Tracy High School

WELCOME TO HIGH SCHOOL, FRESHIES :)

PRESENTATION OUTLINE



- Counseling team intros
- Support Services
- Graduation/ A-G reqs
- Credits & Transcripts
- Tutoring Resources
- Getting Invloved
- Counseling Website







PRE-TEST



YOUR COUNSELORS :)

Mrs. Clark
MAP - RE

Miss. Hallen
A-C

Ms. Abraham
D-GO & AVID

Mr. Manley
GR - MAN

Mr. Sanny
RI-Z



WHAT DO COUNSELORS EVEN DO?

- Academics
- College/Career
- Social/Emotional
- Support physical and mental wellness
- Help you enjoy school!!!

HOW TO CONTACT YOUR COUNSELOR

Counseling Office Hours:
7:30 am - 4:30 pm

Counseling Drop-In Hours:
Before school AND after school, during both LUNCHES

Counselors are also available by email.

Interested in setting up appointment?
Please check out the counseling website to make an appointment.

HOW TO CONTACT YOUR COUNSELOR

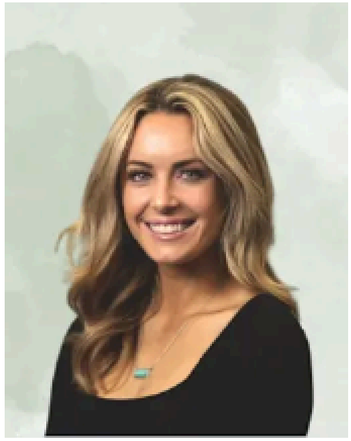
TRACY HIGH SCHOOL COUNSELORS

STUDENTS ARE ASSIGNED BY LAST NAME

A-C

ahallen@tusd.net

ASHLEY HALLEN



D-GO & AVID

iabraham@tusd.net

IRIS ABRAHAM



GR-MAN

cmanley@tusd.net

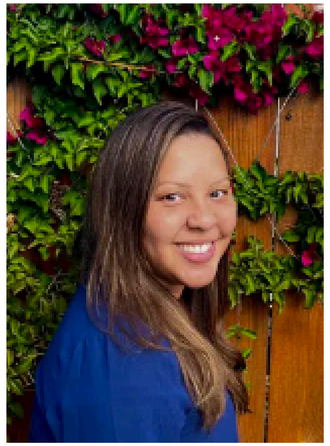
TRIP MANLEY



MAP-RE

kclark@tusd.net

KAMARA CLARK



RI-Z

jsanny@tusd.net

JONATHAN SANNY

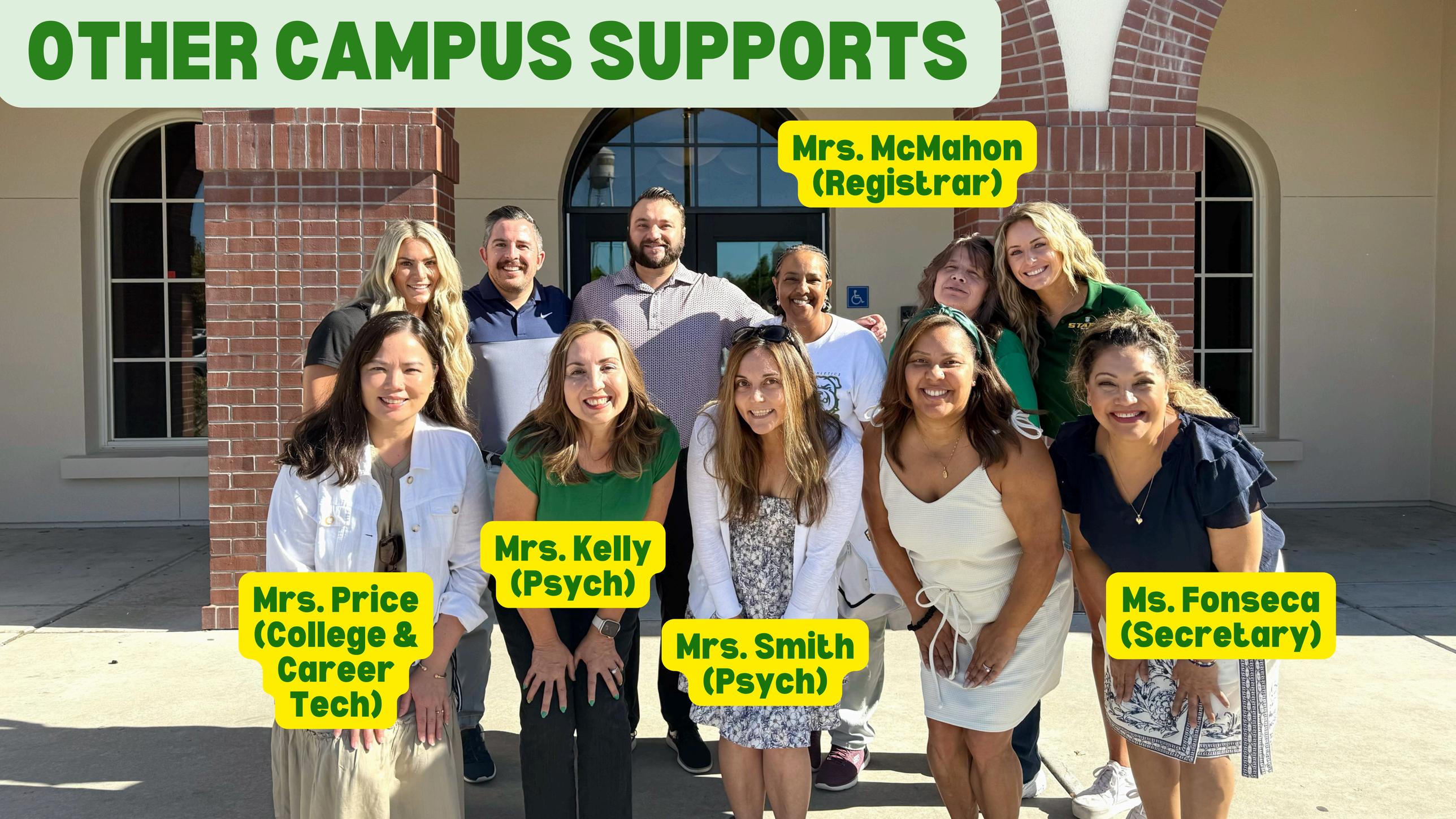


CHECK FOR UNDERSTANDING!

HOW ARE COUNSELORS ASSIGNED TO STUDENTS?

1. By grade level
2. Based off of what program you are in
3. Students last name
4. The student gets to pick their counselor

OTHER CAMPUS SUPPORTS



Assistant Principal's

MR. QUINTANA

MS. STRELKA

MR. WICHMAN





THS Principal :)

MR. WAGGLE



SUPPORT SERVICES

WELLNESS ACTIVITIES/QUAD TALKS



MENTAL HEALTH PROVIDERS/ COST



WALK- INS & APPOINTMENTS



ACADEMIC PLANNING



GRADUATION REQUIREMENTS



ENGLISH	40 CREDITS
WORLD HISTORY	10 CREDITS
US HISTORY	10 CREDITS
GOV/ECON	10 CREDITS
ALGEBRA	10 CREDITS
MATH	10 CREDITS
BIOLOGY	10 CREDITS
PHYSICAL SCI	10 CREDITS
SCIENCE	10 CREDITS
ART OR LANGUAGE	10 CREDITS
P.E.	20 CREDITS
ELECTIVES	70 CREDITS
TOTAL	**220 CREDITS**

Grade of D or higher!

220 Credits!

CHECK FOR UNDERSTANDING!

HOW MANY YEARS OF SCIENCE ARE NEEDED TO GRADUATE FROM THS?

1 year?

2 years?

3 years?

4 years?



ANYONE THINKING ABOUT GOING TO COLLEGE AFTER HIGH SCHOOL?

23 CALIFORNIA STATE UNIVERSITY CAMPUSES

- CSU Bakersfield
- CSU Channel Islands
- CSU Chico
- CSU Dominguez Hills
- CSU East Bay
- CSU Fresno
- CSU Fullerton
- Humboldt State University
- CSU Long Beach
- CSU Los Angeles
- California Maritime Academy
- CSU Monterey Bay
- CSU Northridge
- California State Polytechnic State University
- CSU Sacramento
- CSU San Bernardino
- San Diego State University
- San Francisco State University
- San Jose State University
- California Polytechnic State University, San Luis Obispo
- CSU San Marcos
- CSU Stanislaus



9 UNIVERSITY OF CALIFORNIA CAMPUSES

- UC Berkeley
- UC Davis
- UC Irvine
- UC Los Angeles
- UC Merced
- UC Riverside
- UC San Diego
- UC Santa Barbara
- UC Santa Cruz



COLLEGE/ UNIVERSITY REQUIREMENTS "A-G"

Subject Requirement	Tracy High	Colleges/Universities
History	3 years	2 years
English	4 years	4 years
Mathematics	2 years (including Algebra)	3 years (4 yrs. recommended)
Science	3 years	2 years (Lab sciences, 3 yrs. recommended)
Foreign Language	1 year *	2 years (3 years recommended)
Visual/Performing Arts	1 year *	1 year
Physical Education	2 years	none
Electives	70 credits minimum	1 year (must be a-g approved)

Need a "C" or better!

HOW CREDITS ARE EARNED IN HIGH SCHOOL

- Students earn credits each semester with a grade of "D" or better (2 semesters a year)
- F's will not give you any credit

Grd 10 Fall			Tracy High School		
	0206	ELD 10	C	5.00	5.00
p	1133	English 10 P	D	5.00	5.00
p	2103	Geometry P	D	5.00	5.00
p r	3266	Chemistry	F	5.00	0.00
p	4103	Span1/Span Spk	F	5.00	0.00
p r	7103	World History P	F	5.00	0.00
Credit Att: 30 .00 Cmp: 15.00 TGPA: 1.00					
Grd 10 Spring			Tracy High School		
	0206	ELD 10	B	5.00	5.00
p	1133	English 10 P	C	5.00	5.00
p	2103	Geometry P	C	5.00	5.00
p	3266	Chemistry	D	5.00	5.00
p	4103	Span1/Span Spk	F	5.00	0.00
p r	7103	World History P	F	5.00	0.00
Credit Att: 30 .00 Cmp: 20.00 TGPA: 1.60					

BUT WHAT HAPPENS IF I FAIL A CLASS?! ☹

- Unlike middle school, it is required that you pass your classes to be able to graduate.
- To make up a class, students have the opportunity to go to summer school, enroll in an edgenuity class, or go to the adult school to make up credits. (Space Is Limited)
- Talk to your counselor if you ever need clarification on this topic!



WAIT...I HAVE MORE REASONS THAT YOU SHOULD PASS YOUR CLASSES!

- To be able to play sports, you must have a good GPA! (Good Grades = Good GPA)
- Many activities require that students have a 2.0 GPA or higher
- It's soooo much easier to pass classes the first time (trust me, your senior self will thank you!)
- Scholarships, Work Permits, Community Programs
- More doors will open!



CHECK FOR UNDERSTANDING!

DO YOU NEED TO TAKE A LANGUAGE IF YOU WANT TO MEET A-G REQUIREMENTS?

1. YES
2. NO

IS THIS YOU?

GO TO LEARNING LAB!



	AM	PM	
MON	**Math** Lunetta (A110) 7:30-8:30		
TUE	**ELA** Zamora (A218) 8:00-8:30 **Math** Lunetta (A110) 7:30-8:30	**Spanish** Vargas Cortes (D102) 3:50-4:20 **Math** Piuser (A111) 3:50-4:20	**Social Studies** Woodward (D102) 3:50-4:20 **Social Studies** Gonzalez (A209) 3:50-4:50
WED	**Math** Lunetta (A110) 7:30-8:30	**ELA** Zamora (A218) 4:00-4:30	
THU	**ELA** Zamora (A218) 8:00-8:30 **Math** Lunetta (A110) 7:30-8:30		
FRI	**Math** Lunetta (A110) 7:30-8:30		

ASK A QUESTION
DROP IN FOR 2 MINUTES
STAY THE HOUR

- GET HELP WITH HOMEWORK
- STUDY ALONE OR WITH FRIENDS
- WE ARE HERE TO HELP!

COST REFERRAL FORM

COUNSELING / PROGRAMS

- COUNSELING
- COLLEGE AND CAREER CENTER
- ACADEMIC BLOCK T
- AG SCIENCE ACADEMY
- AVID
- CTE
- EDGENUITY
- FFA/AGRICULTURE
- FIRE SERVICE
- INTERNATIONAL BACCALAUREATE (IB)
- LIBRARY SERVICES
- MENTAL HEALTH SERVICES
- PERFORMING ARTS MAGNET
- SUMMER PROGRAMS

Tracy High School Counseling COST Referral Form

Date: _____ Referred by: _____

Student's Name: _____

Grade: _____ ID: _____ DOB: _____

PLEASE COMPLETE AS MANY DETAILS AS POSSIBLE AND RETURN TO THE COUNSELING OFFICE

NOTE: If you suspect Child Abuse or Neglect **YOU MUST** notify CPS (209)468-1333

REASON FOR REFERRAL: ***Reminder:*** Students with chronic attendance, behavior, social skills or work habits concerns will be targeted for counseling interventions on a regular basis through data-driven methods. Please use this referral for students experiencing sudden or concerning changes in the above, personal problems, or a family crisis.

☐ Change in Attendance ☐ Change in Behavior ☐ Change in Social Skills

☐ Change in Work Habits ☐ Personal/Family Concerns ☐ Other: _____

How long have you had this concern? ◯ 1 Day ◯ A few days ◯ One Week ◯ Two Weeks or More

Please describe your reason(s) for this referral and any additional concerns or information:

_____

_____

_____

Please rate the severity of this referral. On a scale of 1-10, please circle how serious (immediate) this problem is:

◯1 ◯2 ◯3 ◯4 ◯5 ◯6 ◯7 ◯8 ◯9 ◯10

Less Serious Moderately Serious *Very* Serious

Steps taken to address concerns (teachers/staff only):

What interventions are in place? ☐ Parent Conference ☐ Outside Counseling ☐ SST/504/IEP

☐ Discipline Referral ☐ Behavior Contract ☐ Other: _____

Has this issue been discussed with the students' parent/guardian? ◯ No ◯ Yes: date of contact: _____

Outcome of Parent/Guardian Contact (Parent Response or Action):

_____

_____

_____

Please note: *This referral will be screened and responded to utilizing a triage approach. The school counselor will provide acknowledgment of receipt and status of referral within 3 business days.*

CONFIDENTIAL

GETTING INVOLVED

WHY SHOULD YOU GET INVOLVED?

- MEET FRIENDS W/SIMILAR INTERESTS
- EXPLORE NEW INTERESTS
- KEEPS YOU ENGAGED
- IMPROVES ACADEMIC OUTCOMES
- IT'S GOOD FOR YOUR MENTAL AND/OR PHYSICAL HEALTH
- LOOKS GOOD FOR COLLEGE ADMISSIONS



HOW TO GET INVOLVED

- JOIN CLUBS
- PLAY SPORTS
- ATTEND SCHOOL ACTIVITIES
    - ALL FRESHMEN GET INTO SPORTS GAMES FOR FREE!!!!!!
- VOLUNTEER
- APPLY FOR STUDENT GOVERNMENT
- DOWNLOAD THE 5 STAR APP ONTO YOUR PHONE.
- CHECK OUT THE SCHOOL WEBSITE AND IG PAGES FOR MORE INFO

TRACYHIGHCOUNSELING

TRACY HIGH COUNSELING WEBSITE

https://tracyhigh.tracy.k12.ca.us/academics-programs/counseling



POST-TEST



LET'S PLAY A GAME!

PLEASE TAKE OUT YOUR PHONES AND TYPE IN KAHOOT.IT



