

# Frosh & Soph Parent Night: What's Next?

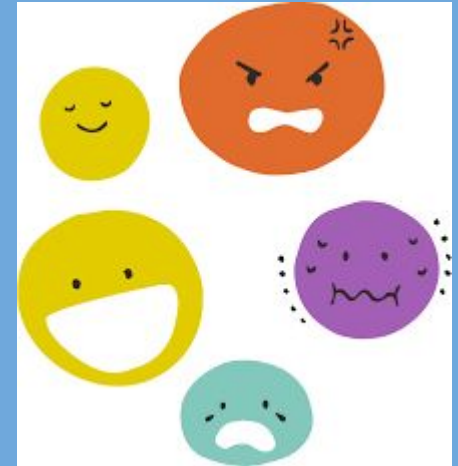




# Social /Emotional Development

Development stage: Identity

- How do I fit in?
- Where am I going?
- What do I value?

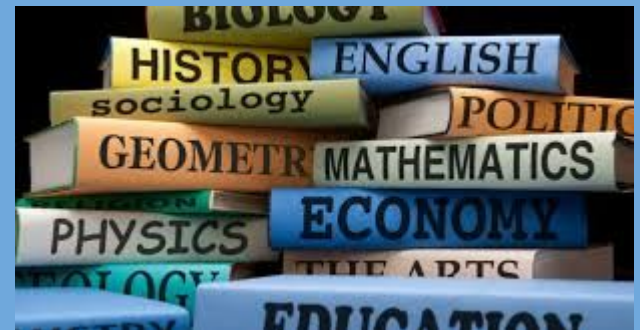


The exciting stuff: try new things! Be more independent!

The scary stuff: What are my kids trying? What if they make a bad decision?

# Course selection is an opportunity to practice decision making

- Set aside time to talk about it.
- Prepare your thoughts before the meeting.
- What are the decisions that need to be made?
- How do the choices reflect my goals?
- How do the choices reflect my values?
- What supports are needed to make this plan possible?



# **Course Selection timeline**

- **Jan 26 Counselor presentation to Sophomores during Academy**
- **Jan 29 course request forms distributed in English class**
- **Jan 31 Counselor presentation to Frosh during Academy**
- **Feb 1 Open House to get more information about classes.**
- **Feb 12 course selection online and paper forms due.**
- **Counselors will be meeting individually with students to review course selections in February -April.**

# Aeries Pass

Link to Aeries


<https://pass.acalanes.k12.ca.us/parent/LoginParent.aspx?page=default.aspx>

link to instructions

<https://www.acalanes.k12.ca.us/cms/lib/CA01001364/Centricity/Domain/56/Instruc.OnlineCrsRq.pdf>

Acalanes Union High School District

English ▼



Email

NEXT

[Forgot Password?](#) [Create New Account](#)

## Students:

Please log in using your auhdschools.org email address and network password you received at registration days.

## Parents

If you have not logged into this site before, please click Create New Account to register. Follow these [instructions](#). (You will need the Student Perm ID#, Home Telephone Number and Verification Code that was mailed home. If you do not have this, contact your school's registrar.)



# Graduation Requirements

## District Course Catalog Page 6

<https://www.acalanes.k12.ca.us/coursecatalog>



### AUHSD Graduation and College Admission Requirements

Students are required to earn 240 credits for graduation. Ten credits are granted for successfully completing a course that meets each day for a school year; five credits are granted for a semester course.

Subject Requirements	AUHSD Graduation Requirements Class of 2018 and 2019	AUHSD Graduation Requirements Class of 2020 and 2021	University of California (UC)/ Cal State University (CSU)
English	English (Course title must include "English") (40 credits)	English (Course title must be a grade level English course) (40 credits)	College Prep English (40 Credits)
Math	Algebra 1 and 2 semester of math beyond Algebra 1 (20 credits)	Algebra 1 and 2 semester of math beyond Algebra 1. Up to 10 credits may be obtained by completing Computer Science (30 credits)	Through Algebra 2 (30 credits, 40 credits recommended)
Science	1 year Physical and 1 year Life Science (20 Credits)	1 year Physical and 1 year Life Science (20 Credits)	Lab Science : Physical and Life (20 credits, 30 credits recommended)
Social Studies	World History/Geography US History Government/Economics (30 credits)	World History/Geography (10) US History (10) Government (5)/Economics (5) (30 credits)	World History US History (or semester of US History and semester of Gov) (20 credits)
Visual/Performing Arts	Students must take one year in two of the five areas (World	1 year of Visual or Performing Art (10 credits)	One yearlong course (10 credits)
World Language	Language, American Sign Language, Visual Arts, Performing Arts, Career/Tech Ed) (20 credits)	2 years in any of the following areas: World Language, American Sign Language, or Career Tech Ed (20 credits)	Two years in the same language (20 credits, 30 credits recommended)
Career Technical Ed			
Physical Education	PE 9/Health and PE 10 (20 Credits)	PE 9 and 10 additional credits (20 credits)	0 credits required
Human and Social Development	None	Human and Social Development course (5 credits)	0 credits required
Electives	(90 Credits)	(65 credits)	College prep electives (10 credits)
TOTAL	240 Credits	240 Credits	NA





# 4 year plan worksheet

<https://www.acalanes.k12.ca.us/cms/lib/CA01001364/Centricity/Domain/56/4%20year%20plan%20worksheet%202017.pdf>

## ACALANES HIGH SCHOOL PRELIMINARY 4-YEAR PLAN

**Student Name:** \_\_\_\_\_ **Class of:** 20\_\_\_\_\_

<b>Graduation Requirements *</b>	<b>Credits</b>	<b>UC &amp; CSU A-G requirements **</b>	<b>Years</b>
History/Social Science (World History, US History & US Gov't/Econ)	30	"a" History/Social Science	2 years
English	40	"b" English	4 years
Mathematics (Min Algebra 1 plus 2 semesters beyond)	30	"c" Mathematics (Min through Algebra 2)	3 years
Science 1 life science and 1 physical science	20	"d" Science At least 1 life science and 1 physical science with labs	2 years
World Language or Tech Ed (10 credits each in 2 different areas)	20	"e" World Language	2 years
Visual or Performing Art (VPA)	10	"f" VPA	1 year
Electives	65	"g" College Prep Elective	1 year
Human & Social Development	5		
Physical Education (PE)	20		
<b>Total Credits</b>	<b>240</b>	Minimum requirements = 15 year-long college prep courses	

\*High school credits earned by passing course with a grade "D" or higher.  
\*\* College requirements are met by earning a "C" or better in courses.

Grade 9	Grade 10	Grade 11	Grade 12
English 1	English 2	English 3	English 4
World Hist/Geog	Human & Social Dev.	US History	US Govt/Econ
Math	Math	>	>
Living Earth	>	>	>
PE	>	>	>
>	>	>	>
>	>	>	>
<b>Total: 60-70 credits</b>	<b>Total: 60-70 credits</b>	<b>Total: 60-70 credits</b>	<b>Total: 60-70 credits</b>

[illegible]



# Math Pathways

<https://www.acalanes.k12.ca.us/cms/lib/CA01001364/Centricity/Domain/56/Math%20pathways%20quick%20reference%202018.pdf>

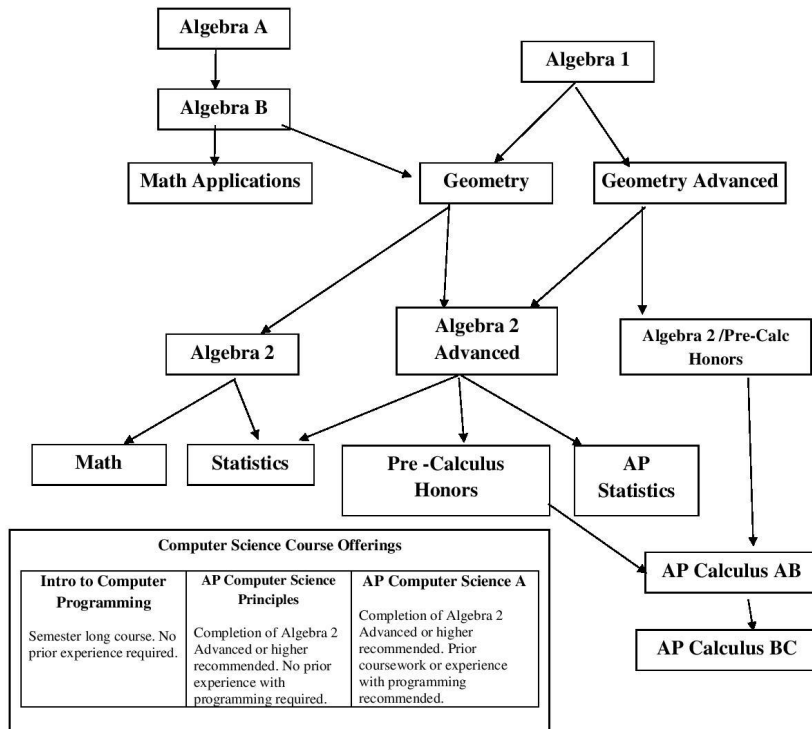
## Acalanes High School

### Quick Reference for math pathways

These are the most commonly recommended pathways.

Students seeking alternative pathways should consult with a math teacher and a counselor.

See the District course catalog for course descriptions.



# Time Management Tools

<https://www.acalanes.k12.ca.us/Page/1611>



Time Management Activity  
FILL THIS OUT FOR YOUR **BUSIEST** SEMESTER

School Activities	Average Hours/ Week
School (5 days x 7 hours)	35
Course Title	
English:	
Social Studies:	
Math:	
Science:	
Language:	
Electives:	
total school hours:	

Extra-Curricular Activities	Average Hours/ Week
Paid Job	
Hobbies / Interests	
Community Service	
Sports/exercise	
Music / Performances	
total extra-curricular hours:	

Daily Living Activities	Average Hours/ Week
Sleep (7 days x 9 hours)	
Necessities (eating, showering, chores, etc.)	
Family Time	
Personal time	
Social time with friends	
total daily living hours:	

Total Hours	Available Hours/Week
School Hours = _____	Maximum Hours  <b>168</b>
Extra-Curricular Hours = _____	
Daily Living Hours = _____	
your total hours: <input type="text"/> vs.	



# Sophomore Year Classes

## **Required:**

- English 2
- Chemistry of the Earth
- Math : math teachers will make recommendations
- Human and Social development (HSD)- 1 semester
- 1 semester of elective to be taken to balance HSD class.

## **Choices:**

- PE -- Physical fitness tests will determine options
- World Language or elective
- Elective

Every department has electives.

# PE Requirement

- District Catalog Page 34

<https://www.acalanes.k12.ca.us/coursecatalog>



# **Junior Year Classes**

## **Required:**

- English (honors option)
- US History (AP option)
- math 30 credits of math required. See math pathway and get teacher recommendation

## **Choices**

- Science-- If student has completed biology and a physical science (geology or chemistry ) then science is optional and there are many choices. Some colleges require 3 years.
- World Language-- not required for graduation but many colleges recommend at least level 3.
- Choose a VPA class if you haven't yet
- optional 7th class

# Things To Consider



- **Consider...**
  - demands on your time when selecting courses
  - 7 vs 6, how many AP/Honors to take, etc. .
  - how your junior year classes will lead into senior year classes
  - how your courses align with your college/future goals
- **Create a balance over the next two years.**
  - consider SAT/ACT testing, college applications, etc.
- **Should have around 90 credits completed so far.**

# But What Do Colleges Want?





# Types of Application Review

## Index Review

- Admission based on GPA, test scores and minimum subject requirements
- No consideration of extracurriculars, no essays, no letters of recommendation
- California State Universities i.e. Cal Poly SLO, San Diego State, Sonoma, Chico
- Washington State, Hawaii, Alabama, Arizona, ASU, Northern Arizona, Boise State, University of Nevada Reno, Montana State



## Holistic Review

THE COMMON  
APPLICATION



- Academics
  - Grades, coursework, rigor
  - Standardized tests - SAT or ACT
- Achievement outside the classroom (extracurricular activities, employment, volunteer work, etc.)
  - Commitment and Leadership
- Context of High School achievements
- Personal Qualities - essays and letters of recommendation usually required
- Match/Fit and demonstrated interest
- University of California
- University of Washington
- Common App Schools like: Michigan, Wisconsin, CU Boulder, Colorado State, LMU, Stanford, Chapman, Northeastern, Northwestern, Boston University, Syracuse, NYU, UOP, Santa Clara, Lewis & Clark, Whitman, Willamette, Reed, Puget Sound, Seattle U, Tufts, TCU, SMU, Purdue, Indiana
- Oregon State (extracurricular insight resume)

# Summer Opportunities

Summer is the time to do things there isn't time for during the school year.

It's a great time to try something new, practice new skills, learn about a topic that's not offered at school.

It's another great opportunity for students to practice decision-making and initiative.

Use the College and Career Center and Naviance to research:

- jobs and internships
- college classes go to college close to home or far away
- volunteer
- travel experiences

# College and Career Planning

College and Career advisor Kristin Kisner will be visiting 9th grade and 10th grade classes in the spring.

Students will use Naviance to:

- Research careers
- Research colleges
- update resumes
- look for summer programs and scholarships
- Career Day in March.

# College and Career Planning

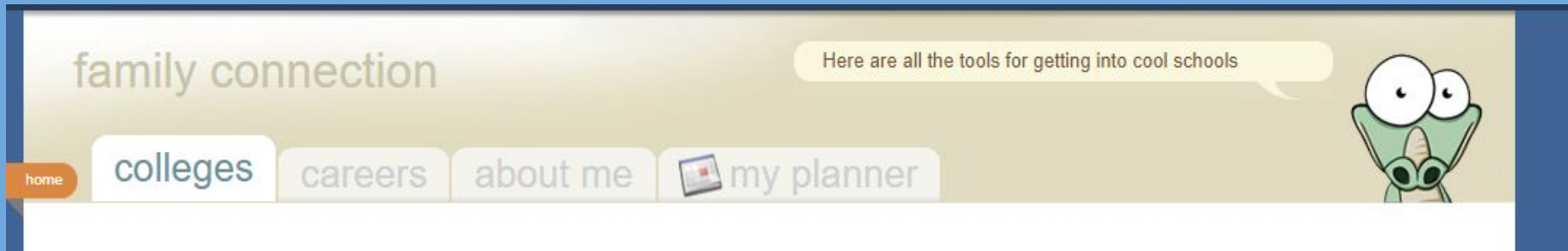
Students have access to Naviance-- use ID # and network password to log in.

Research colleges

update resumes

look for summer programs and scholarships

<https://connection.naviance.com/family-connection/auth/login/?hsid=acalanes>



# FAQ

- **Should I take 6 or 7 classes?**
- **What is an AP class?**
- **What is the difference between an AP and Honors class?**
- **Is it better to have more AP's or a better GPA?**
- **What if I take a summer course?**
- **If I change my mind after I turn in my forms, can I still change my classes?**