

# Las Lomas High School



Parent Information Night  
Grade 12



# 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 Senior 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 (Happening in September)
- 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](http://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](http://calstate.edu/apply).

### FRESHMAN APPLICATION CHECKLIST

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

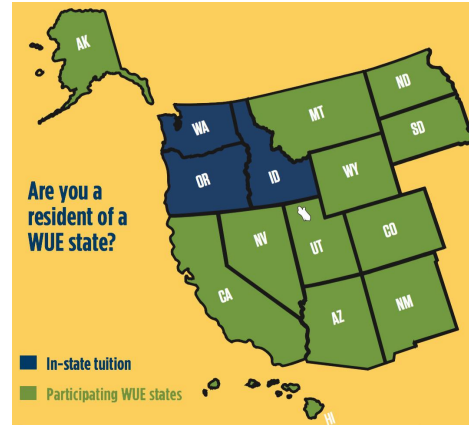
- ☐ Unofficial transcripts
- ☐ Test scores (SAT, ACT, AP or IB)
- ☐ Your Social Security number
- ☐ Your citizenship status
- ☐ A method of payment
- ☐ Your parent's citizenship status
- ☐ Annual income: Your parent's if you are a dependent; your income if you are independent
- ☐ EOP only: Your parent's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



# FINANCIAL AID

- ❖ Free Application for Federal Student Aid (FAFSA)
- ❖ CA Dream Act
  - Virtual Financial Aid Application Workshops will be available October 3rd and January 5th.
- ❖ 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







# 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

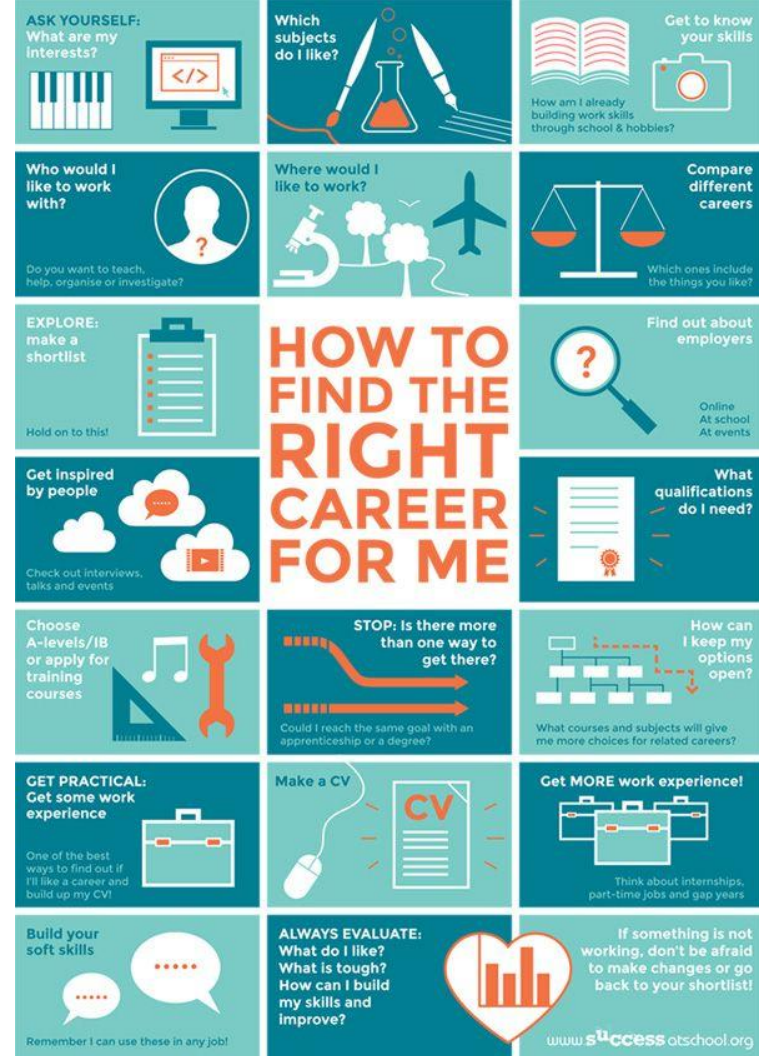
### Test-optional/Test-blind

- ❖ 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

## Naviance Timeline Steps



# 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
- ❑ Counseling website has step by step slide show.

***Remember, not all schools require Letters of Recommendation***



# 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](#)
- [Senior Timeline & Important Deadlines](#)
- [Essay Workshops and support](#)
- [Naviance Steps When applying to 4 Year College](#)



# 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 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](mailto:eking@auhsdschools.org)

925-280-3925



# If Your Student Wants to Attend College:

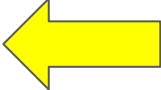
- ❑ There are 5300 public and private colleges and universities in the US and over 100 community colleges in CA alone. MOST of these colleges are not highly selective.
- ❑ Rankings DO NOT equate with quality of education. Being open-minded will open doors and increase the likelihood of finding a college 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](http://youvisits.com))

# Where to Apply? How Many Apps to Submit?

**Student should hone their college lists now, using resources available in Naviance, online, on the website and in the CCC. Once finalized, the list should appear in the “Colleges I’m Applying To” section of Naviance. Because applications take time and cost \$\$, each list should ideally:**

- Consist of no more than 6-10 schools
- Include several “likely” schools:
  - A “likely” school is one to which the student has a high likelihood of being admitted—the student’s grades and test scores (if applicable ) are well above the middle 50% of admitted applicants; AND
  - One that the student would happy attending.
- Include several “target” schools—grades/test scores in the middle 50%
- Include a limited number (if any) of “reach” schools—highly selective schools or schools where admission is otherwise unlikely

# IMPORTANT APPLICATION TERMS

Early Action	Early Decision	Regular Decision	Rolling Decision
<p>Non-Binding</p> <p>Advantages: Earlier notification</p> <p>Important to check merit scholarship deadlines</p>	<p>BINDING </p> <p>Appropriate if student is 100% certain they want to attend THAT school.</p> <p>Advantages: Earlier notification</p> <p>**Students can grow a lot between October and May, so making this decision shouldn't be taken lightly</p>	<p>Non-Binding</p> <p>Advantages: Opportunity to improve grades during Fall semester</p> <p>Much more time to make an acceptance decision</p>	<p>Non-Binding</p> <p>Advantages: applications are reviewed in the order they are received. An admission decision might come quickly</p>

# 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 Knights 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

