* Remember, requirements for UC/CSU schools differ and often require more credits in certain subjects.**



# Credit Recovery

If your student is missing credits in certain subjects, they do have options to recover those credits before graduation.

- **APEX**
  - Students were referred by counselors based on academic progress
- **Skyline Concurrent Enrollment**
- **Fee-based programs** outside of our district (i.e. Silicon Valley High School and BYU)

**\*Students need 225 credits to graduate, no exceptions.**





# UC & CSU Eligibility Requirements (“A-G”)

These requirements are for public schools in CA, outside schools may have different requirements. Be sure to do your research before applying and touring schools.

- a. History/Social Science – 2 years (1 year World History & 1 year U.S. History or 1 semester U.S. History and 1 semester American Government)
- b. English – 4 years
- c. Math – 3 years\* (Algebra I, Geometry, Algebra II or MC1, MC2, MC3)
- d. Lab Science – 2 years\* (1 year life & 1 year physical)
- e. Language Other Than English – 2 years\* (same language)
- f. Visual & Performing Arts – 1 year
- g. Elective – 1 year

***\*additional years of subject recommended***

Must earn a “C” grade or better both semesters and coursework must be CP or higher

<https://admission.universityofcalifornia.edu/admission-requirements/freshman-requirements/subject-requirement-a-g.html>

# Colleges TN Graduates Attend

|   |                                 |                                   |  |
|---|---------------------------------|-----------------------------------|--|
| Bennett College                         | CSU Northridge                  | San Francisco State University    | University of British Columbia         |
| Berklee College of Music                | CSU Pomona                      | San Joaquin Delta College         | University of Colorado, Boulder        |
| Bethel University                       | CSU Sacramento                  | San Jose State University         | University of Connecticut              |
| Binghamton University                   | CSU San Bernardino              | Santa Barbara City College        | University of Hawaii at Manoa          |
| Boise State University                  | CSU San Marcos                  | Santa Clara University            | University of Nevada Reno              |
| California Polytechnic State University | CSU Stanislaus                  | Sierra Community College, Truckee | University of North Carolina Asheville |
| Central Washington University           | Cuesta College                  | Sonoma State University           | University of Oregon                   |
| Chapman University                      | East Tennessee State University | Spelman College                   | University of Pittsburgh               |
| City College of San Francisco           | Grinnell College                | St Mary's College                 | University of Portland                 |
| College of Charleston                   | Hawaii Pacific University       | Texas Christian University        | University of Puget Sound              |
| Colorado State University               | John Jay Criminal College       | The Evergreen State College       | University of San Francisco            |
| Cornell University                      | Lewis and Clark College         | The George Washington University  | University of Utah                     |
| CSU Bakersfield                         | Long Beach Community College    | UC Berkeley                       | University of Utah                     |
| CSU CAL Maritime                        | Marymount Manhattan College     | UC Davis                          | University of Washington               |
| CSU Channel Islands                     | Michigan State University       | UC Irvine                         | Utah State University                  |
| CSU Chico                               | Montana State University        | UC Merced                         | Villanova University                   |
| CSU Dominguez Hills                     | Morehead State University       | UC Riverside                      | Warren Wilson                          |
| CSU East Bay                            | Northeastern University         | UC San Diego                      | Western Washington University          |
| CSU Fresno                              | Oregon State University         | UC Santa Barbara                  | Whitman College                        |
| CSU Fullerton                           | Pennsylvania State University   | UC Santa Cruz                     | Willamette University                  |
| CSU Humboldt                            | Reed College                    | UCLA                              | Woodbury University                    |
| CSU Long Beach                          | Rider University                | UCSF                              | Worcester Polytechnic Institute        |
| CSU Los Angeles                         | Rutgers University              | Unitek College                    |  |
| CSU Monterey Bay                        | San Diego State University      | University of Arizona             |  |




# CaliforniaColleges.edu

- All seniors should apply to college via CaliforniaColleges.edu
  - UC application
  - CSU application
  - Community College application
  - Financial Aid Application
  
- Why apply via CaliforniaColleges.edu?
  - Saves time
  - Increases accuracy
  - Track applications



# SAT/ACT Testing

 **The California  
State University**

ApplyDonateNewsCareers

Apply / Freshman / Getting Into the CSU / Freshman: Testing Requirements

## Freshman: Testing Requirements

The California State University (CSU) no longer uses ACT or SAT examinations in determining admission eligibility for all CSU campuses. If accepted to a CSU campus, ACT or SAT test scores can be used as one of the measures to place students in the proper mathematics and written communication courses. Visit the [CSU Student Success](#) site for further information on course placement. For more information on admission criteria, please visit the [First-Time Freshman Guidance](#) and the [First-Time Freshman Frequently Asked Questions](#) pages.

**UNIVERSITY  
OF  
CALIFORNIA** **Admissions** **Requirements** **How to apply** **Tuition & financial aid**

Home > Requirements > Freshman requirements > Exam requirement

## Exam requirement

UC will not consider SAT or ACT test scores when making admissions decisions or awarding scholarships. If you choose to submit test scores as part of your application, they may be used as an alternative method of fulfilling minimum requirements for eligibility or for course placement after you enroll.

**\*Private/Out of State colleges and universities testing may vary, it's encouraged to do research on specific freshmen admission req based on the individual institution.**

# WESTERN Undergraduate EXCHANGE



## WUE Schools

The Western Undergraduate Exchange (WUE) is an agreement among WICHE's 16 member states and territories, through which 160+ participating public colleges and universities provide steep nonresident tuition savings for Western students.

Through WUE, eligible students can choose from hundreds of undergraduate programs outside their home state, and pay no more than 150 percent of that institution's resident tuition rate.



**Skyline  
College**

Achieve.

# Community College

**Ryan Samn**

College Recruiter

[samnr@smccd.edu](mailto:samnr@smccd.edu)

- Community College/SMCCCD
- Certificate Programs
- Transfer Opportunities – ADT, TAG
- Cost of Attendance – SB893
- Student Support Services
- Promise Scholars Program



# Skyline College At Terra Nova High School

Ms. Spasic in the  
College & Career  
Center will email all  
students a RSVP  
google form the week  
prior to the workshop.

Be on the lookout!

## Skyline Overview Presentations

Flextime, Oct. 16th & Feb. 12th

- ★ *Students learn more about Skyline College.*

## Application Workshops

Flextime, Oct. 23rd, Dec. 4th, Feb. 26th, Mar. 26th

- ★ *Help complete your Skyline admissions application.*

## PEP Orientation Day

April 23rd, 2026, Skyline College

- ★ *This event includes: Orientation, Academic Counseling, Financial Aid Assistance, and various workshops (i.e. Promise Scholars Program, Undocumented Community Center, etc.)*

## Registration

Flextime, May 7th

- ★ *Learn how to use the mySMCCD portal to register.*

## Financial Aid Presentation

TBD

- ★ *Learn about federal, state and local grants as well as scholarships to receive free money for college.*



**Skyline  
College**



# Transfer Admissions Guarantee Program (TAG)



## THE TRANSFER SUCCESS PATHWAY PROGRAM OFFERS YOU:

- Guaranteed admission to one of 22 universities.
- Additional academic advising while you're a community college student.
- Access to the CSU Transfer Planner to stay on track.
- More options to advance your education and your career.



[calstate.edu/transfersuccess](http://calstate.edu/transfersuccess)

## UC Transfer Admission Guarantee

### What is the TAG program?

Six UC campuses offer the Transfer Admission Guarantee (TAG) program for California community college students who meet specific requirements.

By participating in TAG, you may receive early review of your academic records, early admission notification and specific guidance about major preparation and general education coursework.



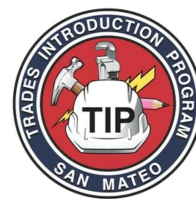
# Other Post High School Options

It is important for students to understand that most of their post high school options require a high school diploma including, Community College, Trade Schools, Unions Programs and the military.

- Community College
  - AA Degree (Cosmetology, EMT, Respiratory, Radiology, etc.)
  - Vocational Programs
  - Transfer to 4-yr university (some guaranteed TAG Programs)
- Apprenticeship Programs - Trades
  - TIPS Program
  - Fortitude Careers
  - Job Train
- Gap Year
- *Armed Forces*



# Trades & T.I.P.S.



**Trades  
Introduction  
Program**  
**TIP San Mateo**



There are **453 labor/trade unions** in the greater bay area.

## **Most Trade Unions Require (some will require more and some less)**

- Must be 18 yrs old in CA
- A high school diploma or GED certificate (some require a specific grade in Algebra)
- A valid driver's license
- Pass an aptitude test
- Background check/Drug Test
- Birth Certificate/SS Card



Once requirements are met, applicant are placed into a pool for companies to hire. When joining a union applicants start as apprentices with specific required on the job training hours and classes 2-4 hours a week.

State certified joint apprenticeship training program lasting about 20 weeks, with classes twice a week from 6-9pm

## **The TIP Program includes the following:**

- 4 Certifications: CPR/First Aid card, OSHA 10 card, Trades Intro Program Certificate, National Building Trades Certificate
- Blueprint Reading & Technology
- Tool Identification and Practical Application
- Basic Construction Math
- American Labor History
- Knowledge of Construction/Build Trades Unions
- Presentations from 12+ local building trades
- Roles of Building Trades Professionals
- Job-site Attitudes and Behaviors
- Local Union Code of Conduct
- Union Member, Apprentice Roles & Responsibilities
- Green Construction
- Construction Industry Awareness

# Exploring Future Possibilities

JUHSD & SSFUSD  
**COLLEGE & CAREER FAIR**  
*Discover Your Future!*

Thursday  
October 16th  
Serramonte Mall  
Daly City  
5:00pm - 7:00pm

**FREE EVENT  
OPEN TO ALL**

- Community Colleges
- UCs & CSUs
- Private Colleges
- Union Trade Reps
- City/Government Agencies

Register at the Fair  
and be entered to win  
mall giftcards and  
more!



TN COUNSELING PRESENTS

**Save the Date!**



## THE 11th Annual Career Fair\*

**When: 3/4/2026**

**Where: TN Gym**

**Time: 10:15AM-1:20PM**

**\*Career Fair during school hours for students only**

# Exploring Future Possibilities

The Counseling Department is coordinating a  
Campus Tour for UC Berkeley



**When:** Thursday November 13, 2025

**Time:** 9 am-2:30 pm

**Tour:** 10:30am-12pm (UCB Walking Tour)

**Lunch:** TBD





# FlexTime Workshops



## Fall 2025 Flex - College and Career Center\*

### WHAT:

Workshops to help navigate academic goals

### WHEN:

Tuesdays & Thursdays during Flex

### WHERE:

College & Career Center

### HOW:

Sign up w/School Counselors or in College & Career Center

### October

- 10/7 College Application/Financial Aid Support
- 10/9 UC Personal Insight Questions (PIQ) Workshop presented by UC Merced Admissions Counselor
- 10/14 College Application/Financial Aid Support
- 10/16 Overview of Skyline College presented by Skyline Student Ambassadors
- 10/21 College Application/Financial Aid Support
- 10/23 Skyline College Application Support Workshop presented by Skyline Student Ambassadors
- 10/28 UC Virtual Personal Insight Questions (PIQ) Workshop presented by UCSC Admissions Counselor
- 10/30 College Application/Financial Aid Support

### November

- 11/4 College Application/Financial Aid Support
- 11/6 College Application/Financial Aid Support
- 11/18 College Application/Financial Aid Support
- 11/20 College Application/Financial Aid Support

### December

- 12/2 College Application/Financial Aid Support
- 12/4 Skyline College Application Workshop
- 12/9 College Application/Financial Aid Support
- 12/11 College Application/Financial Aid Support
- 12/16 College Application/Financial Aid Support
- 12/18 College Application/Financial Aid Support

# College and Career Lunch Visits



## Fall 2025 Lunch Visits\*

### September

- 9/2
  - City of Pacifica (Library Advisory Committee)
  - Daly City Youth Health Center -Sex Ed Squad
- 9/23
  - Marines
  - San Francisco State University(SFSU)
  - Navy
  - Washington State University
- 9/25
  - Skyline College
  - SamTrans
  - Army National Guard

### October

- 10/16
  - Skyline College
  - St. Mary's College

### November

- 11/13
  - Skyline College
  - Pacifica Beaches, Parks and Rec

\*Lunch visit will take place in front of the gym!

# Financial Aid

- All seniors must apply for FAFSA or CA Dream Act, unless opted-out
  - Opt-out form will be available on the district website
- Free Application for Federal Student Aid, (FAFSA), **Priority Deadline: March 2nd, 2026**
- California Dream Act, **Deadline: March 2nd, 2026**
  - Dream Act Frequently Asked Questions
- Promise Scholarship - Free tuition & more at MANY community colleges
- Other Scholarships
- TN Scholar Awards - Spring 2026 semester





## Helpful Application Tips for Completing the FAFSA



- Complete the FAFSA before California's priority deadline of March 2, 2026
- Apply for financial aid regardless of income or assets
- Include at least one college in California, even if the student plans to study out-of-state
- Keep a copy of the final Confirmation page, FAFSA Submission Summary, and all documents used to complete the FAFSA
- Check CSAC's *WebGrants for Students* website 10 days after the FAFSA/CADAA is submitted ([mygrantinfo.csac.ca.gov](https://mygrantinfo.csac.ca.gov))
- Keep checking your email for important notices (Check junk and spam folders!)

# Your Student May Be Eligible for a CalKIDS Scholarship (worth up to \$1,500)



➤ Visit [CalKIDS.org](https://CalKIDS.org)

As a California public school student, your child may be eligible to receive a CalKIDS Scholarship of \$500 to \$1,500 for college or career training. Funded by the State of California, a CalKIDS Scholarship can be used for qualified college and career training expenses such as tuition and fees, books and supplies, and computer equipment. Checking a student's eligibility and claiming a CalKIDS Scholarship is quick and easy; it only takes a minute. All you need is your child's 10-digit Statewide Student Identifier (SSID), which can be found through StudentVUE. For more information, to check your child's eligibility, and claim their scholarship, visit [CalKIDS.org](https://CalKIDS.org).

# Transcripts

## ALL STUDENTS MUST REQUEST TRANSCRIPT THROUGH PARCHMENT.COM

A high school transcript is a complete record of academic achievement, courses taken, credits earned and grades received during HS.

A student will need to access their transcript for:

- College Applications
- College Transfer Applications
- Course Planning
- Scholarship Applications
- Job Applications (some)
- Apprenticeship Applications (ie. union apps)



### Official Transcripts:

This version is required for formal applications.

These are authenticated by the school with a signature, embossed and sealed in an envelope or delivered via secured online platform, sent directly from school.

### Unofficial Transcripts:

This version is usually for personal use, self evaluation, course planning, car insurance etc.

No signature, or ensignia.  
Usually a plain printed version.

\* There is a link on the front page of TN website to parchment. See Mrs. Christensen if you need code.

# Terra Nova Senior Awards

Senior Awards: Students must meet certain academic criteria in to qualify for most awards.

Scholar Awards: In the spring semester (Apr), seniors will be able to apply for \$\$\$ scholar awards so should be on the lookout for the applications.

## Some of examples of Senior Awards (NO \$)

- State Seal of Biliteracy (self-reported)
- Department awards (staff elected)
- Honors/High Honors (cumulative GPA 3.0-4.0)
- Golden State Merit (specific grade qualifications)
- Athletic Awards



## Some of examples of Scholar Awards (\$\$)

- Pacifica Lions Club
- Mizpah Fellowship
- Pacifica Moose Lodge
- Skyline College

**\* Students being awarded will receive an Invitation a week in advance!**

# ***CLASS OF 2026***

**Jorge Vilchez, Senior Class Advisor**

- Oversees class weekly meetings  
Facilitates the brainstorming of ideas for events and fundraisers
- Guides students through event planning
- Supervises events

**Would you like to support the class of 2026?**

**Contact: [jvilchez@jeffersonunion.net](mailto:jvilchez@jeffersonunion.net)**

**Senior Class Happenings:**

- Homecoming tickets are on sale: \$25 for students, \$30 for guests
- Senior Panoramic: Oct 9th
- Senior Sweatshirts - Order forms
- Senior Ads: December
- Senior Portraits Due: February
- Senior Ball is May 16, 2026 (SF)
- PTO Senior Grad Night - May 21, any parents interested in helping to organize, contact Ms. Carey



Herff Jones is once again proud to partner with Terra Nova as their official supplier of traditional graduation announcements, class rings, senior memorabilia, and caps and gowns to celebrate the graduates of the Class of 2026!

**Graduation Announcements:** Order your Custom 2026 Grad announcements, Frames, Plaques and all other senior items

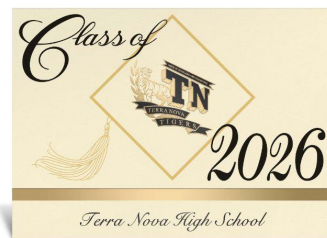
- All announcements will include the Custom School Logo and printed student name.
- Delivered directly to your home in the Spring
- Order Online: [www.highschool.herffjones.com](http://www.highschool.herffjones.com)

**Class Rings:** Order class rings online or by scheduling an appointment at our Fremont office. To schedule, or questions, please call 408.371.0600 or email [mmanning@herffjones.com](mailto:mmanning@herffjones.com).

# TERRA NOVA HIGH SCHOOL

## IMPORTANT DATES

- In-School Order Event: Sept. 29th, 2025  
Early Bird Discount Deadline: Dec. 1st, 2025  
Announcements Delivered: After Jan. 1st, 2026  
Cap & Gown Delivered: @ Grad Practice (May 2026)



[highschool.herffjones.com](http://highschool.herffjones.com)

### QUESTIONS?

Contact us toll free at 866-238-5336 or by emailing [highschoolcs@herffjones.com](mailto:highschoolcs@herffjones.com)  
Order online 24/7 at [herffjones.com](http://herffjones.com)

## Diploma, Cap and Gown Info

Terra Nova orders grad diplomas, caps and gowns on behalf of students based on information provided on this form. There is **NO COST** for these items.



**DIPLOMA,  
CAP & GOWN FORM**



# Class of 2026 Graduation Season

## Important Info:

- **Senior Awards Night**, Wednesday, May 13th
- **Senior Finals** take place the week before graduation.
- **Senior Ball**, Saturday, May 16th (SF)
- **Senior Check Out Day**, Monday, 5/18, All Day MANDATORY
- **Graduation Practice Days** (Tues, 5/19 & Wed, 5/20, 9:00 am-Noon)
  - Practice is MANDATORY for students wishing to graduate on stage.
- **Senior Breakfast** Morning of Graduation

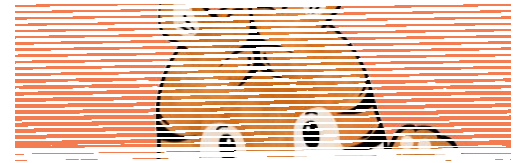


**Graduation will take place on Thursday, May 21, 2026 @ 3:30 pm**  
at Terra Nova H.S. in the Coach Bill Gray Stadium, on the Bob Lotti Field.

- Each Senior will get a predetermined number of tickets (TBD) to the ceremony.
- Ceremony will be live streamed online.
- GRAD Night Event (TBA)



# What Now...?



- **Monitor** academic progress towards graduation
- “**Senioritis**” is real, students must continue to work towards graduation, teachers don’t pass students, “just because they are seniors”
- **Plan** for post-grad pathways: i.e. 2/4 yr schools, trade school, careers, etc.
- **Encourage** student to communicate with teachers and counselor
- **Always check** emails, newsletter, website and social media to stay updated on the latest updates about graduation, prom and other senior events.

