10th Grade Fall Family Guidance Night

2026



Meet Your School Counseling Team



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Last Names: RON-Z
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- Encourage your student to meet with their counselor!
- Drop ins brunch and lunch
- Appointment request form on the FHS website & QR codes in the office
- Email us with questions

AGENDA

- 6:00-6:30 10th grade Parent meeting
  - Importance of 10th Grade
  - Options after Fremont: Overview and Preparation
  - 10th Grade Career Exploration
- 6:40-7:50 Break Out Sessions

LETS GET STARTED



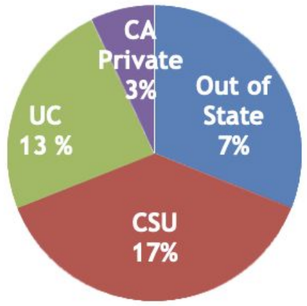
Class of 2029

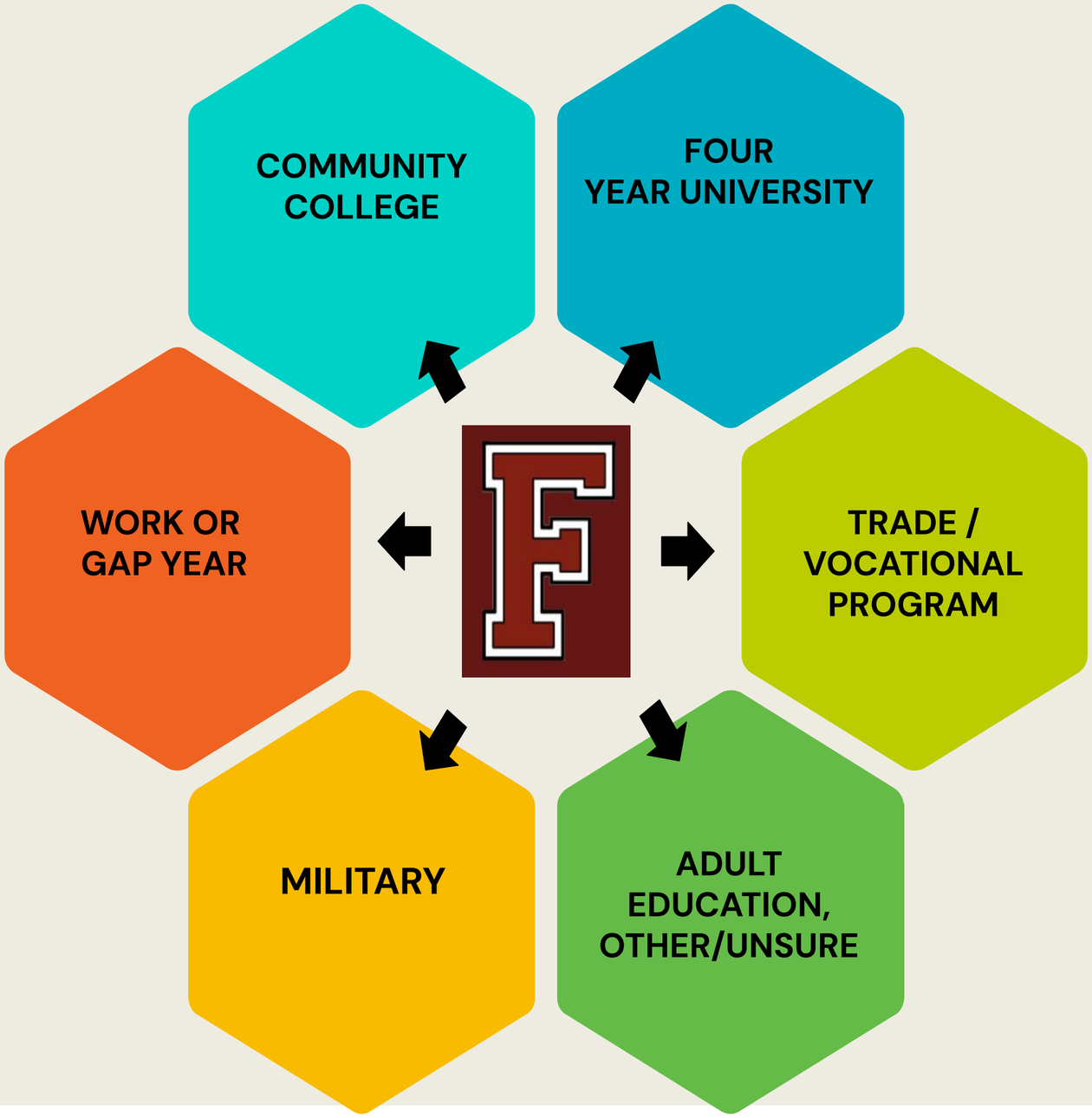
What should 10th graders be doing?

- Students should be getting involved in activities that are meaningful to them / building positive connections
- Doing their best in their classes - sophomore year grades count towards the A-G GPA for UC/CSU's
- Thinking and exploring potential career options and potential classes that align with those career options
- If students do not know what they would like to do yet (very normal), continue to take A-G classes to keep options open
- Reaching out to teachers and working with them if they need help in their classes - take advantage of tutorials and after school tutoring in Students for Success

Options After High School

Class of 2025 Post-Graduation	
4 Year College/University	40%
2 Year College	42%
All Colleges	82%
Unknown or Other	18%





COLLEGE ELIGIBILITY INFORMATION

CSU-22
(California State University)

YOU NEED…

-A-G COURSES

- MINIMUM 2.5 A-G GPA

-"C" OR HIGHER IN A-G COURSES

No SAT/ACT Required

-Hands-on learning
-Prepares students for current & future workforce demands
-Impaction:
- Campus level
- Program/Major level

-No essays or letters

Application window Oct 1st to Nov 30th

Apply on **CSU Application**

UC-9
(University of California)

YOU NEED…

-A-G COURSES

-MINIMUM 3.0 A-G GPA

-"C" OR HIGHER IN A-G COURSES

-No SAT/ACT Required

PERSONAL INSIGHT QUESTIONS (PIQ)

-Research institutions

-Eligibility vs. selection: Apply broadly

-PIQ's are viewed as an interview

-Provide context

-No letters of rec

Application submission open from Oct 1-Nov 30th

Apply on: **UC Application**

PRIVATE/ Out-of-State

YOU NEED…

-REQUIRED COURSES VARY

-GPA VARIES (USUALLY 3.0+)

-**CHECK EACH SCHOOL RE:** SAT OR ACT WITH WRITING

-**CHECK EACH SCHOOL RE:**

-PERSONAL ESSAYS

-LETTER OF RECS

-Research each school for requirements

-Letters of rec usually required

-Supplemental essays

-Extracurriculars, leadership, commitment

-Western Undergraduate Exchange (WUE)

Application Deadline Varies

Apply on: Check each college website on how to apply

Community College-115

YOU NEED…

-DIPLOMA/GED

-NO GPA

(2.0 RECOMMENDED FOR FINANCIAL AID)

-Transfer agreements (TAG, ADT)

-Certificate or Degree

-Every college offers different programs

-Do research and visit! (support and outreach program)

-Have an idea of what you want to do/study

-CA Promise

-Placement based on HS Transcript

Deadline: Rolling

Must complete Orientation before you Enroll

California Public Schools

University of California (UC)



California State University (CSU)



Private and Out of State Schools

Private Schools in California



Main AICCU Campuses by Region*

1. Northern California (1)

Simpson University	Redding

2. SF Bay Area (19)

California College of the Arts	San Francisco
Calif. Institute of Integral Studies	San Francisco
Dominican University of California	San Rafael
Golden Gate University	San Francisco
Holy Names University	Oakland
Institute of Transpersonal Psychology	Santa Clara
Mills College	Oakland
Notre Dame de Namur University	Belmont
Pacific Union College	Angwin
Palo Alto University	Palo Alto
Saint Mary's College of California	Moraga
Samuel Merritt College	Oakland
San Francisco Art Institute	San Francisco
San Francisco Conservatory of Music	San Francisco
Santa Clara University	Santa Clara
Saybrook University	San Francisco
Stanford University	Stanford
Touro University - California	Vallejo
University of San Francisco	San Francisco

3. Central Valley (4)

Fresno Pacific University	Fresno
Humphreys College	Stockton
University of the Pacific	Stockton
William Jessup University	Rocklin

4. Central Coast (4)

California Lutheran University	Thousand Oaks
Fielding Graduate University	Santa Barbara
Thomas Aquinas College	Santa Paula
Westmont College	Santa Barbara

5. Los Angeles/Kern (30)

American Academy of Dram. Arts L.A.	Hollywood
American Jewish University	Bel Air
Antioch University Los Angeles	Los Angeles
Art Center College of Design	Pasadena
Azusa Pacific University	Azusa
Biola University	La Mirada
California Institute of Technology	Pasadena
California Institute of the Arts	Valencia
Chicago School of Prof. Psychology	Los Angeles
Claremont Graduate University	Claremont
Claremont McKenna College	Claremont
Harvey Mudd College	Claremont
Keck Graduate University	Claremont
Loyola Marymount University	Los Angeles
Marymount College	Rancho Palos Verdes
Master's College, The	Santa Clarita
Mount St. Mary's College	Los Angeles
Occidental College	Los Angeles
Otis College of Art + Design	Los Angeles
Pacific Oaks College	Pasadena
Pepperdine University	Malibu
Pitzer College	Claremont
Pomona College	Claremont
Scripps College	Claremont
So. California Univ. of Health Sciences	Whittier
University of La Verne	La Verne
University of Southern California	Los Angeles
Western University of Health Sciences	Pomona
Whittier College	Whittier
Woodbury University	Burbank

6. Orange (7)

Brandman University	Irvine
Chapman University	Orange
Concordia University	Irvine
Hope International University	Fullerton
Laguna College of Art & Design	Laguna Beach
Soka University	Aliso Viejo
Vanguard University of Southern California	Costa Mesa

7. Riverside/San Bernardino (4)

California Baptist University	Riverside
La Sierra University	Riverside
Loma Linda University	Loma Linda
University of Redlands	Redlands

8. San Diego/Imperial (5)

Alliant International University	San Diego
National University	La Jolla
Point Loma Nazarene University	San Diego
San Diego Christian College	El Cajon
University of San Diego	San Diego

*See schools websites for satelite locations.

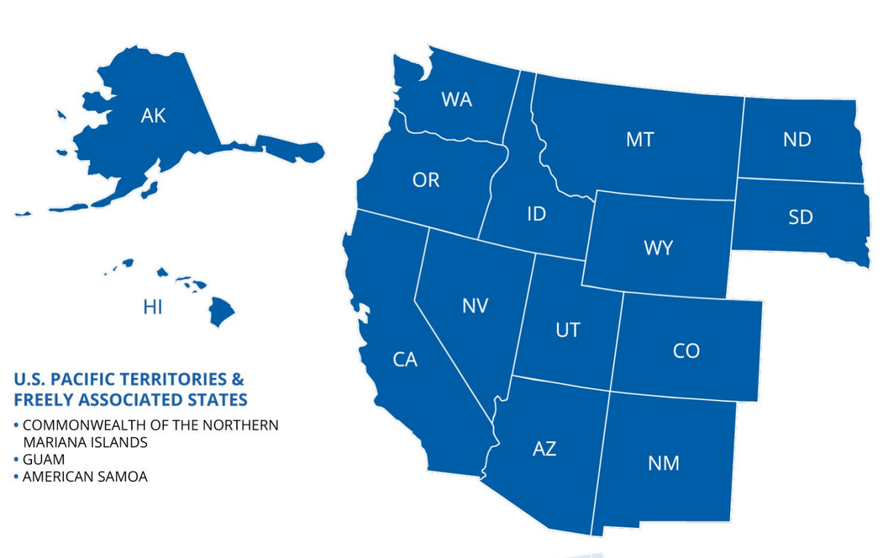
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Colleges Across the Country



Out of State Schools

WUE (pronounced woo-ee)



Colleges Across the Country



WUE
Western Undergraduate Exchange

ATTEND COLLEGE IN THE WEST FOR LESS

How does WUE work?

The Western Undergraduate Exchange (WUE) is a tuition savings program that makes attending out-of-state colleges and universities more affordable for students. Through WUE, you receive a reduced tuition rate, giving you more education options for your money.

Out-of-state tuition is expensive, sometimes two to three times the cost of in-state tuition. With WUE, participating public colleges and universities across the West agree to charge out-of-state students no more than 150% of the school's in-state tuition. Tuition savings may vary depending on the college or major. **The bottom line: You save big with WUE and almost always pay less than out-of-state tuition.**

170 institutions

$12,517 average savings per student

WICHE

How do I get started?

1. **Check your eligibility** by home state/territory, college and major through our online WUE Savings Finder.
2. **Meet admissions requirements and deadlines** for the WUE college.
3. **Apply directly** to the college(s) of your choice.
4. **Contact the college** — it's the best source of information about how you can save money through WUE.



Community Colleges in CA

- Community College can be a great next step after high school
- Community colleges offer certificate programs, associate degrees, and transfer opportunities to 4 year colleges (TAG)
- Save on costs (CA Promise)- tuition may be free for two years
- Often smaller class sizes than large universities

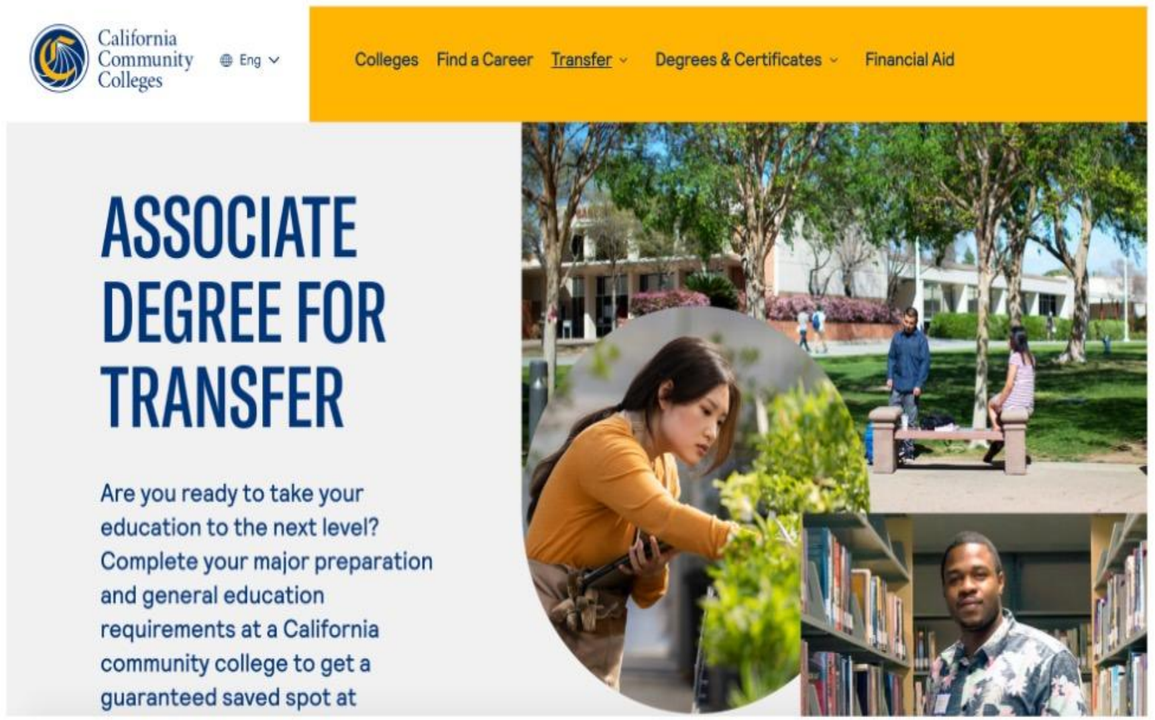


Transfer Route:

Community College → UC/CSU

ADT (CSU)

A Degree with a Guarantee



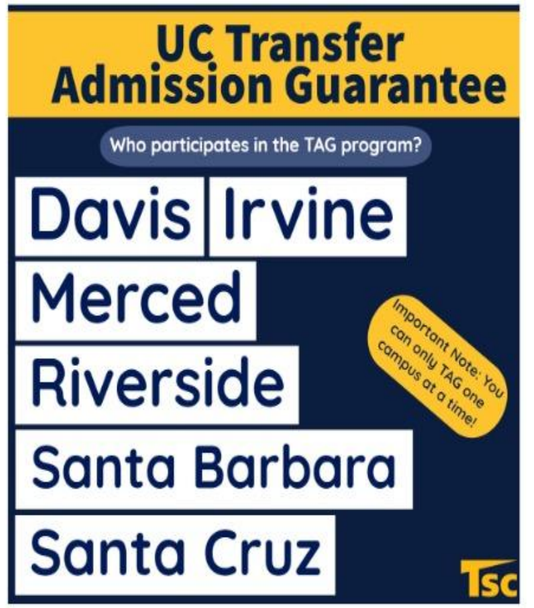
TAG (UC)

Transfer Admission Guarantee
6 out of 9 UC's (most majors)

Admission rates (fall 2026 - CA Resident)

(first-year vs transfer)

- UCLA
  - ➢ **10% → 25%**
- UC Berkeley
  - ➢ **12% → 23%**
- UC San Diego
  - ➢ **24% → 51%**



College Testing

- <u>UC/CSU's & Community Colleges do not require the SAT/ACT</u>
- Check and see if private or out of state schools require testing - each college is different, check university website for most accurate information
- Test optional vs. test blind
- New terms:
  - Test expected/ test preferred
  - Test flexible
- Free Official SAT test prep through Khan Academy

Sophomore Year

CAREER EXPLORATION

- Counselors visit 10th grade classrooms in March
  - Career Activity
    - Career Clusters
    - Identify career interests and strengths
    - Career Matching
- Many students do not know what they want to do yet, and that’s ok
- Trades Fair: April



Career Day

February 2nd

- Students will be able to hear two presentations in different career areas
- Opportunity to learn more about career opportunities and realities



Interested in speaking at the FHS Career Day (2/2)?

- We need speakers!
- Our students greatly benefit from hearing about the career paths of others.
- If you are interested and able to share more about you career, please sign up using this QR Code!

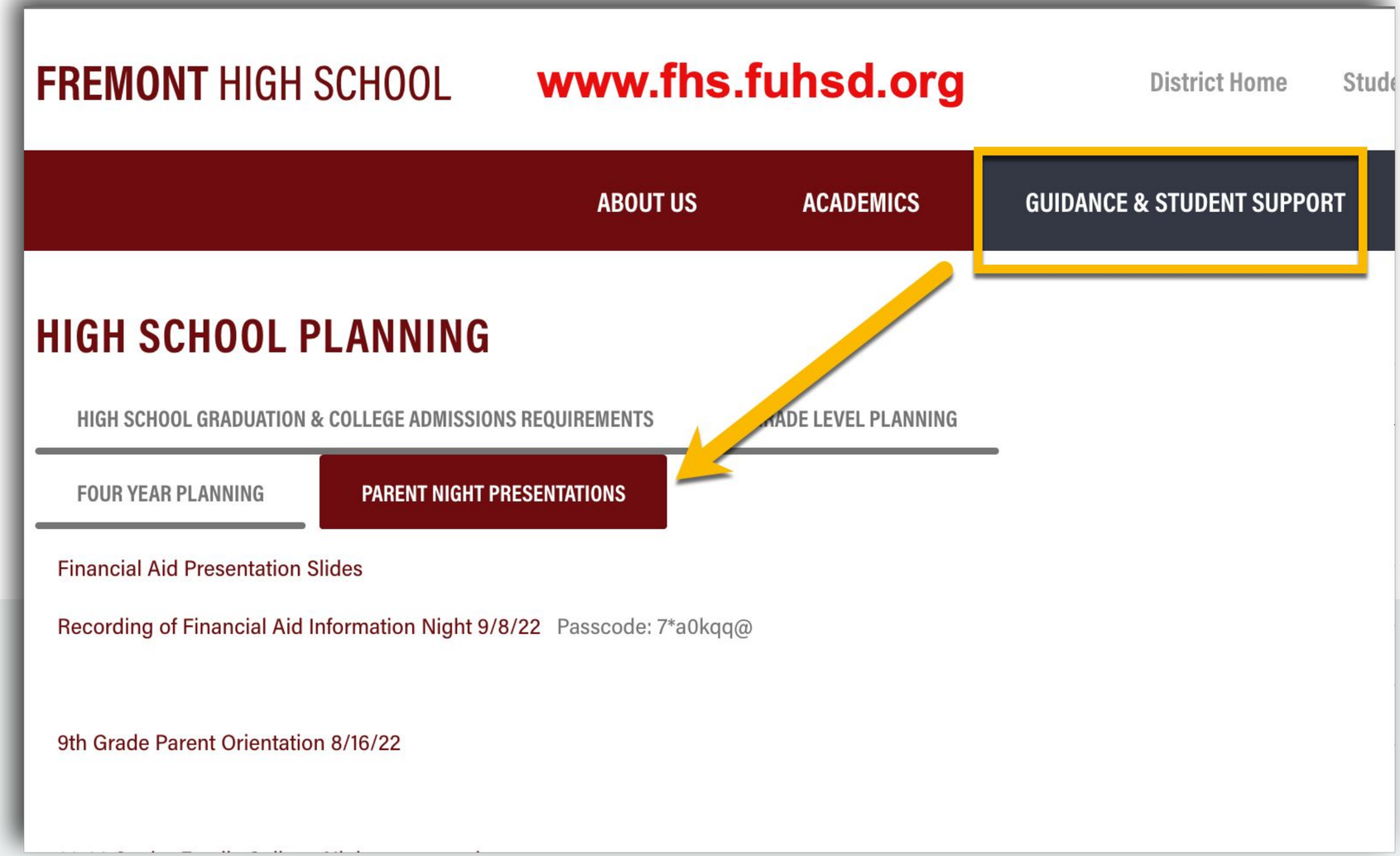
CaliforniaColleges.edu



californiacolleges.edu

- Launch your CSU, UC, and Community College applications in one platform
- Your courses are automatically uploaded
- You can see your weighted GPA and A-G status
- Apply to Financial aid
- Explore careers and find colleges that offer that career/major

Want to review our presentations?



THANK YOU FOR JOINING!

- Next Family Counseling Night will be **January 26th at 6pm** to review course selection options for junior year

- Hear from teachers & department leads about course options



Times /Location	Shannon Theatre	Fair Oaks Room	Student Center	College & Career Center
Grade Level Meetings 6:00-6:30 pm	**9th grade**	**10th grade**	**11th grade**	**12th grade**
Session #1 6:40-7:10pm	College 101	Dual Enrollment in High School	Public Health Career Pathways	
Session #2 7:20-7:50pm	College Lists / Majors	Community College/Transfer Pathway	Public Health Career Pathways	

En Español: 6:00- 7:30 pm Las sesiones por nivel de grado se traducirán al español y se ofrecerán en una sesión general.

Scan for locations

General Questions?

Thank you for coming!

PLEASE FILL OUT THIS SURVEY