



Sophomore Presentation

Pathways for the Future

Hello Class of 2028!

The Counselors welcome you to your Sophomore Presentation!



Ms. Jurkovich, Ms. Loy, Ms. Patil, Ms. Payumo,
Ms. Mendoza (Office Manager) & Mr. Poole

Counselor Assignments

Counselor

Caseload

Ms. Loy

Gr 10

A - E

Mr. Poole

Gr 10

F - Ha

Ms. Jurkovich

Gr 10

He - Lew

Ms. Patil

Gr 10

Li - R

Ms. Payumo

Gr 10

S - Z

SHOW YOUR HORNET

*Classroom/
Smart Period*



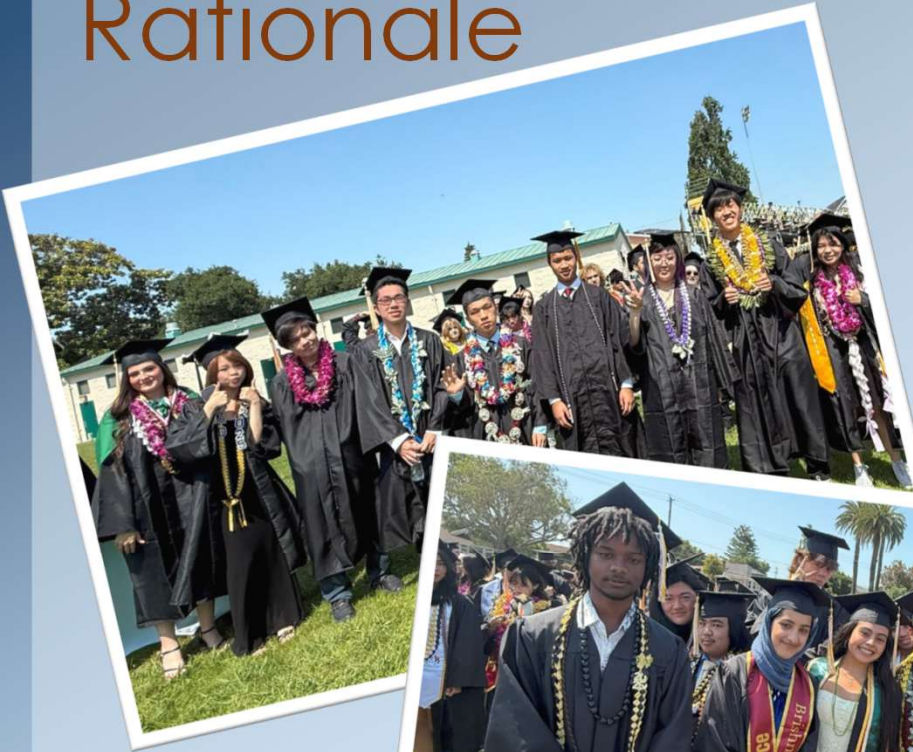
P repared	• Be on time to class • Have required materials for class
R espectful	• Attend regularly • Respect school property and the property of others • Follow classroom rules and expectations
I nclusive	• Help others around you who need help or are confused • Respect each individual's differences
D edicated	• Stay on task • Finish work and assignments • Use gym equipment or classroom supplies appropriately
E ngaged	• Be an active participate in class • Listen to the teacher during instruction • Listen to peers during group work/activities • Take notes • Utilize SLANT daily

Objective



- To provide 10th graders with information about graduation requirements, post-secondary options, and available resources. Students will have a strong understanding of how to interpret a transcript.

Rationale



- To ensure that all sophomores understand the graduation and college requirements so they can best plan for their post-secondary goals. Plus know the available resources to ensure success while at AHS.

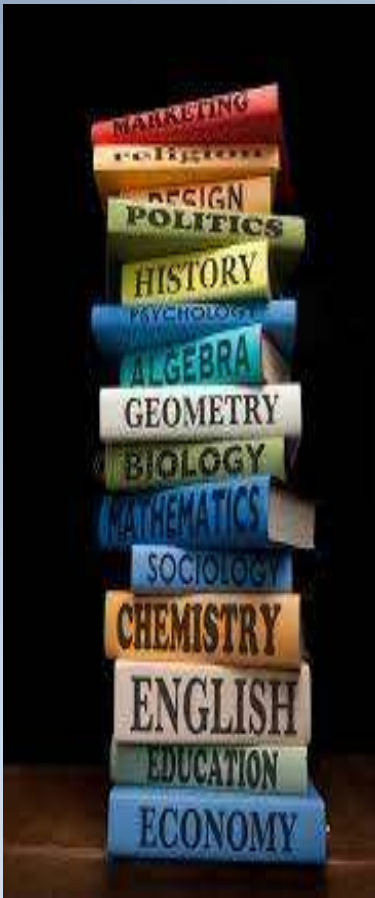
Pre-Test

https://
shorturl.at/jdCHJ

Graduation Requirements



Subject Requirements for Graduation



English	40 Credits		Navigating Life	5 Credits
Social Studies	30 Credits		Ethnic Studies	5 Credits
Math	20 Credits		Visual Perf. Art / CTE	10 Credits
Science (Lab) ○ 1yr Bio. Life ○ 1 yr. Physical	20 Credits		World Language / CTE	10 Credits
Physical Education	20 Credits		Electives	60 Credits
			Total Credits Needed	220

UC/CSU A-G

Minimum Course Requirements
Grades of C or better required.
UC Minimum GPA = 3.0*
CSU Minimum GPA = 2.5*

A) History

2 years

B) English

4 Years

C) Math

3 Years
(Alg.1, Geom.,
Alg. 2 or Int.
Math 1-3)
4 Recommended

* GPA = 10-12 not
including PE
Private schools look
at all 9-12 grades

D) Science

2 Years Lab Science
3 Recommended

G) College Prep Elective

1 Year

F) Visual/ Performing Art

1 Year

E) Foreign Language

2 Years
3 Recommended

How Are Credits Earned?

- 5 credits per class each semester only if you earn a passing grade of D or higher. Credit is NOT earned if you receive an F.

Semester 1

(August – December)

- English 5
- Spanish 5
- Biology 5
- Math 5
- PE 5
- Ethnic Studies 5

Semester 2

(January – June)

- English 5
- Spanish 5
- Biology 5
- Math 5
- PE 5
- Navigating Life 5

1st Semester = 30

2nd Semester = 30

= 60 Credits Per School Year!

This is the legal document that shows you have earned your diploma!

Student Name	Student ID	Grade	Birthdate	Counselor	Transcript of Student Progress			
					October 30, 2023 Alameda High School 2201 Encinal Avenue Alameda, CA 94501 (510) 337-7022			
Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp	
Grade 8 1st Semester 2014-2015				Grade 10 1st Semester 2016-2017				
Lincoln Middle School				Alameda High School				
FSAH	Spanish 1	B+	5.00 5.00	p	EEAE	Eng 2 Ex P	A 5.00 5.00	
MDCH	Algebra 1	B	5.00 5.00	p	FSCF	Span 3 P	A 5.00 5.00	
Credit and GPA rules vary for MS Courses				p	MECE	Algebra 2 P	A 5.00 5.00	
Grade 8 2nd Semester 2014-2015				+ p	QCHG	Chemistry Hp	B 5.00 5.00	
Lincoln Middle School				+ p	SJAX	Ap European Hist	B 5.00 5.00	
FSAH	Spanish 1	B	5.00 5.00	p	SPGI	Psychology	A 5.00 5.00	
MDCH	Algebra 1	B	5.00 5.00	Credit Att: 30.00 Cmp: 30.00 TGPA: 4.00				
Credit and GPA rules vary for MS Courses				Grade 10 2nd Semester 2016-2017				
Grade 8 Fall 2014-2015				Alameda High School				
Lincoln Middle School				p	EEAE	Eng 2 Ex P	A 5.00 5.00	
FSAH	Spanish 1	A-	5.00 5.00	p	FSCF	Span 3 P	B 5.00 5.00	
MDCH	Algebra 1	C	5.00 5.00	p	MECE	Algebra 2 P	A 5.00 5.00	
Credit and GPA rules vary for MS Courses				+ p	QCHG	Chemistry Hp	C 5.00 5.00	
Grade 9 1st Semester 2015-2016				+ p	SJAX	Ap European Hist	A 5.00 5.00	
Alameda High School				p	SPGI	Psychology	A 5.00 5.00	
p	EEAD	Eng 1 Ex P	A 5.00 5.00	Credit Att: 30.00 Cmp: 30.00 TGPA: 3.83				
p	FSCF	Span 2 P	A 5.00 5.00	Grade 11 1st Semester 2017-2018				
p	MGCE	Geometry P	A 5.00 5.00	Alameda High School				
p	PZGD	Phys Ed 9	A 5.00 5.00	+ p	EEPF	Ap English 3HP	B 5.00 5.00	
p	QBCL	Biology P	A 5.00 5.00	p	EWCI	Creative Writing P A	5.00 5.00	
p	SFGD	Comp Cult & Geo	A 5.00 5.00	+ p	FSHF	Spanish 4 Hp	B 5.00 5.00	
Credit Att: 30.00 Cmp: 30.00 TGPA: 4.00				p	MFCF	Pre Calculus P	C 5.00 5.00	
Grade 9 2nd Semester 2015-2016				p	QSCI	Physiology P	A 5.00 5.00	
Alameda High School				+ p	SHPF	Ap Us History Hp	A 5.00 5.00	
DDGI	Current Life Iss	A	5.00 5.00	Credit Att: 30.00 Cmp: 30.00 TGPA: 3.83				
p	EEAD	Eng 1 Ex P	A 5.00 5.00	Grade 11 2nd Semester 2017-2018				
p	FSCF	Span 2 P	B 5.00 5.00	Alameda High School				
p	MGCE	Geometry P	B 5.00 5.00	+ p	EEPF	Ap English 3HP	B 5.00 5.00	
p	PZGD	Phys Ed 9	A 5.00 5.00	p	EWCI	Creative Writing P A	5.00 5.00	
p	QBCL	Biology P	A 5.00 5.00	+ p	FSHF	Spanish 4 Hp	B 5.00 5.00	
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.67				p	MFCF	Pre Calculus P	B 5.00 5.00	
				p	QSCI	Physiology P	A 5.00 5.00	
Course Tags: * = Non Academic + = Honors (weighted) p = College Prep r = Repeated Weighted Non-Weighted Acad GPA (9-12) 3.88 3.60 Acad GPA (10-12) 3.91 3.53 Total GPA (9-12) 3.89 3.61 Credit Attempted: 230.00 Credit Completed: 230.00				Date: <u>Test Dates</u> Score: <u>1000</u> 08/18 SAT Rang/Writ 580 Math 500 09/19 AP: English Lit & Comp 05/18 AP: US History 09/18 AP: English Lang & Comp 05/17 AP: European History 05/17 AP: Psychology				
District Enter: 8/28/2006 School Enter: 8/31/2015 Graduate, Standard HS Diploma: 6/7/2019 Date: <u>Event</u> Hours: <u>42.00</u> 06/19 Community Service Golden State Seal Merit Diploma				CREDIT SUMMARY Credit Rec'd Credit Needed Subject Area 2 Current Life Issues 5.00 5.00 4 English 40.00 40.00 4 Visual/PerfArts/CTE 10.00 10.00 2 World Lang/CTE 10.00 10.00 HS Algebra 10.00 10.00 Mathematics 10.00 10.00 Life Science 10.00 10.00 Physical Science 10.00 10.00 World History 10.00 10.00 US History 10.00 10.00 Government 5.00 5.00 Economics 5.00 5.00 Physical Education 10.00 10.00 FgLang/PrArts/CTE - - Science - - Electives 85.00 85.00 TOTALS * 230.00 230.00				
This transcript is unofficial unless signed by a school official. Signature: _____ Date: _____								

Transcripts

- Your transcript is a very important document.
- Your transcript tracks all the classes you have taken, grades you have earned and how you are progressing towards earning your diploma.
- **Permanent** High School Record
- Could be seen by colleges, employers, coaches, etc.

Reading your Transcript: Grades

If you went to an AUSD middle school, math and foreign language may be listed

Each semester's classes and grades are listed

Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp
Grade 8 1st Semester 2020-2021				+ p	SWPE	AP World Hist	B	5.00	5.00		
Lincoln Middle School				Credit Att: 30.00 Cmp: 30.00 TGPA: 3.67							
MDCH	Algebra 1	B	10.00 10.00	Grade 10 2nd Semester 2022-2023							
Credit and GPA rules vary for MS Courses				Alameda High School							
Grade 8 Fall 2020-2021				p	EECE	English 2P	A	5.00	5.00		
Lincoln Middle School				p	FSCE	Span 2 P	A	5.00	5.00		
FFAH	French 1	A	10.00 10.00	p	MEAF	Adv Alg 2 P	C	5.00	5.00		
Credit and GPA rules vary for MS Courses				* PDGI	Dance	A	5.00	5.00			
Grade 9 1st Semester 2021-2022				p	QCCI	Chemistry P	B	5.00	5.00		
Alameda High School				+ p	SWPE	AP World Hist	A	5.00	5.00		
p	DDGD	Navigating Life	A	5.00	5.00	Credit Att: 30.00 Cmp: 30.00 TGPA: 3.67					
p	EECD	English 1P	A	5.00	5.00	--WORK IN PROGRESS--					
p	FSCD	Span 1 P	A	5.00	5.00	Alameda High School					
p	MGCE	Geometry P	A	5.00	5.00	+ p	EEPF	Ap English 3HP	10.00	0.00	
* PZGD	Phys Ed 9	A	5.00	5.00	p	FSCF	Span 3 P	10.00	0.00		
p	QBCI	Biology P	A	5.00	5.00	p	LMIX	Contemp Dance 2	10.00	0.00	
Credit Att: 30.00 Cmp: 30.00 TGPA: 4.00				p	MFCF	Pre Calculus P	10.00	0.00			
Grade 9 2nd Semester 2021-2022				+ p	QEPI	Ap Envir Sci Hp	10.00	0.00			
Alameda High School				+ p	SHPF	Ap Us History Hp	10.00	0.00			
p	EECD	English 1P	B	5.00	5.00	Total Credit: 60.00					
p	FSCD	Span 1 P	B	5.00	5.00						
p	MGCE	Geometry P	B	5.00	5.00						
* PZGD	Phys Ed 9	A	5.00	5.00							
p	QBCI	Biology P	A	5.00	5.00						
p	SJCI	Intro EthStud P	B	5.00	5.00						
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.33											
Grade 10 1st Semester 2022-2023											
Alameda High School											
p	EECE	English 2P	A	5.00	5.00						
p	FSCE	Span 2 P	A	5.00	5.00						
p	MEAF	Adv Alg 2 P	B	5.00	5.00						
* PDGI	Dance	A	5.00	5.00							
p	QCCI	Chemistry P	B	5.00	5.00						

The classes you are currently taking are listed.

The classes you are currently taking are listed.

Reading your Transcript: Grades

All classes are listed, and the grades earned.

The total credits earned and attempted plus your GPA is listed per semester

Crs-ID	Course Title	Mark	Att/Cmp
Grade 9 1st Semester 2021-2022			
Alameda High School			
p DDGD	Navigating Life	A	5.00 5.00
p EECD	English 1P	B	5.00 5.00
p LA AE	Multimedia Art	C	5.00 5.00
p MD CD	Algebra 1 P	D	5.00 5.00
* PZGD	Phys Ed 9	A	5.00 5.00
p QBCI	Biology P	A	5.00 5.00
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.00			
Grade 9 2nd Semester 2021-2022			
Alameda High School			
p EECD	English 1P	B	5.00 5.00
p LA AE	Multimedia Art	C	5.00 5.00
p MD CD	Algebra 1 P	F	5.00 0.00
* PZGD	Phys Ed 9	A	5.00 5.00
p QBCI	Biology P	B	5.00 5.00
p SJCI	Intro EthStud P	D	5.00 5.00
Credit Att: 30.00 Cmp: 25.00 TGPA: 2.17			

Each Semester is listed separately.

For each class, you see your grade, the number of credits you could earn and how many credits you did earn.

P = college prep * = non-academic class

Reading your Transcript: GPA

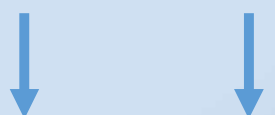
Total GPA = all classes you have taken in high school. This is used to determine the minimum for graduation.

Academic GPA (9-12) = all classes except for PE for grades 9 – 12

Academic GPA (10-12) = all classes except for PE for grades 10 – 12

Weighted GPA = additional point given for honors/AP classes (i.e., grade bump, 5-point A)

Non-Weighted GPA = no additional grade point given to honors/AP classes



	Weighted	Non-Wgtd
Acad GPA (9-12)	3.79	3.62
Acad GPA (10-12)	3.83	3.58
Total GPA (9-12)	3.78	3.61
Credit Attempted:	180.00	
Credit Completed:	180.00	

How many credits you have attempted **and** completed.

Reading your Transcript: Credit Summary

Credits Required

Each Subject Area is listed

The **Total** number of credits you have earned and what you still need

CREDIT SUMMARY			
Subject Area	Credit Req'd	Compl	Needed
Navigating Life	5.00	5.00	-
English	40.00	20.00	20.00
Visual/PerfArt/CTE	10.00	10.00	-
World Lang/CTE	10.00	5.00	5.00
HS Algebra	10.00	10.00	-
Mathematics	10.00	10.00	-
Life Science	10.00	10.00	-
Physical Science	10.00	10.00	-
World History	10.00	10.00	-
US History	10.00	-	10.00
Government	5.00	-	5.00
Economics	5.00	-	5.00
Physical Education	20.00	15.00	5.00
Ethnic Studies	5.00	5.00	-
Electives	60.00	5.00	55.00
TOTALS *	220.00	115.00	105.00

The number of credits you have completed in each subject area

The number of credits you still need to complete in each subject area are shown

Reading your Transcript: The Center Box

SAT/ACT scores should you take them, will be listed here.



Date	Test Taken	Score
12/22	SAT Rdng/Wrt 560 Math 570	1130
05/23	AP: US History	4
05/23	AP: English Lang & Comp	2
05/22	AP: World History: Modern	5

AP test scores will be listed here is you take an AP test.

Your submitted **Community Service** hours are noted here.



Date	Event	Hours
	Community Service	24.00

Community Service Hours

- Each student must document a minimum of **20 hours** of non-paid volunteer work with a non-profit or government organization such a school, shelter, hospital, etc.
- If you are unsure if your volunteer work will count for your community service, get pre-approved by admin prior to doing the hours.
- Alameda Organizations include:
 - Bay Area Red Cross
 - Meals on Wheels
 - Alameda Food Bank
 - Alameda Free Library
 - Alameda Rec and Park Dept.

More information is available on our website in the Student section under "Forms and Information."

The Students' Guide

Fulfilling Community Service
Requirements in the
Alameda Unified
School District



This handbook has been revised for the students and their families in the Alameda Unified School District by the Alameda Youth Advisory Commission, the Alameda Collaborative for Children, Youth, and Their Families, and the Alameda Unified School District.



ALAMEDA UNIFIED SCHOOL DISTRICT
Graduation Requirements



COMMUNITY SERVICE VERIFICATION FORM

Student Name _____ Grade _____ Class of _____

Name of Agency or Organization _____

Date Activity Performed: From _____ To _____

Title / Activity Description _____

Supervisor _____ Phone # (____) _____

(Signature)

I have completed _____ hours of Community work on this task.

Student Signature _____ Date _____

HOW TO DO WELL IN SCHOOL



- Ask for help
- Attend every class and SMART period
- Get SMART period passes as needed
- Check Google Classroom, Aeries & your school email regularly
- Use a planner or other organization system.
- Form study groups
- Attend Teacher Office Hours if available.
- Talk to your Teachers and Counselor.
- Encourage your parents to contact your Teachers.

Ways to get involved

- Join a club: List of clubs is available on AHS homepage under Activities (Club Activities).
- Play a sport: (when permitted) Check our school website for updates (Students: Athletics) or speak with your PE teacher.
- Participate in Spirit Days or other school activities.
- Audition for the Fall play, Spring musical, talent shows, etc. (when permitted)
- Explore community service opportunities.
- Become a Link Crew Leader, peer tutor, etc.



RESOURCES AT AHS



- SMART Period: See your teacher for a pass if needed
- Media Center: open before/after school and lunch
- Office hours with your teacher
- Services and Language Learning Office (C141)
- College and Career Center (E116, Ms. Lori) Instagram: @Hornets_buzz_ccc
- SCOIR- College & Career exploration tool
- Equity and Family Engagement Office (C222)
- Counselors and Administrators
- SBHC: Counseling and health services available at the School Based Health Center. (E 160, DM on Instagram: @sbhc_afs, schoolbasedinfor@alamedafs.org)

Transcript Analysis Activity

Student Name			Student ID	Grade	Birthdate	Counselor	Transcript of Student Progress				
							October 30, 2023 Alameda High School 2201 Encinal Avenue Alameda, CA 94501 (510) 337-7022				
Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp
Grade 8 1st Semester 2014-2015				Grade 10 1st Semester 2016-2017				+ p SHPF Ap Us History Hp A 5.00 5.00			
Lincoln Middle School				Alameda High School				Credit Att: 30.00 Cmp: 30.00 TGPA: 4.00			
FSAH	Spanish 1	B*	5.00 5.00	p EEAE	Eng 2 Ex P	A	5.00 5.00	Grade 12 1st Semester 2018-2019			
MDCH	Algebra 1	B	5.00 5.00	p FSCF	Span 3 P	A	5.00 5.00	Alameda High School			
Credit and GPA rules vary for MS Courses				p MECE	Algebra 2 P	A	5.00 5.00	p EEPG	Ap English 4HP	B	5.00 5.00
Grade 8 2nd Semester 2014-2015				+ p QCHG	Chemistry Hp	B	5.00 5.00	p LAAE	Multimedia Art	A	5.00 5.00
Lincoln Middle School				+ p SJAX	Ap European Hist	B	5.00 5.00	p MOCF	Calculus P	A	5.00 5.00
FSAH	Spanish 1	B	5.00 5.00	p SPGI	Psychology	A	5.00 5.00	OTGI	Student Asst	P	5.00 5.00
MDCH	Algebra 1	B	5.00 5.00	Credit Att: 30.00 Cmp: 30.00 TGPA: 4.00				p SGCI	Government P	A	5.00 5.00
Credit and GPA rules vary for MS Courses				Grade 10 2nd Semester 2016-2017				Credit Att: 25.00 Cmp: 25.00 TGPA: 4.00			
Grade 9 Fall 2014-2015				Alameda High School				Grade 12 2nd Semester 2018-2019			
Lincoln Middle School				p EEAE	Eng 2 Ex P	A	5.00 5.00	Alameda High School			
FSAH	Spanish 1	A	5.00 5.00	p FSCF	Span 3 P	B	5.00 5.00	+ p EEPG	Ap English 4HP	B	5.00 5.00
MDCH	Algebra 1	C	5.00 5.00	p MECE	Algebra 2 P	A	5.00 5.00	p LAAE	Multimedia Art	A	5.00 5.00
Credit and GPA rules vary for MS Courses				+ p QCHG	Chemistry Hp	C	5.00 5.00	p MOCF	Calculus P	B	5.00 5.00
Grade 9 1st Semester 2015-2016				p SJAX	Ap European Hist	A	5.00 5.00	OTGI	Student Asst	P	5.00 5.00
Alameda High School				p SPGI	Psychology	A	5.00 5.00	p SECG	Economics P	A	5.00 5.00
p EEAD	Eng 1 Ex P	A	5.00 5.00	Credit Att: 30.00 Cmp: 30.00 TGPA: 3.83				Credit Att: 25.00 Cmp: 25.00 TGPA: 3.75			
p FSCE	Span 2 P	A	5.00 5.00	Grade 11 1st Semester 2017-2018							
p MGCE	Geometry P	A	5.00 5.00	Alameda High School							
+ p PZGD	Phys Ed 9	A	5.00 5.00	+ p EEPF	Ap English 3HP	B	5.00 5.00				
p QBCL	Biology P	A	5.00 5.00	p EWCI	Creative Writing P A	5.00 5.00					
SFGD	Comp Cult & Geo	A	5.00 5.00	+ p FSHF	Spanish 4 Hp	B	5.00 5.00				
Credit Att: 30.00 Cmp: 30.00 TGPA: 4.00				p MFCF	Pre Calculus P	C	5.00 5.00				
Grade 9 2nd Semester 2015-2016				p QSCI	Physiology P	A	5.00 5.00				
Alameda High School				+ p SHPF	Ap Us History Hp	A	5.00 5.00				
p DDGI	Current Life Iss	A	5.00 5.00	Credit Att: 30.00 Cmp: 30.00 TGPA: 3.83							
p EEAD	Eng 1 Ex P	A	5.00 5.00	Grade 11 2nd Semester 2017-2018							
p FSCE	Span 2 P	B	5.00 5.00	Alameda High School							
p MGCE	Geometry P	B	5.00 5.00	+ p EEPF	Ap English 3HP	B	5.00 5.00				
p PZGD	Phys Ed 9	A	5.00 5.00	p EWCI	Creative Writing P A	5.00 5.00					
p QBCL	Biology P	A	5.00 5.00	+ p FSHF	Spanish 4 Hp	B	5.00 5.00				
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.67				p MFCF	Pre Calculus P	B	5.00 5.00				
				p QSCI	Physiology P	A	5.00 5.00				
Course Tags: * = Non Academic + = Honors (weighted) p = College Prep r = Repeated											
Weighted Non-Weighted				Date: Test Taken				Score			
Acad GPA (9-12) 3.88 3.60				06/18 SAT Rang/Wrt 580 Math 500				2			
Acad GPA (10-12) 3.91 3.53				05/19 AP: English Lit & Comp				2			
Total GPA (9-12) 3.89 3.61				05/18 AP: US History				4			
Credit Attempted: 230.00				05/18 AP: English Lang & Comp				4			
Credit Completed: 230.00				05/17 AP: European History				4			
				05/17 AP: Psychology				2			
								Subject Area CREDIT SUMMARY			
								Credit Rec'd Conf'd Needed			
								Current Life Issues 5.00 5.00 -			
								English 40.00 40.00 -			
								Visual/Perf/Arts/CTE 10.00 10.00 -			
								World Lang/CTE 10.00 10.00 -			
								HS Algebra 10.00 10.00 -			
								Mathematics 10.00 10.00 -			
								Life Science 10.00 10.00 -			
								Physical Science 10.00 10.00 -			
								World History 10.00 10.00 -			
								US History 10.00 10.00 -			
								Government 5.00 5.00 -			
								Economics 5.00 5.00 -			
								Physical Education 10.00 10.00 -			
								FgLang/Pr/Arts/CTE - - -			
								Science - - -			
								Electives 85.00 85.00 -			
								* TOTALS * 230.00 230.00 -			
District Enter: 8/28/2006				Date: Event				Hours			
School Enter: 8/31/2015				06/19 Community Service				42.00			
				Golden State Seal Merit Diploma							
Graduate, Standard HS Diploma: 6/7/2019				Signature: _____				Date: _____			
This transcript is unofficial unless signed by a school official.											

- What is the student's total GPA?
- Does the student meet the GPA requirement to graduate?
- Does this student currently meet HS graduation credit requirements? If not, what do they need to make up?
- How many community service hours does this student have? How many more hours do they need to graduate?
- What recommendations, if any, would you have for this student?

Student Name	Student ID	Grade	Birthdate	Counselor	Transcript of Student Progress		
A					December 8, 2023 Alameda High School 2200 Central Ave Alameda, CA 94501 (510) 337-7022		
					Crs-ID	Course Title	Mark Att/Cmp
Grade 9 1st Semester 2021-2022					p	VOGE	Sports Med 1 C 5.00 5.00
Alameda High School					Credit Att: 30.00 Cmp: 30.00 TGPA: 2.83		
					--WORK IN PROGRESS--		
Alameda High School							
p	DDGD	Navigating Life	A	5.00 5.00	p	EECF	English 3P 10.00 0.00
p	EECD	English 1P	A	5.00 5.00	p	FFHF	French 4 Hp 10.00 0.00
p	FFCE	French 2 P	B	5.00 5.00	p	LAAE	Multimedia Art 10.00 0.00
p	MGCE	Geometry P	D	5.00 5.00	p	MFHF	Pre Calculus Hp 10.00 0.00
p	PZGD	Phys Ed 9	A	5.00 5.00	p	QPCI	Physics P 10.00 0.00
p	QBCI	Biology P	A	5.00 5.00	p	SHPF	Ap Us History Hp 10.00 0.00
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.33					Total Credit: 60.00		
Grade 9 2nd Semester 2021-2022							
Alameda High School							
p	EECD	English 1P	B	5.00 5.00			
p	FFCE	French 2 P	C	5.00 5.00			
p	MGCE	Geometry P	D	5.00 5.00			
p	PZGD	Phys Ed 9	A	5.00 5.00			
p	QBCI	Biology P	C	5.00 5.00			
p	SJCI	Intro Eth-Stud P	D	5.00 5.00			
Credit Att: 30.00 Cmp: 30.00 TGPA: 2.17							
Grade 10 1st Semester 2022-2023							
Alameda High School							
p	EECE	English 2P	C	5.00 5.00			
p	FFCF	French 3 P	A	5.00 5.00			
p	MECE	Algebra 2 P	D	5.00 5.00			
p	QCCI	Chemistry P	C	5.00 5.00			
p	SWPE	AP World Hist	F	5.00 0.00			
p	VOGE	Sports Med 1	B	5.00 5.00			
Credit Att: 30.00 Cmp: 25.00 TGPA: 2.00							
Grade 10 2nd Semester 2022-2023							
Alameda High School							
p	EECE	English 2P	C	5.00 5.00			
p	FFCF	French 3 P	A	5.00 5.00			
p	MECE	Algebra 2 P	B	5.00 5.00			
p	QCCI	Chemistry P	B	5.00 5.00			
p	SWPE	AP World Hist	C	5.00 5.00			
Course Tags: * = Non Academic ** = Honors (weighted) p = College Prep r = Repeated							
Weighted Non-Wgtd Acad GPA (9-12) 2.45 2.41 Acad GPA (10-12) 2.42 2.33 Total GPA (9-12) 2.58 2.54 Credit Attempted: 120.00 Credit Completed: 115.00					Date Event Hours Community Service 21.00		
					CREDIT SUMMARY Subject Area Credit Req'd Compl Needed Navigating Life 5.00 5.00 - English 40.00 20.00 20.00 Visual/PerfAr/CTE 10.00 10.00 - World Lang/CTE 10.00 10.00 - HS Algebra 10.00 10.00 - Mathematics 10.00 10.00 - Life Science 10.00 10.00 - Physical Science 10.00 10.00 - World History 10.00 5.00 5.00 US History 10.00 - 10.00 Government 5.00 - 5.00 Economics 5.00 - 5.00 Physical Education 20.00 10.00 10.00 Ethnic Studies 5.00 5.00 - Electives 60.00 10.00 50.00 * TOTALS * 220.00 115.00 105.00		

This transcript is unofficial unless signed by a school official.

Signature: _____ Date: _____

1. What do you notice about this transcript?
2. What recommendations do you have for this student?

Student Name	Student ID	Grade	Birthdate	Counselor	Transcript of Student Progress																																																																						
B					December 8, 2023 Alameda High School 2200 Central Ave Alameda, CA 94501 (510) 337-7022																																																																						
					Crs-ID	Course Title	Mark Att/Cmp	Crs-ID	Course Title	Mark Att/Cmp																																																																	
Grade 8 Fall 2020-2021					Alameda High School																																																																						
Lincoln Middle School					p	EECE English 2P	C 5.00 5.00																																																																				
MDCH Algebra 1					B	10.00 10.00	p	FSCE Span 2 P	F 5.00 0.00																																																																		
Credit and GPA rules vary for MS Courses					p	MGCE Geometry P	F 5.00 0.00																																																																				
Grade 9 1st Semester 2021-2022					*	PDGI Dance	A 5.00 5.00																																																																				
Alameda High School					p	QCCI Chemistry P	D 5.00 5.00																																																																				
p	EECD English 1P	A 5.00 5.00	+ p	SWPE AP World Hist	C 5.00 5.00	Credit Att: 30.00 Cmp: 20.00 TGPA: 1.67																																																																					
p	EYCI Yearbook	A 5.00 5.00	--WORK IN PROGRESS--																																																																								
p	FSCD Span 1 P	B 5.00 5.00	Alameda High School																																																																								
p	MDCD Algebra 1 P	A 5.00 5.00	+ p	EEPF Ap English 3HP	10.00 0.00	p		LAAE Multimedia Art	10.00 0.00																																																																		
* p	PZGD Phys Ed 9	A 5.00 5.00	p	LMIX Contemp Dance 2	10.00 0.00	p		MECE Algebra 2 P	10.00 0.00																																																																		
p	QBCI Biology P	A 5.00 5.00	+ p	OEPI Ap Envir Sol Hp	10.00 0.00	+ p		SHPF Ap Us History Hp	10.00 0.00																																																																		
p	SJCI Intro EthStud P	A 5.00 5.00	Total Credit: 60.00																																																																								
Credit Att: 35.00 Cmp: 35.00 TGPA: 3.86																																																																											
Grade 9 2nd Semester 2021-2022																																																																											
Alameda High School																																																																											
p	DDGD Navigating Life	A 5.00 5.00																																																																									
p	EECD English 1P	B 5.00 5.00																																																																									
p	EYCI Yearbook	A 5.00 5.00																																																																									
p	FSCD Span 1 P	B 5.00 5.00																																																																									
p	MDCD Algebra 1 P	A 5.00 5.00																																																																									
* p	PZGD Phys Ed 9	B 5.00 5.00																																																																									
p	QBCI Biology P	A 5.00 5.00																																																																									
Credit Att: 35.00 Cmp: 35.00 TGPA: 3.57																																																																											
Grade 10 1st Semester 2022-2023																																																																											
Alameda High School																																																																											
p	EECE English 2P	A 5.00 5.00																																																																									
p	FSCE Span 2 P	C 5.00 5.00																																																																									
p	MGCE Geometry P	D 5.00 5.00																																																																									
*	PDGI Dance	A 5.00 5.00																																																																									
p	QCCI Chemistry P	C 5.00 5.00																																																																									
+ p	SWPE AP World Hist	C 5.00 5.00																																																																									
Credit Att: 30.00 Cmp: 30.00 TGPA: 2.67																																																																											
Grade 10 2nd Semester 2022-2023																																																																											
Course Tags: * = Non Academic + = Honors (weighted) p = College Prep r = Repeated																																																																											
Weighted Non-Wgtd Acad GPA (9-12) 2.86 2.77 Acad GPA (10-12) 1.80 1.60 Total GPA (9-12) 3.00 2.92 Credit Attempted: 130.00 Credit Completed: 120.00					CREDIT SUMMARY <table border="1"> <thead> <tr> <th>Subject Area</th> <th>Credit Req'd</th> <th>Compl</th> <th>Needed</th> </tr> </thead> <tbody> <tr><td>Navigating Life</td><td>5.00</td><td>5.00</td><td>-</td></tr> <tr><td>English</td><td>40.00</td><td>20.00</td><td>20.00</td></tr> <tr><td>Visual/Perf/Art/CTE</td><td>10.00</td><td>-</td><td>10.00</td></tr> <tr><td>World Lang/CTE</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>HS Algebra</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>Mathematics</td><td>10.00</td><td>5.00</td><td>5.00</td></tr> <tr><td>Life Science</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>Physical Science</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>World History</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>US History</td><td>10.00</td><td>-</td><td>10.00</td></tr> <tr><td>Government</td><td>5.00</td><td>-</td><td>5.00</td></tr> <tr><td>Economics</td><td>5.00</td><td>-</td><td>5.00</td></tr> <tr><td>Physical Education</td><td>20.00</td><td>20.00</td><td>-</td></tr> <tr><td>Ethnic Studies</td><td>5.00</td><td>5.00</td><td>-</td></tr> <tr><td>Electives</td><td>60.00</td><td>15.00</td><td>45.00</td></tr> <tr><td>* TOTALS *</td><td>220.00</td><td>120.00</td><td>100.00</td></tr> </tbody> </table>			Subject Area	Credit Req'd	Compl	Needed	Navigating Life	5.00	5.00	-	English	40.00	20.00	20.00	Visual/Perf/Art/CTE	10.00	-	10.00	World Lang/CTE	10.00	10.00	-	HS Algebra	10.00	10.00	-	Mathematics	10.00	5.00	5.00	Life Science	10.00	10.00	-	Physical Science	10.00	10.00	-	World History	10.00	10.00	-	US History	10.00	-	10.00	Government	5.00	-	5.00	Economics	5.00	-	5.00	Physical Education	20.00	20.00	-	Ethnic Studies	5.00	5.00	-	Electives	60.00	15.00	45.00	* TOTALS *	220.00	120.00	100.00
Subject Area	Credit Req'd	Compl	Needed																																																																								
Navigating Life	5.00	5.00	-																																																																								
English	40.00	20.00	20.00																																																																								
Visual/Perf/Art/CTE	10.00	-	10.00																																																																								
World Lang/CTE	10.00	10.00	-																																																																								
HS Algebra	10.00	10.00	-																																																																								
Mathematics	10.00	5.00	5.00																																																																								
Life Science	10.00	10.00	-																																																																								
Physical Science	10.00	10.00	-																																																																								
World History	10.00	10.00	-																																																																								
US History	10.00	-	10.00																																																																								
Government	5.00	-	5.00																																																																								
Economics	5.00	-	5.00																																																																								
Physical Education	20.00	20.00	-																																																																								
Ethnic Studies	5.00	5.00	-																																																																								
Electives	60.00	15.00	45.00																																																																								
* TOTALS *	220.00	120.00	100.00																																																																								

This transcript is unofficial unless signed by a school official.

Signature: _____ Date: _____

1. What do you notice about this transcript?
2. What recommendations do you have for this student?

Student Name	Student ID	Grade	Birthdate	Counselor	Transcript of Student Progress					
C					December 8, 2023 Alameda High School 2200 Central Ave Alameda, CA 94501 (510) 337-7022					
					Crs-ID	Course Title	Mark Att/Cmp	Crs-ID	Course Title	Mark Att/Cmp
					Grade 8 Fall 2020-2021					
					Wood Middle School					
					MDCH	Algebra 1	C 10.00 10.00			
Credit and GPA rules vary for MS Courses										
Grade 9 1st Semester 2021-2022										
Alameda High School										
p	EECD	English 1P	B 5.00 5.00	p	EECE	English 2P	B 5.00 5.00			
p	LAAE	Multimedia Art	A 5.00 5.00	p	FSCD	Span 1 P	A 5.00 5.00			
p	MDGD	Algebra 1 P	B 5.00 5.00	p	MGCE	Geometry P	B 5.00 5.00			
p	PZGD	Phys Ed 9	A 5.00 5.00	p	PSGI	Jujitsu	A 5.00 5.00			
p	QBCE	Biology P	B 5.00 5.00	p	QCCI	Chemistry P	B 5.00 5.00			
p	SJCI	Intro EthStud P	B 5.00 5.00	p	SMCE	MW History P	B 5.00 5.00			
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.33			Credit Att: 30.00 Cmp: 30.00 TGPA: 3.33							
--WORK IN PROGRESS--										
Alameda High School										
p	EECF	English 3P	10.00 0.00	p	EECF	English 3P	10.00 0.00			
p	FSCE	Span 2 P	10.00 0.00	p	FSCE	Span 2 P	10.00 0.00			
p	LDCE	Drama 1 P	10.00 0.00	p	LDCE	Drama 1 P	10.00 0.00			
p	MECE	Algebra 2 P	10.00 0.00	p	MECE	Algebra 2 P	10.00 0.00			
p	PSGI	Jujitsu	10.00 0.00	p	PSGI	Jujitsu	10.00 0.00			
p	SHCF	Us History P	10.00 0.00	p	SHCF	Us History P	10.00 0.00			
Total Credit: 60.00			Total Credit: 60.00							
Grade 9 2nd Semester 2021-2022										
Alameda High School										
p	DDGD	Navigating Life	A 5.00 5.00							
p	EECD	English 1P	B 5.00 5.00							
p	LAAE	Multimedia Art	A 5.00 5.00							
p	MDGD	Algebra 1 P	A 5.00 5.00							
p	PZGD	Phys Ed 9	A 5.00 5.00							
p	QBCE	Biology P	B 5.00 5.00							
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.67			Credit Att: 30.00 Cmp: 30.00 TGPA: 3.67							
Grade 10 1st Semester 2022-2023										
Alameda High School										
p	EECE	English 2P	A 5.00 5.00							
p	FSCD	Span 1 P	A 5.00 5.00							
p	MGCE	Geometry P	A 5.00 5.00							
p	PSGI	Jujitsu	A 5.00 5.00							
p	QCCI	Chemistry P	A 5.00 5.00							
p	SMCE	MW History P	B 5.00 5.00							
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.83			Credit Att: 30.00 Cmp: 30.00 TGPA: 3.83							
Grade 10 2nd Semester 2022-2023										
Alameda High School										

Course Tags: * = Non Academic + = Honors (weighted) p = College Prep r = Repeated																																																																											
<table border="1"> <thead> <tr> <th>Weighted</th> <th>Non-Weighted</th> </tr> </thead> <tbody> <tr> <td>Acad GPA (9-12)</td> <td>3.45</td> </tr> <tr> <td>Acad GPA (10-12)</td> <td>3.50</td> </tr> <tr> <td>Total GPA (9-12)</td> <td>3.54</td> </tr> <tr> <td>Credit Attempted:</td> <td>120.00</td> </tr> <tr> <td>Credit Completed:</td> <td>120.00</td> </tr> </tbody> </table>				Weighted	Non-Weighted	Acad GPA (9-12)	3.45	Acad GPA (10-12)	3.50	Total GPA (9-12)	3.54	Credit Attempted:	120.00	Credit Completed:	120.00																																																												
Weighted	Non-Weighted																																																																										
Acad GPA (9-12)	3.45																																																																										
Acad GPA (10-12)	3.50																																																																										
Total GPA (9-12)	3.54																																																																										
Credit Attempted:	120.00																																																																										
Credit Completed:	120.00																																																																										
<table border="1"> <thead> <tr> <th colspan="4">CREDIT SUMMARY</th> </tr> <tr> <th>Subject Area</th> <th>Credit Req'd</th> <th>Compl</th> <th>Needed</th> </tr> </thead> <tbody> <tr><td>Navigating Life</td><td>5.00</td><td>5.00</td><td>-</td></tr> <tr><td>English</td><td>40.00</td><td>20.00</td><td>20.00</td></tr> <tr><td>Visual/PerfArt/CTE</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>World Lang/CTE</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>HS Algebra</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>Mathematics</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>Life Science</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>Physical Science</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>World History</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>US History</td><td>10.00</td><td>-</td><td>10.00</td></tr> <tr><td>Government</td><td>5.00</td><td>-</td><td>5.00</td></tr> <tr><td>Economics</td><td>5.00</td><td>-</td><td>5.00</td></tr> <tr><td>Physical Education</td><td>20.00</td><td>20.00</td><td>-</td></tr> <tr><td>Ethnic Studies</td><td>5.00</td><td>5.00</td><td>-</td></tr> <tr><td>Electives</td><td>60.00</td><td>-</td><td>60.00</td></tr> <tr><td>* TOTALS *</td><td>220.00</td><td>120.00</td><td>100.00</td></tr> </tbody> </table>				CREDIT SUMMARY				Subject Area	Credit Req'd	Compl	Needed	Navigating Life	5.00	5.00	-	English	40.00	20.00	20.00	Visual/PerfArt/CTE	10.00	10.00	-	World Lang/CTE	10.00	10.00	-	HS Algebra	10.00	10.00	-	Mathematics	10.00	10.00	-	Life Science	10.00	10.00	-	Physical Science	10.00	10.00	-	World History	10.00	10.00	-	US History	10.00	-	10.00	Government	5.00	-	5.00	Economics	5.00	-	5.00	Physical Education	20.00	20.00	-	Ethnic Studies	5.00	5.00	-	Electives	60.00	-	60.00	* TOTALS *	220.00	120.00	100.00
CREDIT SUMMARY																																																																											
Subject Area	Credit Req'd	Compl	Needed																																																																								
Navigating Life	5.00	5.00	-																																																																								
English	40.00	20.00	20.00																																																																								
Visual/PerfArt/CTE	10.00	10.00	-																																																																								
World Lang/CTE	10.00	10.00	-																																																																								
HS Algebra	10.00	10.00	-																																																																								
Mathematics	10.00	10.00	-																																																																								
Life Science	10.00	10.00	-																																																																								
Physical Science	10.00	10.00	-																																																																								
World History	10.00	10.00	-																																																																								
US History	10.00	-	10.00																																																																								
Government	5.00	-	5.00																																																																								
Economics	5.00	-	5.00																																																																								
Physical Education	20.00	20.00	-																																																																								
Ethnic Studies	5.00	5.00	-																																																																								
Electives	60.00	-	60.00																																																																								
* TOTALS *	220.00	120.00	100.00																																																																								

This transcript is unofficial unless
signed by a school official.

Signature: _____ Date: _____

1. What do you notice about this transcript?
2. What recommendations do you have for this student?

Post Secondary Plans

- 4-year college
- Community college
- Gap Year
- Apprenticeship programs
- Military
- Employment



A-G Requirements

COURSE SUBJECT

YEARS

A

History



B

English



C

Mathematics



D

Lab Science
Biological & Physical



E

Language other
than English



F

Visual Art /
Performing Art



G

College Prep
Elective



**Grades of "C"
or Higher
Required for
A-G**

**UC Minimum
GPA = 3.0***
**CSU Minimum
GPA = 2.5***

* GPA = 10-12 not
including PE

Private schools
look at all 9-12
grades

4-Year Colleges



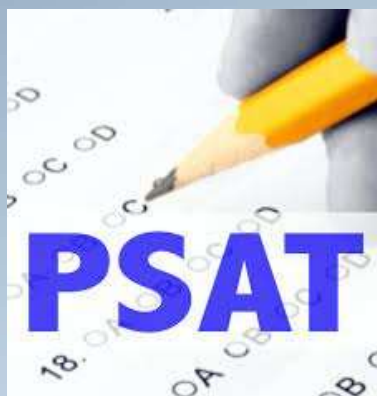
- University of California (UC)- 9 campuses
- California State University (CSU)- 22 campuses
- Private/Independent/Out of State Universities
- Admissions Requirements:
 - High School Diploma
 - Subject Requirements
 - Minimum GPA
 - Test Scores (possibly)
 - Essays or Short Answer Questions(possibly)
 - Letters of Recommendation/Secondary School Reports (possibly)
- Bachelors (BA/BS) Degrees



Testing For College Admission

SAT®

CollegeBoard



- If you plan to apply to 4-year colleges, testing *may* be required.
- **PSAT**- A standardized test to help prepare for taking the SAT. When taken as a junior, students with high scores could qualify for the National Merit Scholarship Program. The test is offered each October at AHS.
- **SAT** or **ACT**- Standardized tests that some colleges may require for college admission. Students generally test junior year if needed. Register online
 - ❖ SAT: www.sat.org/register
 - ❖ ACT: www.actstudent.org
- Starting in 2023-24, the SAT and PSAT will be digital tests.



Community Colleges



California
Community
Colleges

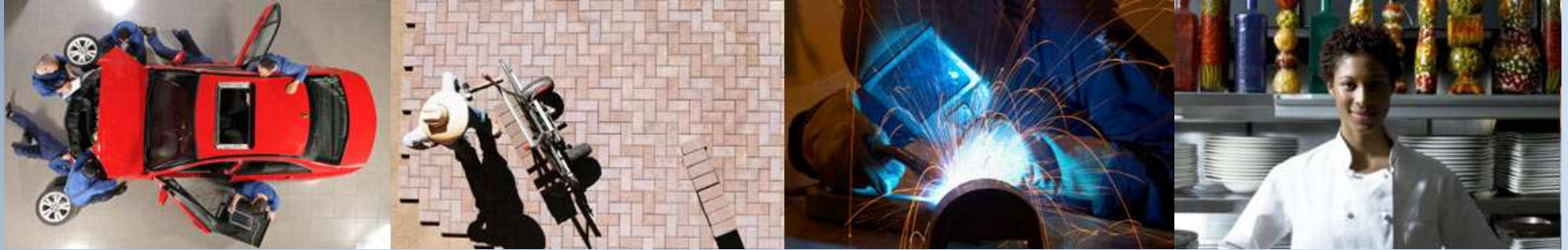
- 116 colleges Statewide
- Admissions Requirements
 - High School Diploma or
 - 18+ years old
- 2-year schools
 - Transfer to a 4-year college
 - Associates of Arts (AA) Degrees
 - Vocational Certificates/Programs
 - Dual Enrollment Program for High School Students (High School Special Enrollment form required)

Gap Year



- What is a gap year?
 - When you take a year off after graduation.
 - Meant to give students a break from academics
- Should students take a gap year?
 - It can be a good choice if students use this time to build their skills, expand their knowledge, and clarify their interests and career choices.
- What can you do in a GAP year?
 - Volunteer
 - Internship
 - Travel
 - Employment
- www.gapyearassociation.org

Apprenticeship Programs



- “Earn while you learn” to become skilled in a trade.
- Combination of classroom and paid, hands-on job training.
- Full-time employment and career placement built in.
- 40 + options including: Automotive, culinary, carpentry, construction, electricians, firefighters, machinists, welding, etc.
- Requirements: High School Diploma & 18 years old
- Alameda County Office of Education Resources includes a career pathway tool, and map of various training locations:
<https://www.acoe.org/gcgi>
- www.calapprenticeship.org ; www.apprenticeship4you.com ;
www.apprenticeship.gov



Military

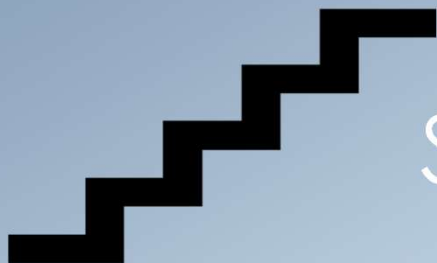


- Six different branches of the US Military– Army, Marines, Navy, Air Force, Space Force and Coast Guard.
- Requirements– 17 years old, high school diploma, physical exam, background & security checks.
- Benefits
 - Career Training- 85% of military jobs don't involve combat
 - Education
 - College Tuition Assistance (GI Bill (in state tuition reimbursement), Loan Repayment, College Fund Program)
 - College Credit- convert military training to college credits via testing
- www.todaysmilitary.com

Employment



- Working can provide high school graduates with valuable experience and the opportunity to earn money while exploring potential career paths.
- Potential Job Opportunities for high school graduates
 - Retail
 - Service Industries
 - Office Jobs
 - Outdoors
 - State of California
- While many jobs available to newly graduated high school students may not initially offer salaries exceeding \$50,000 a year, there are still some opportunities that have the potential to do so with experience and advancement. Keep in mind that earning a higher income often requires additional education, training, or skills development. Here are some industries where this is possible:
 - Construction
 - Sales
 - Information Technology (IT)/Computers
 - Telecomm
 - Insurance
 - Utilities
- www.caljobs.ca.gov



Steps to Help

1. Talk to your Parent/Guardian/other trusted family member
2. Talk to your School Counselor, Teacher, Administrator
3. Talk to staff at the School Based Health Center
4. Talk to a trusted friend
5. Call or text a help hotline



National Suicide Prevention Lifeline: 988

Alameda Co. 24-hour Crisis/Suicide Hotline: 1-800-309-2131

Alameda Co. Text keyword "Safe" (4pm-7pm, every day): 20121

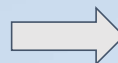
Trevor Project (LGBTQ Support 24-hour support): 1-866-488-7386/
text START to 678678

National Suicide Prevention Lifeline (24-hour): 800-273-TALK (8255)/
text ANSWER to 839863

Crisis Text Line (24-hour): Text HOME to 741741

Grief Counseling Services: 1-800-260-0094

Bullying and Cyberbullying Help Chat: stompoutbullying.org



ATTENTION ALAMEDA HIGH HORNETS!

SCHOOL-BASED HEALTH SERVICES ARE AVAILABLE **OPEN**

For Fall 2021:
THE SCHOOL-BASED HEALTH CENTER (SBHC) IS OPEN!

Location: E-building (near Encinal Avenue entrance)
Hours: Monday-Friday, 8:30am-4:30pm

Need access to **FREE & CONFIDENTIAL** medical services and/or mental health support?

- Visit the SBHC (Mon-Fri, 8:30am-4:30pm)
- Call or send us a message

CONTACT US:

- DM us on Instagram: @sbhc_afs
- Email us: schoolbasedinfo@alamedafhs.org
- Call us: Monday-Friday: 8:30AM-4:30PM (510) 337-7006 or (510) 748-4085

Follow @sbhc_afs on Instagram for the most updated info about our hours and services!

Use phone to scan

*NOTE: SBHC Staff are only available Monday-Friday, 8:30am-4:30pm. We follow district scheduled school vacation and holidays.

In case of any emergency, call 911

Youth Targeted Resources

-CA Youth Crisis Line (24-hour talk **and** text): 1-800-843-5200

-CA Peer-Run Warm Line (24-hour): 1-855-845-7415

-Teen Line: Warm Line (6 p.m. – 10 p.m., daily) 1-800-852-8336/text (6 p.m.-9 p.m. daily) TEEN to 839863/
Online Forum: teenlineonline.org/board

-Project Return Peer Support Network: (Mon-Fri 2:30 pm- 10 pm; Sat.-Sun 10 a.m.-6 p.m.) 1-888-488-9777

-Soluna: (available 24/7) SolunaApp.com for mental health tele-coaching, interactive resources, journaling, forums, + more.



Post-Test

[https://
shorturl.at/8V0uW](https://shorturl.at/8V0uW)