

FRESHMAN MEETING 2026



Freshman To-Do List

★ #1 Priority: **Keep your grades up!!**

- Talk to your teachers about what you need.
- Make the most out of Titan Time!
- High School grades can affect your college financial aid \$\$\$

★ **Explore education and career options** for life after high school

- Head over to the websites on this sheet
- Talk to anyone and everyone about the career paths they took. Guaranteed that you'll hear some interesting stories!
- Tour college campuses in person or virtually. Each has its own "vibe"

★ **Create your CaliforniaColleges.edu Account**

- Go to californiacolleges.edu and register your account with your RJUHSD email
 - Click on "Register Your Account" on the top right of the page
- Check out all the great tools and resources!

★ **Get involved!** Sports, clubs, and community service are all great ways to round out your education and have fun, too.

- Make sure you **keep a list of these activities** and approximately **how many hours** per week you're involved.
- Jot down any **leadership** experiences and/or any **awards** or recognition you've earned, too. This list will make it easier your senior year to remember all the great things you've done. UC applications and many scholarship applications will want to know this information.
 - Check out [Antelope Clubs and Activities here](#) and [Sports here](#)



Need Extra Help?

→ First line of communication is always **with your teacher!**

- ◆ Talk with them before/after class (or in a quieter moment) or email them
 - Get the help you need right then! Or...
 - Set up a time that's convenient for both of you

→ Get help with your teacher @ **Titan Time**

→ Get peer tutoring @ **Antelope Learning Lab** in the Library:

Tuesdays/Thursdays, 3:30-4:15pm (freshmen focused!!)

Mondays/Wednesdays, 3:30-4:15pm (everyone!)

Homelink: Parents, Get Access to Grades & Attendance!

- Go to www.antelopehigh.org and click on large Homelink icon
- Click "2025-2026 School Year"
- Click "Create New Account" or "Forgot Password"
- Use the same email you used to register your student



Homelink

Helpful Websites

- **Antelope Counseling:** [Here](#)

Colleges	
California Colleges	https://www.californiacolleges.edu/
College Board Big Future	https://bigfuture.collegeboard.org/
California Community Colleges	http://www.cccco.edu/
California State University (CSU)	http://www.calstate.edu
University of California (UC)	https://www.universityofcalifornia.edu/
WICHE/WUE	https://www.wiche.edu/tuition-savings/wue/
NCAA (college athletes)	http://www.ncaa.org/
U.S. Military	https://www.usa.gov/join-military
Careers & College Majors	
My Next Move	https://www.mynextmove.org/
TransferBound Major Explorer	https://www.transferbound.com/
CA Community College Programs (not every campus has the same programs!)	https://www.cccco.edu/Students/Find-a-College https://ccc.emsicc.com/?radius=&region=California
SAT & ACT Prep Resources	
Khan Academy (load your PSAT scores for personalized SAT prep!)	https://www.khanacademy.org/
SAT	https://www.collegeboard.org/
ACT	http://www.act.org/
Scholarships (& Everything Else College/Career!)	
Antelope High School College & Career Center	https://antelope.rjuhsd.us/services/college-career-center

UC/CSU "A-G" Requirements

a-g	Subject	UC/CSU Entrance Requirements (C- or better)
a	History/Social Science	2 years
b	English	4 years
c	Math	3 years (4 recommended)
d	Lab Science	2 years (3 recommended)
e	World Language (Spanish/ASL)	2 years (3 recommended)
f	Visual & Performing Art	1 year
g	Electives	1 year
-	Physical Education (PE)	n/a (high school grad requirement)
-	Health	n/a (high school grad requirement)
-	Personal Finance (on Canvas)	n/a (high school grad requirement)



Look for the **Course Confirmation** in spring 2026
to confirm your (FINAL!!) course requests for next year.