

YEARLY GUIDANCE FOCUS

Freshmen year - TRANSITION: As a high school student, it's time to become a self advocate, begin managing your own time, finding meaningful involvement and building relationships to support your success during high school and all the years that follow!



HOW CAN FAMILIES HELP: Support your student's efforts. Encourage them to take the lead in conversations with teachers and school staff. Ask them to share their goals and action steps to get there so you can help hold them accountable. Encourage involvement in school activities and ask them to tell you something about their day, even if it is small.



TODAY'S TOPICS



- ❑ Counselor Access and Support Services
- ❑ Importance of Communication
- ❑ Graduations Requirements & Schedules
- ❑ Highlight of Aries Features
- ❑ Grades, Credits and GPA's
- ❑ Basics of College Admission
- ❑ Time Management and Goal Setting
- ❑ Supports and Resources



WHO IS MY COUNSELOR?

Ms. Ortega: A - Gallego
lgriego@hlpusd.org



Ms. Jara: Ge - Lin
mjara@hlpusd.org



Ms. Khan: Liu - Sal
jkhan@hlpusd.org



Ms. Valenzuela: Sam- Z
ncvalenzuela@hlpusd.org



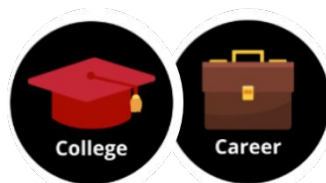
EMAIL is GREAT for quick questions and clarifications,
just be sure to check for a reply!

**Counselors are also available in the office during
break or lunch for questions!**

High school is full of changes, worries, opportunities, and excitement!
Here is just a sample of the things counselors support students with:

ACADEMICS

Four Year Planning
Credit Recovery
Goal setting
Effective Study Habits
Time Management
School Pressure
Class/Teacher Concerns



COLLEGE/CAREER

Career Exploration
Dual Enrollment Classes
Understanding College
Admission Requirements
College Applications
Recommendation Letters
Understanding Financial Aid

SOCIAL/EMOTIONAL HEALTH

Personal Problems
Peer Relationships
Conflicts with Others
Family Concerns
Feeling Sad or Anxious
Referrals to Counseling



Some of this will be scheduled, like in class visits,
PAWS-itive Monday Lessons, and individual conferences.
Other times students just drop in during break or lunch!



YEARLY INDIVIDUAL STUDENT CONFERENCES

Grade Level Conference Timeline

Aug-Oct: Seniors		Jan-Mar: Juniors
Oct-Dec: Sophomores		Mar-May: Freshmen

Appointments will be available on Canvas when your time comes!

**FOUR YEAR PLANNING
SESSIONS COMING IN
JANUARY!**



230 CREDITS REQUIRED FOR GRADUATION

40 English

30 Math

30 Science

30 Social Science

20 Physical Ed.

20 LOTE/VAPA/CTE

60 Electives



9th Grade 6 Classes

English
Math
Science
PE
Elective
Elective



LOTE: Language Other Than English
VAPA: Visual and Performing Art
CTE: Career Technical Education

10th Grade 6 Classes

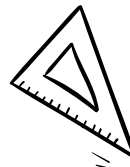
English
Math
Science
Social Science
PE
Elective

11th Grade 6 Classes

English
Math
Science
Social Science
Elective
Elective

12th Grade 5 Classes

English
Social Science
Elective (Math)
Elective
Elective
Elective



6 Classes + 6 Classes + 6 Classes + 5 Classes = 230 credits!

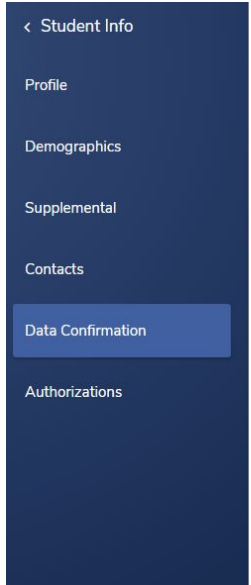
Each class passed with D- or higher earns 5 HS credits each semester!



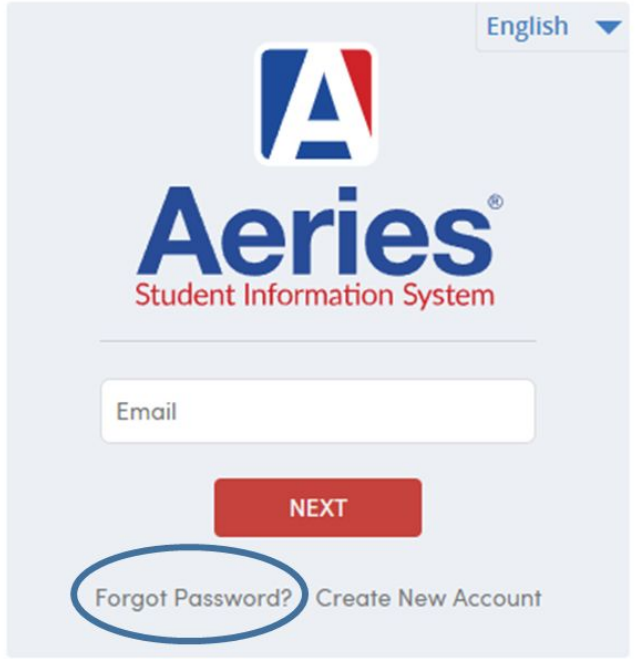
Be SURE TO ACCESS THE Aeries PARENT PORTAL

ALL families should have access to Aeries!
Is someone else more 'techy' and wants to support you and your student? Access can be granted to anyone you have listed under emergency contacts!

Add the person to your contacts, if not there already, then contact the office to allow Aeries Portal access!



- Family Information
- Income
- Student
- Contacts

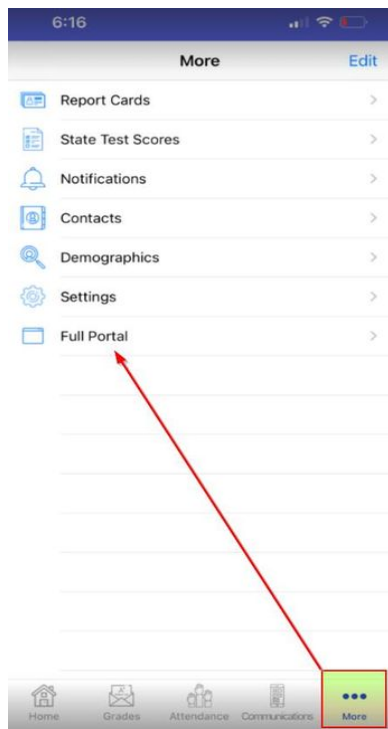


Colleges/Universities Permitted Allows colleges/universities to have access to your student's through presentations, printed material, and recruitment	☒ Allow ☐ Deny
--	---

Check authorizations too!



STUDENTS REVIEWED THEIR SCHEDULES



In this case, those 20 credits of LOTE/VAPA/CTE would be completed this year!

Glen A. Wilson High	
Course	Pd
4760 - No Zero Period	0
19957C - Integr Math 1	1
2903B - ENGLISH 1	2
6500 - PE 9	3
6860D - BIOLOGY	4
4130E - SPANISH 1	5
2000F - INTRO ART	6



The Aeries App does NOT show you all of this; it is mostly used for gradebook!!

Zero periods not available for 9th grade this year

Math class ✓

English class ✓

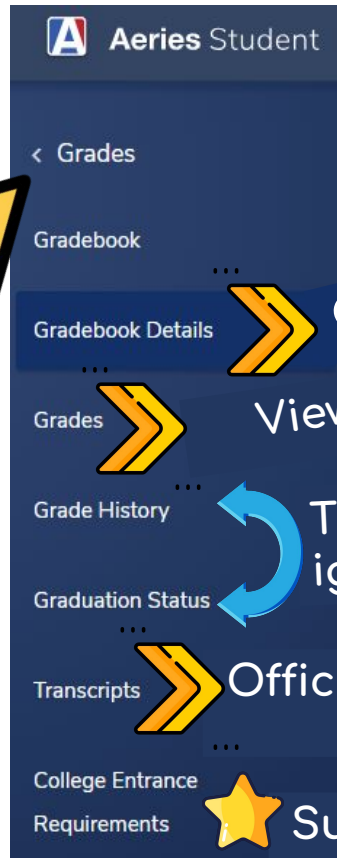
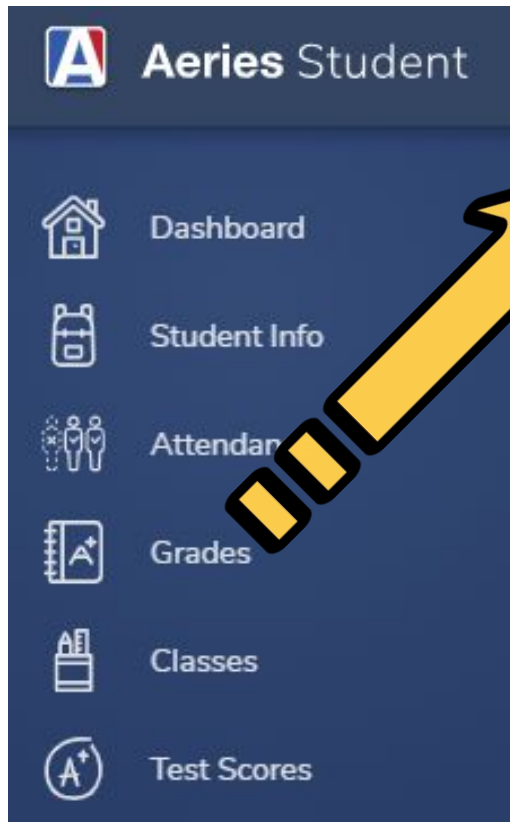
PE class (or sport / Marching Band) ✓

Science class ✓ (could be Focus class)

Elective class #1 ✓

Elective class #2 ✓

SO MUCH DATA IN Aeries!



CHECK
IT OUT
↓

Check for missing assignments!

View report card grades

These two are a little messy; best to ignore.

Official record of all HS grades, we'll review more next year!

Super important, but not yet...



Aeries GRADEBOOK = OFFICIAL GRADES

Options: Orth, E LOrth@hlpusd.org

#	Description	Category	Score	# Correct	%
1	1st day Introduction	Classwork/Homework	10 / 10	10 / 10	100.00%
2	Tu vida Diaria pg. 3 ex: 1/2	Classwork/Homework	2 / 5	2 / 5	40.00%
3	go verbs WKSH	Classwork/Homework	 / 5	0 / 5	0.00%
4	e->ie verb chart	Classwork/Homework	10 / 10	10 / 10	100.00%

Didn't get full points?
Something missing?
Encourage them to
TALK TO THE TEACHER!!

Teachers may use CANVAS to update Aeries grades, usually weekly... this varies!

The Aeries GRADES screen will show you your final grade EACH GRADING PERIOD along with GPA and rank for the most recent grading period (in yellow).

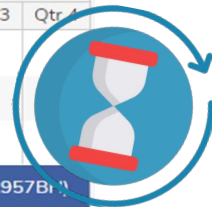
Just like middle school, there are two progress reports and then grades are **FINAL!**

Grades										
Per	Crs-ID	Course	Teacher(s)	1st 6WK	2nd 6WK	1st Sem	1st 6WK	2nd 6WK	2nd Sem	
1	6927GH	AP CompSci Prin	67 Bushyeager, C	A+	A+	A	A	A	A	
2	9965DH	AP Physics 2	26 Bates, D	A+	A	A	B+	B	B	
3	5459CH	AP Calculus AB	57 Young, S	C-	C	B	F	F	B-	
4	2957BH	AP English Lit	91 Casey, J	A	A	A	C	B	B	



ALL 9TH GRADERS WILL MAKE A PLAN!

Subject Area	Credits Needed	9th Grade					10th Grade					11th Grade					12th Grade			
		Semester1		Semester2		Summer	Semester1		Semester2		Summer	Semester1		Semester2		Summer	Semester1		Semester2	
		Qtr 1	Qtr 2	Qtr 3	Qtr 4		Qtr 1	Qtr 2	Qtr 3	Qtr 4		Qtr 1	Qtr 2	Qtr 3	Qtr 4		Qtr 1	Qtr 2	Qtr 3	Qtr 4
A-English 1	0/10	ENGLISH 1 H (2900B)		ENGLISH 1 H (2900B)																
B-English 2	0/10						English 2H (2930B)													
C-English 3	0/10											AP Eng Lang (2954BH)								
D-English 4	0/10																AP English Lit (2957Br)			
G-World studies/Cultur	0/10						World History (7451A)													
I-U. S. History	0/10											US History (7439A)								
K-Civics	0/5																CIVICS (7495A)			
L-Economics	5/5																			
M-Mathematics	0/30	Int Math1 w Com (M0003)		Int Math1 w Com (M0003)			Integr Math 2 (19996C)					Integr Math 3 (20047C)					Pre Calculus H (5399CH)			
N-Biological Science	0/10	BIOLOGY (6860D)		BIOLOGY (6860D)																
O-Physical/Earth Scien	0/10						CHEMISTRY (6890D)					CHEMISTRY H (6893DH)								
P-Physical Education	0/20	DANCE P.E (6635)		DANCE P.E (6635)			DANCE P.E (6635)													
Q-Science	0/10																			
R-Fine Art/Foreign/CTE	0/20	SPANISH 1 (4130E)		SPANISH 1 (4130E)			SPANISH 2 (4145E)					SPANISH 3 (4157E)					Child/Ado Dev 2 (CT7511)			
												Child/Ado Dev 1 (CT7510)					SPANISH 3H (4154EH)			
Z-Electives	0/60	Inter Ethnic St (EC0014)		Inter Ethnic St (EC0014)			No Zero Period (4760)					No Zero Period (4760)					No Zero Period (4760)			
		No Zero Period (4760)																		



THIS HAPPENS IN JANUARY, AFTER THEY SETTLE IN!

WE REVIEW ALL GRADUATION AND COLLEGE REQUIREMENTS, SUBJECT BY SUBJECT!

ENGLISH | GRADUATION: 4 YEARS A-G: 4 YEARS



9th Grade: English 1 or English 1 Honors

10th Grade: English 2 or English 2 Honors

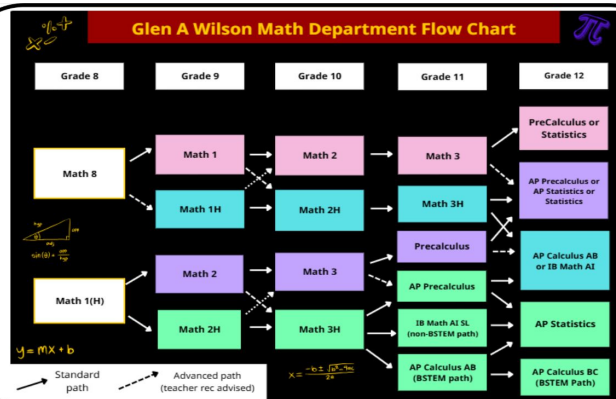
11th Grade: English 3 or AP English Language

12th Grades: ERWC or AP English Literature

Honors classes will focus on preparation for AP. There is more critical thinking and writing with a greater importance on self discipline.

Planning on the IB Program?

English 1H ➔ AP Language ➔ IB English Y1 ➔ IB English Y2



SOCIAL STUDIES

GRADUATION: 3 YEARS | A-G: 2 YEARS

9th Grade: No class

10th Grade: World History or AP World History

11th Grade: US History or AP US History

12th Grade: Civics & Economics or AP Government & Econ Honors



Some students choose to take their history class over summer school to make room for an extra elective class in their schedule.

ELECTIVES

Business Pathway

Business & Finance
Business Marketing
Business Management



Child Development Pathway

Child Development 1
Child Development 2
Elementary Aide (12th only)



Culinary Arts Pathway

Culinary 1
Culinary 2
Culinary 3



Computer Science Pathway

Computer Science Essentials
AP Computer Science Principles
AP Computer Science A
AP Cyber Security
iOS App Development Honors



HS GRADES MATTER & DETERMINE OPTIONS!

When you need help...it's there

tutor.com



What do you need help with today?

English

Please take a moment to review our [honor code](#).

Topic

Science

Subject

Biology

Grade

9th

How would you like to work with your tutor?

☒ Chat Only ☐ Chat + Voice

Enter your question

I do not understand cell biology

[Attach a File](#)

CONNECT NOW

Many teachers have resources posted on Canvas, Remind support or after school help!



Khan Academy

Math

K-12 Resources



What is the domain of a function?



What is the range of a function?



Worked example: domain and ra...





WATCHING YOUR GRADES WILL HELP STUDENTS Be READY FOR COLLEGE AND CAREER!

Grades and GPA
will be most
important
factors in college
admission!

Maximize GPA
and avoid having
to repeat class
by earning C's or
higher!

2.5 GPA required for CSU System A-G Requirements Complete 15 A-G courses with grades C or better 3.0 GPA required for UC System	A: History 2 years required ALSO NEEDED FOR GRADUATION!	B: English 4 years required ALSO NEEDED FOR GRADUATION!	C: Mathematics 3 years required (4 years recommended) ALSO NEEDED FOR GRADUATION!
	D: Science 2 years required (3 years recommended) ALSO NEEDED FOR GRADUATION!	E: Language other than English 2 years required (3 years recommended) 	F: Visual and Performing Arts 1 year required 
	G: College-Preparatory Elective 1 year required  ALSO NEEDED FOR GRADUATION!		

GRADES EARNED MUST BE 'C' OR HIGHER TO COUNT FOR A-G!



COMPLETING A-G PREPARES STUDENTS FOR:

Any Community College, adult school, vocational school
military branch, the work force AND:

California State University System (CSU), University of
California System (UC) as well as MANY private colleges and
universities*



**private schools may have additional requirements (like more math, science or LOTE), we encourage researching ASAP!*

HOW TO KEEP TRACK OF ALL THIS INFO?

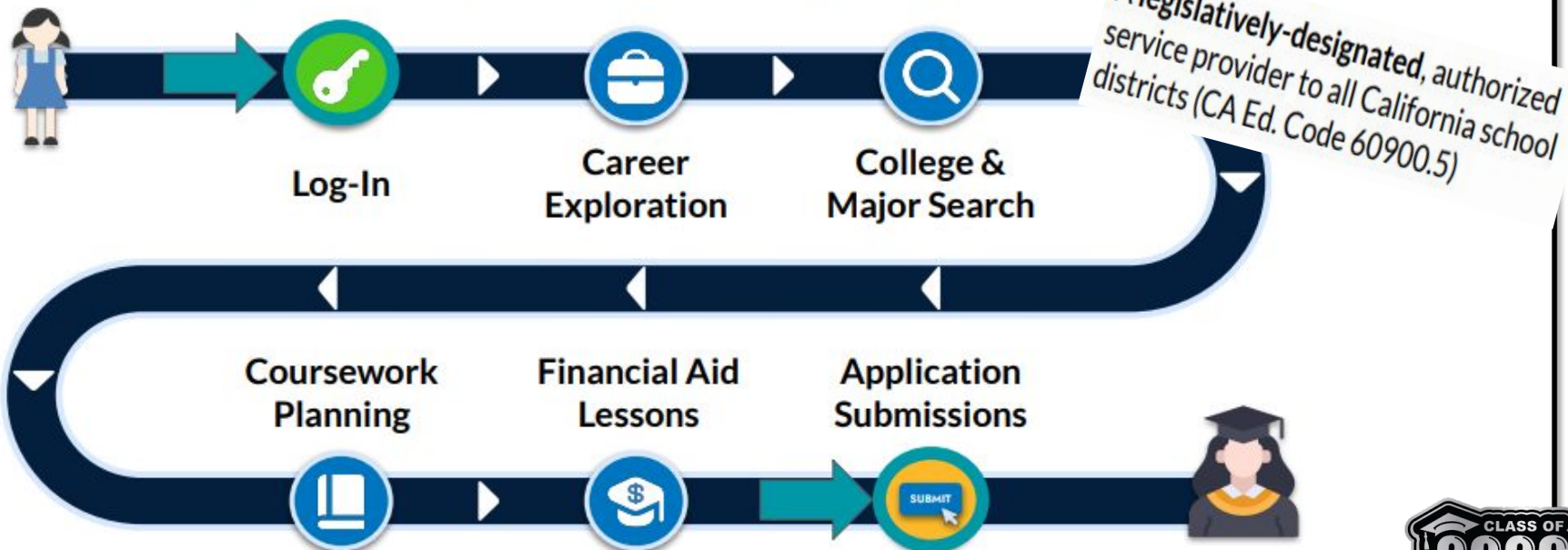


CALIFORNIA
COLLEGES.edu
DISCOVER. PLAN. LAUNCH.

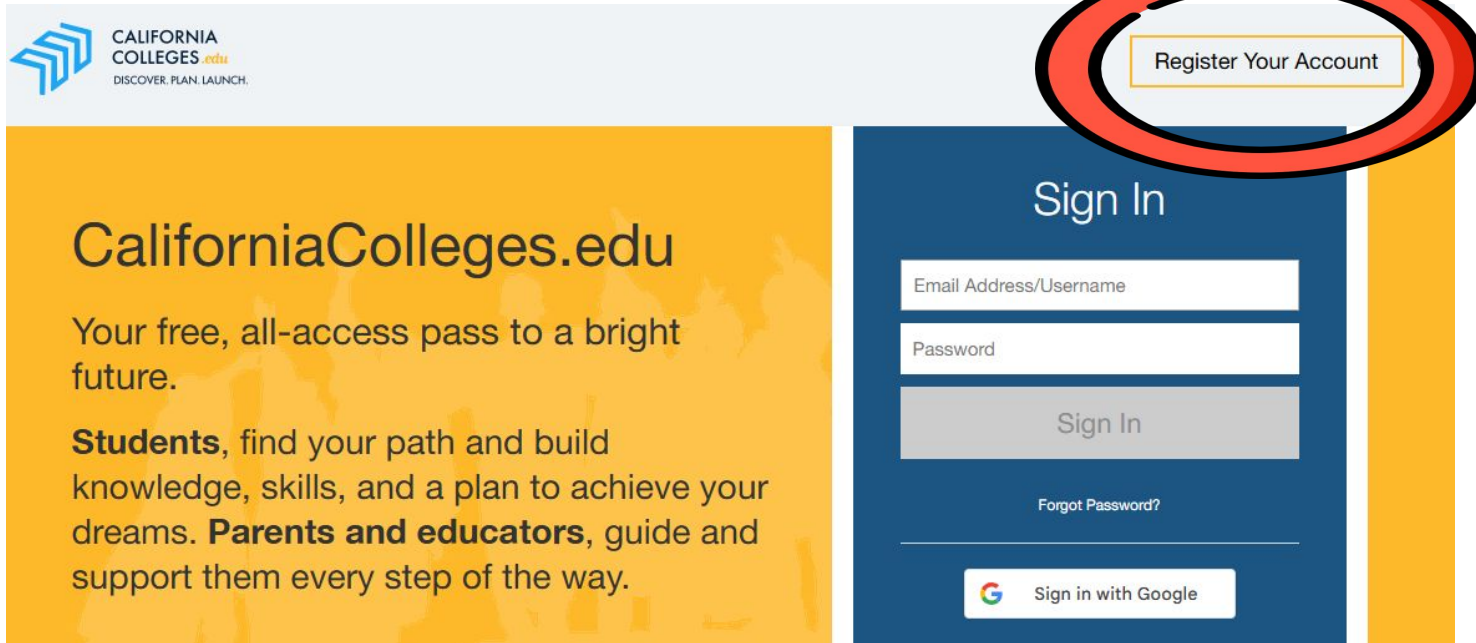
The State of California's Official College and Career Planning Platform

Smoothing the Path for Students

When students are signed in to CaliforniaColleges.edu, educators can track their activities and application progress using built-in reporting tools.



REGISTER AS A PARENT FOR ACCESS!



 CALIFORNIA COLLEGES .edu
DISCOVER. PLAN. LAUNCH.

CaliforniaColleges.edu

Your free, all-access pass to a bright future.

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.

Sign In

Email Address/Username

Password

Sign In

[Forgot Password?](#)

 Sign in with Google

You will be asked for your student's school, name, birthdate and Wilson ID number !

GREAT INFO FOR YOUR STUDENT!



CALIFORNIA
COLLEGES *edu*
DISCOVER. PLAN. LAUNCH.

Family Dashboard

My Students, College, Career, and Financial Aid

Find everything you need here to help your student successfully prepare for life after high school. To support your students as they learn new terms, access our [Vocabulary](#) list.

CAREER

Help Your Student Prepare for the Work World

Help Your Student Find the Right Career Fit

MY STUDENTS



Willie Wildcat

Glen A. Wilson High

Add Another Student

COLLEGE

Learn about Admission Requirements

Help Your Student Find the Right College Fit

Support Your Student with the Application Process

What to do after Applying to College

FINANCIAL AID

Financial Aid Basics

Determining Aid Based on Circumstance

Help Your Student Apply for Financial Aid

What to do after Applying for Financial Aid

LESSONS HELP KEEP STUDENTS ON TRACK!



CALIFORNIA COLLEGES.edu
DISCOVER. PLAN. LAUNCH.

[My Plan](#)
[College](#)
[Career](#)
[Financial Aid](#)






My Plan

Preparing for life after high school starts now. Use My Plan to organize your thoughts, track steps, and develop a clear plan for the future.

[Lessons](#)
[Academic Planner](#)
[Life Planner](#)
[My Career Plan](#)
[My College Plan](#)
[My Goals](#)
[My Journal](#)
[My Experiences](#)
[My Documents](#)

[College and Career](#)
[Financial Aid](#)

College and Career Lessons

To Do (15)


1
Setting Yourself Up for Success
In Progress >

Lessons	Resources	Completed To Do's	Status
Learning to Persist	No Resources	0/1	In Progress
Accomplishing Your Goals	No Resources	0/2	In Progress

Some may be done in classes, but students have full access at all times!

STUDENT'S COMPLETED THIS GOAL SETTING



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COLLEGES.edu
DISCOVER. PLAN. LAUNCH.

My Plan ▾

College ▾

Career ▾

Financial Aid ▾



Preparing for life after high school starts now. Use My Plan to organize your thoughts, track steps, and develop a clear plan for the future.

Lessons

Academic Planner

Life Planner

My Career Plan

My College Plan

My Goals

My Journal

My Experiences

My Documents

ACADEMIC GOALS ▾

#01 - Set a goal involving your academic achievement during your first year of high school.

#01 - Set a goal involving your academic achievement during your first year of high school.

Add Response

Specific: What are you hoping to do? Be as specific as possible - details will help you succeed.

B **I** **U** **I_x** **¶** **☰** **☰** **☰** **☰** **Format** ▾ **↶** **↷** **✂**

Specific: What are you hoping to do? Be as specific as possible - details will help you succeed.

I would like to maintain grades of B or better in my English class for this semester.

Measurable: How will you know you reached this goal? Think of a clear sign of success.

I will see B grades in English on each of my progress reports and my final transcript.

Achievable: Is this goal doable? You want to be optimistic but realistic.

Yes, this goal is doable because I know my English teacher is supportive and I am willing to ask for help when I need it.

Relevant: How will reaching this goal make a positive difference in your life?

Doing well in my English class will help me be successful in my other classes too and make me more prepared to continue learning even after high school.

Timely: When do you want to reach this goal?

I want to reach this goal each grading period this semester.

Measurable: How will you know you reached this goal? Think of a clear sign of success.

B **I** **U** **I_x** **¶** **☰** **☰** **☰** **☰** **Format** ▾ **↶** **↷** **✂**

HELP THEM STAY ON SCHEDULE!

Time Management Weekly Schedule

Use this schedule to block out your commitments e.g. school, sport, extracurricular activities, work etc. Then work on blocks of free time to set your time for homework and study hours - be sure you focus on your priorities.

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30am							
8:30am							
9:30am							
10:30am							
11:30am							
12:30 pm							

Remember, even if there is no homework DUE, there are still things to study and review!

HIGH SCHOOL IS GREAT, BUT IT CAN BE STRESSFUL!

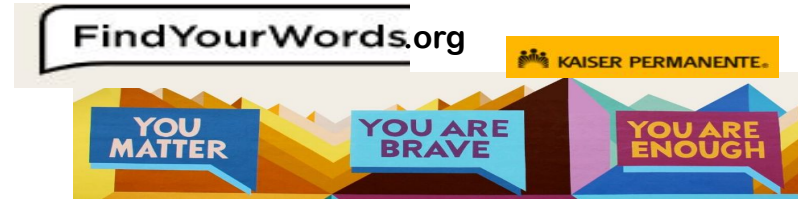
There are LOTS of resources on the counseling website! If you feel your student needs additional supports, please reach out to their counselor!

Services FREE for students with medi-cal:



Pacific Clinics
ADVANCING BEHAVIORAL HEALTHCARE

Check with your insurance provider...



Free access for all students
USC Telehealth

We are a platform for all youth to come together and be heard in an uplifting, brave environment.



TeenzTalk.org™

care solace
** Click here to start an anonymous search **
Calming the Chaos of Mental Health Care.

IT GETS BETTER PROJECT



All About Stress

Why do we feel stress? How does it show up in our bodies? And can stress ever be good?

[Learn more >](#)

988
SUICIDE & CRISIS
LIFELINE

No matter where you live in the U.S., you can easily access 24/7 emotional support.

Call or text 988 or visit 988lifeline.org/chat to chat with a caring counselor.

We're here for you.

NOT SURE HOW TO TALK TO YOUR PARENTS?

Talking to a parent about mental health can be scary for a number of reasons. Click this link for some of the most [common concerns people give for not talking to their parents and some tips for overcoming them.](#)

COLLEGE ACCESS PLAN (CAP) RESOURCES

College Access Plan (CAP) offers **FREE** college readiness support for students and families. **Anyone and everyone** is welcome. There are **no requirements** to attend.

CAP HELPS STUDENTS...

- Build a college list
- Submit college applications
- Submit FAFSA or Dream Act
- Write college essays
- ★ Explore careers and majors
- Find scholarships

DROP-IN HOURS
3:30-5:30PM

MON & WED

WILSON
ROOM: G-9



Questions?
Rafael@collegeaccessplan.org

PARENTS CAN VIEW RESOURCES IN THE COUNSELOR CANVAS PAGE TOO!

▼ Mental Health Resources

[Wilson HS NAMI Resources](#)

[Wilson HS Resources Page](#)



▼ Academic Support Resources

[Study Skills Tip Sheet.pdf](#)

[Quizlet is a GREAT resource to help you study!](#)

[Khan Academy is another good resource for study materials when you need some extra help!](#)

[How to Avoid Cramming for a Test](#)

[Tips to Maximize your Memory](#)

▼ 9th Grade Classroom Presentations

[AFTER presentation questions](#)

[2025 9th Grade Fall Class Presentation](#)

[Goal Action Plan Handout](#)

[Student Weekly Schedule Worksheet.pdf](#)

▼ Athletics - Stop by the athletics office in ASB for any questions!

[Wilson Athletic Clearance Steps](#)

[Interested in Playing College Athletics?](#)

[Guide for College Bound Student Athletes.pdf](#)

[NCAA Initial Eligibility Standards](#)



VIEW TONIGHT'S PRESENTATION AND SAVE THE DATE FOR UPCOMING events!

COUNSELING

My Counselor

Graduation Requirements

Credit Recovery

Career Exploration

College Planning

University of California UC

California State University
CSU

Community College

Independent Colleges

CAP: College Access Plan

Financial Aid

Medical Health Resources

Parent Night Presentations

Scholarships

Summer Information

Future Wildcats

COFFEE WITH THE PRINCIPAL *in Media Center*
Hosted by Principal, Dr. Danielle Kenfield

Tuesday, October 21, 2025 @ 6:30 PM

The State of College Admissions

- College Choice and Fit
- High Stakes Exams & Admissions
- Tips for Writing the College Essay

Tuesday, February 3, 2026 @ 6:30 PM

Strategizing the 4-Year Course Plan

- Are You College & Career Ready?
- Evaluating Your Transcript
- Making Decisions for 2025-26

