

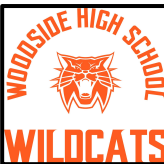


High School Introduction 101

WHS School Counselors

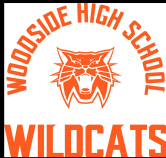
**WOODSIDE
CLASS OF 2028**

WOODSIDE HIGH SCHOOL
COUNSELING DEPARTMENT



Pre-Survey

<https://bit.ly/9th24-25>



Objectives



By the end of this lesson, students will learn about:

- The School Counseling team and their roles
- **Positive support strategies** throughout high school
- **Technology tools** that you will need to navigate high school
- The importance of understanding high school **graduation requirements & attendance**
- Benefits of getting **involved** at school & extracurricular activities



Anytime you see the pencil symbol, make sure you write in your guided notes.

Counseling Office

(We all work together)



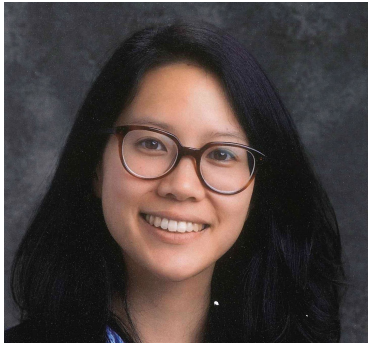
Mr. Cortez



Mr. Hernandez



Ms. Grimaldi



Ms. Lok



Mr. Negri



Mr. Thornton

College & Career Advisors (We also all work together)



Mr. Gil

College Advisor
working with everyone
on Ms. Lok & Mr.
Thornton's caseload



Zorina Matavulj

College Advisor
working with everyone on
Mr. Cortez & Mr.
Hernandez's caseload

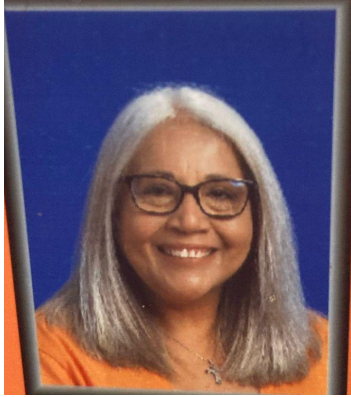


Lisa Vasquez

College Advisor
working with
everyone on Mr.
Negri and Ms.
Grimaldi's caseload

Meet the **Counseling Support Staff!**

(We also all work together)



Maricela Medina
Registrar



Jennifer Noravian
Guidance Information
Specialist



Blendy Lopez
Guidance Information
Specialist



Maricela Lopez
Bilingual Parent
Liaison



Role of a School Counselor

Counselors are here to help you with:

Academic

- Graduation Status
- Course planning for college and career pathways
- Communication with teachers

Social/Emotional Development & Intervention

- Safe space to express feelings
- Submit referrals for counseling
- Connecting to community resources

College/Career Planning

- Career Exploration
- Goal Setting
- Career Planning

Counselors are here to support and advocate for you. We are NOT here for disciplinary actions or to get you in trouble.



Counselor

Confidentiality

What **YOU**
= SAY = *in here*
STAYS
IN HERE...

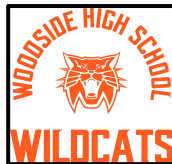
Unless:

1. **Someone Is Hurting You**
2. **You Want To Hurt Someone**
3. **You Want To Hurt Yourself**
4. **You Give Permission To Share
With Another Trusting Adult**

Coping Strategies



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Engage in activities that you find calming



Speak to a trusted adult, such as:

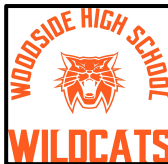
- your parent/guardian
- your teacher(s)
- your School Counselor
- Mental Health Support Specialist
- AVP
- Health Office staff
- your doctor

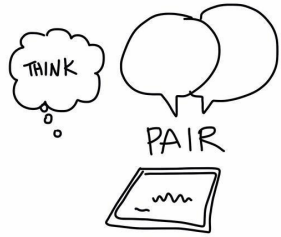


**Utilize strategies such as mindfulness
& meditation**



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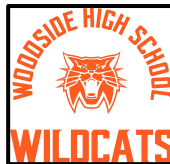


On a sticky note:

What are some coping
strategies you are
currently using?



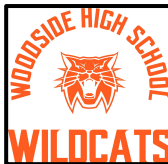
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Resources



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COUNSELING DEPARTMENT



Peer/ Mental Health Programs & Supports

Programs:

1. **Freshman Transition** - Program in history teaching you about the Woodside way
 - Upperclassmen teach lessons
 - 6-8 Lessons throughout the school year

Social/Emotional:

1. **Wellness (Confidential Counseling) Center** (F-14) - Individual and Group Counseling
2. **Peer Mediation** - Conflict Resolution
3. **School Counselor**



Academic Supports



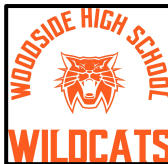
Supports:

1. Tutorial & peer tutoring (1 on 1)
2. Varsity Tutors - 24/7 Online tutoring through a chat app
3. College & Career Center (D9) - Work Permits & College/Career research
4. Boys & Girls Club - Tutoring, College/Career support, Enrichment

Technology Tools

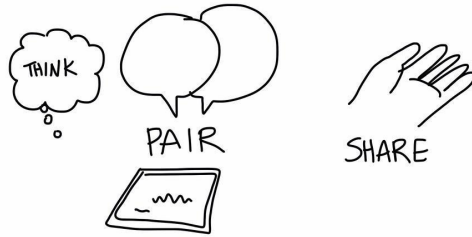


WOODSIDE HIGH SCHOOL
COUNSELING DEPARTMENT

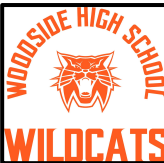


Scenario

If you checked Canvas and noticed a low grade in math. What should you do first to improve your grade?



WOODSIDE HIGH SCHOOL
COUNSELING DEPARTMENT



Infinite Campus



Used for checking:

- Schedule
- Grades
- **Unofficial Transcripts**
- **Attendance**
- Finding out who YOUR counselor is

Canvas



Used for:

- Homework & classroom assignments
- Viewing your most up-to-date grades & progress
- Checking your calendar
- Emailing teachers

California Colleges



Discovering Your Choices
for College & Career

Used for:

- Post- secondary planning
 - College Search
 - Career Search
- Surveys
- Resume

School Email



Make sure to check your school email often (at least once or twice per week)

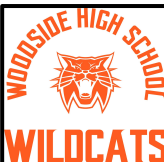
*****Perfect way to communicate with your counselor!***

Woodside Website

Consider exploring: Woodsidehs.org

- School Counseling Department Page
- College & Career Center Page
- Student Activities Page
 - Clubs
 - Athletics

**WOODSIDE HIGH SCHOOL
COUNSELING DEPARTMENT**





Power of Zero

Log into Canvas
and choose one of
these classes:

-English

-Math

-Science

-Social Studies.

Course		Arrange By	
191400 - Ethnic Studies-P		Due Date	Apply
Assignments Learning Mastery			
Name	Due	Status	Score
StoryboardTHAT- Ethnic Studies Classwork	Nov 1 by 1pm		0 / 15
1.1 Circles Reading Classwork	Nov 1 by 11:59pm		10 / 10
1.2 Narrative Notes Classwork	Nov 1 by 11:59pm		15 / 15
1.3 Dominant and Counter Narrative Classwork	Nov 1 by 11:59pm		0 / 15
1.4 Context around Ethnic Studies Classwork	Nov 1 by 11:59pm		0 / 20
Lifeline Participation/Citizenship	Nov 1 by 11:59pm		4 / 4

Total: 46.67% (F)

Show All Details

Assignments are weighted by group:

Group	Weight
Major Assessments	35%
Participation /Citizenship	10%
Classwork	40%
Homework	15%
Total	100%

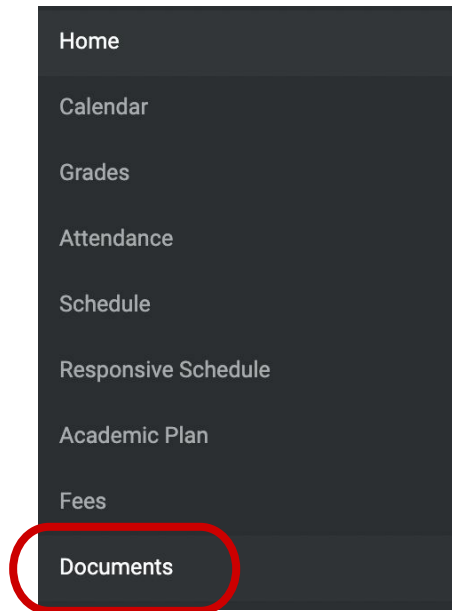
☒ Calculate based only on graded assignments

46.67% (F)



Used for checking:

- Schedule
- Report Cards
- Unofficial Transcripts
- **Attendance**
- Fees
- Who YOUR counselor is:
 - Log into portal.seq.org
 - Click on "Documents" tab
 - Click on "Unofficial transcript"



School Year

23-24

Report Card

-  **Progress Report Card Q1**
23-24 Sequoia High School
-  **Progress Report Card Q2**
23-24 Sequoia High School
-  **Progress Report Card Q3**
23-24 Sequoia High School
-  **Progress Report Card Q4**
23-24 Sequoia High School
-  **Quarter Report Card Q1**
23-24 Sequoia High School
-  **Quarter Report Card Q2**
23-24 Sequoia High School
-  **Quarter Report Card Q3**
23-24 Sequoia High School

Transcript

-  **UNOFFICIAL TRANSCRIPT**
23-24 Sequoia High School



Student Information

Student Number:
Birthdate:
State ID:
Counselor:

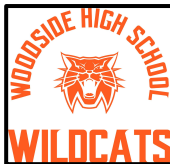
Grade:
Gender:

Wilde, Cynthia

Understanding Graduation & Attendance



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COUNSELING DEPARTMENT



Credits and Graduation Requirements



- **2** semesters in an academic year (*4 quarters in an academic year*)
 - 1st semester (fall): Aug-Dec
 - 2nd semester (spring): Jan-June
- Semester long courses
 - Ex: English
 - 5 credits earned
 - Semester grades are **final** on your transcript
- Quarter long classes include:
 - Ex: Life Skills, Ethnic Studies 1, PE courses
 - 2.5 credits earned
 - Quarter grades are **final** on your transcript for Life Skills, Ethnic Studies, & PE
- Sports=3.5 credits for each season



Graduation

A-G (UC and CSU requirements)

Social Studies

3 years (30 credits)

A

2 years

Ethnic Studies

7.5 credits

English

4 years (40 credits)

B

4 years

Math

2 years (20 credits)

C

3 years (4 years recommended)
Algebra II or higher

Science

2 years (20 credits)

D

2 years (3-4 years recommended)

CTE or World Language III &
Above

Total Credits to
graduate:
220

2 years (3-4 years recommended)

Visual/Perf Art

1 year (10 credits)

F

1 year

Electives

60 credits

G

1 year of a college-prep elective

P.E.

2 years (20 credits)

Not required

Life Skills

1 quarter (2.5 credits)

Not required

Graduation minum grade: D-

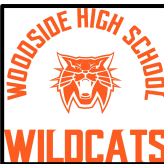
A-G minum grade: C-

Scenario

If you're earning a D+ for semester 2 in English, are you meeting the A-G college requirements? What would you do to meet your requirements?



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COUNSELING DEPARTMENT



Attendance at Woodside



- Your parents/guardians need to leave a message for the attendance office when you are absent
 - Absences must be excused within 5 school days
 - Call/Email Eloisa Hernandez X40000
- For more information please visit the www.seq.org website and view the [Attendance Handbook](#)
- Don't cut any of your classes!
- May result in lower grades.
- Keep in mind, F Grades **do not** give you credits!



Importance of Attendance

Your **attendance** greatly affects your grades and performance in school.



What to do if you miss school:

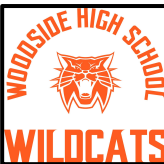
1. Parent/Guardian needs to leave a message for the attendance office
2. Check Canvas page for missed work
3. Email your teachers for your assignments
4. Schedule a time with your teachers to make-up tests and missed assignments

Scenario

You're not feeling well; you're coughing, you have a stuffy nose, and a 100°F fever at 1am and it's a school night. What would you or parents/guardians do?



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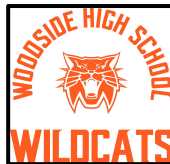


The background of the image is a stylized world map divided into four quadrants by a vertical and a horizontal line. The top-left quadrant is red, the top-right is blue, the bottom-left is yellow, and the bottom-right is green. The word "Kahoot!" is written in a large, white, bold, sans-serif font across the center of the image, spanning across all four quadrants.

Kahoot!

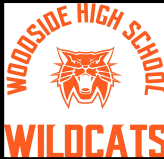
School Involvement & Extracurricular Activities

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COUNSELING DEPARTMENT



What are some ways to get involved?

Think-Pair- Share





Ways to get involved

- Athletics
- Volunteering
- Clubs
- Student leadership/ASB
- Theatre/Music Productions
- Outside activities (i.e. Job)
- Outside programs (i.e. Boys & Girls Club)

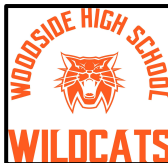
"Students who are involved in some form of extracurricular activity perform better in school."

-Lamborn et. al 1992

*Club Rush - September 10th @ lunch

*Club list [Woodsidehs.org/students/clubs](https://www.woodsidehs.org/students/clubs)

**WOODSIDE HIGH SCHOOL
COUNSELING DEPARTMENT**





Tech Crew

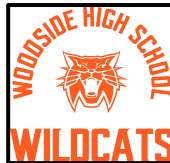
Amelie de Leon

Tech crew has been working extremely hard to ensure that this year's spring musical, "Freaky Friday" will be a success.



Sports

Team 100 Robotics



Getting Involved in Sports

Fall

- Water Polo
- Cross Country
- Girl's Golf
- Football
- Girl's Tennis
- Girl's Volleyball
- Cheer
- Flag Football

Winter

- Girl's Soccer
- Boy's Soccer
- Girl's Basketball
- Boy's Basketball
- Wrestling*
- Cheer

* Sports that don't cut students

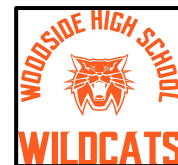
Spring

- Badminton
- Track*
- Boy's Tennis
- Boy's Volleyball
- Baseball
- Lacrosse
- Softball
- Swimming*
- Cheer

Go to Woodsidehs.org to complete the [Athletic Clearance Packet](#) (English)
[Athletic Clearance Packet](#) (Spanish)

Contact Mr. Faulkner (Activities Director) - tfaulkner@seq.org

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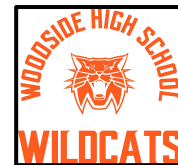
Scenario

You want to play basketball in the winter. What are some goals to ensure your eligibility to play? How will you achieve these goals? What are some things you can do right now?



Next Steps

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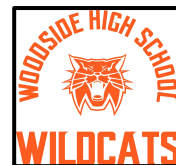
Freshman Year Checklist

- ☐ Get involved in clubs, sports, and/or community service
- ☐ Discover your passions and interests
- ☐ Aim for C- or higher in all of your classes
- ☐ Do well in classes by:
 1. **Contacting your teacher**
 2. Going to tutoring
 3. Studying

What's the best way to contact your School Counselor?

- Drop in times during brunch & lunch or leave name on clipboard if not available
- Make an appointment
- Email questions

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Post-Survey

<https://bit.ly/9fallpost>

