



Las Lomas High School



Parent Information Night
Grade 10



The Administration

Sara Harris- Principal

Karen Begg- Associate Principal (A-E)

Josh Frishman- Associate Principal (F-M)

Emily Woodall- Associate Principal (N-Z)



WCEF
PTSA
PAF



Welcome to Sophomore Year

- Engage fully
- Connect with staff and students
- Make time for wellness

Key Resources on Campus:

- Wellness Center
- College and Career Center
- Academy (10:10-11:05 on Monday and Wednesday)
- Counselors
- Teachers
- Administration

Counseling

A-Den Michael Constantin



Der-Jar Maria Sabeh



Je-M Kara Bloodgood



N-Sch Sara Feinberg



Se-Z Andrea Medrano



Crash Course: Sophomore Year

- Build on good study habits - organization strategies
- Use Academy wisely!
- Deepen your involvement on and/or off campus
- Individual counseling meetings (dates)
- Remember we are here to support



Graduation Requirements	Credits	UC/CSU Eligibility Requirements	Years
History/Social Science (World History, US History & US Gov/Econ)	30	A) History (World History, US History / US Gov)	2 years
English	40	B) English	4 years
Mathematics (10 cr Algebra 1 + 10 cr beyond Alg 1 + 10 more)	30	C) Mathematics (Min. through Algebra 2, including Geometry)	3 years
Science (Living Earth & Chemistry of the Earth)	20	D) Science (Biological Science & Physical Science)	2 years*
World Language or Career Tech Ed	20	E) World Language	2 years
Visual or Performing Art	10	F) VPA (Visual or Performing Art)	1 year
Electives	65	G) College-Prep Elective	1 year
Human & Social Development (HSD)	5		
Physical Education (PE) (PE 9 + 10 cr PE class/Athletic PE)	20		



LAS LOMAS HIGH SCHOOL SAMPLE PLAN

Graduation requirements are met by earning a “D” grade or higher.

College requirements are met by earning a “C” grade or higher.

** Some colleges require more than 2 years of science.*

Grade 9	Grade 10	Grade 11	Grade 12
English 1	English 2	English 3	English 4 Film/Media
World History & Geography	HSD/Yoga/Athletic PE	US History	US Gov/Economics
Math (Algebra 1)	Math (Geometry)	Math (Algebra 2 Advanced)	> (Advanced Math Elective)
Living Earth	Chemistry of the Earth	AP Environmental Science	>AP Biology
PE 9	Auto Advance	> Advanced Auto	>Leadership
> Spanish 2	> (Spanish 3)	> (Spanish 4 Honors)	>AP Spanish 5 ?
>Digital Design	> Journalism	>Off Campus	Off Campus
Total: 60-70 credits	Total: 60-70 credits	Total: 60-70 credits	Total: 60-70 credits
		Graduation Requirement = 240 credits	

Notes and Questions:

To graduate from Las Lomas, you'll need to earn 240 credits. You'll earn 5 credits for each class you pass each semester. If you're taking six classes, passing both semesters, you'll earn 60 credits in one year.

Grades for each semester are important - while a D grade will earn you credit toward graduation, you'll need to earn C grades or better to be eligible to go to a 4-year college directly from high school.

Required courses are preloaded into the plan. The “>” indicates electives. Each February students work with counselors to select appropriate courses for the following year. Requested electives cannot be guaranteed. Alternate electives:

Important Links

- [Aeries](#)
- [Canvas](#)
- [Clubs](#)
- [Sports/Athletics](#)
- [Wellness](#)
- [Course Catalog](#)
- [Naviance](#)
- [Counseling](#)



College and Career Center- Elizabeth King

My philosophy: Because no two students are the same, we can best support our students by meeting them where they are & appreciating their differences.

There are many acceptable paths post-graduation. How YOU can be an invaluable resource to your student: support your student in figuring out which path is right for them AT THIS TIME. Remember: this is only the first step—there will be plenty of opportunities to change course and choose a different path later.

The CCC is open from 7:30-4:00 M-F

Reach me at:

eking@auhsdschools.org

925-280-3925



Some of the Many Post-Graduate Paths:

- Community college
 - Earn an AA degree
 - Prepare to transfer to a 4-yr school; TAG (Transfer Admission Guarantee to 6 UCs)
 - Earn a job training certificate
 - Learn a trade
- Four-year college (B.A.)
- Gap year
- Military: 5 branches
 - Military education
 - Enlisting to serve
- Trade school or apprenticeship
- Direct employment

The CCC will support students with ANY of these paths.

If Your Student Wants to Attend College:

- ❑ There are 5300 public and private colleges and universities in the US and over 100 community colleges in CA alone. MOST of these colleges are not highly selective.
- ❑ Rankings DO NOT equate with quality of education. Being open-minded will open doors and increase the likelihood of finding a college that is a good fit.
- ❑ “HOW” one goes to college is much more important than “WHERE” one goes to college.
- ❑ Start thinking about the cost of college now and what your family is willing or able to pay. There are vast differences in education costs.
- ❑ Explore colleges now:
 - ❑ Plenty of local examples will give a “feel” of size, urban/rural, etc.
 - ❑ Ask questions of friends, family, acquaintances.
 - ❑ Use virtual tours (e.g., youvisits.com)

CCC Opportunities

- College rep. visits for Jrs & Srs
- Academy workshops
 - Career planning
 - College applications & essays
 - Support for 1G & EL students
- Financial aid nights for parents
- Lunch presentations & Help
 - Trades
 - Military careers & education
 - Application assistance
- NEW THIS YEAR: early DVC application workshops
- 1-1 meetings with students and/or parents
- Communications: Regular emails to students (through canvas) & parents (through Knight News)
- 1:1 meetings for Seniors
- Info on summer programs, internships, gap year programs, and more
- Job listings
- Community service opportunities
- Scholarships
- Job readiness
 - Interview training
 - Resume building

HOW TO STAY IN THE KNOW



1. Visit/Contact the CCC
2. Knights News
3. Check LLHS Student
E-Mail/Canvas Communication
4. Website: College 101
5. Instagram: @laslomasccc

