

4 Year College/IB Sophomore Grade Level Meeting

Teresa Yeager (she/her/ella)
College & Career Advisor
tyeager@seq.org

Joel Rebello (he/him)
College & Career Advisor
jrebello@seq.org

Elisa Niño-Sears
IB Coordinator (she/her/ella)
eninosears@seq.org

Estreya Zamora (she/her/ella)
IB Administrative Assistant
ezamora@seq.org

Q & A will follow our presentation on IB and college

We will answer questions in the Q & A at the end of each presentation

Sophomore Grade Level 4-Yr Bound College Information Meeting September 23, 2026

Mr. Rebello: All HCA, Study Skills Students and Last names A-L

Ms. Yeager: All DAA, ELD Students and Last names M-Z

Topics

1. General Admission Requirements
2. College Admissions Testing
3. Developing a Strong Applicant beyond Grades/Test Scores
4. Naviance as a resource and tool

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

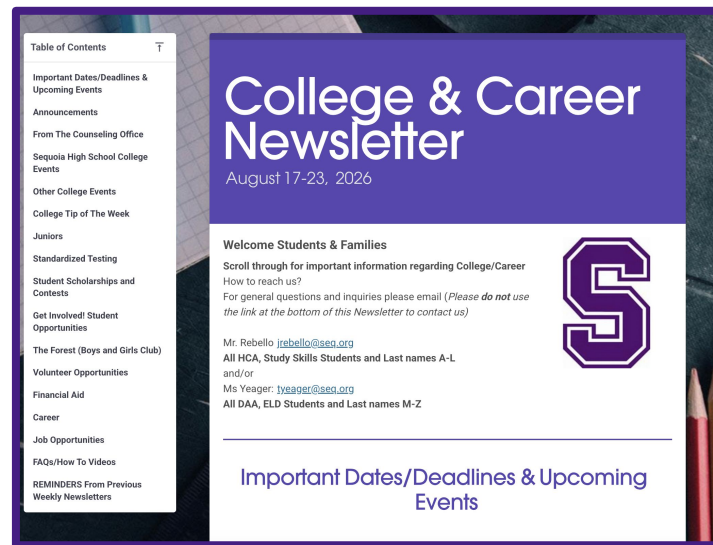
Weekly Newsletter

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



Application Terms

Holistic Review-Look at the whole person within context of applicant's life (including educational, family and community experiences)

Comprehensive Review-Certain factors beyond course work, grades, and test scores

-UC uses 13 comprehensive review factors in their holistic review process

Impacted-More students apply than space available (term mainly used within California public college admissions)

Eligibility-Meets all minimum requirements (GPA, coursework, etc.)

Selectivity-% of admits/applications

- Lower %, the harder it is to be admitted
- Highly selective 4-20%
- Selective 20-30%

Eligibility v Selectivity-If planning on going to an impacted or competitive college, must go beyond the minimum eligibility

General Minimum Admissions Requirements: CSU/UC/Private Colleges/Out of State Public

California State University (CSU)



University of California (UC)



Common Application (CA)/Private

Out of State Public



California State University (CSU)

Minimum Course Work: A-G Completion (VPA/World Language changes)

Minimum GPA: 2.5 Weighted

Minimum SAT/ACT: not used in admission

Required School Documents: None when application is submitted

Letters of Recommendation: Not Required

Admission Factors: Based on GPA and A-G coursework, some school use other factors

GPA Summary	
Cumulative GPA (Weighted)	3.276
Cumulative GPA (Unweighted)	3.171
CA Cal Grant GPA	3.000
Weighted 10-12 A-G GPA	3.136



CSU Eligibility v Selectivity

Example

San Mateo County Local Campuses:

San Francisco State and Cal State East Bay

– **If meet minimum eligibility**, will be admitted

17/22 in all majors were not impacted (Fall 2023)

Impacted CSU Campuses:

SLO*, San Diego, Long Beach, Fullerton, San Jose, Fresno

- selective/competitive 3.5 GPA ^

Good News:

94% of CA applicants were admitted to CSU if met admission requirement

Campuses use different Supplemental Factors for Impaction

Some campuses are fully impacted

Some programs/majors within on a campus are impacted

You can look at the “Multiple Factors” each campus uses to determine admission each year

- First Time Freshman Supplemental Factors by Campus
- Impacted Undergraduate Majors and Campuses 26-27

Examples: Cal Poly and San Jose

Admissions

FIRST-YEAR STUDENT ▾ TRANSFER STUDENT ▾ GRADUATE STUDENT ▾ INTERNATIONAL STUDENT ▾

Cal Poly requires you to declare a major when submitting your application. Our selection process considers many factors for admission in an objective format in which applicants compete against other applicants within the same major. When we review your application, we consider:

Your Intended Program of Study

We evaluate and admit students by their major. Admission is competitive in all majors.

Course Work

We look at the college-prep course work you have taken during high school, including the courses you have in progress or planned during 12th grade. Our selection process is based on your self-reported information. Please do not send us official transcripts unless we request them.

→ HIGH SCHOOL COURSE REQUIREMENTS.

GPA

For the purposes of your application, we'll consider your 9th-11th grade weighted GPA. That number is calculated from college-prep course work as designated on your application. Weight is granted for courses designated as "honors," "college-level," "advanced placement" or "international baccalaureate" for up to eight semesters.

Standardized Test Scores

Test scores for Fall 2021 admission decisions will NOT be considered.

Dates and Deadlines

Selection Criteria for First-Year Students

- First-Year Student Profile
- High School Course Requirements
- Testing Information (ACT/SAT)
- Application Resources
- Cost and Aid
- Once You're Accepted

Admit by Major

Freshmen applicants to programs in the College of Engineering will be ranked using a modified eligibility index that will take into consideration applicants' math GPA in addition to the factors listed above.

Impaction Consideration
Factor: College of Engineering
Only

Impaction Point
Calculation Value

Math Coursework Grade Point Average (GPA) 400 points x Math GPA

[See specific impaction results for freshmen](#)

University of California (UC)

Minimum Course Work: A-G Completion

Minimum GPA: 3.0 Weighted

Minimum SAT/ACT: not used in admission

Required School Documents: None when application is submitted

Letters of Recommendation: Not Required

Admission Factors: Look at 13 factors “Comprehensive Review” or “Holistic Review”, includes review of transcript, personal written work (PIQs), and a list of activities

Other: Some UC Majors (i.e., performing arts and nursing) require supplemental info

GPA Summary	
Cumulative GPA (Weighted)	3.276
Cumulative GPA (Unweighted)	3.171
CA Cal Grant GPA	3.000
Weighted 10-12 A-G GPA	3.136



Look at Percentiles over Averages for Selectivity

Warning by UCLA to use data with caution

50% of students fall between the 25%-75% percentiles range

25% of the students are higher
25% of the students are lower

[Home](#) > [Campuses & majors](#) > [UCLA](#) > Freshman admit data

UCLA: First-year admit data

This is a snapshot of the admitted first-year class for fall 2024.

Please be cautious in drawing conclusions from this information. Use it as a general guide to selectivity and **not** as a predictor of your chance for admission to UCLA.

Admit data



GPA of middle 25%-75% students

High School GPA	4.20–4.30
-----------------	-----------

Out of State Public Colleges

Application: Application vary by college

Opens: Vary

Deadline: Vary, some with rolling admissions

Minimum Requirements: Tend to align with California A-G requirements, variations in world language requirements, etc...GPA calculation varies by institution

Some are exclusively Common App

EX: University of Michigan and University of Colorado- Boulder

EX: University of Washington

Some exclusively use their own application

EX: Boise State

Some use multiple application platforms

GPA Summary	
Cumulative GPA (Weighted)	3.276
Cumulative GPA (Unweighted)	3.171
CA Cal Grant GPA	3.000
Weighted 10-12 A-G GPA	3.136



Private Colleges

Minimum Course Work: Varies but most is very similar to UC/CSU A-G Requirements

Minimum GPA: Most do not have GPA requirement

-look at the degree of competition of the college on the student/freshman profile page

Minimum SAT/ACT: No minimum score. Some colleges are currently test optional. We strongly encourage you to visit each school's website and/or ask admissions rep about this.

Required School Documents: Transcript, School Report from Counselor, School Profile

Letters of Recommendation: Varies, but most require

Admission Factors: Varies, but "Comprehensive Review" or "Holistic Review" includes review of transcript, personal written work, and a list of activities

Other: Some colleges REQUIRE supplemental essays and questions

GPA Summary	
Cumulative GPA (Weighted)	3.276
Cumulative GPA (Unweighted)	3.171
CA Cal Grant GPA	3.000
Weighted 10-12 A-G GPA	3.136

Standardized Testing (SAT/ACT)

Major Testing Requirement Changes since Covid (Continue)

- Need to research individual schools (it changes year to year)

Terms to Know and Research

- ***Test Flexible***
- ***Test Optional***
 - student chooses to submit or not when applying
- ***Test Blind***
 - colleges not consider test scores when applying

Worried about Test Optional

“Always been a holistic review process and now even more is” --Kenyon College

	How to Sign Up	9 th	10 th	11 th	12 th
PSAT	No registration Taken during school day			2 nd or 3 rd Wed in Oct	
SAT School Day	Register with College & Career Center on Sequoia's Campus			Spring	
SAT Reasoning	Register on own www.sat.org Pay fee			Spring March, May	Fall If needed
ACT	Register on own www.act.org Pay fee			Spring Feb, April	Fall If needed
IB	Register with Ms. Nino-Sears			May	May

Prepare To Be A Strong Applicant

- Go beyond the minimum A-G course work (CSU/UC)
- Grades are the most important factor in admission
 - Maintain high GPA
 - Retake courses with grades lower than a “C”
- Take some IB courses
 - Can receive up to 8 semester honors points to add to your GPA (CSU/UC)

UC STEM (examples of what readers see on competitive applications for students applying to STEM majors, UC Conference 2023)

Maximize Activities and Awards

- Concurrent enrollment - STEM related courses
- Attend STEM Related Programs
- Projects - passion for STEM - rebuilding new car, creating app
- Utilize the Personal Insight Questions
- Volunteer in STEM related fields

What is your impact? Time to get involved

- Get involved in things you are passionate about.
- Demonstrate commitment, leadership, and growth



“We don’t care about what you do, we care that YOU care about what you do”

- Brown Admissions Quote About A Student’s Activities

	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

How To Prepare Now

What you can do to figure out what type of college is the right fit

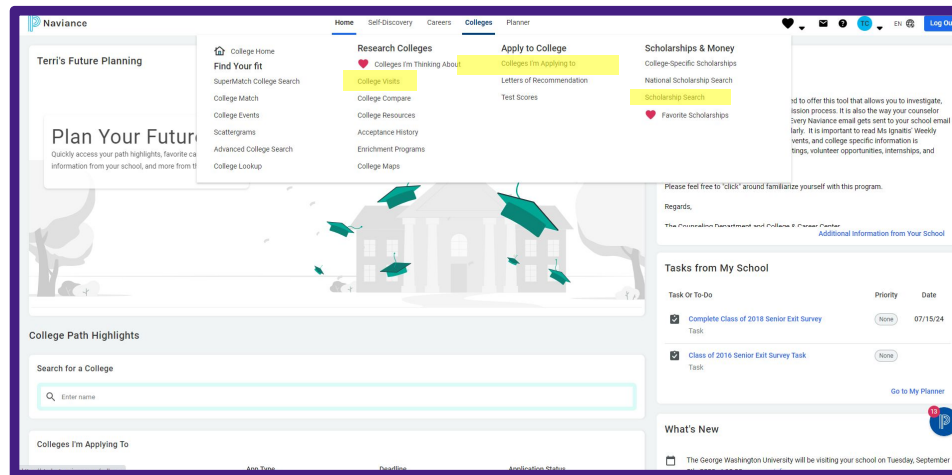
- Sign up for college visits at Sequoia (listed on Naviance)
- Look at College Events in Weekly Newsletter
- Attend virtual or in person college fairs
 - NACAC Virtual College Fairs
- Connect with colleges on their websites

Things to Think About Now

- How are your grades? Do you have any D's or F's that would make you ineligible to apply for college? *(sign up for credit recovery program with counselor)*
- Are your courses rigorous enough? *Consider an IB Class.*
- ALWAYS update your extracurricular activities log in Naviance resume. *Babysitting, working, sports, clubs, community involvement*
- Enter Contests and Scholarships - *Naviance/Weekly Newsletter*
- Attend College Fairs to learn what colleges offer- *Weekly Newsletter*
- Read the Weekly College & Career Newsletter

Naviance: How to engage with Naviance in 10th grade

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

Advanced college search

College lookup

MY COLLEGES

Upcoming college events

Colleges match

Colleges Visits

Colleges I'm thinking about

Colleges I'm applying to

Letters of recommendation

BY POWER SCHOOL

Confirmation
1 colleges successfully added

Colleges I'm thinking about

+ 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
☐ 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

SEND AN EMAIL SCATTERGRAMS VISIT WEBSITE

Naviance: College Visits

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

[EN](#)
[Log Out](#)

Quick Links

MORE SEARCH OPTIONS

[SuperMatch®](#)

MY COLLEGES

[Colleges match](#)

[Colleges Visits](#)

COLLEGE RESEARCH

[College resources](#)

[Acceptance history](#)

[College match](#)

[College Compare](#)

College Visits

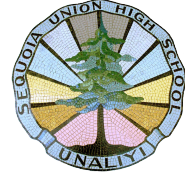
Search for colleges

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

Things to Prepare

1. Get the best grades you can
2. When choosing courses for 11th and 12th grades, make sure you have include rigorous courses if planning on applying to competitive colleges
3. Find out what you want in a college
 - NOT JUST THE NAME aka “It is a good school”
4. By the end of your junior year, have a good idea of what colleges you may want to apply to
5. Make an impact in your community - Get Involved!

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**



**College & Career
Preparedness**



**Mental Health
& Wellness**



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

