

Heritage 101 & 4-year Planning

By: Counseling Department '26-'27





Counselors at Heritage

- **SLC-A1**-Ms. Wills-Morgan
- **SLC-A2**-Mrs. Aure
- **SLC-B**-Mr. Campos
- **SLC-C**-Mrs. Roman
- **SLC-D**-Mrs. Munoz



COUNSELING AT HERITAGE

Best time to check-in with your Counselor:	**Before school, lunch, after school** **Email/send a Canvas message to schedule a time**
Reasons to see your counselor?	**Academics** **Social-emotional** **Post HS Plans**
Challenges in the class?	**Talk to your teacher directly**
Confidentiality	**Limited to safety**



College & CareerCenter





Mr. Gomar

gomarm@luhsd.net

925-634-0037 ext. 6097



- Guest Speakers
- Career Exploration
- Work Permits
- College Research
- Paying for College (Financial Aid (FAFSA), Scholarships
- SAT/ACT Information

Graduation Requirements

Subject	Credits
English	40
World History (10th)	10
U.S History (11th)	10
Government (12th)	5
Economics (12th)	5
Life and Physical Science	20
Mathematics	30
Fine Art or World Language	10
Physical Education (9th/10th)	20
Health	5
Electives	105
Total	260

Must pass classes with a grade of a "D" or better!



High School Credits

Every semester = 5 credits per class passed

- **Credits earned *ONLY* when you pass a class**

"F" Grades = NO credits

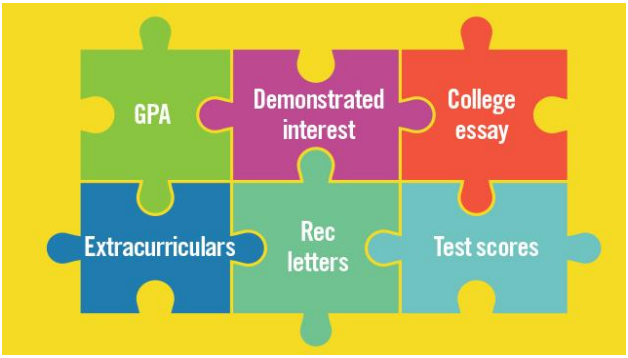
- **Repeat course(s)**
  - **Summer school or the following school year**

Need 260 credits to graduate!

UC/CSU College Entrance Requirements

A- G Requirements





Subjects	Min. Requirements of College Preparatory Courses
A. History/Social Science	2 years: **World History, U.S. History, Government**
B. English	4 years: College Prep **English 9-12**
C. Math	3 Years of college prep math, 4 years is highly recommended **Algebra 1, Geometry, Algebra II**
D. Laboratory Science	2 years of lab science. 3 years of lab science is recommended: **Living Earth, Chemistry, Physics**
E. Language other than English	2 years of the same language, 3 years is recommended **Spanish, French**
F. Visual/Performing Arts	1 year of a college prep course **Art, Music, Theater**
G. College Preparatory Elective	1 year of a college prep elective **Psychology, Speech and Debate, Creative Writing, etc.**

High School Requirements VS College Entrance Requirements



Grades (C's or higher)

Math (Algebra II or higher)

World Language

- Minimum of 2 years of the same language

Visual & Performing Art

Tests- SAT/ACT (Private Schools/ Out of State)



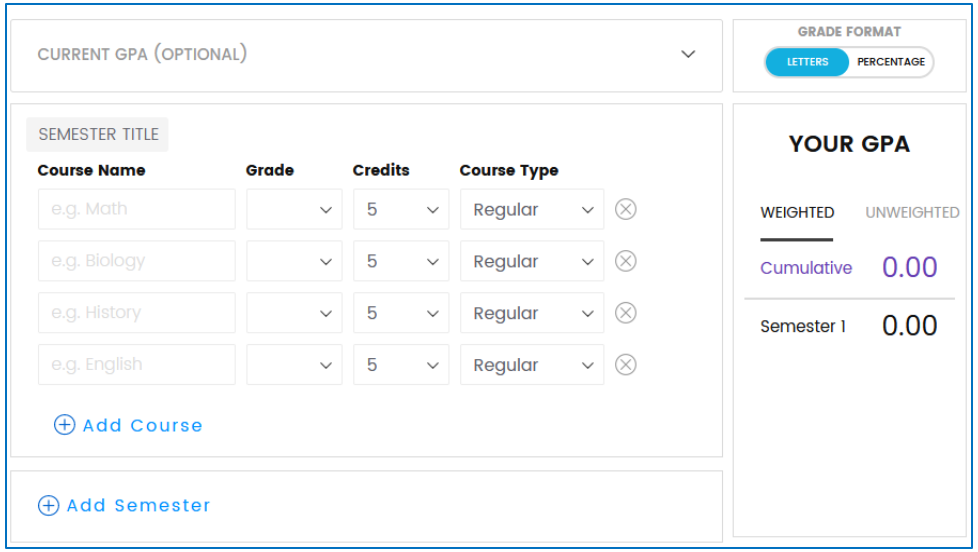
Grade Point Average (GPA)

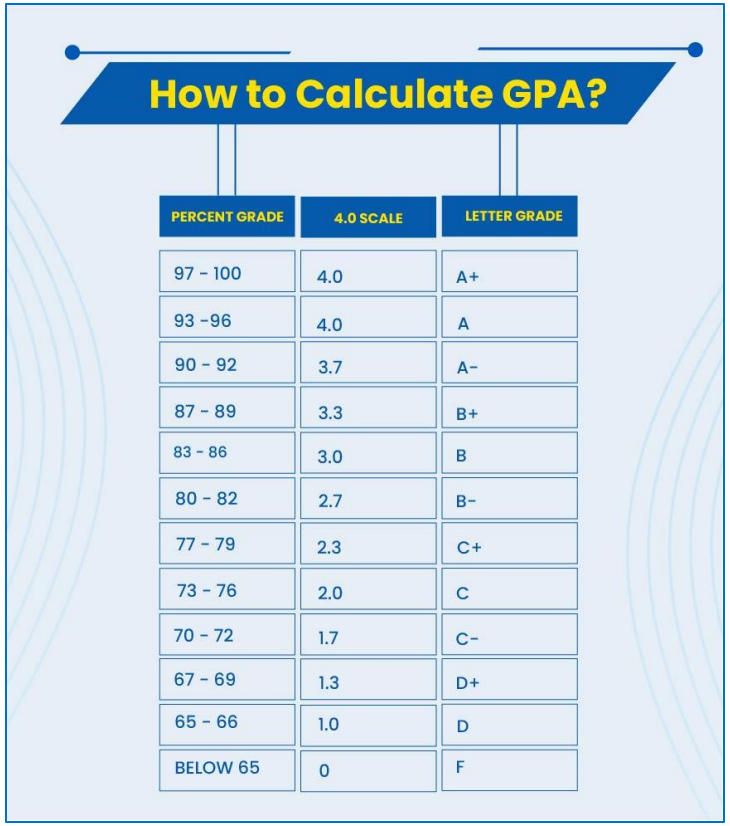
Average of all classes/ grades

- GPA Calculator: https://gpacalculator.net/high-school-gpa-calculator/

Determines:

- class rank
- scholarships
- college admissions
- participation in athletics & extracurricular activities





PERCENT GRADE	4.0 SCALE	LETTER GRADE
97 - 100	4.0	A+
93 -96	4.0	A
90 - 92	3.7	A-
87 - 89	3.3	B+
83 - 86	3.0	B
80 - 82	2.7	B-
77 - 79	2.3	C+
73 - 76	2.0	C
70 - 72	1.7	C-
67 - 69	1.3	D+
65 - 66	1.0	D
BELOW 65	0	F



Recommendations

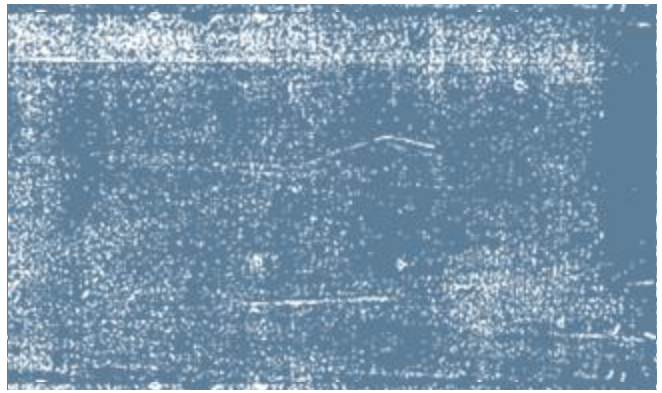
- **Use a planner!**
  - Paper planner, post it notes, phone app, etc.
  - My Study Life App: https://mystudylife.com/high-school-planner/
- **Limit Phone Usage!**
  - Better concentration, increased attention spans, improve mental and emotional well being, social growth
- **Learning is SUPPOSED to be challenging!**
  - School is helping you grow your brain and challenge is a good thing. You are capable of doing hard things!
- **Be prepared!**
  - Be on time and bring your class materials. Studies show that students who show up to class on time and consistently are more successful than students who are missing class!

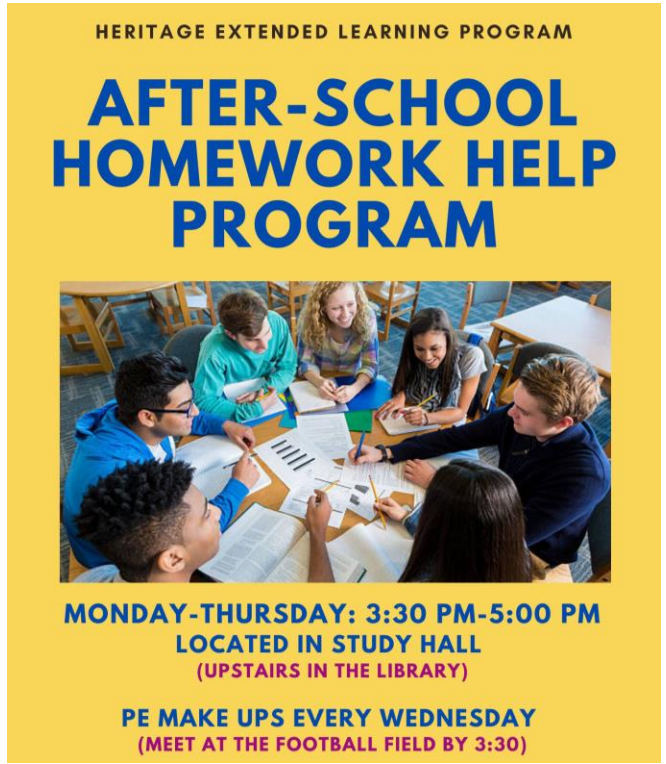
Resources

- **Patriot Plus – Thursdays**
  - Teacher Office Hours (vary by teacher)
- **Homework Help Club**
  - Monday – Thursday
  - Study Hall @ 3:30-5pm
- **Study Hall Period**
  - Use your time wisely!
  - Reverse passes
- **Peer Tutors** – ask your Counselor or Teacher for the list















Athletics & Extracurricular Eligibility

- **2.0 GPA**= Eligible
- **1.75 GPA** = Academic Probation (can only use ONE per semester)
- **See Mr. Wisely**-Athletic Director



College Athletics

Visit ncaa.org and corecoursegpa.com to learn more about Division 1, 2, 3 academic requirements

Please visit the college and career center for more information!

NCAA Eligibility Center

Career Academies

Technology
Mr. Pardi-ET 103



Arts & Entrepreneurial
Ms. LaPrade-ET-102

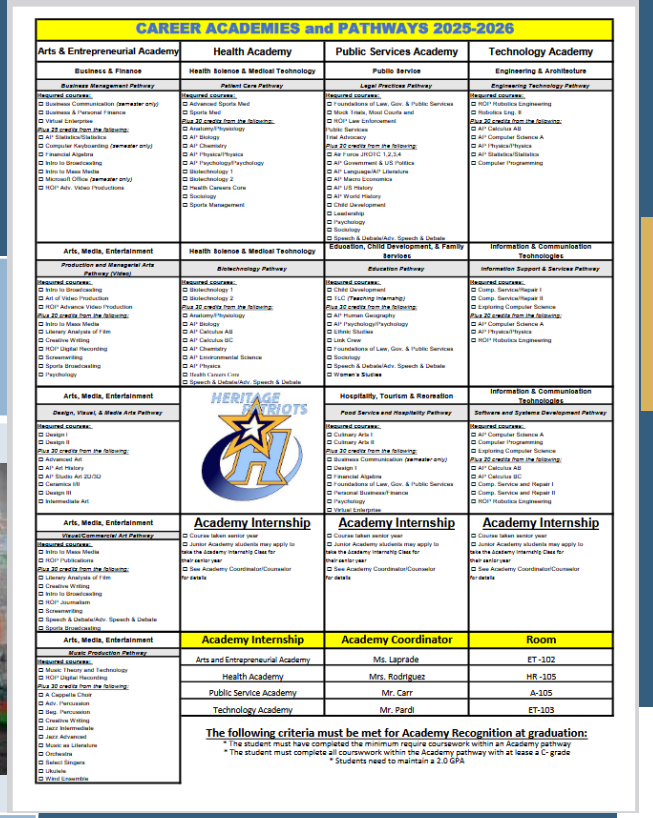


Health
Mrs. Yearby -HR106



Public Service
Mr. Carr -A105





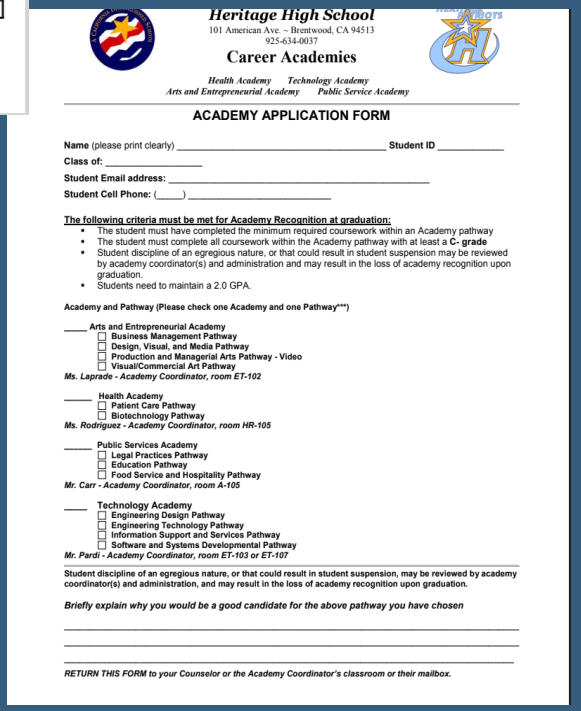
CAREER ACADEMIES and PATHWAYS 2025-2026

Arts & Entrepreneurial Academy	Health Academy	Public Services Academy	Technology Academy
Business & Finance	**Health Science & Medical Technology**	**Public Service**	**Engineering & Architecture**
Business Management Pathway	*Patient Care Pathway*	*Legal Practices Pathway*	*Engineering Technology Pathway*
Required courses: ☐ Business Communication (semester only) ☐ Business & Personal Finance ☐ Virtual Enterprise *Plus 20 credits from the following:* ☐ AP Statistics/Statistics ☐ Computer Keyboarding (semester only) ☐ Financial Algebra ☐ Intro to Broadcasting ☐ Intro to Mass Media ☐ Microsoft Office (semester only) ☐ HOP Adv. Video Productions	Required courses: ☐ Advanced Sports Med ☐ Sports Med *Plus 20 credits from the following:* ☐ Anatomy/Physiology ☐ AP Biology ☐ AP Chemistry ☐ AP Physics/Physics ☐ AP Psychology/Psychology ☐ Biotechnology 1 ☐ Biotechnology 2 ☐ Health Careers Core ☐ Sociology ☐ Sports Management	Required courses: ☐ Foundations of Law, Gov. & Public Services ☐ Mock Trials, Moot Courts and ☐ HOP Law Enforcement Public Services Trial Advocacy *Plus 20 credits from the following:* ☐ Air Force JROTC 1,2,3,4 ☐ AP Government & US Politics ☐ AP Language/AP Literature ☐ AP Macro Economics ☐ AP US History ☐ AP World History ☐ Child Development ☐ Leadership ☐ Psychology ☐ Sociology ☐ Speech & Debate/Adv. Speech & Debate	Required courses: ☐ HOP Robotics Engineering ☐ Robotics Eng. II *Plus 20 credits from the following:* ☐ AP Calculus AB ☐ AP Computer Science A ☐ AP Physics/Physics ☐ AP Statistics/Statistics ☐ Computer Programming
Arts, Media, Entertainment	**Health Science & Medical Technology**	**Education, Child Development, & Family Services**	**Information & Communication Technologies**
Production and Managerial Arts Pathway (Video)	*Biotechnology Pathway*	*Education Pathway*	*Information Support & Services Pathway*
Required courses: ☐ Intro to Broadcasting ☐ Art of Video Production ☐ HOP Advance Video Production *Plus 20 credits from the following:* ☐ Intro to Mass Media ☐ Literary Analysis of Film ☐ Creative Writing ☐ HOP Digital Recording ☐ Screenwriting ☐ Sports Broadcasting ☐ Psychology	Required courses: ☐ Biotechnology 1 ☐ Biotechnology 2 *Plus 20 credits from the following:* ☐ Anatomy/Physiology ☐ AP Biology ☐ AP Calculus AB ☐ AP Calculus BC ☐ AP Chemistry ☐ AP Environmental Science ☐ AP Physics ☐ Health Careers Core ☐ Speech & Debate/Adv. Speech & Debate	Required courses: ☐ Child Development ☐ TLC (Teaching Internship) *Plus 20 credits from the following:* ☐ AP Human Geography ☐ AP Psychology/Psychology ☐ Ethnic Studies ☐ Link Crew ☐ Foundations of Law, Gov. & Public Services ☐ Sociology ☐ Speech & Debate/Adv. Speech & Debate ☐ Women's Studies	Required courses: ☐ Comp. Service/Repair I ☐ Comp. Service/Repair II ☐ Exploring Computer Science *Plus 20 credits from the following:* ☐ AP Computer Science A ☐ AP Physics/Physics ☐ HOP Robotics Engineering
Arts, Media, Entertainment	HERITAGE PATRIOTS	**Hospitality, Tourism & Recreation**	**Information & Communication Technologies**
Design, Visual, & Media Arts Pathway		*Food Service and Hospitality Pathway*	*Software and Systems Development Pathway*
Required courses: ☐ Design I ☐ Design II *Plus 20 credits from the following:* ☐ Advanced Art ☐ AP Art History ☐ AP Studio Art 2D/3D ☐ Ceramics III ☐ Design III ☐ Intermediate Art		Required courses: ☐ Culinary Arts I ☐ Culinary Arts II *Plus 20 credits from the following:* ☐ Business Communication (semester only) ☐ Design I ☐ Financial Algebra ☐ Foundations of Law, Gov. & Public Services ☐ Personal Business/Finance ☐ Psychology ☐ Virtual Enterprise	Required courses: ☐ AP Computer Science A ☐ Computer Programming ☐ Exploring Computer Science *Plus 20 credits from the following:* ☐ AP Calculus AB ☐ AP Calculus BC ☐ Comp. Service and Repair I ☐ Comp. Service and Repair II ☐ HOP Robotics Engineering
Arts, Media, Entertainment	**Academy Internship**	**Academy Internship**	**Academy Internship**
Visual/Commercial Art Pathway	☐ Course taken senior year ☐ Junior Academy students may apply to take the Academy Internship Class for their senior year ☐ See Academy Coordinator/Counselor for details	☐ Course taken senior year ☐ Junior Academy students may apply to take the Academy Internship Class for their senior year ☐ See Academy Coordinator/Counselor for details	☐ Course taken senior year ☐ Junior Academy students may apply to take the Academy Internship Class for their senior year ☐ See Academy Coordinator/Counselor for details
Required courses: ☐ Intro to Mass Media ☐ HOP Publications *Plus 20 credits from the following:* ☐ Literary Analysis of Film ☐ Creative Writing ☐ Intro to Broadcasting ☐ HOP Journalism ☐ Screenwriting ☐ Speech & Debate/Adv. Speech & Debate ☐ Sports Broadcasting			
Arts, Media, Entertainment	**Academy Internship**	**Academy Coordinator**	**Room**
Music Production Pathway	Arts and Entrepreneurial Academy	Ms. Laprade	ET -102
Required courses: ☐ Music Theory and Technology ☐ HOP Digital Recording *Plus 20 credits from the following:* ☐ A Cappella Choir ☐ Adv. Percussion ☐ Beg. Percussion ☐ Creative Writing ☐ Jazz Intermediate ☐ Jazz Advanced ☐ Music as Literature ☐ Orchestra ☐ Select Singers ☐ Ukulele ☐ Wind Ensemble	Health Academy	Mrs. Rodriguez	HR -105
	Public Service Academy	Mr. Carr	A-105
	Technology Academy	Mr. Pardi	ET-103

The following criteria must be met for Academy Recognition at graduation:
* The student must have completed the minimum require coursework within an Academy pathway
* The student must complete all coursework within the Academy pathway with at lease a C- grade
* Students need to maintain a 2.0 GPA

Make a plan to take the courses in the specific pathway

Fill out the application and submit it to the advisor



Heritage High School
101 American Ave. ~ Brentwood, CA 94513
925-634-0037

Career Academies

Health Academy *Technology Academy*
Arts and Entrepreneurial Academy *Public Service Academy*

ACADEMY APPLICATION FORM

Name (please print clearly) _____ **Student ID** _____
Class of: _____
Student Email address: _____
Student Cell Phone: (____) _____

The following criteria must be met for Academy Recognition at graduation:
- The student must have completed the minimum required coursework within an Academy pathway
- The student must complete all coursework within the Academy pathway with at least a **C- grade**
- Student discipline of an egregious nature, or that could result in student suspension may be reviewed by academy coordinator(s) and administration and may result in the loss of academy recognition upon graduation.
- Students need to maintain a 2.0 GPA.

Academy and Pathway (Please check one Academy and one Pathway*)**

____ **Arts and Entrepreneurial Academy**
- ☐ **Business Management Pathway**
- ☐ **Design, Visual, and Media Pathway**
- ☐ **Production and Managerial Arts Pathway - Video**
- ☐ **Visual/Commercial Art Pathway**

Ms. Laprade - Academy Coordinator, room ET-102

____ **Health Academy**
- ☐ **Patient Care Pathway**
- ☐ **Biotechnology Pathway**

Ms. Rodriguez - Academy Coordinator, room HR-105

____ **Public Services Academy**
- ☐ **Legal Practices Pathway**
- ☐ **Education Pathway**
- ☐ **Food Service and Hospitality Pathway**

Mr. Carr - Academy Coordinator, room A-105

____ **Technology Academy**
- ☐ **Engineering Design Pathway**
- ☐ **Engineering Technology Pathway**
- ☐ **Information Support and Services Pathway**
- ☐ **Software and Systems Developmental Pathway**

Mr. Pardi - Academy Coordinator, room ET-103 or ET-107

Student discipline of an egregious nature, or that could result in student suspension, may be reviewed by academy coordinator(s) and administration, and may result in the loss of academy recognition upon graduation.

Briefly explain why you would be a good candidate for the above pathway you have chosen

_____
_____
_____

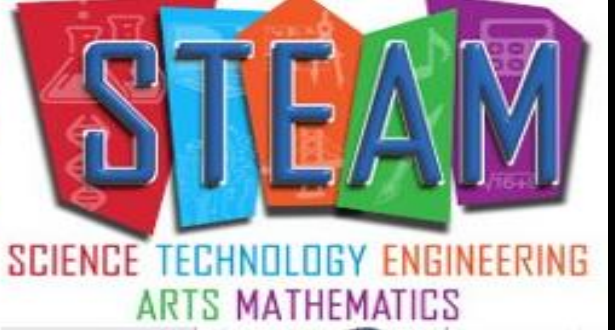
RETURN THIS FORM to your Counselor or the Academy Coordinator's classroom or their mailbox.













STUDENT CLUBS AND ORGANIZATIONS



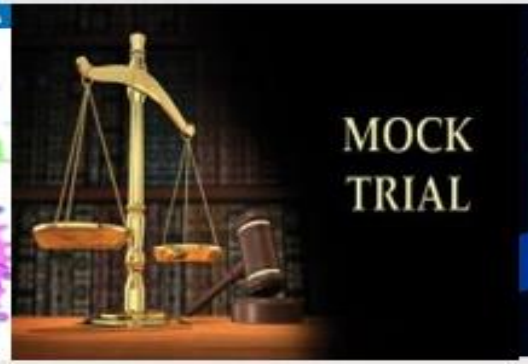


















Creating your 4-year Plan

- **Answer the questions on the front side of your worksheet**
  - ***Use these answers to help you pick classes***
- **Fill out the 4-year plan on the backside using the course offering sheets and or course catalog (website)**

My 4-year Plan

Name: Jenna Tioseco **ID:** 1234567 **SLC:** A2



The 4-year plan is designed to serve as a blueprint for you during your time at Heritage High School. Consider the requirements for high school graduation, as well as your post-high school goals. **Remember, this is just a plan and can be changed as you move through high school.** Fill out your goals first, and then use these goals to guide your 4-year plan.

High School Goals: What do you want to accomplish by June, 2028?

1. Get involved in clubs and activities on campus
2. Try a new sport
3. Graduate with a 3.5 or higher



Post-High School Goals: Where do you see yourself after finishing high school? College? Technical school? Training program? What career do you hope to pursue?

1. Majoring in Psychology
2. Going to college in SoCal
3. I want to pursue School Counseling as a career



Counselor Tips:

- ✓ **Keep grades Cs or better for college and utilize Summer School for credit recovery and grade improvement**
- ✓ **Visit the College and Career Center for career exploration opportunities**
- ✓ **Visit career exploration website www.Eureka.org access code: X7HR2CM**
- ✓ **Start exploring colleges: available majors, location, cost, etc. at www.bigfuture.org**
- ✓ **Explore technical schools and training programs**
- ✓ **Get involved in extracurricular activities – these activities will enrich your high school experience, help you find your passions, and assist you in developing time management skills**

My 4-year Plan

- **Fill in your 9th grade year with your current classes.**
- **Use the Course Catalog to fill out the remainder of your classes. Key pages for reference:** ***"A-G List", NCAA approved courses, District Grad Requirements***

	Subject Area	Semester 1	Semester 2
9th Grade (Freshman)	*English 9*	English 9	English 9
	Math	Algebra 1	Algebra 1
	Science	Living Earth	Living Earth
	Physical Education	PE 9	PE 9
	Health & Elective	Health	MS Office Basics
	Elective	Spanish 1	Spanish 1
	Elective	Beginning Art	Beginning Art
	Elective	Study Hall	Study Hall
	*Summer School**		

	Subject Area	Semester 1	Semester 2
10th Grade (Sophomore)	*English 10*	English 10	English 10
	Math	Geometry	Geometry
	World History/AP	World History	World History
	Science	Chemistry	Chemistry
	Physical Education	PE 10	PE 10
	Language or Art	Spanish 2	Spanish 2
	Elective	Psychology	Psychology
	Elective	Journalism	Journalism
	*Summer School**		

	Subject Area	Semester 1	Semester 2
11th Grade (Junior)	*English 11/AP*	AP English Language	AP English Language
	Math	Algebra 2	Algebra 2
	U.S. History/AP	US History	US History
	Science or Elective	Anatomy/Physiology	Anatomy/Physiology
	Elective	AP Psychology	AP Psychology
	Elective	Leadership	Leadership
	Elective	Child Development	Child Development
	Elective	Publications	Publications
	*Summer School**		

	Subject Area	Semester 1	Semester 2
12th Grade (Senior)	*English 12/AP/Eng100*	AP Literature	AP Literature
	Math or Elective	Statistics	Statistics
	Government/Econ/ AP	Government	Economics
	Science or Elective	Physics	Physics
	Elective	Link Crew	Link Crew
	Elective	Teaching Internship/TLC	Teaching Internship/TLC
	Elective	Staff Assistant	Staff Assistant
	Elective	Unscheduled	Unscheduled



CALIFORNIA COLLEGES.edu

Transfer your 4-year plan onto CaliforniaColleges.edu!

Log-in through Clever

Tutorial: https://www.iorad.com/player/2183256/How-to-Use-the-Academic-Planner-for-High-School-Students--Basic-Accounts-#trysteps-1