

4 Year College/IB Freshman Grade Level Meeting

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Agenda

1. College Terms to Understand A-G, GPA, Grades & Rigor, Selectivity, and Admit Rate
2. How to Read SHS Transcript
3. Beyond the Classroom
4. College Admissions Exams
5. Naviance (Sequoia's college research & organization software)
6. What you can do now

Creating a Culture of Care

Students

- Refrain from sharing or comparing college lists
- Be mindful of what you say to another student about your opinion on a college(s)
- Wait until you are off campus or at home to open any updated admissions decisions
- Be mindful of and sensitive to what you post on social media

Parents

- Celebrate every college decision
- Consider opening each admin decision at home w/ loved ones
- Be mindful of and sensitive to what you post on social media
- Don't ask your friends about their child's outcomes
- Mindful of discussing with extended family
- Choose a weekly time to discuss college planning, limit discussion to that time

Staff

- Refrain from asking students which college they are applying to/admitted. Consider asking about the process instead.
- Celebrate students and their journey

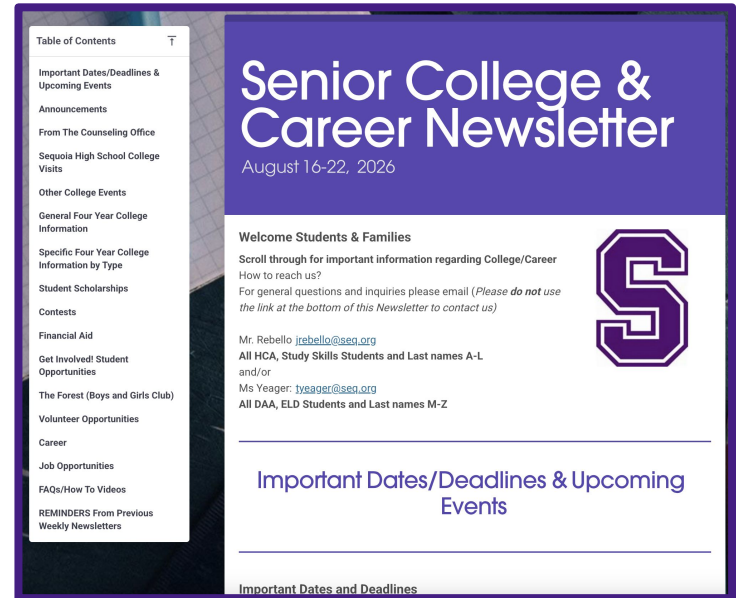
Weekly Newsletter

Is the main source of information surrounding the college application process specific to Sequoia

- ALL student opportunities that come through College/Career Center are published in email

IF a student is not receiving the email, after checking SPAM folder, email Rebello/Yeager

PARENTS: If you use a different email, you need to change it on Infinite Campus through Counseling Office to change it on Naviance



Understand College Subject Requirements

College Term: A-G Coursework

- **A–G coursework** is the name given to the series of courses required for admission to the University of California (UC) and to California State University (CSU). Each high school has an approved list of courses.
- Become familiar with A–G courses at your student’s high school.
- Encourage your student to challenge themselves by taking Honors and IB courses in their strongest subjects starting in the sophomore year to be a competitive student

A-G Subject Areas	CSU Requirements	UC Requirements
A History/ Social Science	2 years of approved courses, including: • One year of US History or one-half year of US History and one-half year of American Government • One year of other approved social science	2 years of approved courses, including: • One year of US History or one-half year of US History and one-half year of American Government • One year of World History, Cultures, & Geography
B English	4 years of approved English courses	4 years of approved English courses
C Mathematics	3 years of approved courses, including: • One year of Algebra I or Math I • One year of Geometry or Math II • One year of Algebra 2 or Math III 4 years of Math strongly recommended.	3 years of approved courses, including: • One year of Algebra I or Math I • One year of Geometry or Math II • One year of Algebra 2 or Math III 4 years of Math strongly recommended.
D Science	2 years of approved courses, including: • One year of a biological science • One year of a physical science Integrated and/or interdisciplinary coursework can meet these requirements.	2 years of approved courses that include or integrate fundamental knowledge in: • 2 of these 3 subjects: biology, chemistry, or physics Approved interdisciplinary or earth & space sciences coursework can meet one year of the requirement. 3 years of Science recommended.
E Language Other than English (LOTE)	2 years of approved Language Other Than English coursework (or equivalent to the 2nd level of high school instruction). Two yearlong courses in different languages are accepted. Two years in the same language is recommended.	2 years of approved Language Other Than English coursework (or equivalent to the 2nd level of high school instruction) in the same language. 3 years of LOTE recommended.
F Visual and Performing Arts (VAPA)	1 year of approved Visual or Performing Arts coursework, in dance, theatre, music, visual arts or interdisciplinary arts.	1 year of approved Visual or Performing Arts coursework in the same discipline of dance, theater, music, visual art or interdisciplinary arts.
G College-Prep Elective	1 year of additional approved coursework from any A-G subject area.	1 year of additional approved coursework from any A-G subject area.

UC Case Study: Minimum vs Competitive 4 Yr Plan

COURSEWORK: CHOOSE WELL AND DO WELL — TWO CASE STUDIES

Below are examples of two students' high school coursework. Student A took 15 courses by the end of his senior year, the minimum number to qualify for admission. Student B took 23 courses, including one community college course. Taking into account only the academic records below, Student B is more likely to be accepted to the university and selected by her top-choice campuses. By taking honors and Advanced Placement courses and going well beyond the minimum requirement, this student shows that she can do well in college.

STUDENT A

"a–g" SUBJECT CATEGORY	9TH GRADE	10TH GRADE	11TH GRADE	12TH GRADE
a. History		World History	U.S. History	Government
b. English	English 1	English 2	English 3	English 4
c. Math	Algebra 1	Geometry	Algebra 2	
d. Lab Science		Biology	Chemistry	
e. Language Other Than English		Spanish 1	Spanish 2	
f. Visual and Performing Arts		Band 1		
g. College Preparatory Electives (AP) from a.–f.				Economics

STUDENT B

"a–g" SUBJECT CATEGORY	9TH GRADE	10TH GRADE	11TH GRADE	12TH GRADE
a. History		World History	AP U.S. History	Government
b. English	English 1	English 2	Honors English 3	AP English Literature
c. Math	Geometry	Algebra 2	Honors Pre-Calculus	AP Calculus
d. Lab Science		Biology	AP Chemistry	AP Physics
e. Language Other Than English	Spanish 1	Spanish 2	Spanish 3	AP Spanish
f. Visual and Performing Arts	Theater 1	Theater 2	Adv. Acting 1 & 2*	
g. College Preparatory Electives (AP) from a.–f.	Physical Science		Psychology	Economics

*concurrent enrollment community college

Grades(GPA), Rigor, and High School Transcript

Usually the two most important factors in admission selection

GPA is looked at differently by each school

- Most Private Colleges do not have a minimum GPA
- UC minimum is 3.0
- CSU minimum is 2.5

Rigor

- Choose courses that will challenge you while also studying topics you are interested in
- Selective/Competitive schools are not just looking for minimum coursework and GPA
 - Once a student chooses a course they must get a good grade to be competitive.
- Students must receive a “C-” or higher for A-G credit (and most colleges)

NOTE: IT is not always easy to makeup a “D” in summer school because of budget cuts so try best to pass the class

Cumulative Weighted GPA –HP

Includes IB courses given extra point
 --This is the GPA SHS uses for private colleges

Cumulative Unweighted GPA-

All courses taken at SHS

CA Cal Grant GPA-

10-11th (no PE, college or remedial courses)

Weighted 10-12 A-G GPA -

Only includes A-G course work (courses –P)

A-G Courses – P

Approved UC/CSU courses

GPA Summary			
Cumulative GPA (Weighted)		2.847	
Cumulative GPA (Unweighted)		2.792	
CA Cal Grant GPA		2.792	
Weighted 10-12 A-G GPA		2.875	
#4136693 Sequoia High School			
Course	Mark	Weight	Credit
2023-2024 Grade 09 Term 1			
203000 Life Skills	B+	2.5000	2.5
160170 PE-1 Q1	B+	2.5000	2.5
Credit: 5.000 GPA: 3.000 U/W GPA: 3.000			
2023-2024 Grade 09 Term 2			
132407 Algebra I-P	B+	5.0000	5
173000 Biology-P	A	5.0000	5
051182 English I ICAP-P	B	5.0000	5
191400 Ethnic Studies	A	2.5000	2.5
160270 PE-1 Q2	B-	2.5000	2.5
076100 Spanish I-P	D	5.0000	5
Credit: 25.000 GPA: 2.900 U/W GPA: 2.900			
2023-2024 Grade 09 Term 3			
160370 PE-1 Q3	B+	2.5000	2.5
Credit: 2.500 GPA: 3.000 U/W GPA: 3.000			
2023-2024 Grade 09 Term 4			
132407 Algebra I-P	B	5.0000	5
173000 Biology-P	B	5.0000	5
051182 English I ICAP-P	C	5.0000	5
191500 Ethnic Studies-P	B	5.0000	5
160470 PE-1 Q4	B	2.5000	2.5
076100 Spanish I-P	C-	5.0000	5
Credit: 27.500 GPA: 2.636 U/W GPA: 2.636			
2024-2025 Grade 10 Term 2			
010100 Art I-P	A	5.0000	5
169300 Ath Football	CR	3.5000	3.5
174000 Chemistry-P	B	5.0000	5
052082 English II-ICAP-P	C	5.0000	5
133011 Geometry-P	B	5.0000	5
076200 Spanish II-P	D	5.0000	5
191180 World History ICAP-P	C	5.0000	5
Credit: 33.500 GPA: 2.500 U/W GPA: 2.500			
2024-2025 Grade 10 Term 4			
010100 Art I-P	A-	5.0000	5
169308 Ath Track & Field	CR	3.5000	3.5
174000 Chemistry-P	C	5.0000	5
052082 English II-ICAP-P	C	5.0000	5

195090 IB Psychology SL-HP	B	5.0000	5
175000 Physics-P	B	5.0000	5
192000 US History-P	A-	5.0000	5
Credit: 33.500 GPA: 3.333 U/W GPA: 3.167			
2025-2026 Grade 11 Term 4			
769201 CTE Foods & Nutrition-P	B+	5.0000	5
053000 English III-P	B	5.0000	5
135492 IB Math Applications Prep-P	C-	5.0000	5
195090 IB Psychology SL-HP	C	5.0000	5
175000 Physics-P	B	5.0000	5
192000 US History-P	B-	5.0000	5
Credit: 30.000 GPA: 2.833 U/W GPA: 2.667			
In-Progress Courses			
193000 American Govt-P			0.000
016600 Ceramics I-P			0.000
769202 CTE Culinary Arts-P			0.000
054000 English IV-P			0.000
173200 Human Biology-P			0.000
136900 Statistics-P			0.000
Credit Summary			
Curriculum Program: SUHSD Grad Req 2025 and above			
SUHSD			
Requirements	Earned	Required	Remaining
CTE/World Language III and above	10.000	10.000	0.000
Electives	50.500	60.000	9.500
English	30.000	40.000	10.000
Ethnic Studies	7.500	7.500	0.000
Life Science	10.000	10.000	0.000
Life Skills	2.500	2.500	0.000
Math	20.000	20.000	0.000
Physical Education	20.000	20.000	0.000
Physical Science	10.000	10.000	0.000
Social Studies	20.000	30.000	10.000
Visual and Performing Arts (Fine Arts)	10.000	10.000	0.000
Total	190.500	220.000	29.500

Beyond The Classroom

Colleges want to know what the student does outside of the classroom. They do not value one activity over another - want to know what you do with your time

	9 th	10 th	11 th	12 th
Inside School	try out clubs and activities	Choose one or two activities you want to commit to in high school Become an active participant!	Become a formal leader or plan an event within the club. Commit to the club beyond lunchtime meeting	As a leader, make responsible decisions that create an impact at school
Outside School/	•Learn about community service opportunities •Continue outside activities of interest	•Commit to a volunteer opportunity for 1 hr a week •Continue outside activities of interest	•Continue volunteering •Continue outside activities of interest	•Continue Volunteering •Continue outside activities of interest

Interest > Exploration > Deeper Engagement > Contribution > Reflection

Transformational over Transactional

Be Active Outside of the Classroom

College Term: *Sustained Commitment*

- **Sustained Commitment:** Participating in a few activities over a long period of time is much better than “collecting hours” – one hour on this and another on something else
- Students consider completing about 100 hours a year in outside activities that they **enjoy!**
 - **About 3 hrs a week**
- Should include community service
- Students should be **able to write about why** they chose the activities they did- How did you make an impact?
- Do what you are interested in not what “looks good on an application”

“What’s cool to you, is cool to us”-- Rice University Admissions Office

College Admissions Exams: PSAT/SAT/ACT

Colleges are rethinking their testing policies and policies are continually changing

TERMS:

- **Test Optional**
 - Student may submit test score or not
- **Test Free (formerly Test Blind)**
 - Do not use test scores in admissions (IE:UC/CSU)
- **Test Flexible**
 - Students have options of turning in a standardized test

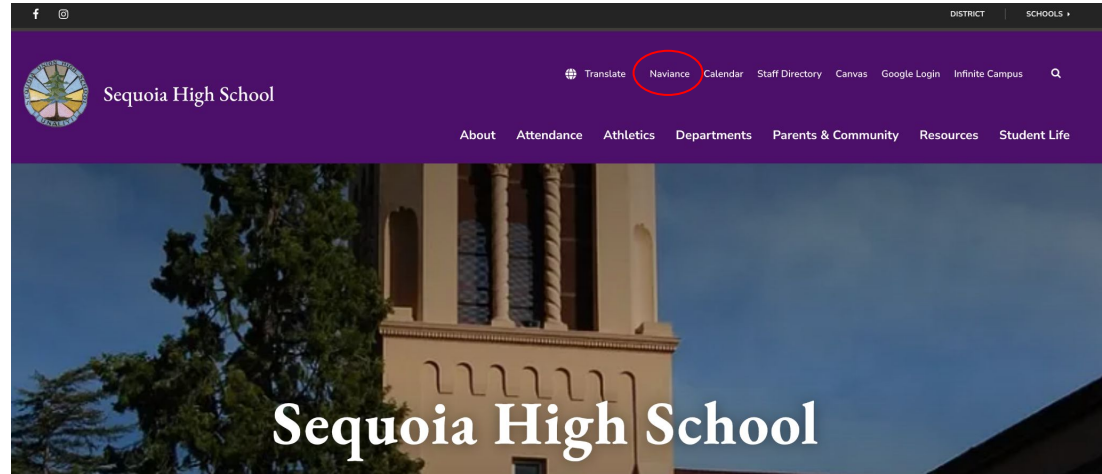
Fair Test Website: 2085 colleges are either test blind or optional

Note: 11th/12th Graders - Register on own through College Board/ACT

If you need accommodations, you need to get approved by SAT and/or ACT How to request at SHS are on website under SAT ACT

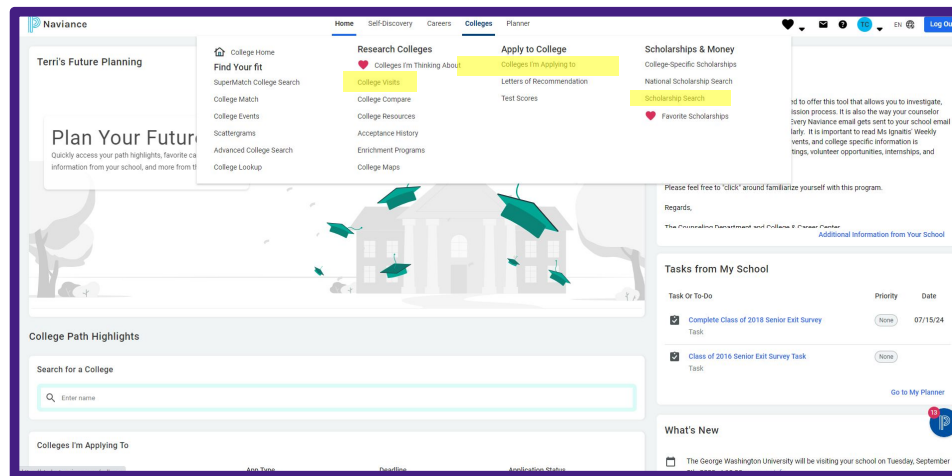
Naviance

- College information and organizational software purchased for all Sequoia students
- Students have accounts (single sign on with Sequoia Google credentials)- parents' account available by contacting counselor but not needed
- Access through Sequoia's website



Naviance: How to engage with Naviance in 9th grade

- Add colleges you are researching to ***“Colleges I’m Thinking About”***
- Sign up for ***College Visits***
- Research scholarships on ***Scholarship List***
- Start your ***Resume***



Naviance: Colleges I'm Thinking About

If the School is on your list and visits SHS you will be emailed

Quick Links

MORE SEARCH OPTIONS

[SuperMatch®](#)

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MY COLLEGES

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[Colleges match](#)

[Colleges Visits](#)

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COLLEGE RESEARCH

✓ Confirmation

1 colleges successfully added

Close

Colleges I'm thinking about

Search for colleges

+ Add Colleges to List

Compare Me

UPDATE INTEREST

MOVE TO APPLICATION LIST

REMOVE

= extended profile available

College	Delivery type	Added By	Expected Difficulty*	Application Deadlines	Interest	
☐ California State Polytechnic University-Pomona		Student	N/A	Other (Fall Admission) November 30	N/A	SEND AN EMAIL SCATTERGRAMS VISIT WEBSITE MORE
☐ University of Michigan-Ann Arbor		Student	N/A	Multiple Deadlines	N/A	
☐ University of Southern California - School of Cinematic Arts		Student	N/A	N/A	N/A	

Naviance: College Visits



[Home](#)
[Self-Discovery](#)
[Careers](#)
[Colleges](#)
[Planner](#)
[About me](#)





[EN](#)

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Quick Links

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[Colleges match](#)

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COLLEGE RESEARCH

[College resources](#)

[Acceptance history](#)

[College match](#)

[College Compare](#)

College Visits

Search for colleges

SEPTEMBER Tue 01 01:00PM	Temple University Japan College and Career Center, Room 115	View Details
SEPTEMBER Tue 01 02:00PM	University of the Pacific College and Career Center, Room 115	View Details
SEPTEMBER Thu 03 09:00AM	Washington State University - Pullman College and Career Center, Room 115	View Details
SEPTEMBER Tue 08 08:30AM	Reed College College and Career Center, Room 115	View Details
SEPTEMBER Tue 08	Menlo College College and Career Center, Room 115	View Details

Resume

The screenshot shows the 'About me' dropdown menu on the Sequoia High School website. The menu is open, showing options: 'About me home', 'Documents and notes', 'Document resources', 'Resume' (circled in red), 'Goals', 'Portfolio', 'Journal', 'Test scores', and 'Documents shared with me'. To the right, there is a 'Surveys' section with links to 'Surveys from your school' and 'Game plan survey'. Below the menu, there is a 'No Path Selected' message with a 'Select Path' button. The background of the website is purple with a white paper airplane graphic.

Home Self-Discovery Careers Colleges Planner **About me** EN

No Path Selected
after high school and select the path that will lead to future success.

[Select Path](#)

Documents and notes

- About me home
- Document resources
- Resume**
- Goals
- Portfolio
- Journal
- Test scores
- Documents shared with me

Surveys

- Surveys from your school
- Game plan survey

this tool that allows mission process. It i with you. Every Navi check your email regt tiis/Yeager where al on is presented. Or ships, and scholarst

f with this program.

Regards,

The Counseling Department and College & Career Center

[Additional Information from Yo](#)

- Update: **Resume**
- Complete Required Surveys: **Surveys from Your School**

What you can do to figure out about colleges now

- Sign up for college visits at Sequoia (listed on Naviance) - Happening NOW!
- Go on college websites and register as a student interested in their college
- Attend colleges events/fairs
 - Check out Newsletter

Upcoming Presentations for 9th Graders

SPRING

- Rebello/Yeager will meet with students to go over their transcripts and A-G Requirements, create a resume
- Counselors complete a 4-YR plan with all 9th graders individually

Help From the College & Career Center

Parents/Guardians - encourage your students to advocate for themselves when they have questions

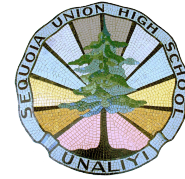
- Students can drop in the College/Career Center at lunch if they have questions
- Make it a habit to read the Weekly Newsletter
- Attend college events at Sequoia as well as off campus

Ninth Grade College Day

- Wednesday, October 21, 2026
- All 9th graders will be visit local colleges and universities
- Complete the permission slip today: <https://bit.ly/CollegeDay26>



SEQUOIA HIGH SCHOOL EDUCATION FOUNDATION (SHSEF)



\$650,000+ donated annually ensures that every Sequoia student has the opportunity to reach their highest potential. Your investment provides Juniors with on-campus PSAT and SAT, additional college and mental health counselors, after school tutoring, and many other programs.



**Academic & Arts
Enrichment**



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& Wellness**



What you can do: Donate at any level, volunteer to help.
Visit shsef.org.

