

Las Lomas High School



Parent Information Night
Grade 11



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 Junior 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: Senior 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		



Post High School Options



CAL STATE APPLY

FRESHMAN APPLICANTS

PLAN

Visit california.colleges.edu to start your Academic Planner.

EXPLORE

- Choosing a campus
- Choosing a degree
- Getting into the CSU
- Paying for college

APPLY

Find admission requirements and apply online at calstate.edu/apply.

FRESHMAN APPLICATION CHECKLIST

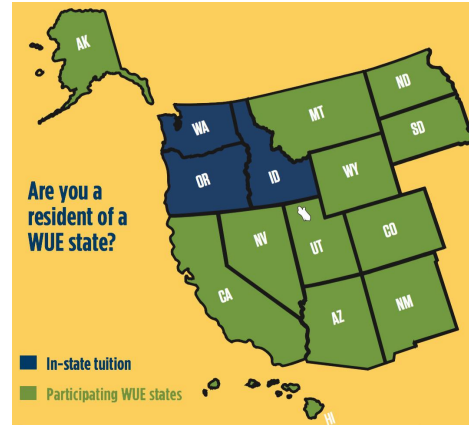
When you're ready to complete your application, be sure to have these items on hand:

- ☐ Unofficial transcripts
- ☐ Test scores (SAT, ACT, AP or IB)
- ☐ Your Social Security number
- ☐ Your citizenship status
- ☐ A method of payment
- ☐ Your parent's citizenship status
- ☐ Annual income: Your parent's if you are a dependent; your income if you are independent
- ☐ EOP only: Your parent's employment background and two recommendations



Types of Colleges

- ❖ **California Community Colleges (114)**
 - Technical, Trade, Certificates, Transfer
- ❖ **California State Universities (23)**
 - Applied teaching designed to provide practical, professional skills
- ❖ **University of California (9)**
 - Research-focused colleges with emphasis on academic publishing
- ❖ **Private Schools**
 - Liberal Arts Colleges
 - Private Research Institutions
- ❖ **Out-of-State 4-year public colleges**
- ❖ **Western Undergraduate Exchange**
(**WUE**) Reduced tuition for certain out-of-state colleges and programs -- up to 150% of the institution's regular Tuition.
- ❖ **International universities**



Vocational Schools

- ❖ Tech and Trade Schools
 - Practical, affordable, career-focused option
 - Can often be completed in 1-2 years
 - Flexible scheduling with both online and in-person classes
- ❖ Great choice for students who want to work with their hands and learn through experience
 - Construction, carpentry, health care, electrical, plumbing, auto-body repair, and cosmetology
- ❖ Programs are often offered at Community Colleges, however some certifications must be acquired at specific trade schools (i.e. Barber College, Beauty School)





Tests For College



ACT

- ~MC: English, Math, Reading, **Science** Reasoning (interpreting findings and graphs)
- ~can use calculator on all math
- ~website: ACT.org

SAT

- ~a little bit longer (10 minutes, *total 3 hours 50 minutes*)
- ~can use calculator on some math
- ~website: collegeboard.org
- ~Essay & Subject test components went away June 2021

Test-optional/Test-blind

- ❖ An increasing number of colleges offer test-optional and test-blind admissions. Check each institution's website for admissions policies.
 - **Test-optional:** students who choose not to submit scores will not be penalized. Test scores that are submitted HAVE to be considered.
 - **Test-blind:** scores will not be considered for admissions review even if submitted.
- ❖ **Fairtest** offers a comprehensive list of all test-optional and test-blind colleges and their latest policies regarding ACT/ SAT.

A resource to explore self, careers, colleges, and scholarships to discover your best post-secondary fit

- ❖ **Self-Discoveries:** Assessments for self-reflection to learn more about who you are
- ❖ **Career Exploration:** Research careers that align with your strengths and interests
- ❖ **College Prep:** Identify colleges that offer what you're looking for

ASK YOURSELF: What are my interests? 	Which subjects do I like? 	Get to know your skills <p>How am I already building work skills through school & hobbies?</p>
Who would I like to work with? <p>Do you want to teach, help, organise or investigate?</p>	Where would I like to work? 	Compare different careers <p>Which ones include the things you like?</p>
EXPLORE: make a shortlist <p>Hold on to this!</p>	<h2>HOW TO FIND THE RIGHT CAREER FOR ME</h2>	
Get inspired by people <p>Check out interviews, talks and events</p>	<p>Find out about employers</p> <p>Online At school At events</p>	
Choose A-levels/IB or apply for training courses 	STOP: Is there more than one way to get there? <p>Could I reach the same goal with an apprenticeship or a degree?</p>	How can I keep my options open? <p>What courses and subjects will give me more choices for related careers?</p>
GET PRACTICAL: Get some work experience <p>One of the best ways to find out if I'll like a career and build up my CV!</p>	Make a CV 	Get MORE work experience! <p>Think about internships, part-time jobs and gap years</p>
Build your soft skills <p>Remember I can use these in any job!</p>	ALWAYS EVALUATE: What do I like? What is tough? How can I build my skills and improve? 	<p>If something is not working, don't be afraid to make changes or go back to your shortlist!</p> <p>www.successatschool.org</p>

Letters of Recommendation

Applying to a college that requires a Teacher/Counselor Rec?

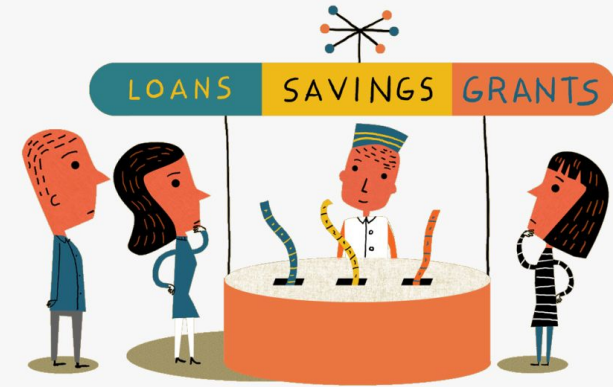
- ❑ First check application requirements:
 - ❑ How many teacher letters are required? Is a counselor letter required?
- ❑ Have a personal conversation with your teachers and counselors when asking for a LOR
- ❑ Attend Naviance tutorial academies

Remember, not all schools require Letters of Recommendation



FINANCIAL AID

- ❖ Free Application for Federal Student Aid ([FAFSA](#))
- ❖ [CA Dream Act](#)
- ❖ [Cal Grant](#) GPA Verification Form
- ❖ Check College Website for additional forms such as:
 - [CSS Financial Aid Profile](#)
 - [IDOC](#)
- ❖ For 2023-2024 school year, needed information is based on **2021** taxes



Handy Tips

- ❑ **Check your student email**
 - ❑ But use a professional sounding personal email for college matters
- ❑ Store your usernames/passwords
- ❑ Obtain your SSN, family financial info
- ❑ GOOGLE DOCS
- ❑ Do YOUR research
- ❑ Meet with your Academic Counselor
- ❑ Check in with the College/Career Center
- ❑ Transcripts: Have them handy and know how to read them



College Essay Resources

Volunteer Essay Readers

~ Parent volunteers, English teachers, and fellow College & Career advisors supporting LLHS students with Personal Statements, UC PIQ's, Scholarship Essays, and more....

- ❑ Familiarize yourself with the [UC essay prompts](#), the [Common App prompts](#), and the [Coalition App prompts](#).
- ❑ Brainstorm. This is a really important step, but one that writers usually breeze past. Here are two good videos for guided brainstorming: [Objects Exercise](#) and [Values Exercise](#)

Other resources there are tons of resources on websites and YouTube. Some are free, some are not)

- ❑ The College Essay Guy has a bunch of good free resources including —
 - ❑ [Brief Guide to UC Prompts](#)
 - ❑ [One Hour Guide to Writing the Personal Statement](#)
- ❑ College Essay Advisors have a good breakdown of the [Common App](#).

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

