



ETHS Freshman 101
Class of 2030

Agenda



01

Guidance Department

- Meet the Guidance Team



02

Academic Success

- Graduation Requirements
- A-G Requirements
- Credit Recovery/
Remediation
- Post high school options



03

Tools for Being a Successful Student

- Attendance/
Time Management
- Social/Emotional
Wellness
- Resources

Lesson Objective s

After today, you will:

- Understand graduation requirements
- Learn about the support available at ETHS
- Explore the tools for being a successful student

Guidance Staff



Mr. Hosseinzadeh
Assistant Principal of
Guidance & Curriculum



Brenda Tettemer
Guidance Secretary
(Work Permit)



Karen Kazemi
Community Liaison
(School resources)

ETHS School Counselors



Miss Felix
(A-Cru)



Mrs. McKelligan
(KURISU)
(Cu-Ho)



Mrs. Baker
(Hu-Mo)

ETHS School Counselors



Mrs. Coleman
(Mu-Sal)



Mrs. Myers
(Sam-Z)

ETHS Student Services Technicians (SST)



Mrs. Fernandez
(A-Gom)



Mrs. Rego
(Gon-Pan)



Mrs. Chambion
(Pap-Z)

What Do We Do?

School Counselors Help With:

- College & Career Guidance
- Social-Emotional Support
- Crisis Response
- Academic Intervention
- Referrals for Additional Support

Student Service Technicians (SST's) Help With:

- Registration
- Class Scheduling
- Graduation Status & Requirements
- Enrollment
- Community Service Form

See your counselor:

- before school
- snack & lunch
- after school
- in an emergency

Academic Success

- Graduation requirements
- A-G requirements
- Credit Recovery/
Remediation
- Post high school options



Graduation Requirements

Subject	Requirement
English	40 credits
Math (Algebra 1, Geometry, Algebra 2)	30 credits
Science (Biology, Chemistry, Physics/or another science)	30 credits
Social Studies (World History, US History, Civics/Economics)	30 credits
Health	5 credits
Physical Education	20 credits
Visual or Performing Arts OR World Language OR Career Technical Education	10 credits
Electives	55 credits
Total Credits:	220 credits

***Passing grades: A, B, C, D**

(F is not a passing grade)

**8 hours of community service
due your senior year**



A-G Requirements

A-G courses are a sequence of high school courses that students must complete (with a grade of C or better) to be minimally eligible for admission to the University of California (UC) and California State University (CSU) colleges.



A-G Requirements

for UCs and Cal States

A HISTORY
2 years required



B ENGLISH
4 years required



C MATHEMATICS
3 years required through Algebra 2



D LAB SCIENCES
2 years required—3 recommended



E FOREIGN LANGUAGES
2 years required—3 recommended



F VISUAL/PERFORM. ARTS
1 year required



G COLLEGE PREP ELECTIVE
1 year required



Grades of "C" or higher are required for all A-G courses.

Key points for A-G:

- Grades of "C" or higher
- 2 years of the same World Language
- 1 year of Visual and Performing Art (VAPA)
- Your **UC/CSU GPA** is calculated using **10th-11th grades** with a capped weighted GPA
- Minimum UC GPA: 3.0
- Minimum CSU GPA: 2.5

Check-In Time!

1. What are the key differences between Graduation Requirements and A-G Requirements?
2. What is a passing grade for Graduation Requirements?
3. What is a passing grade for A-G Requirements?

Credit Recovery

If you fail a required course such as:



English

Math

Science

History

... you must make it up in:

- summer school
- night school
- as an extra class during school

Post High School Options

- Work
- Military
- College
 - Community College
 - Trade/Technical School
 - 4 Year College
 - CSU's, UC's
 - Out of State
 - Public & Private colleges





Tools for Being a Successful Student

- Attendance
- Time management
- Healthy lifestyle
- Stress management
- Student support

Attendance

01

Attend class
and be on time



02

Communicate
with your
teachers when
you are absent

03

Clear all absences within
3 days.

Your parents/guardians can
email or call the Attendance
Office.

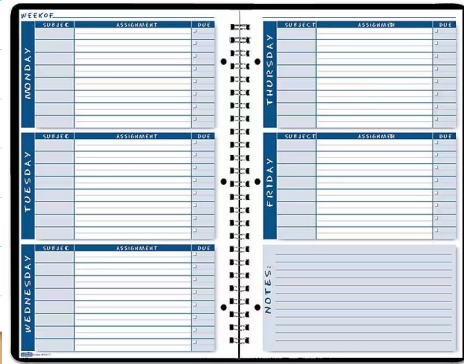
ETHSAttendance@svusd.org



Time Management

01

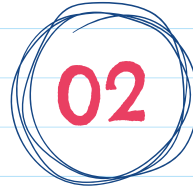
Find a system that works for you: Google Calendar, Canvas, planner, etc.



02

Create routines and schedules.

Plan ahead: do not wait until the last minute.



03

Prioritize tasks and assignments by making to-do lists.





Healthy Lifestyle

- Prioritize:
 - physical activity
 - adequate amount of sleep
 - healthy diet
 - interests and hobbies you enjoy
 - limited screen time
- Find Balance

Stress Management



01

Select appropriately challenging courses to avoid burnout.



02

Be aware of signs of stress:

- sleepiness
- anxiety
- nervousness
- sadness
- mood swings
- feeling overwhelmed

And ask for help!

03

Practice positive coping skills:

- journaling
- exercising
- talking with loved ones
- mindfulness
- seeking help when you need it

Student Support

- **News You Could Use!** bulletin board in the Main Office
- **College & Career Center** (in the Innovation Center)
- **Future Ready Thursdays** - College & Career visits during Tutorial
- **Wellness Wednesdays** workshops
- The **rETreat/ Wellspace** - open at lunch on Monday, Wednesday, and Friday for you to recharge
- **Tutoring at Lunch** in the Innovation Center

ETHS College & Career Visits

9/10 University of California, Irvine (UCI)

9/17 University of San Francisco
University of Utah *In Room 204*

9/24 University of Chicago
University of Southern California (USC)

10/2 University of California, Santa Barbara

10/22 California State University, Fullerton
Baylor University

10/29 University of Arizona
Worcester Polytechnic University

11/5 Whittier College
University of Minnesota - Twin Cities

📍 Bailey Innovation Center (Library)

👤 Make an appointment with Ms. Felix
on Flextime!

2026 SVUSD College & Career Fair

**SVUSD
COLLEGE &
CAREER FAIR**

2026

SAVE THE DATE!

OCTOBER 7TH @ LHHS

🕒 5PM - 8PM PRESENTATIONS

🕒 6PM - 8PM COLLEGE & CAREER REPS

www.svusdcollegefair.org

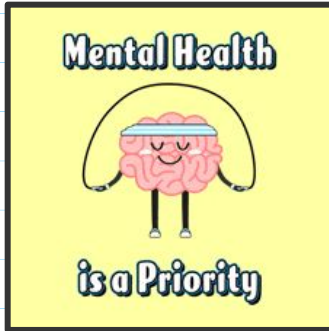
Click HERE to RSVP



Mental Health Resources



- **Soluna** - Free Mental Health App for all CA Students (13-25 years old)
 - Interactive tools, peer connection, care navigation, 1:1 coaching
- **SVUSD Mental Health Resources**
 - Multiple resources (LGBTQ, Grief Counseling, Counseling Centers, etc.)
- **988 Suicide Crisis Hotline**
 - Dial 988 or Call 800-273-TALK
- **Crisis Text Line**
 - Text “Hello” to 741-741
- **Mental Wellness Counseling**
 - Ask your student’s counselor to refer to the District
- **HAZEL Health**
 - Parent referral or counselor referral
- **Western Youth Services One Door**



RESUME

NAME

You!

EDUCATION

Rigorous coursework:
- Honors, AP, ROP, CTE

EXTRA-CURRICULARS

Clubs, Sports
Art / Drama/ Music

COMMUNITY INVOLVEMENT

Volunteer work

HOBBIES & INTERESTS

What do you do outside of school?
- Rock climbing, surfing, hiking, etc

Resume of a Future Ready Charger!

- Challenge yourself academically
- Get involved at school & your community
- Explore your interests related to future career options





Scavenger Hunt



Let's Test Your Knowledge

- Get your Chromebooks out.
- You'll be instructed to find specific items on our school's website.
- First person to find the Scavenger Hunt item and **raises their hand** will get a candy!
- Listen carefully for each item!

1st Person to Find...

**Your Counselor's
Email Address!**

Your Counselor's Email:

**ETHS Website > Guidance >
Counseling & Guidance Staff**

Scroll to the bottom of the page

Click [HERE](#) to show

Student Service Technicians (SSTs) -

- Registration
- Scheduling
- Credit Recovery
- Community Service

+ Student Last Names (A-Gom)

+ Student Last Names (Gon-Pan)

+ Student Last Names (Pap-Z)

Guidance Counselors -

- Academic/High School Planning
- College/Career Counseling
- Social Emotional Support

+ Student Last Names (A-Cru)

+ Student Last Names (Cu-Ho)

+ Student Last Names (Hu-Mo)

+ Student Last Names (Mu-Sal)

+ Student Last Name (Sam-Z)

1st Person to Find...

Guidance Calendar

Guidance Calendar:

ETHS Website > Guidance

Scroll to the bottom of the page

Click [HERE](#) to show

Guidance Calendar						
< OCTOBER 2026 >						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29 🔔 Freshman Classroom Lesson All Day	30 🔔 Freshman Classroom Lesson All Day	1	2 🔔 Future Ready College Visit: UC Santa Barbara 9:25 AM - 10:10 AM ETHS Bailey Innovation Center	3
4	5	6	7 🔔 SVUSD College & Career Fair 5:00 PM - 8:00 PM Laguna Hills High School, 25401 Paseo De Valencia, Laguna Hills, CA 92653, USA	8 🔔 Future Ready CA Event for Seniors! All Day	9 🔔 Future Ready CA Event for Seniors! All Day	10
11	12	13	14 🔔 Junior Classroom Lesson All Day	15	16	17 🔔 PSAT (Practice SAT) Test All Day

1st Person to Find...

Graduation Requirements

Graduation Requirements:

**ETHS Website > Guidance >
High School Planning >
SVUSD Grad Requirements**

Click [HERE](#) to show

High School Planning

– SVUSD Graduation Requirements

Students must complete the following requirements:

- Earn a minimum of 220 credits of coursework: 165 required credits & 55 elective credits

SUBJECT	REQUIREMENT
English	40 credits
Math	30 credits
Science	30 credits
Social Studies	30 credits
Health	5 credits
Physical Education	20 credits
Visual or Performing Arts, World Languages or Career Technical Education	10 credits
Electives	55 credits

1st Person to Find...

Mental Wellness Resources

Mental Wellness Resources:

**ETHS Website > Guidance >
Social-Emotional Wellness**

Click [HERE](#) to show

Social-Emotional Wellness Wellness Resources

- + Mental Health Resources
- + Retreat
- + Virtual Relaxation Room
- + Wellness Apps
- + Wellness Wednesdays



Now, find ...

Freshman Resource Folder

- Type the link below in your browser:

tinyurl.com/FreshmanResources

- Find the **Club List 2026-2027** and write down 3 clubs you want to join/explore this year on your Worksheet
- Explore all of the resources in this folder

THANK YOU!



Please email us with any questions
or stop by our office.

