South Hills High School

10th Grade Parent and Student Meeting

Tuesday, February 10th, 2026

SCAN FOR SLIDES

https://bit.ly/SHHS10thgrade2026

Agenda

Introductions
Role of the School Counselor
Class Scheduling Information
Review of Requirements
AP and IB Classes
Preparing for College
Getting Help and Getting Involved
Contact Information



SOUTH HILLS HIGH SCHOOL

2025 -2026 Counselors



Ms. Danielle Alexander
Last Names: A-E
dalexander@c-vusd.org



Mrs. Christina Grigolla
Last Names: F-L
cgrigolla@c-vusd.org



Mrs. Raquel Chavarria
Last Names: M-Ri
rchavarria@c-vusd.org



Mrs. Shawna Hansen
Last Names: Ro-Z
shansen@c-vusd.org



Mrs. Megan Knight
Wellness Counselor
meganknight@c-vusd.org

@southhillscounseling (626)974-6208 www.southhillshigh.com

Role of the School Counselor

ACADEMIC

COLLEGE/CAREER

SOCIAL/EMOTIONAL

AMERICAN SCHOOL COUNSELOR ASSOCIATION

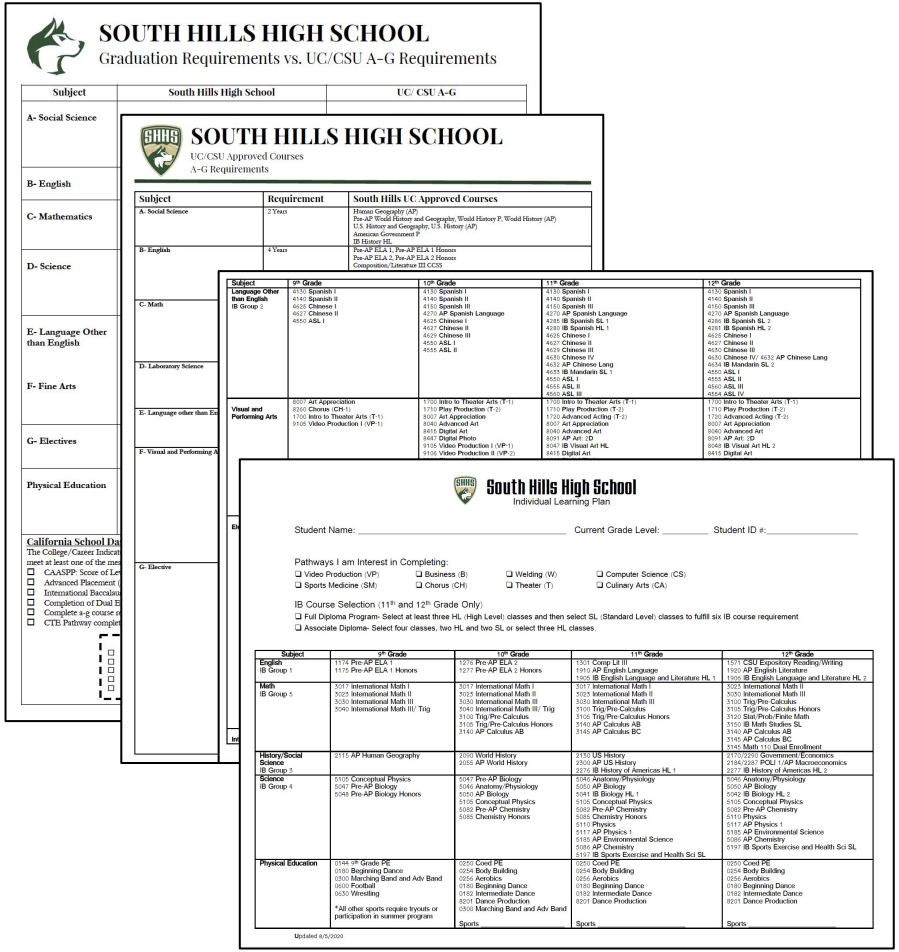
Class Scheduling

SCAN FOR SLIDES

https://bit.ly/SHHS10thgrade2026

Scheduling Paperwork

- All scheduling materials and a copy of the presentation are available digitally in the Class of 2028 Google Classroom.
- Students received a folder with all of the scheduling paperwork and resources.



SOUTH HILLS HIGH SCHOOL
Graduation Requirements vs. UC/CSU A-G Requirements

Subject	South Hills High School	UC/ CSU A-G
A- Social Science		
B- English		
C- Mathematics		
D- Science		
E- Language Other than English		
F- Fine Arts		
G- Electives		
Physical Education		

SOUTH HILLS HIGH SCHOOL
UC/CSU Approved Courses
A-G Requirements

Subject	Requirement	South Hills UC Approved Courses
A- Social Science	2 Years	Human Geography (AP) Pre-AP World History and Geography, World History P, World History (AP) U.S. History and Geography, U.S. History (AP) American Government P IB History HL
B- English	4 Years	Pre-AP ELA 1, Pre-AP ELA 1 Honors Pre-AP ELA 2, Pre-AP ELA 2 Honors Composition/Literature III CCSS
C- Math		
D- Laboratory Science		
E- Language other than English		
F- Visual and Performing Arts		
G- Elective		

Subject	9th Grade	10th Grade	11th Grade	12th Grade
Language Other than English IB Group 2	4130 Spanish I 4140 Spanish II 4625 Chinese I 4627 Chinese II 4550 ASL I	4130 Spanish I 4140 Spanish II 4150 Spanish III 4270 AP Spanish Language 4625 Chinese I 4627 Chinese II 4628 Chinese III 4550 ASL I 4555 ASL II	4130 Spanish I 4140 Spanish II 4150 Spanish III 4270 AP Spanish Language 4285 IB Spanish SL 1 4280 IB Spanish HL 1 4625 Chinese I 4627 Chinese II 4628 Chinese III 4630 Chinese IV 4632 AP Chinese Lang 4655 IB Mandarin SL 1 4550 ASL I 4555 ASL II 4560 ASL III	4130 Spanish I 4140 Spanish II 4150 Spanish III 4270 AP Spanish Language 4286 IB Spanish SL 2 4281 IB Spanish HL 2 4625 Chinese I 4627 Chinese II 4628 Chinese III 4630 Chinese IV/ 4632 AP Chinese Lang 4634 IB Mandarin SL 2 4550 ASL I 4555 ASL II 4560 ASL III 4564 ASL IV
Visual and Performing Arts	8007 Art Appreciation 8260 Chorus (CH-1) 1700 Intro to Theater Arts 9105 Video Production I (VP-1)	1700 Intro to Theater Arts (T-1) 1710 Play Production (T-2) 8007 Art Appreciation 8040 Advanced Art 8410 Digital Art 8447 Digital Photo 9105 Video Production I (VP-1) 9106 Video Production II (VP-2)	1700 Intro to Theater Arts (T-1) 1710 Play Production (T-2) 1720 Advanced Acting (T-2) 8007 Art Appreciation 8040 Advanced Art 8091 AP Art: 2D 8047 IB Visual Art HL 8415 Digital Art	1700 Intro to Theater Arts (T-1) 1710 Play Production (T-2) 1720 Advanced Acting (T-2) 8007 Art Appreciation 8040 Advanced Art 8091 AP Art: 3D 8048 IB Visual Art HL 2 8415 Digital Art

South Hills High School
Individual Learning Plan

Student Name: _____ Current Grade Level: _____ Student ID #:_____

Pathways I am Interest in Completing:

❑ Video Production (VP) ❑ Business (B) ❑ Welding (W) ❑ Computer Science (CS)
❑ Sports Medicine (SM) ❑ Chorus (CH) ❑ Theater (T) ❑ Culinary Arts (CA)

IB Course Selection (11th and 12th Grade Only)

❑ Full Diploma Program- Select at least three HL (High Level) classes and then select SL (Standard Level) classes to fulfill six IB course requirement
❑ Associate Diploma- Select four classes, two HL and two SL or select three HL classes.

Subject	9th Grade	10th Grade	11th Grade	12th Grade
English IB Group 1	1174 Pre-AP ELA 1 1175 Pre-AP ELA 1 Honors	1276 Pre-AP ELA 2 1277 Pre-AP ELA 2 Honors	1301 Comp Lit III 1910 AP English Language 1905 IB English Language and Literature HL 1	1571 CSU Expository Reading/Writing 1920 AP English Literature 1906 IB English Language and Literature HL 2
Math IB Group 5	3017 International Math I 3025 International Math II 3030 International Math III 3040 International Math III/ Trig	3017 International Math I 3025 International Math II 3030 International Math III 3040 International Math III/ Trig 3100 Trig/Pre-Calculus 3105 Trig/Pre-Calculus Honors 3140 AP Calculus AB	3017 International Math I 3025 International Math II 3030 International Math III 3100 Trig/Pre-Calculus 3105 Trig/Pre-Calculus Honors 3140 AP Calculus AB 3145 AP Calculus BC	3025 International Math II 3030 International Math III 3100 Trig/Pre-Calculus 3105 Trig/Pre-Calculus Honors 3120 Stat/Prob/Finite Math 3150 IB Math Studies SL 3140 AP Calculus AB 3145 AP Calculus BC 3145 Math 115 Dual Enrollment
History/Social Science IB Group 3	2115 AP Human Geography	2050 World History 2055 AP World History	2130 US History 2300 AP US History 2270 IB History of Americas HL 1	2170/2220 Government/Economics 2184/2287 POLI 1/AP Macroeconomics 2277 IB History of Americas HL 2
Science IB Group 4	5105 Conceptual Physics 5047 Pre-AP Biology 5048 Pre-AP Biology Honors	5047 Pre-AP Biology 5046 Anatomy/Physiology 5050 AP Biology 5105 Conceptual Physics 5082 Pre-AP Chemistry 5085 Chemistry Honors	5046 Anatomy/Physiology 5050 AP Biology 5041 IB Biology HL 1 5105 Conceptual Physics 5082 Pre-AP Chemistry 5085 Chemistry Honors 5110 Physics 5117 AP Physics 1 5185 AP Environmental Science 5086 AP Chemistry 5197 IB Sports Exercise and Health Sci SL	5046 Anatomy/Physiology 5050 AP Biology 5042 IB Biology HL 2 5105 Conceptual Physics 5082 Pre-AP Chemistry 5110 Physics 5117 AP Physics 1 5185 AP Environmental Science 5086 AP Chemistry 5197 IB Sports Exercise and Health Sci SL
Physical Education	0144 3rd Grade PE 0180 Beginning Dance 0300 Marching Band and Adv Band 0600 Football 0630 Wrestling *All other sports require tryouts or participation in summer program	0250 Coed PE 0254 Body Building 0256 Aerobics 0180 Beginning Dance 0182 Intermediate Dance 8201 Dance Production 0300 Marching Band and Adv Band Sports	0250 Coed PE 0254 Body Building 0256 Aerobics 0180 Beginning Dance 0182 Intermediate Dance 8201 Dance Production Sports	0250 Coed PE 0254 Body Building 0256 Aerobics 0180 Beginning Dance 0182 Intermediate Dance 8201 Dance Production Sports

Updated 8/5/2020

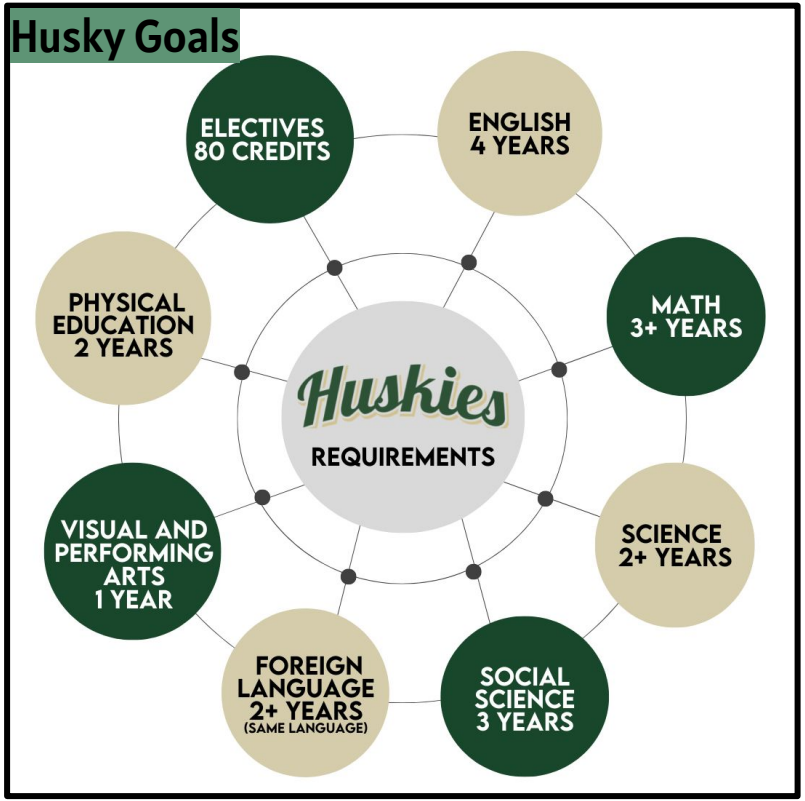
Scheduling Process

- Last week, the counselors met with all 10th grade students to deliver class selection information.
- Counselors reviewed transcripts and shared 11th grade class options.
- Starting February 18th, the counselors will meet individually with each student to review their course selections and transcripts.
- The counselors will suggest summer school classes based on the student's grades at that time.

11th Grade Classes

- All students are required to take *seven classes*.
- Students should continue to take a strong academic schedule that includes English, US History, Math, Science, and a language other than English courses.
- We expect students to work toward completing the A-G requirements, and may require them to take a credit recovery class.
- We expect students to choose classes that they will commit to for the entire academic school year.

Requirements



SOUTH HILLS HIGH SCHOOL

Graduation Requirements vs. UC/CSU A-G Requirements

Subject	South Hills High School	UC/ CSU A-G
A- Social Science	**30 credits** World History US History Gov/Econ	**2 years required** World History US History
B- English	**40 credits**	**4 years required**
C- Mathematics	**20 credits** Including successful completion of International Math I	**3 years required** (4 years recommended) International Math I, II, III
D- Science	**20 credits** 1 year Biological Science *Health requirement met with successful completion of Biology 1 year Physical Science	**2 years required** (3 years recommended) Biology, Chemistry or Physics
E- Language Other than English **F- Fine Arts**	**10 credits** Spanish/ Chinese American Sign Language **OR** Music/Art/Drama/Dance	**Language other than English** **2 years required** (3 years recommended) **AND** **Visual Performing Arts** **1 year required of same class-** Consecutive Semesters Only Music/Art/Drama/Dance
G- Electives	**80 credits**	**College Prep. Electives** **1 year required**
Physical Education	**20 credits**	Special Note: Colleges require a grade of "C" or higher. Any D's must be re-taken for admission consideration. NCAA Clearance is required to compete in college athletics

California School Dashboard- College/Career Indicator

The College/Career Indicator measures how well schools are preparing students for likely success after graduation. High school graduates must meet at least one of the measures in the prepared level:

- ☐ CAASPP: Score of Level 3 "Standard Met" or higher on both English (ELA) and math
- ☐ Advanced Placement (AP) Exams: Score of 3 or higher on two AP exams
- ☐ International Baccalaureate (IB) Exams: Score of 4 or higher on two IB exams
- ☐ Completion of Dual Enrollment: Two semesters of college coursework with a grade of C or better
- ☐ Complete a-g course requirements with grades of C or better **plus** one of the Additional Criteria below
- ☐ CTE Pathway completion with a grade of C or better in the capstone course **plus** one of the Additional Criteria below

Additional Criteria

- ☐ SBAC Level 3 or higher on ELA and at least a Level 2 "Standard Nearly Met" in mathematics
- ☐ SBAC Level 3 or higher on mathematics and at least a Level 2 "Standard Nearly Met" in ELA
- ☐ One semester of Dual Enrollment with a grade of C or better
- ☐ Score of 3 on one AP exam or score of 4 on one IB Exam (for a-g requirement only)
- ☐ Completion of CTE Pathway (for a-g requirement only)

College/Career Indicator

California School Dashboard- College/Career Indicator

The College/Career Indicator measures how well schools are preparing students for likely success after graduation. High school graduates must meet at least one of the measures in the prepared level:

- ☐ CAASPP: Score of Level 3 "Standard Met" or higher on both English (ELA) and math
- ☐ Advanced Placement (AP): Score of 3 or higher on two AP exams or completion of 2 AP courses with Cs or better
- ☐ International Baccalaureate (IB) Exams: Score of 4 or higher on two IB exams
- ☐ Completion of Dual Enrollment: Two semesters of college coursework with a grade of C or better
- ☐ Complete a-g course requirements with grades of C or better **plus** one of the Additional Criteria below
- ☐ CTE Pathway completion with a grade of C or better in the capstone course **plus** one of the Additional Criteria below

Additional Criteria

- ☐ SBAC Level 3 or higher on ELA and at least a Level 2 "Standard Nearly Met" in mathematics
- ☐ SBAC Level 3 or higher on mathematics and at least a Level 2 "Standard Nearly Met" in ELA
- ☐ One semester of Dual Enrollment with a grade of C or better
- ☐ Score of 3 on one AP exam or score of 4 on one IB Exam (for a-g requirement only)
- ☐ Completion of an AP course with grades of C or better
- ☐ Completion of CTE Pathway (for a-g requirement only)

Selecting Classes in the Aeries Portal

Students need to enter course requests in the Aeries Student Portal by

Tuesday, February 17th!



All courses must be entered in the portal by Tuesday, February 17th

When will students meet with their counselor?

Colwell- March 2
Jacobsen- March 10
Johnson- March 5
Liang- February 17
Lim- February 18
Lopez- February 10
McKissick- March 6
Neria- February 13
Robinson- February 26
Rogers- March 9
Steinkraus- February 20
Wong- February 19

Summer School

Summer school registration will take place when the student meets with his or her counselor.



*Mt. SAC Sponsored Summer Classes

June 8- July 10, 2025

Choosing Classes:
AP, IB, and DE Options

SCAN FOR SLIDES

https://bit.ly/SHHS10thgrade2026

Expectations

- AP and IB courses demand more than regular college prep courses.
- Classes tend to be fast-paced and cover more material than typical high school classes.
- Classes require more time, inside and outside of the classroom, and more time required to complete lessons, readings, assignments, and homework.
- Discussions in AP and IB classes are required and thought-provoking.
- If committing to the Full Diploma IB program, there are other requirements including TOK, Extended Essay, and CAS (Creativity, Activity & Service.)

What is AP?

- AP = Advanced Placement
- AP courses are college-level courses offered in high school.
- All AP courses are one year courses and are taken individually.
- Students take AP Exams at the end of the course, measuring their mastery of college-level work.
- A score of 3 or higher on an AP Exam can typically earn students college credit and/or placement into advanced courses in college.

South Hills High School

ADVANCED PLACEMENT CLASSES

AP gives students the chance to tackle college-level work while they're still in high school. And through taking AP Exams, students can earn college credit and placement.

These are the AP classes that are offered at South Hills High School.
Click on the link below for more information.

- BIOLOGY
- CHEMISTRY
- CALCULUS AB
- CALCULUS BC
- CHINESE
- COMPUTER SCIENCE A
- COMPUTER SCIENCE PRINCIPLES
- ENGLISH LANGUAGE
- ENGLISH LITERATURE
- ENVIRONMENTAL SCIENCE
- GOVERNMENT
- HUMAN GEOGRAPHY
- MACRO ECONOMICS
- PRECALCULUS
- PHYSICS 1
- PSYCHOLOGY
- SPANISH LANGUAGE
- US HISTORY
- WORLD HISTORY

AP Exams

AP Exams are administered by schools worldwide on set dates in May each year.

- Exams are typically 3–4 hours and include:
  - Multiple-choice questions
  - Free-response items such as essays, problem solving, document-based questions, and oral response

For AP Exams, students receive scores ranging from 5 to 1, with 5 being highest.

What is IB?

International Baccalaureate

- IB = International Baccalaureate
- The aim of IB is to develop *inquiring*, *knowledgeable*, and *caring* young people with adaptable skills to tackle society's complex challenges and who will help to make a better, more peaceful world.

South Hills High School

INTERNATIONAL BACCALAUREATE CLASSES

The International Baccalaureate aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect.



These are the IB classes that are offered at South Hills High School. Click on the link for more information.

- BIOLOGY
- BUSINESS & MANAGEMENT
- CHINESE
- ENGLISH LANGUAGE AND LITERATURE
- HISTORY
- MATH APPLICATIONS & INTERPRETATION
- SPANISH
- SPORT EXERCISE & HEALTH SCIENCE
- THEATER
- THEORY OF KNOWLEDGE
- VISUAL ARTS

IB Options at South Hills High

We offer three options within our IB programme (offered during junior and senior year)

1

The DIPLOMA PROGRAMME

- Study 6 subjects + the core (CAS, EE, TOK)

2

ASSOCIATES

- Study 3 - 4 subjects + (CAS & TOK)

(Although the associates distinction is not officially recognized by IB, it demonstrates to colleges a student's commitment to academic rigor)

3

COURSES

- Course selections [taking courses a la carte like students do with AP]

Both Programs...

- Are valued by college and university admissions
- Offer college credit and/or allows students to skip entry level college coursework depending on college policies
- Give students the opportunity to be better prepared and therefore more successful at the university level
- Provide a rigorous academic profile

Most students choose between AP and IB dependent on their learning style and what type of learning they benefit from.

IB Exams

IB Exams are administered by schools worldwide on set dates in May each year.

External Assessments are typically 3–4 hours (varies) and include: • Essays • Structured problems • Short/data/text-response questions • Case studies • Multiple choice- though these are rarely used	*Internal assessments* are also used in IB courses and go towards your final scores This includes: • oral work in languages • research paper in history • laboratory work in the sciences • investigations in mathematics

In the IB Full Diploma, students receive grades ranging from 7 to 1, with 7 being highest. Students receive a score for each DP course attempted.

What is Dual Enrollment?

- Students who complete Dual Enrollment class will receive credit at both South Hills & Mt. SAC.
- This would allow students to get transferable credit for a college level course during high school
- Courses we will be offering during the 2026-27 school year:
  - SOC 5 – Intro to Criminology
  - ADJU 1 – Admin of Justice
  - MUS 15 – Rock Music History
  - FIRE 1 - Fire Protection Organization
  - FIRE 2 - Fire Technology
  - STAT C1000 - Elementary Statistics
  - COMM C1000 - Public Speaking
- All classes will run 7:45am - 9:20am
- All classes will be held 2 or 3 times per week.

MT. SAC
Mt. San Antonio College

Enrolling in College Classes



Mt. SAC and Citrus College allow our juniors and seniors to take college level classes for free while concurrently enrolled in high school

- Minimum 3.0 HS/College GPA
- Parent permission
- School recommendation from principal/counselor
- Meet all course prerequisites

Preparing for College

SCAN FOR SLIDES

https://bit.ly/SHHS10thgrade2026

Preparing for College



High school grades and classes matter!

- Start building your college list
- Students and parents might have different priorities. Discuss those priorities before beginning your college search.
- Things to consider when searching for colleges:
  - Size/Location/Housing available
  - Majors Offered
  - Admission requirements
  - Cost/Financial Aid available
  - Campus Life/ Sports/ Activities
  - Research/ Internship opportunities available
  - Average amount of time it takes to graduate

Consider Your College Options

- California State Universities (CSU)
- University of California schools (UC)
- Private Colleges and Universities
- Out of State Colleges and Universities
- Community Colleges
- Trade School/ Adult education/ Apprenticeship



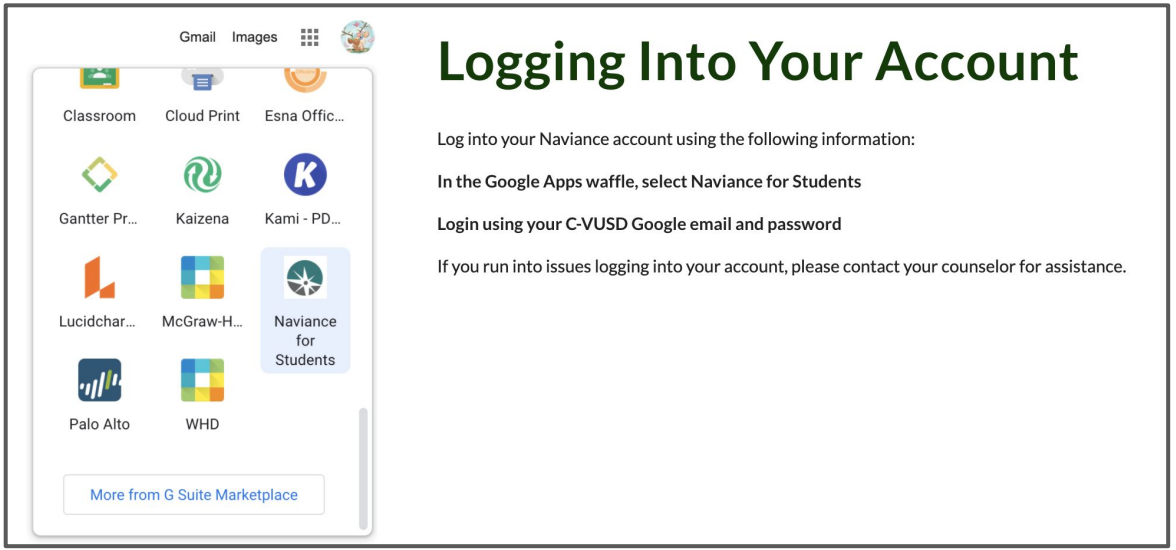
College/Career Search Resources

SCAN FOR SLIDES

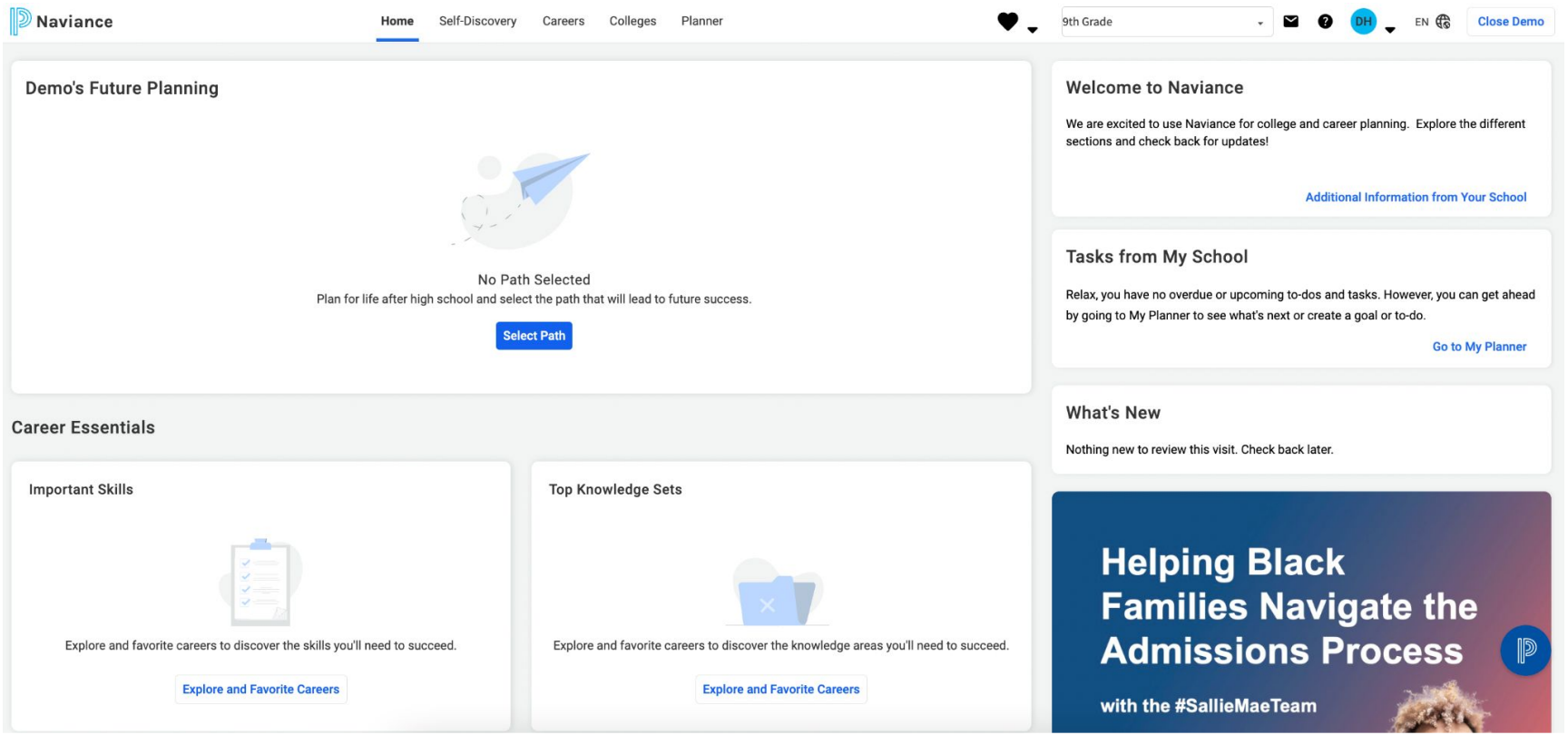
https://bit.ly/SHHS10thgrade2026

Naviance

- College Search
- Career Profiles
- Resume Builder
- Scholarship Information

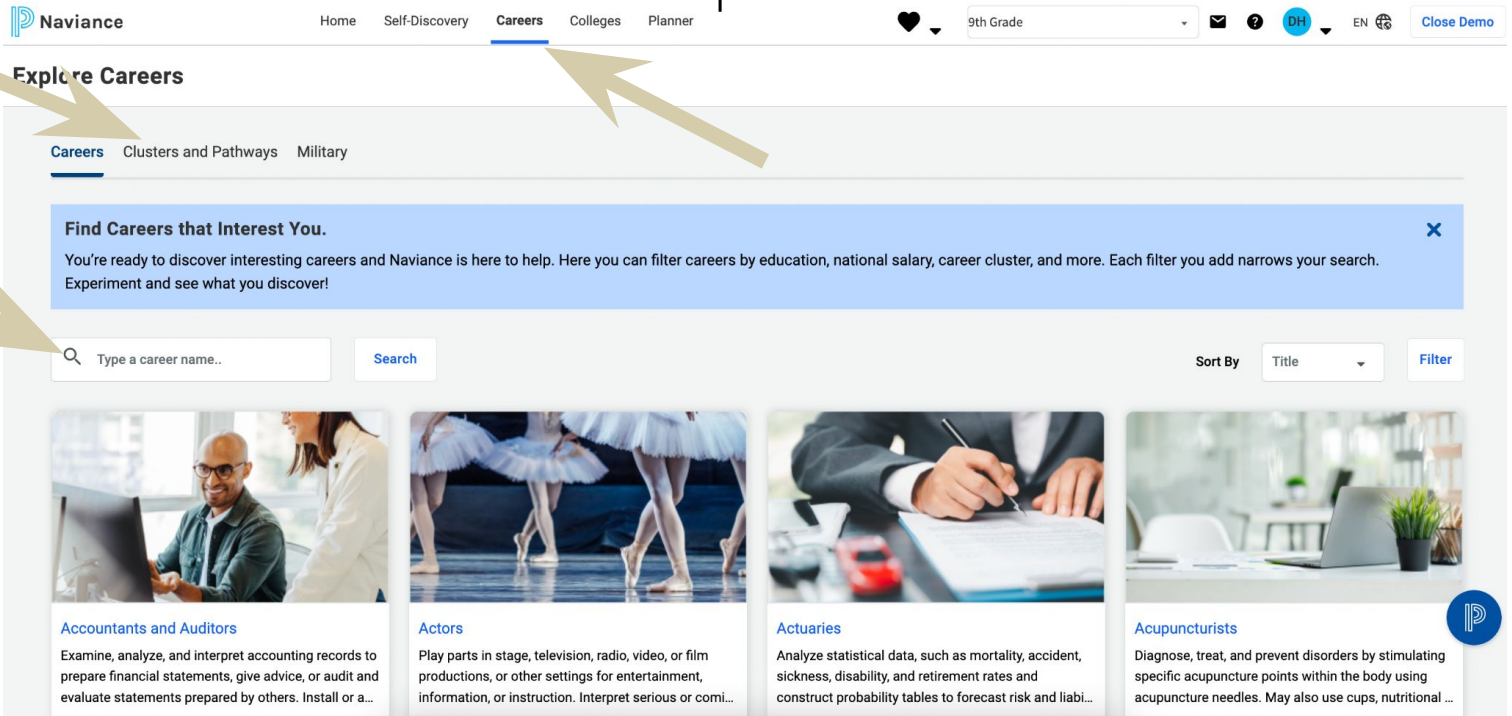


Naviance


Naviance
Home
Self-Discovery
Careers
Colleges
Planner
9th Grade
DH
EN
Close Demo
Demo's Future Planning
No Path Selected
Plan for life after high school and select the path that will lead to future success.
Select Path
Career Essentials
Important Skills
Explore and favorite careers to discover the skills you'll need to succeed.
Explore and Favorite Careers
Top Knowledge Sets
Explore and favorite careers to discover the knowledge areas you'll need to succeed.
Explore and Favorite Careers
Welcome to Naviance
We are excited to use Naviance for college and career planning. Explore the different sections and check back for updates!
Additional Information from Your School
Tasks from My School
Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what's next or create a goal or to-do.
Go to My Planner
What's New
Nothing new to review this visit. Check back later.
Helping Black Families Navigate the Admissions Process
with the #SallieMaeTeam

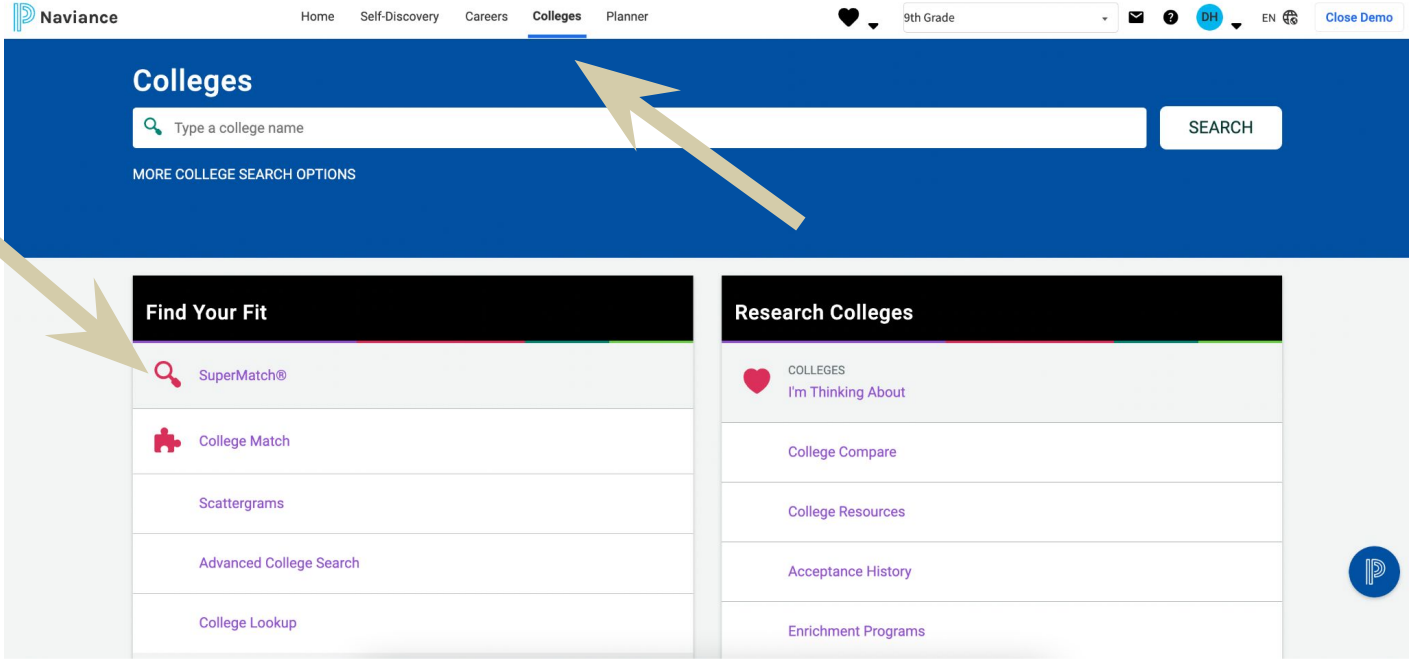
Naviance

Students can explore career information by clicking on the "careers" tab on the top of the screen



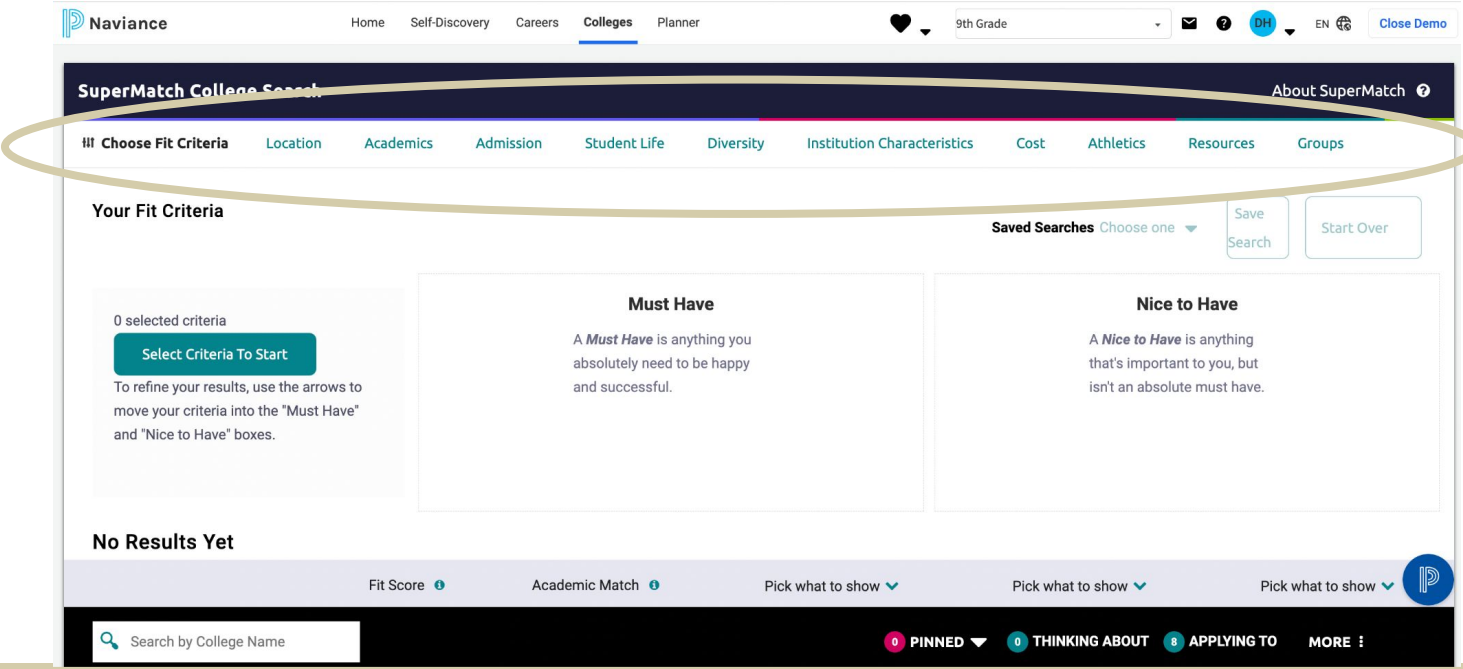
Naviance

Students can explore colleges by clicking on the "colleges" tab. Several search options are available, including "SuperMatch college search"



Naviance

Using SuperMatch college search allows students to filter their priorities during their college search



Other College Search Resources

- CSU Campus Events
  - The 22 Cal State Universities host in-person and virtual events annually for prospective and admitted students. Events include campus preview days, tours and workshops.
- University of California - UC for Everyone - March 6, 2026
  - This virtual event is your opportunity to learn more about the UC experience. Hear from current students to discover the academic, social and experiential learning opportunities that await you at the University of California.
- AICCU College Guide Dashboard
  - The dashboard is designed to help counselors, students, and families explore campus and program options at California's private colleges and universities.
- NACAC Virtual College Fairs
  - Admission representatives from schools across the country are all gathered in one place. Their goal: To encourage you to learn more about their institutions, and help you sort through the qualities you're looking for in a college.
- BigFuture by College Board
  - This is an online planning tool that helps students explore colleges, careers, scholarships, and financial aid while guiding them step-by-step through the college-going process.

10th Grade Matters!

SCAN FOR SLIDES

https://bit.ly/SHHS10thgrade2026

GPA

- 10th and 11th grade grades are used to determine eligibility for UC and CSU admissions
- 11th grade is the LAST semester that will count towards your GPA for college applications and Cal Grants
- Continue to keep GPA high for college applications and financial aid
- Cal Grants are determined by
  1. Financial Need
  2. GPA
     - 3.0 or higher for 4-year University
     - 2.0 or higher for Community College

Free Tutoring at South Hills



South Hills High School

TUTORING FOR STUDENTS

Need Help with Your Studies?
Come by and get some support

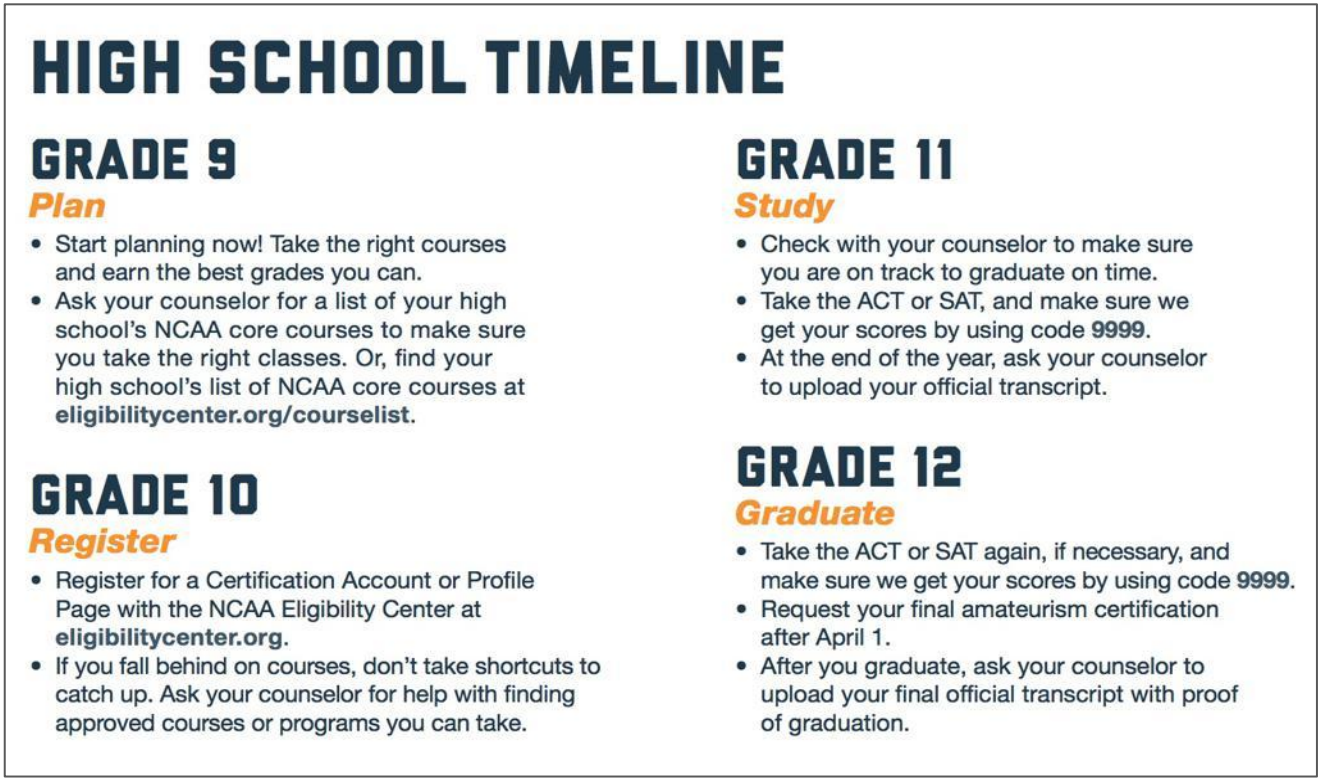
Location	Dates & Times	Subjects
Room 154	Tuesdays & Thursdays 7:30am – 8:30am lunchtime	All Subjects
Room 203	Monday & Wednesday 7:30am – 8:30am	English (All Levels)
Room 921	Mondays & Thursdays 3:45pm – 4:45pm	Math (All levels)
Student Union	Wednesdays & Thursdays 3:40pm – 4:40pm	All Subjects

Why is it Important?

- Results are used to determine placement in senior Math and English classes
- Impacts college placement:
  - Universities use CAASPP results to determine if you can enter taking college level classes
- Score on ELA determines eligibility for Seal of Biliteracy
- Impacts how we are judged as a school

NCAA

For South Hills NCAA approved courses: Click Here - School Code 050704



HIGH SCHOOL TIMELINE

GRADE 9

Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at **eligibilitycenter.org/courselist**.

GRADE 10

Register

- Register for a Certification Account or Profile Page with the NCAA Eligibility Center at **eligibilitycenter.org**.
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

GRADE 11

Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT, and make sure we get your scores by using code **9999**.
- At the end of the year, ask your counselor to upload your official transcript.

GRADE 12

Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code **9999**.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

Resources & Upcoming Events

SCAN FOR SLIDES

https://bit.ly/SHHS10thgrade2026

Community Resources

COVINA-VALLEY UNIFIED SCHOOL DISTRICT

caresolace.com

http://caresolace.com/cvusdparents

Crisis Hotlines

National Suicide Prevention Hotline	(800) 273-8255
24/7 Suicide Crisis Hotline	(877) 727-4747
Crisis Text Line	Text "HELLO" to 741-741
Trevor Project (LGTBQ+ Crisis Hotline)	(866) 488-7386 or Text (202) 304-1200
Rape Sexual Assault Hotline	(800) 656-HOPE
Runaway Hotline	(800) 786-2929
Pregnancy Hotline	(800) 339-6993
Domestic Violence	(800) 799-7233
Drug & Alcohol Abuse	(626) 914-1861

24 Hour Urgent Psychiatric Services

*Individuals can be seen at any hospital emergency room

Aurora Charter Oak Hospital 1161 E. Covina Blvd Covina, CA 91724 (626) 966- 1632 Hotline #: (800) 654-2673	Behavioral Health Urgent Care 18501 Gale Avenue, Suite 100 City of Industry, CA 91748 (626)626-4997	BHC Alhambra Hospital 4619 N. Rosemead Blvd. Rosemead, CA 91770 (626) 470-9583

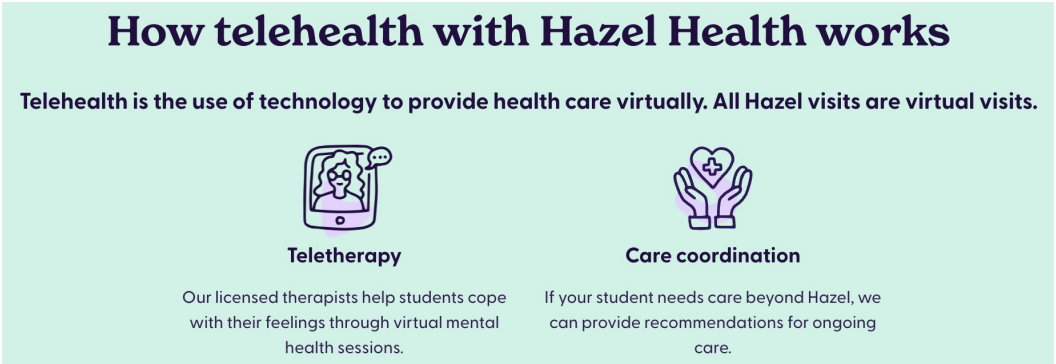
Family and Individual Counseling Services (Non-Crisis)

San Gabriel Valley NAMI "Warmline"	(626)577-6697
LA County Department of Mental Health (24/7 Access)	(800)854-7771
Care Solace "Care Companion" Mental Health Resources	(888)515-0595
APU Community Counseling Center- Azusa	(626) 815-5421
Five Acres – West Covina	(626)773-9222
ENKI Mental Health Services- West Covina	(866) 227-1302
Foothill Family Services- West Covina	(626) 993-3000 Medi-Cal
Pacific Clinics- Glendora	(626) 335-5980 Medi-Cal
Hillsides & Bienvenidos Family Resource Center	(323) 274-3075 Medi-Cal
Center for Integrated Family Health Services	(626) 966-1577 Medi-Cal
California Family Counseling Network	(626) 332-7335 Medi-Cal

Hazel Health

Covina-Valley Unified School District's partnership with Hazel Health means your child can get high-quality teletherapy.

- Students can get teletherapy at school or at home.
- Weekly therapy sessions can help students with depression, anxiety, loneliness, personal relationships, anger, academic stress, motivation, and more.
- All Hazel Health visits are safe and confidential.
- Contact your school counselor if you are interested in getting started.



Peer Counseling Support and the Wellness Center

2025-2026

SOUTH HILLS HIGH SCHOOL

PEER COUNSELING REFERRAL FORM

Scan below to request an appointment to meet with a Peer Counselor in the Wellness Center

https://bit.ly/SHHSPCSessionRequest25-26

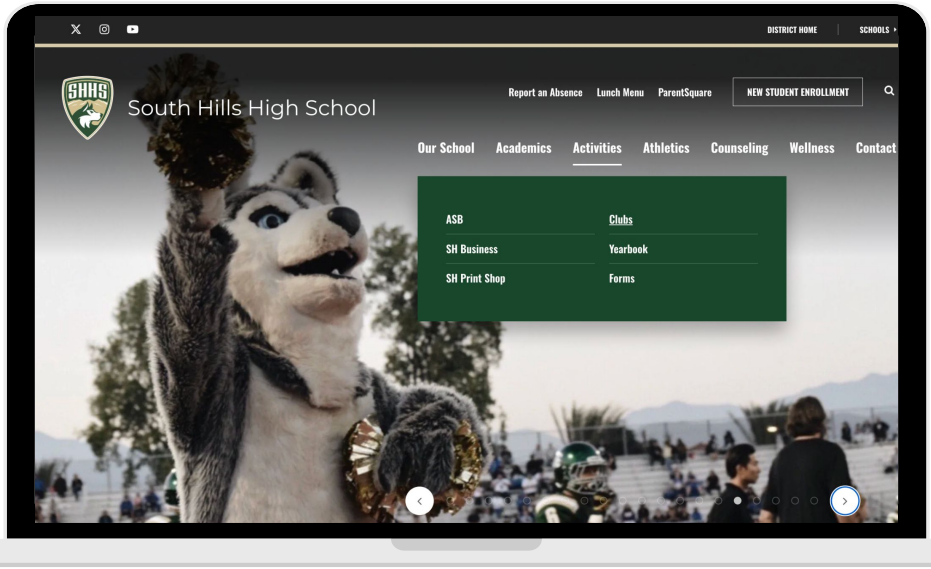
FOLLOW US ON INSTAGRAM @SHHSWELLNESS

Stress
Sadness
Test Anxiety
Relationships
Getting Connected
Time Management
Struggles at Home
Motivation
Loneliness
Grades



Get Involved

At South Hills, we do not have a volunteer requirement for graduation, we encourage students to do something productive with their time. This can include: clubs, employment, volunteering, sports, religious activities, etc.



20+ Active Clubs

Club	Advisor	President	Meeting Time	Meeting Day	Meeting Location
A.B.C. Awareness Partnered with YMAA *	Robinson	Nathan Lam	Lunch	Tuesdays	Room 808
Active Faith	Weber	Jordan Benavides	Lunch	Wednesday	Practice
Agriculture Club	Anderson	Krista Chavez	Lunch	Tuesdays	Room 307
American Cancer Society	Kosareff	Jinyue Gou	Lunch	Thursday	Room 305
Art Club	Murillo	Sophia Frogue	Lunch or After School	Tuesdays	Room 540


SOUTH HILLS HIGH SCHOOL
Light up the Night
THURSDAY, FEBRUARY 26TH AT 6:00PM
JOIN US FOR A NIGHT SHOWCASING SOUTH HILLS' ACADEMICS, ATHLETICS AND CO-CURRICULAR PROGRAMS. MEET TEACHERS, ADMINISTRATORS, COACHES AND STUDENTS WHILE TOURING OUR UNIQUELY BEAUTIFUL CAMPUS.
SHHS
South Hills High School • 645 S Barranca Street • West Covina, CA
626-974-6220 • www.southhillshigh.com

Contact Us

www.southhillshigh.com

Main Office: (626) 974-6200
Counseling Office: (626) 974-6208
ASB Office: (626) 974-6210
Attendance Office: (626) 974-6220

Instagram

Follow us on Instagram

@southhillscounseling

@southhillsasb



SCAN FOR SLIDES

https://bit.ly/SHHS10thgrade2026

Please visit the tables for more information and resources.

Table 1	Table 2	Table 3	Table 4	Table 5
IB Information	Requirements, Electives and AP Information	College Planning Information	Study Skills and Tutoring Information	Wellness Resources