9th Grade Fall Family Counseling Night

2026



AGENDA

- Counselor Support in High School
- Resources on Campus
- Getting Involved
- Understanding High School Graduation and College Requirements
- Four-Year Planning



Meet Your School Counseling Team



Sandra Woosley
A - C



Vanessa Goulart
A - C



Sherry Fazzio
D - HUR



Ana Franco
HUS - MEK



Dan Amezquita
MEL - ROM



Eric Medeiros
RON - Z

School Counselors can help you with:

- Transcript questions
- Credit recovery options
- Enrichment options
- Resources/supplies
- Academic concerns (class/schedule)
- Social concerns (family/friends)

We are often the person to ask if they don't know where to go.

We will help connect to other resources if needed.



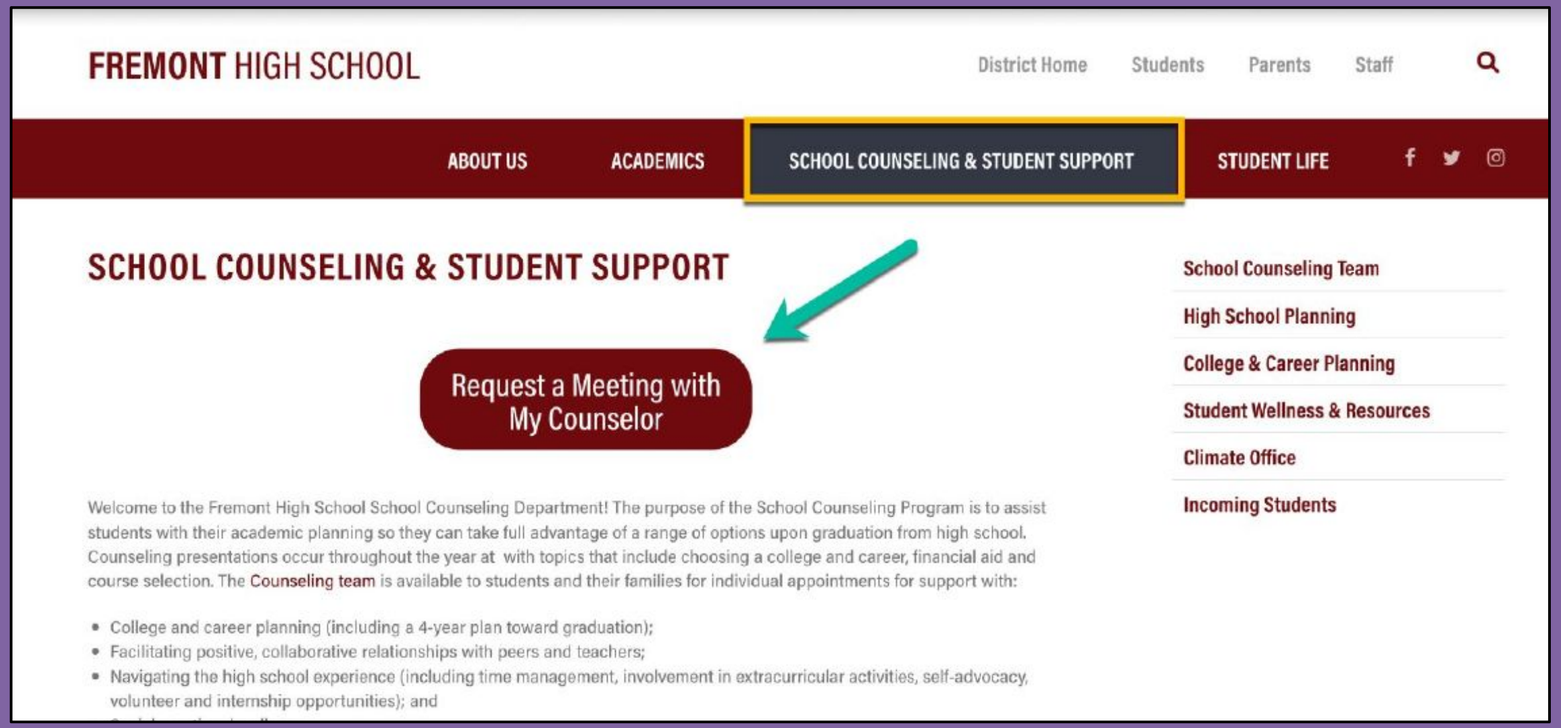
Krystal Cruz

College and Career Advisor can help you with:

- Financial aid questions/Scholarships
- Career exploration
- College application process
- College testing/fee waivers
- Community service/job opportunities

How can I see my counselor?

- Walk – in's at brunch and lunch
- Set up appointment
- Email counselor



9th Grade Counselor Presentations

- Happened 10/5 & 10/19 in PE class
- First session covered:
  - Your Counseling Team
  - Student Support on campus
  - Intro to Career planning/ Self- assessment
  - Student Involvement on campus
- Second session covered:
  - Graduation Requirements
  - "A-G" College Requirements
  - Creating a Draft 4-Year Plan



Need help with a class?

Talk to your teacher

A. Ask for help during class or stay after class
B. Your teacher is going to be the most helpful in helping you figure out how to improve in their class

Attend TUTORIAL

Available 3 times a week

Attend Students for Success

Offered every Monday through Thursday, check the times and detailed information here

Reach out to a trusted adult on campus

Talk to someone who can give you advice or if you have a support class (i.e. learning skills, AVID, Academic Foundations) take advantage of it!

Reach out to your counselors

If you're stuck and don't know what else to do reach out to us for additional tips/suggestions

Students for Success (Free tutoring!)

This program is free to all current FHS students. Students can:

- Get help with classwork and homework
- View textbooks
- Research and write papers
- Have finished papers peer edited
- Work on multimedia projects.

Tutoring is available in every subject and in multiple languages.

- Monday 3:10-5:30 p.m.
- Tuesday 1:30-5:30 p.m.
- Wednesday 3:10-5:30 p.m.
- Thursday 1:30-5:30 p.m.

(Room 76)



MEET CALIFORNIACOLLEGES.EDU



californiacolleges.edu

Explore Careers
Find careers that match your interests

Find colleges and majors
See schools and programs you might like

See your A-G progress

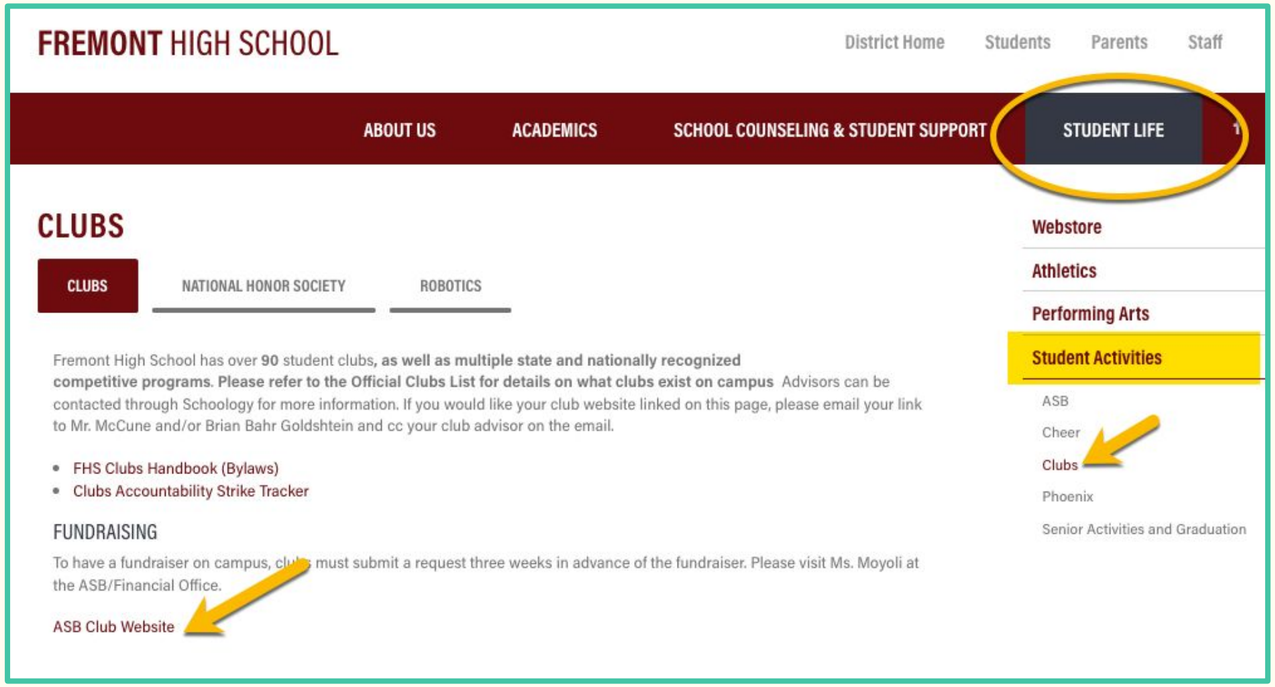
Keep track of what's next
Build a plan and get ready for college and financial aid when it's time

*Students will use this throughout high school!

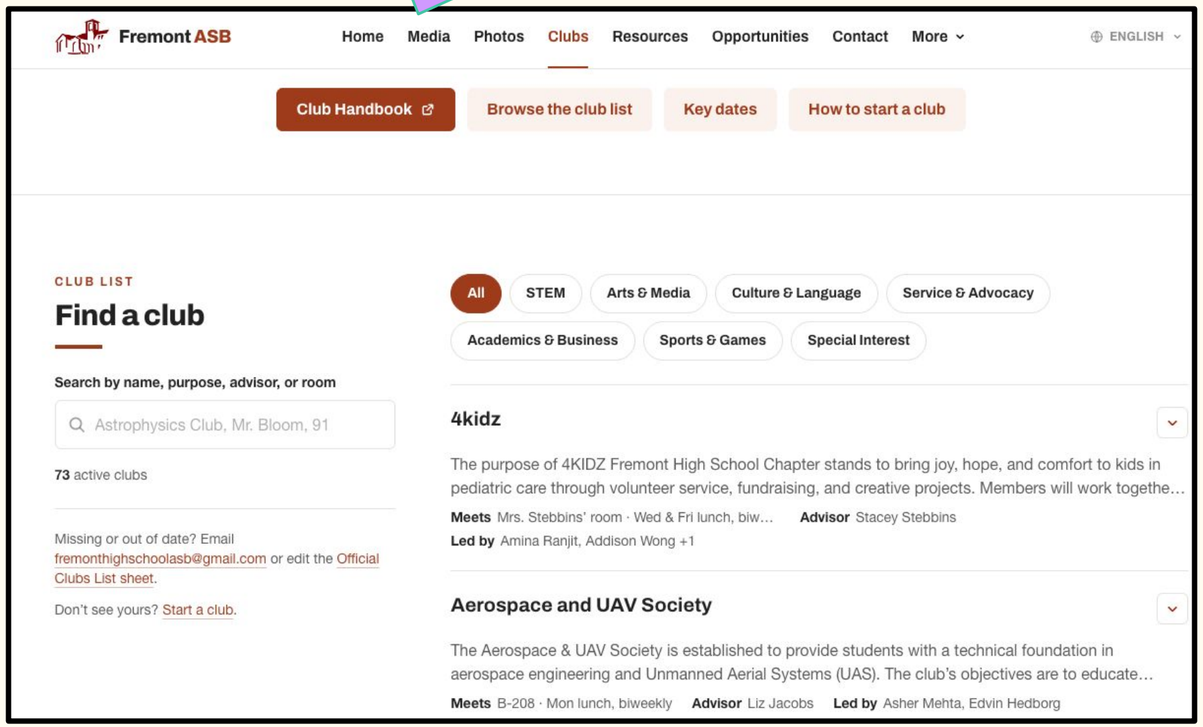


Getting Involved at FHS

Clubs



New Club Website



School Activities





- Attend games
- School dances
- Rallies, school spirit days- themes
- Stay connected to know what's going on

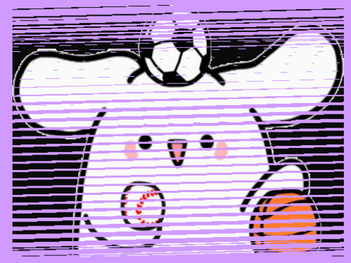


- FHS Instagram
- FHS Counselor IG

FREMONT.HS.COUNSELING



Athletics



FALL

- Cross Country
- Field Hockey
- Flag Football
- Football
- Girls Tennis
- Girls Volleyball
- Boys Water Polo
- Girls Water Polo

WINTER

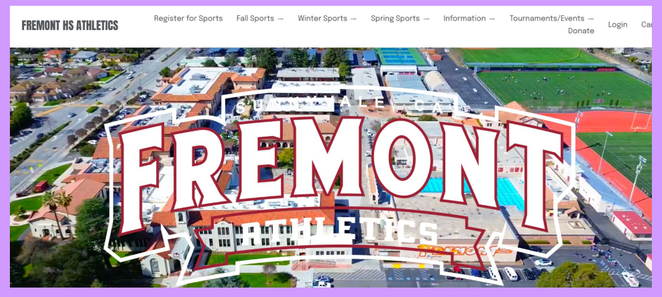
- Boys Basketball
- Girls Basketball
- Boys Soccer
- Girls Soccer
- Wrestling

Tryouts-Start of November

SPRING

- Badminton
- Baseball
- Golf
- Softball
- Swimming & Diving
- Boys Tennis
- Track & Field
- Boys Volleyball

Must complete athletic clearance





Graduation and University Requirements

Graduation Requirements

FUHSD GRADUATION REQUIREMENTS STARTING SCHOOL YEAR 2029-30

A student must earn a minimum of 220 units, meeting specific course and subject area requirements, in order to receive a high school diploma:

CONTENT AREA	CREDITS
English	40
Social Studies	35
Mathematics	20
Science	20
Physical Education	20
Health	5
Electives	60
Selective Electives*	20

*SELECTIVE ELECTIVES

Students must complete 10 credits each in two (2) of the following three (3) areas:

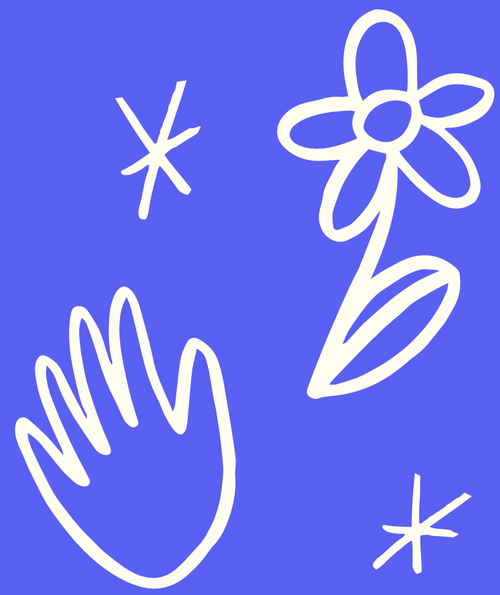
- Applied Academics: Career Technical Education, Business, Computer Science, Industrial Technology, Living Skills, Work Experience
- Visual/Performing Arts: Art, Music, Theatre Arts
- World Languages: Chinese, , Japanese, Spanish

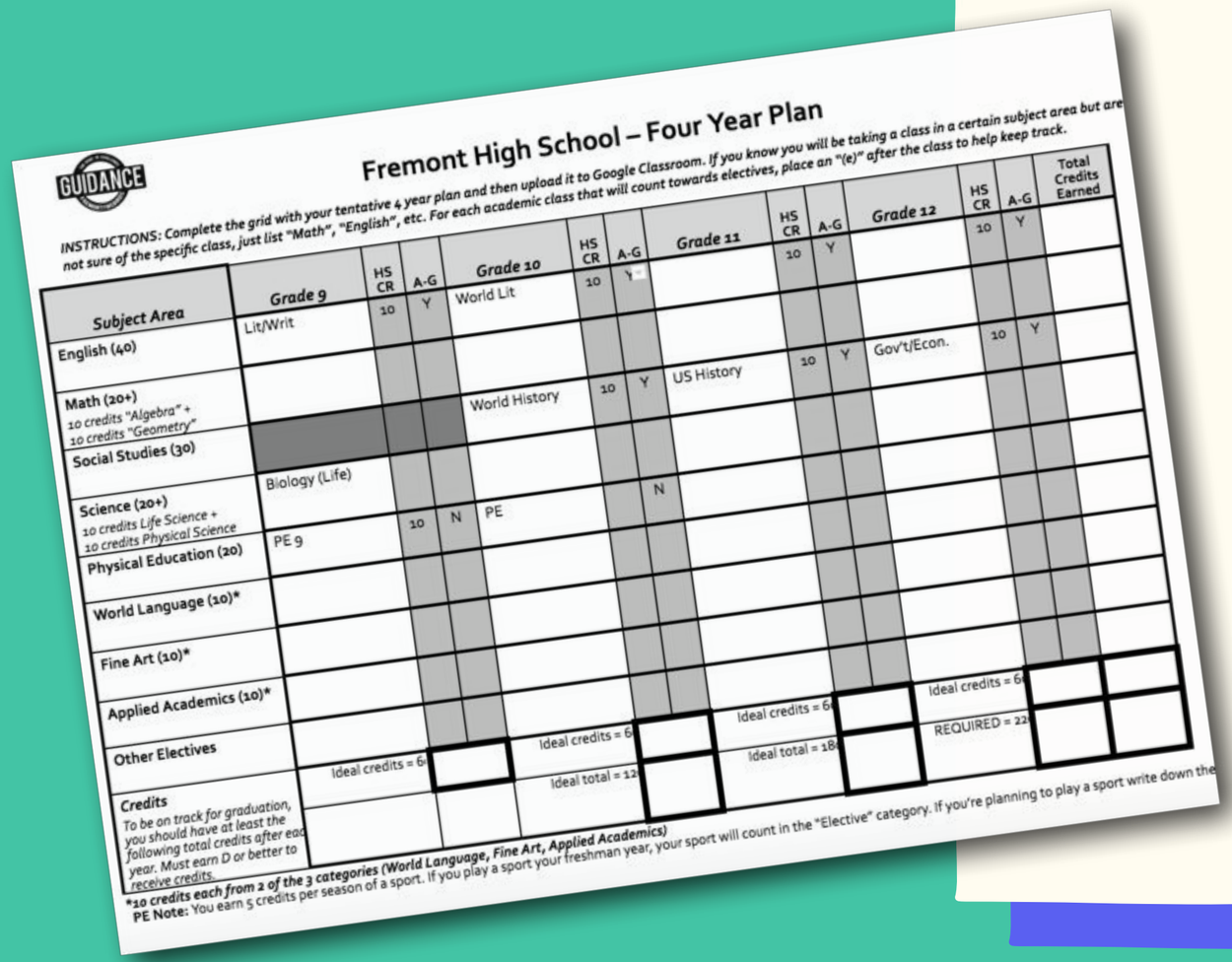
[Graduation/College Requirements]

A-G (University) Requirements

A- History – 2 Years
B- English – 4 Years
C- Math – 3 Years
D- Science – 2 Years
E- World Language – 2 Years
F- Visual/Performing Art – 1 Year
G- Elective – 1 Year

* Grades in A-G courses must be C or higher.





GUIDANCE

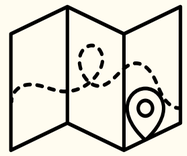
Fremont High School – Four Year Plan

INSTRUCTIONS: Complete the grid with your tentative 4 year plan and then upload it to Google Classroom. If you know you will be taking a class in a certain subject area but are not sure of the specific class, just list "Math", "English", etc. For each academic class that will count towards electives, place an "(e)" after the class to help keep track.

Subject Area	Grade 9	HS CR	A-G	Grade 10	HS CR	A-G	Grade 11	HS CR	A-G	Grade 12	HS CR	A-G	Total Credits Earned
English (40)	Lit/Writ	10	Y	World Lit	10	Y		10	Y		10	Y	
Math (20+) 10 credits "Algebra" + 10 credits "Geometry"													
Social Studies (30)				World History	10	Y	US History	10	Y	Gov't/Econ.	10	Y	
Science (20+) 10 credits Life Science + 10 credits Physical Science	Biology (Life)					N							
Physical Education (20)	PE 9	10	N	PE									
World Language (10)*													
Fine Art (10)*													
Applied Academics (10)*													
Other Electives													
Credits *To be on track for graduation, you should have at least the following total credits after each year. Must earn D or better to receive credits.*	Ideal credits = 6			Ideal credits = 6			Ideal credits = 6			Ideal credits = 6			
				Ideal total = 12			Ideal total = 18			REQUIRED = 22			

10 credits each from 2 of the 3 categories (World Language, Fine Art, Applied Academics)
PE Note: You earn 5 credits per season of a sport. If you play a sport your freshman year, your sport will count in the "Elective" category. If you're planning to play a sport write down the

Creating a Four Year Plan

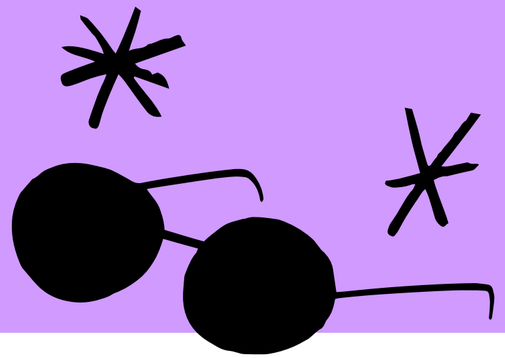


MY FOUR YEAR PLAN

INSTRUCTIONS: Complete the grid with your tentative 4 year plan and then save it in Schoology. **DO NOT TURN IT IN!** See list of FHS Course Offerings here

HONORS and APs: Your plan will color code itself based on the number of AP and Honors classes you select. Two or fewer will be green, three will be yellow, and four or more will be red. These colors are to help guide your selections and convey the intensity of your proposed course load.

Subject Area	Grade 9	HS CR	Grade 10	HS CR	Grade 11	HS CR	Grade 12	HS CR	Total Credits
English (40)	Literature/Writing	10	World Literature	10	-	10	-	10	40
Math (20+) 10 credits "Algebra" + 10 credits "Geometry" + 10 credits "Algebra 2"	-	10	-	10	-		-		20
Social Studies (30)			World History	10	-	10	-	10	30
Science (20+) 10 credits Life Science + 10 credits Physical Science	Biology	10	-	10	-		-		20
Physical Education (20) You earn 5 credits per season of a sport. If you play as a freshman, it will count in "Electives".	PE 9	10	-		-		-		10
***SELECTIVE ELECTIVES (20 CREDITS) 10 credits from each from 2 of the 3 categories below**									
World Language (10)* 10 credits each from 2 of the 3 categories (World Language, Fine Art, Applied Academics)	-		-		-		-		0
Fine Art (10)* 10 credits each from 2 of the 3 categories (World Language, Fine Art, Applied Academics)	-		-		-		-		0
Applied Academics (10)* 10 credits each from 2 of the 3 categories (World Language, Fine Art, Applied Academics)	-		-		-		-		0
Other Electives	-		-		-		-		0
Number of AP and Honor Classes	0		0		0		0		
Total Credits Earned (220 credits reqs. for graduation)	Ideal Credits = 60	40	Ideal Credits = 60	40	Ideal Credits = 60	20	Ideal Credits = 60	20	



Ask your student to show you their plan!

9th and 10th Grade

The classes are preselected for you, all students in the district must take these English courses

11th Grade

- Am. Lit/Writ **or**
- Am. Lit/Writ Honors **or**
- AP Language and Composition (APLAC)

12th Grade

- 12th grade English course (Story & Style or Expository Reading and Writing)
- AP English Literature

Subject Area	Grade 9	HS CR	Grade 10	HS CR	Grade 11	HS CR	Grade 12	HS CR	Total Credits
English (40)	Literature/Writing	10	World Literature	10		10		10	40

10th Grade

All 10th grade students take World History in the district.

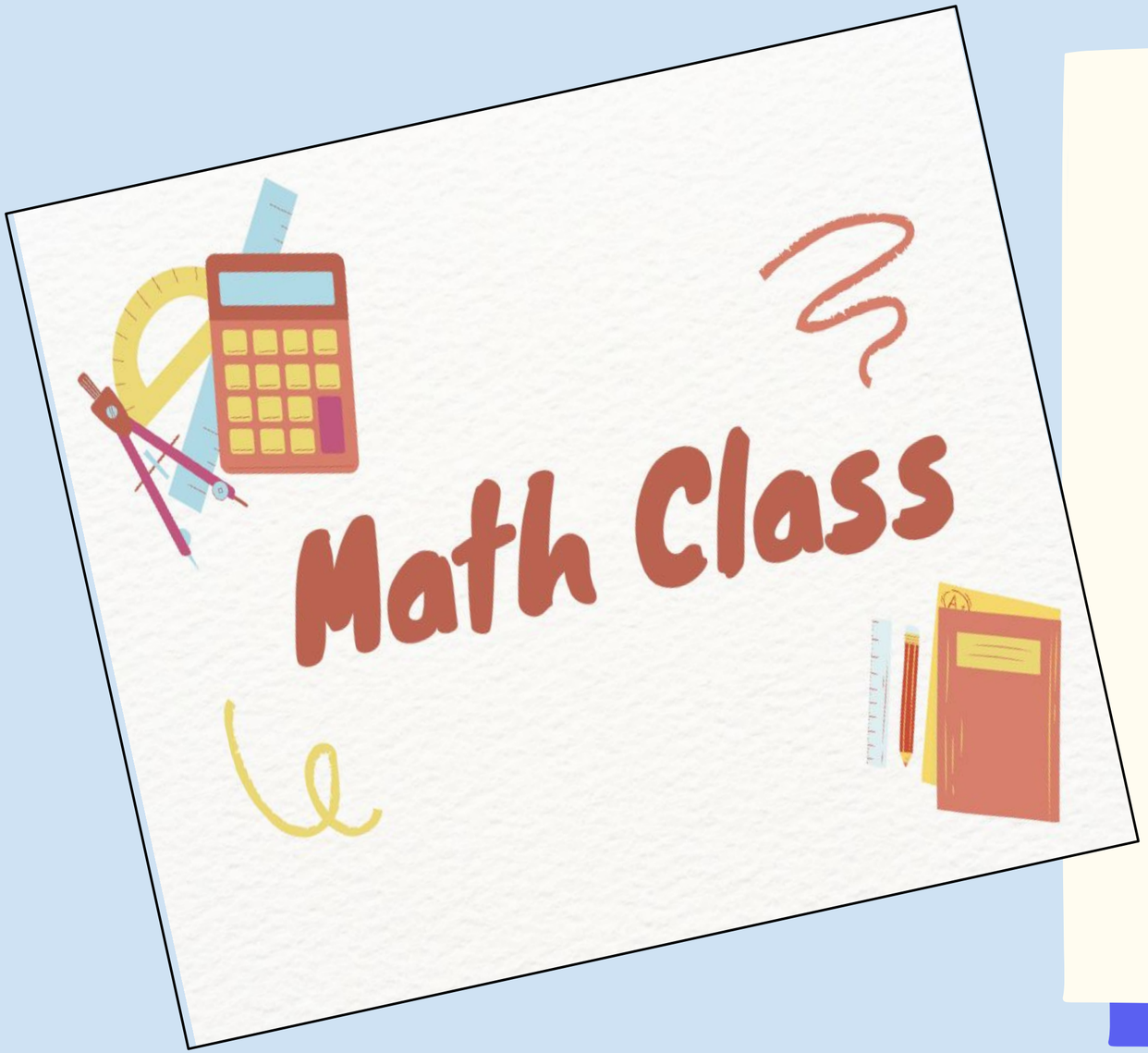
11th Grade

- US History **or**
- AP US History (APUSH)

12th Grade: Every senior will take 1 semester of Economics and 1 semester of Government

- Gov/Econ **or**
- AP Gov/Econ **or**
- Gov/AP Econ

Social Studies (30)			World History	10		10		10	30



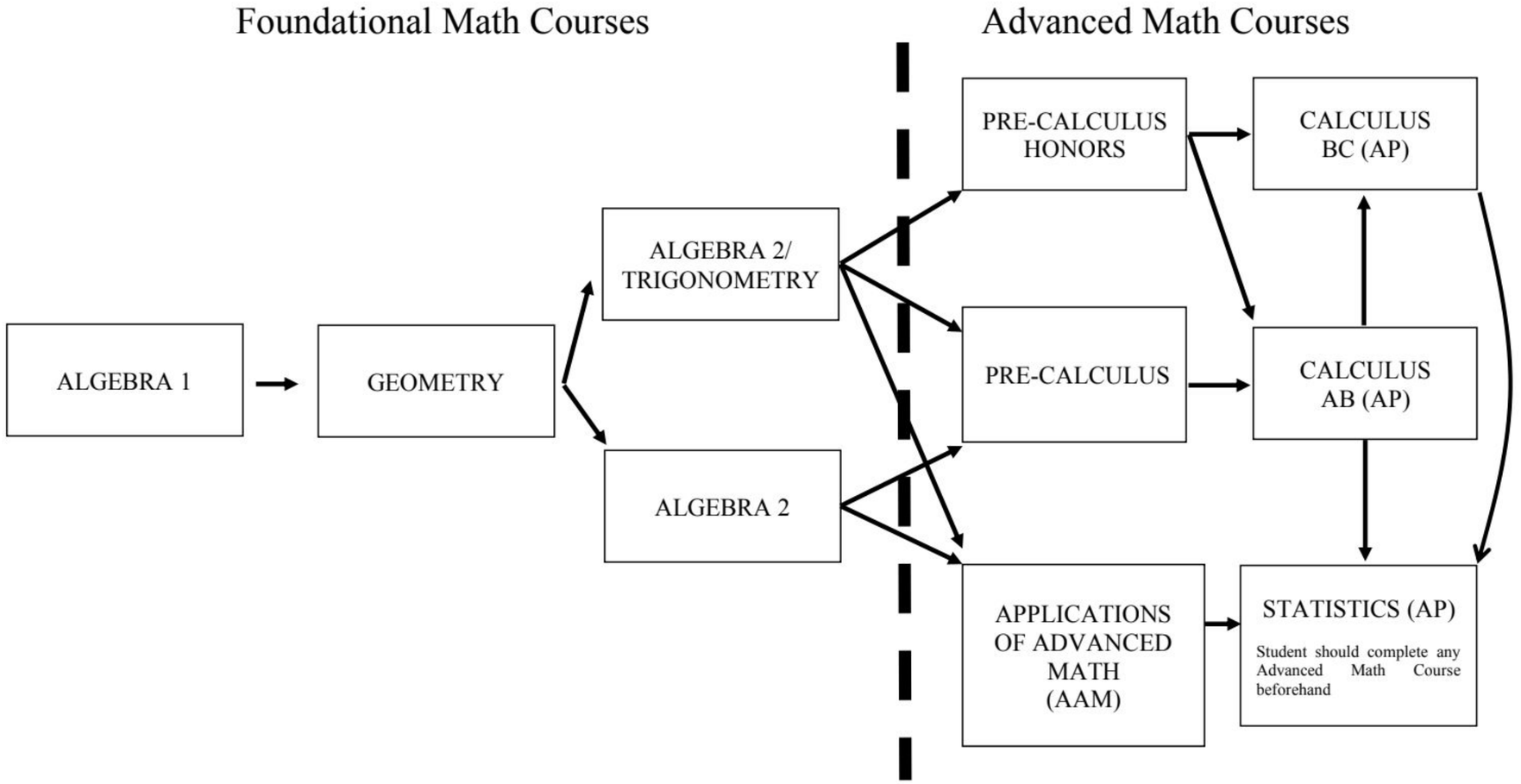
Choose your Math Class

- **H.S. Graduation requirement:** Algebra 1 and Geometry
- **4 year university requirement:** Algebra 1, Geometry, Algebra 2
- **Recommended:** 4 years of math for all types of colleges

Math (20+) 10 credits "Algebra" + 10 credits "Geometry" + 10 credits "Algebra 2"		10		10					20

Math Course Sequence

Fremont High School Math Course Sequence (2022-2023)



See page 2 for typical **Calculus Track**
See page 3 for typical **Statistics Track**
See page 4 for **Engineering Electives**
See page 5 for **Programming Electives**

MUST TAKE:

- 1 Life Science (10 credits) **and**
- 1 Physical Science (10 credits)

We recommend taking Physical Science in 10th Grade

Science (20+) 10 credits Life Science + 10 credits Physical Science	Biology	10		10				20

Counts as Life Science	Counts as Either	Counts as Physical Science
Biology Physiology AP Biology	Science in Society AP Environmental Science	Chemistry/Chemistry Honors AP Chemistry Physics/Physics Honors AP Physics

PE (20 Credits Total)

- You earn 5 credits per season of a sport. If you play a sport your freshman year, your sport will count in the **“Elective”** category.
- In 10-12th grade, sports can count for PE credit (5 credits/sport)

Physical Education (20) You earn 5 credits per season of a sport. If you play as a freshman, it will count in “Electives”.	PE 9	10						10

Choose 2 out of 3 Electives (20 Credits) for graduation

- World Language
- Fine Arts
- Applied Academics

Must complete 2 out of the 3 elective categories for H.S. Graduation

*SELECTIVE ELECTIVES (20 CREDITS) 10 credits from each from 2 of the 3 categories below				
World Language (10)* 10 credits each from 2 of the 3 categories (World Language, Fine Art, Applied Academics)				
Fine Art (10)* 10 credits each from 2 of the 3 categories (World Language, Fine Art, Applied Academics)				
Applied Academics (10)* 10 credits each from 2 of the 3 categories (World Language, Fine Art, Applied Academics)				

Choose your World Language**

- As a reminder if you are planning to apply to a 4 year university you must complete <u>at least 2 years of the same language</u>. However 3 to 4 years are highly recommended by some colleges.
- New this year: level 1 of 2 different languages for CSU

Language Options at FHS: Spanish Japanese Chinese

World Language (10)* 10 credits each from 2 of the 3 categories (World Language, Fine Art, Applied Academics)								0

Choose your Fine Art **

- Must complete at least one year of a fine art if you want to apply to a 4 year college.

Fine Art (10)* 10 credits each from 2 of the 3 categories (World Language, Fine Art, Applied Academics)		

VISUAL AND PERFORMING ARTS *(UC/CSU f)*

Art

6110 P	Art 1	9-12
6120 P	Art 2	10-12
6130 P	Art 3	10-12
6210 P	3D Sculpture and Design 1	9-12
6360 P	Ceramics 1	9-12
6370 P	Ceramics 2	10-12
6390 P	Ceramics 4	10-12
6450 H	AP Studio Art: 2D Design	11-12

Music

7040 P	Adv. Treble Choir	9-12
7060 P	A Choir (Concert Choir)	9-12
7080 P	Small Mixed Vocal*	10-12
7120 P	Concert Band+	9-12
7130 P	Symphonic Band+	10-12
7140 P	Wind Ensemble*+	10-12
7240 P	Orchestra	9-12
7250 P	Chamber Orchestra*	10-12
7320 P	Music Genesis	9-12

Theater Arts

6710 P	Drama	9-12
6720 P	Advanced Drama*	10-12
6730 H	Advanced Drama H*	11-12
7780 P *f*	Adv. Stagecraft Tech	10-12

Choose your Applied Academic*

- This is optional if you already have a World Language and Fine Art planned

Applied Academics			
Business Department			
4580 P *g*	Principles of Business	10-12
4850 P *g*	Law	10-12
4890 P	Marketing *(dual enrollment)*	10-12
Computer Science/Math Electives			
7810 P *g*	Digital Innovation & Design	9
2370 P *g*	Comp Prog Java	10-12
2350 H *c*	AP Comp Sci A	10-12
Non-Departmental			
7770	Stagecraft Tech	9-12
7780 P *f*	Adv. Stagecraft Tech	10-12
8380 *g*	Yearbook	9-12
CTE Program			
5710	Culinary Arts 1	10-12
7765	Culinary Arts 2	10-12
7530	Auto Tech 1	10-12
7535	Auto Tech 2	11-12
7920A P	Kinesiology *(dual enrollment)*	10-12
8180 P *d*	Engineering Essentials	9-11
8345 P *g*	Intro to Engineering Design	10-12
8270 P *g*	Principles of Engineering	10-12
8260 P *g*	Digital Electronics	11-12

Applied Academics (10)* 10 credits each from 2 of the 3 categories (World Language, Fine Art, Applied Academics)			

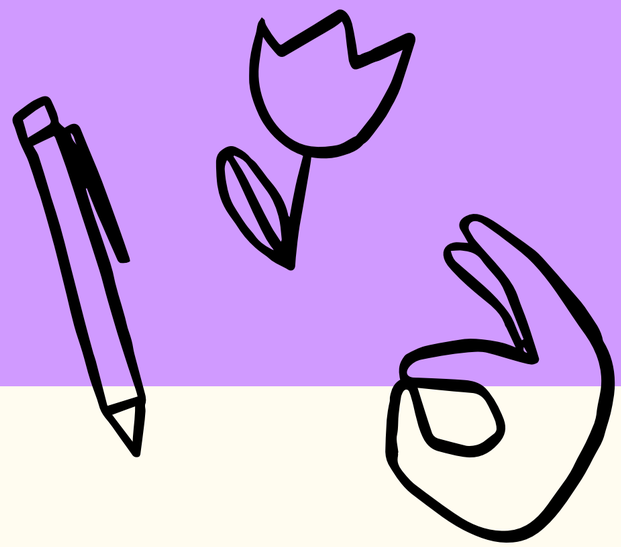
Add any other Elective Classes*

- **Such as:** Student Tutor, Lab Assistant, Academic Foundations, Learning Skills, AVID



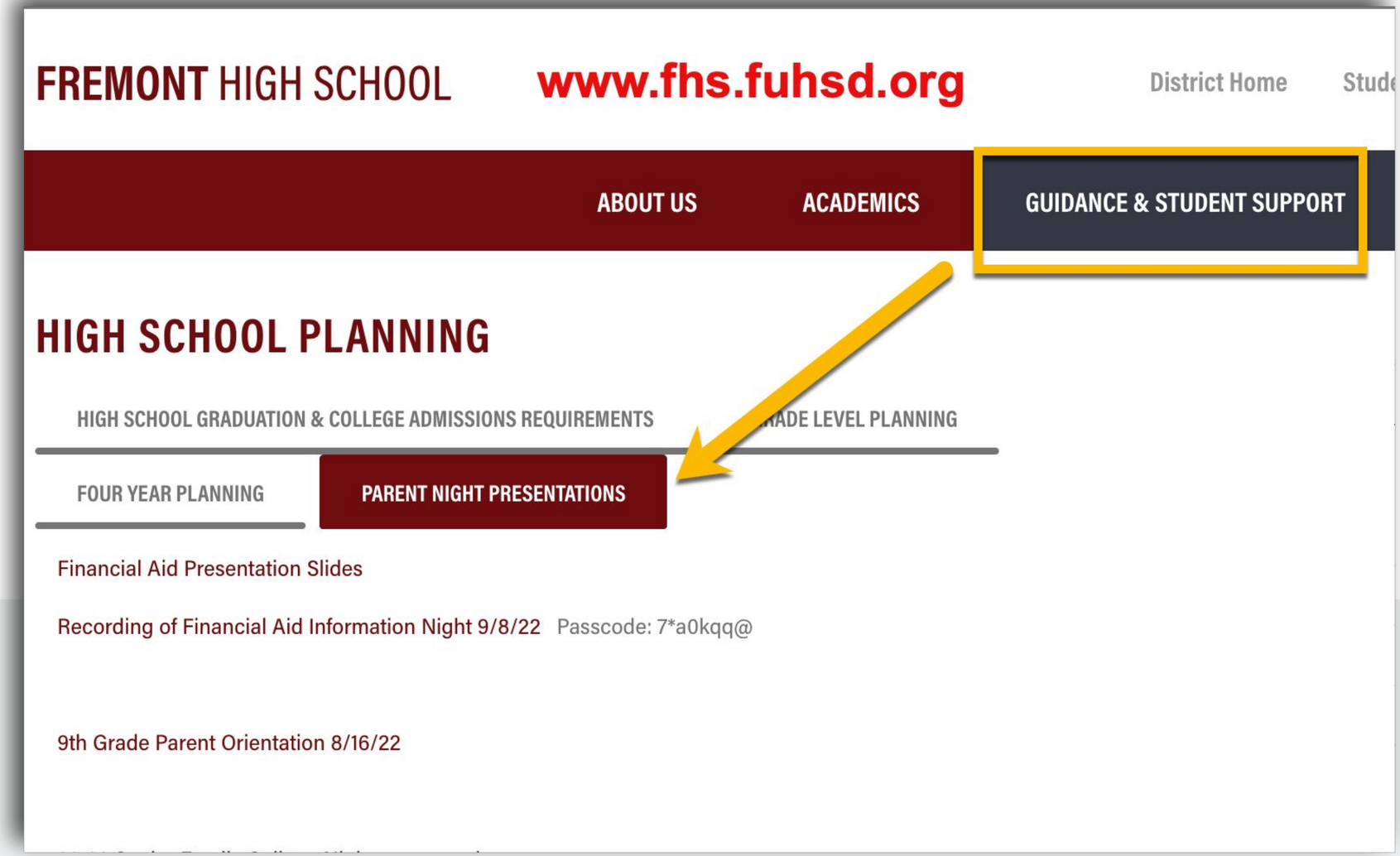
*For this year's freshman we added Health & Ethnic Studies to 12th Grade under Other Electives

Four Year plan tips



- Don’t skip math levels
- Can earn PE credits for sports beginning in 10th grade
  - Don’t put off PE until senior year
- Avoid overloading yourself with too many AP/Honors courses (complete time management activity during course selection)
- Remember this is just a plan, you are not locked in to these courses
- Keep college options open by planning for A-G eligibility
- Counseling team will follow up with students who did not complete a plan, or if the plan the completed was incomplete

Want to review our presentations?



THANK YOU FOR JOINING!

- Our next Family Family Counseling Night will be next semester on 1/26/27 at 6pm to review course selection information.
- You'll have the opportunity to hear directly from teachers about course offerings and important information to consider when selecting courses.



Scan for locations