

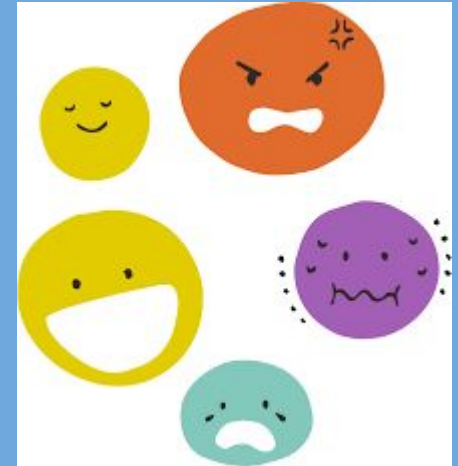
**Frosh & Soph Parent
Night:
What's Next?**



Social /Emotional Development

Development stage:

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



The exciting stuff: Trying new things! Being more independent!

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

Course Selection

- An opportunity to practice decision making.
- Set aside time to talk about it with your student.
- What are the decisions that need to be made?
- How do the choices reflect their goals?
- How do the choices reflect their values?
- What supports are needed to make this plan possible?



Course Selection Timeline

- Academy sessions are available for students to learn about class choices at their next grade level.
- Aeries PASS will be open from January 19 – February 8 to enter course selections online.
- Counselor classroom presentations will be January 19th, 20th, 24th, and 25th.
- Jan 26th is Course Preview Night (OPEN HOUSE) to get more information and ask questions about classes. Parents and students are invited.
- Students turn in course requests by appointment Jan 30 –Feb 8

Open House is not just for parents!

- Students planning to take 2 or more AP classes must attend a session on time management at Open House.
- It's a great time to get more information about course expectations.

Course Selection Timeline

- Students will meet with their counselor for a brief (5 min) appointment to review their selections. **Students will receive a sticker on their course selection form with their specific appt date/time!**

All students must:

1. Complete and submit their grade level course selection sheet (with parent/guardian signature!) by the deadline.

AND

2. Request the corresponding classes online through Aeries.

Aeries Pass

Acalanes Union High School District

English ▼



Aeries
Student Information System

Email

NEXT

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

Students:

Please log in using your auhsdschools.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

SUBJECT AREAS	High School Diploma Requirements	University of California (UC) and California State University (CSU) minimum eligibility requirements
Social Studies	3 years (30 credits) World Hist/Geog. (10 credits) US History (10 credits) Government (5 credits) Economics (5 credits)	UC/CSU subject area A: Social Studies 2 Years (20 credits) Must include 10 credits US History or US Hist/Govt;
English	4 years (40 credits)	UC/CSU subject area B: English 4 years (40 credits)
Math	3 years (30 credits) including at least 1 year beyond Algebra 1 (such as Math Applications, Geometry or Intro to Computer Programming)	UC/CSU subject area C: Math 3 years (30 credits) Must complete Algebra 1 Geometry Algebra 2 4 th year recommended
Laboratory Science	2 years (20 credits) 1 year biological 1 year physical science	UC/CSU subject area D: Science 2 years (20 credits) lab science, 3 rd year recommended ⁱ (Biology, Chemistry, Physics preferred)
World Language	20 Credits in 2 areas: World Language, American Sign Language ⁱⁱ , Career Tech Ed	UC/CSU subject area E: World Language Complete Level 2 of a world language. 3 rd year recommended.
Technology/ Career Tech		Technology classes not required for UC. Many qualify under subject area G.
Visual and Performing Arts	10 credits	UC/CSU subject area F: Arts 1 year (10 credits)
Electives	65 credits	UC/CSU subject area G : electives 1 year college preparatory elective. Can use additional year in Subject Areas A - F beyond minimum requirements to count as elective or refer to course offerings for additional college prep electives.
Health	5 credits Human Social Development (can count toward UC/CSU subject area G requirement)	Not required
Physical Education	20 credits total Must include 10 credits PE 9 and 10 credits PE electives or athletic PE	Not required
TOTAL	240 Credits	Minimum of 15 college prep classes



Graduation Requirements

Students will receive a copy of their transcript in addition to their course selection sheet. Please review transcript with your student.

- Check grad status summary box (or grad status page on Aeries) to see if student is on track
 - 9th grade: 30 credits or more AND no F grades
 - 10th grade: 90 credits or more AND no F grades
- Check for any D or F grades in required courses.
 - Students can remediate grades (talk to counselor)

Discuss future goals and post-high school options.

- 4 year colleges: A-G subject requirements, grades of C- or higher are needed for admissions.
- 2 year colleges: no A-G subject requirements, grades of D- or higher are needed for admissions.

Grade 9 Fall 2021-2022					
Acalanes High School					
p	E0001P	English 1	A-	5.00	5.00
p	H0140P	WrldHist/Geog	C	5.00	5.00
p	M0453P	Algebra 1	C-	5.00	5.00
*	P0600N	PE 9	A	5.00	5.00
p	S0600P	Living Earth	C	5.00	5.00
p	VP921P	Drama 1	A	5.00	5.00
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.00					
Grade 9 Spring 2021-2022					
Acalanes High School					
p	E0001P	English 1	C	5.00	5.00
p	H0140P	WrldHist/Geog	C-	5.00	5.00
*	M0451N	Algebra A	A	5.00	5.00
*	P0600N	PE 9	A-	5.00	5.00
p	S0600P	Living Earth	C	5.00	5.00
p	VP921P	Drama 1	A	5.00	5.00
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.00					
--WORK IN PROGRESS--					
Acalanes High School					
*	ACADM	Academy		0.00	0.00
p	E0005P	English 2		5.00	0.00
p	E0075P	Journalism		5.00	0.00
p	H0191P	Contlss&PubPol		5.00	0.00
p	IS260P	Human&Soc Dvlpt		5.00	0.00
p	M0456P	Algebra B		5.00	0.00
p	S0705P	ChemInEarthSys		5.00	0.00
p	VP922P	Drama 2		5.00	0.00
Total Credit: 35.00					

AHS Transcript

Course Tags: * = Non Academic			p = College Prep		r = Repeated	
			CREDIT SUMMARY			
			Subject Area	Credit Req'd	Compl	Needed
Acad GPA (9-12)			English 1	10.00	10.00	-
Acad GPA (10-12)			English 2	10.00	-	10.00
Total GPA (9-12)			English 3	10.00	-	10.00
Credit Attempted: 60.00			English	10.00	-	10.00
Credit Completed: 60.00			Mathematics	20.00	5.00	15.00
			Algebra 1	10.00	5.00	5.00
			Phys Ed 9	10.00	10.00	-
			Phys Ed	10.00	-	10.00
			Physical Science	10.00	-	10.00
			Biological Science	10.00	10.00	-
			World Hist/Geog	10.00	10.00	-
			US History	10.00	-	10.00
			US Government	5.00	-	5.00
			Economics	5.00	-	5.00
			Language/Tech Ed	20.00	-	20.00
			Visual/Perf Arts	10.00	10.00	-
			Health	5.00	-	5.00
			Electives	65.00	-	65.00
			* TOTALS *	240.00	60.00	180.00
			Algebra 1 Requirement Met			
District Enter: 8/10/2021						
School Enter: 8/10/2021						

Graduation Status on Aeries

- You and your student can log onto Aeries and under “Grades” click on “Grad Status” to view the image below or click on “Transcript” to view transcript online.

Graduation Status				
Subject Area	Credit Required	Credit Completed	Credit Enrolled	Credit Needed
A - English 1	10.00	10.00	-	-
B - English 2	10.00	5.00	5.00	-
C - English 3	10.00	-	-	10.00
D - English	10.00	-	-	10.00
E - Mathematics	30.00	20.00	10.00	-
F - Algebra 1	0.00	-	-	-
G - Phys Ed 9	10.00	10.00	-	-
H - Phys Ed	10.00	5.00	5.00	-
I - Physical Science	10.00	5.00	5.00	-
J - Biological Science	10.00	10.00	-	-
K - World Hist/Geog	10.00	10.00	-	-
L - US History	10.00	-	-	10.00
M - US Government	5.00	-	-	5.00
N - Economics	5.00	-	-	5.00
O - Language/Tech Ed	20.00	20.00	-	-
P - Visual/Perf Arts	10.00	10.00	-	-
Q - Health	5.00	5.00	-	-
Z - Electives	65.00	-	10.00	55.00

Credits Completed
110.00

Credits Enrolled
35.00

Credits Needed
95.00

4 year plan worksheet

ACALANES HIGH SCHOOL PRELIMINARY 4-YEAR PLAN

Student Name: _____ Class of: 20_____

Graduation Requirements *	Credits	UC & CSU A-G requirements **	Years
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 (must include Algebra 2 or higher)	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) 10 credits PE 9 required. Additional 10 credits can be combo of PE class and athletic PE	20		
Total Credits	240	Minimum of 15 year-long 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. UC and CSU have competitive application processes. These classes plus ACT or SAT are the minimum eligibility requirements.

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	Math	>
Living Earth	Chemistry of the Earth	>physics recommended	>
PE	>	>	>
>	>	>	>
>	>	>	>
Total: 60-70 credits	Total: 60-70 credits	Total: 60-70 credits	Total: 60-70 credits

Notes and Questions:



Math Pathways

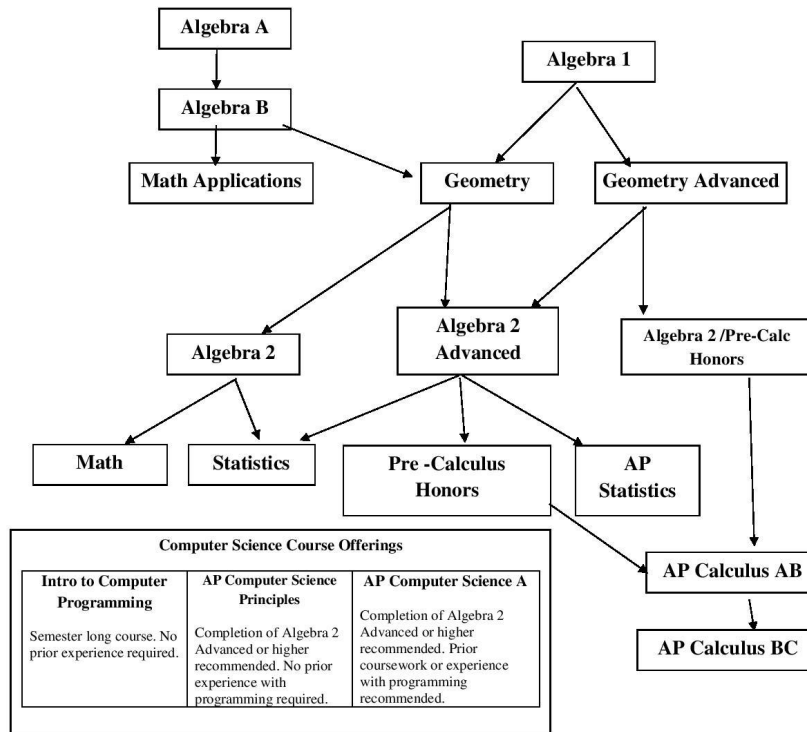
Acalanes High School

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.



Sophomore Year Classes

(Current 9th graders)

Required:

- English 2
- Chemistry of the Earth – will be preloaded for students, talk to counselor about any concerns.
- Math: Will be entered for you on Aeries based on math teacher's recommendation.
- Human and Social development (HSD)– 1 semester
- 1 semester of elective to be taken to balance HSD class.

Choices:

- PE: yoga, weights, or sports (Athletic PE)
- Social Science is not required in 10th grade, but many students choose AP Euro or Contemporary Issues (CIPP).
- World Language or elective

Entering classes in Aeries

- Your recommended math class will be entered for you.
- Sophomores will be pre-enrolled in English, Chemistry and Human Social Development.
- Sophomores need to pick a semester class to fill the time they are not in Human Social Development
- Remember to put in alternates.
- If you are planning on using AHS sports for PE credit, you can sign up for Athletic PE in addition to your 7 class periods.

PE Requirement

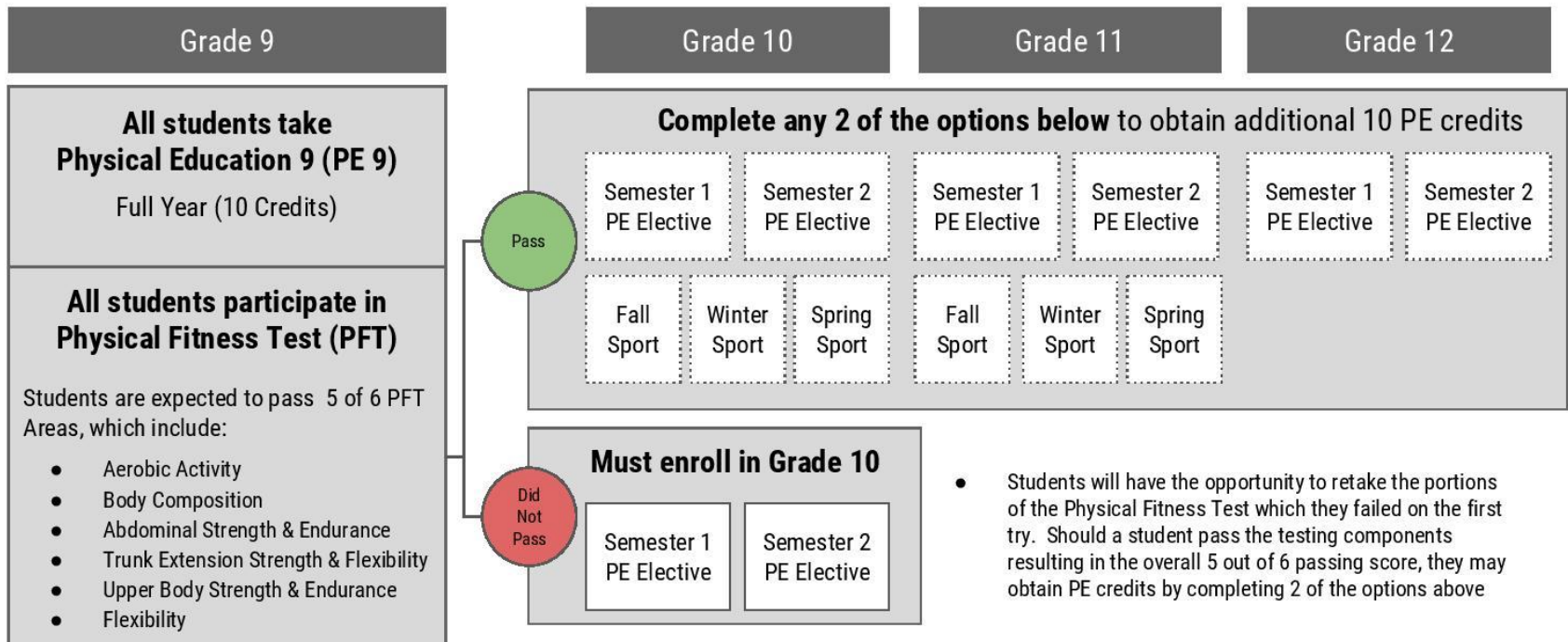


- District Catalog Page 34

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

Physical Education Requirements

need 20 credits of PE to graduate



Semester-Long Class Options

PE Yoga

Counts toward required PE credits

Students will learn the basic skills of a yoga practice and an understanding of yoga etiquette and terminology. Students will work toward a health-enhancing level of physical fitness. Students will develop Skills, knowledge, and interest to independently maintain a regular yoga practice. Students will gain an understanding of individual differences and acquire a non-competitive, positive self-image in regard to their own body and yoga practice. Students will learn the Immediate and long term benefits of yoga practice.

PE Weight-training

Counts toward required PE credits

Students learn the fundamentals of weight training with emphasis on body development and maintenance as well as safety factors involved in strength conditioning. Students will be introduced to basic training principles, Olympic lifting movements, application of anatomy of movements as related to weight training, strength training, aerobic training, overall fitness training and conditioning. Students will demonstrate how to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activities for a lifetime.

Semester-Long Class Options

Intro to Ethnic Studies

College preparatory elective

Ethnic Studies operates from the consideration that race and racism have been, and continue to be, profoundly powerful social and cultural forces in American society. The major purpose of this course is to educate students to be politically, socially, and economically conscious about their personal connections to history. Ethnic Studies focuses on themes of social justice, social responsibility, and social change. This course will span from past to present and allow students to identify social patterns and universal qualities present in all ethnic/cultural aspects of society including their own.

Elective Options

<p><u>Career/Technical Education</u> Automotive Engineering Design & Fabrication</p> <p><u>English</u> Public Speaking/Creative Writing Journalism 1(application)</p> <p><u>Physical Education</u> Yoga (semester or year long) Weight Training (semester of year long)</p>	<p><u>Science</u> Earth and Space Science Biotechnology Human Anatomy AP Computer Science Principles</p> <p><u>Social Studies</u> AP European History Contemporary Issues & Public Policy</p> <p><u>World Language</u> French 1, 2, 3 Mandarin 1, 2, 3 Spanish 1, 2, 3</p> <p>*Classes taken beyond graduation requirement also counts as elective (ex: 4th year math, 3rd year science/language, etc.)</p>	<p><u>Inter-departmental</u> Publications (application) Leadership (application) Intro to Ethnic Studies</p> <p><u>Visual and Performing Arts</u> 3D Art 1 Art 1, 2 Digital Design 1, 2 Drama 1, 2 Symphonic Band Jazz Ensemble (audition) Orchestra Concert Choir AP Music Theory Photo/Digital Design Video Production 1, 2</p>
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Junior Year Classes

(Current 10th graders)

Required:

- English (Regular, Honors, or AP)
- US History (Regular and AP options)
- Math: 30 credits required. Math class will be entered for you on Aeries based on math teacher's recommendation.

Choices:

- Science– Students are encouraged to take Physics of the Universe or AP Physics 1. Some colleges require 3 years of science.
- World Language– Not required for graduation but many colleges recommend at least level 3.
- Choose a Visual/Performing Arts class if not already taken.
- Check your PE credits!
- Optional 7th class

Elective Options

Career/technical Education

Automotive Eng., Adv. Auto
Design & Fabrication

English

Public Speaking/Creative
Writing
Journalism 1, 2 (application)

Math

AP Computer Science A

Physical Education

Yoga (semester or year
long)
Weight Training (semester
or year long)

Science

AP Biology
Biotechnology
AP Chemistry
Earth and Space Science
Environmental Science
AP Environmental Science
Physics of the Universe
AP Physics 1
Human Anatomy
AP Computer Science
Principles

Social Studies

AP European History
Contemporary Issues &
Public Policy

World Language

French 1, 2, 3, 4H
Mandarin 1, 2, 3, 4H
Spanish 1, 2, 3, 4H

Visual and Performing Arts

3D Art 1, 2
Art 1, 2, Advanced
AP Studio Art
Digital Design 1, 2
Drama 1, 2, adv
Stagecraft
Symphonic Band
Wind Ensemble (audition)
Jazz Ensemble (audition)
Orchestra
Concert Choir
AP Music Theory
Photo/Digital Design 1,2
Video Production 1, 2

Inter-departmental

Sports Medicine
Publications (application)
Leadership (application)
Intro. to Ethnic Studies
(semester long)

Things To Consider for Junior Year

Consider...

- The demands on time when selecting courses.
- 7 vs 6, how many AP/Honors to take, protecting your GPA, etc.
- How junior year classes will lead into senior year classes.
- How courses align with college/future goals.
- Are there any D or F grades that need to be remediated?
- Challenged vs overwhelmed. Make sure you take into consideration your mental health and well being.
- Sports, job, volunteer, family obligations



But What Do Colleges Want?



Types of Application Review

Index Review

- Admission based on GPA, test scores (if applicable) 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 (if applicable)
- 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 review)

A-G Requirements (minimum)

A - History - 2 years

B - English - 4 years

C - Math - 3 years

D - Lab Science - 2 years (Biological and Physical sciences)

E - Language other than English - 2 years

F - Visual and Performing Arts - 1 year

G - College Prep Elective - 1 year

A - G

IS IT IN YOU?



COMMUNITY COLLEGE !

- 116 community colleges in California!
 - <https://www.cccco.edu/>

The 1st 2 years of community college is **FREE**. To qualify:

- student must be a California resident *or* AB 540 eligible student (the California Dream Act waives enrollment fees for non-resident “dreamers”).
- student must enrolled full-time (usually 12 credits, 3 or 4 classes)
- student must be 1st time college student

Available at most community colleges.

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
- Volunteer opportunities
- Travel experiences

College and Career Planning

The screenshot shows the Naviance Student dashboard. At the top, there's a dark teal header with the Naviance logo and 'Student' text on the left, and navigation links (Home, Colleges, Careers, About Me, My Plans) on the right. A search bar is also present. Below the header, the main content area is divided into several sections. On the left, a yellow box lists student capabilities. To its right, a white box contains a welcome message and a 'Read more' button. Below these, there are two teal boxes labeled 'Important To-Dos and Tasks' and 'What's New'. On the right side, a 'My Favorites' section lists saved items like colleges and careers.

On Naviance, students can:

- Research colleges
- Take career/interest inventories
- Make a resume
- Research scholarships and internships
- Track the college app process (12th grade)
- LOTS more!

Welcome to Naviance Family Connection!

Use the features available through Naviance to explore colleges, build your resume, and document your ideas and plans.

In the 'about me' section, you can:

[Read more](#)

Important To-Dos and Tasks

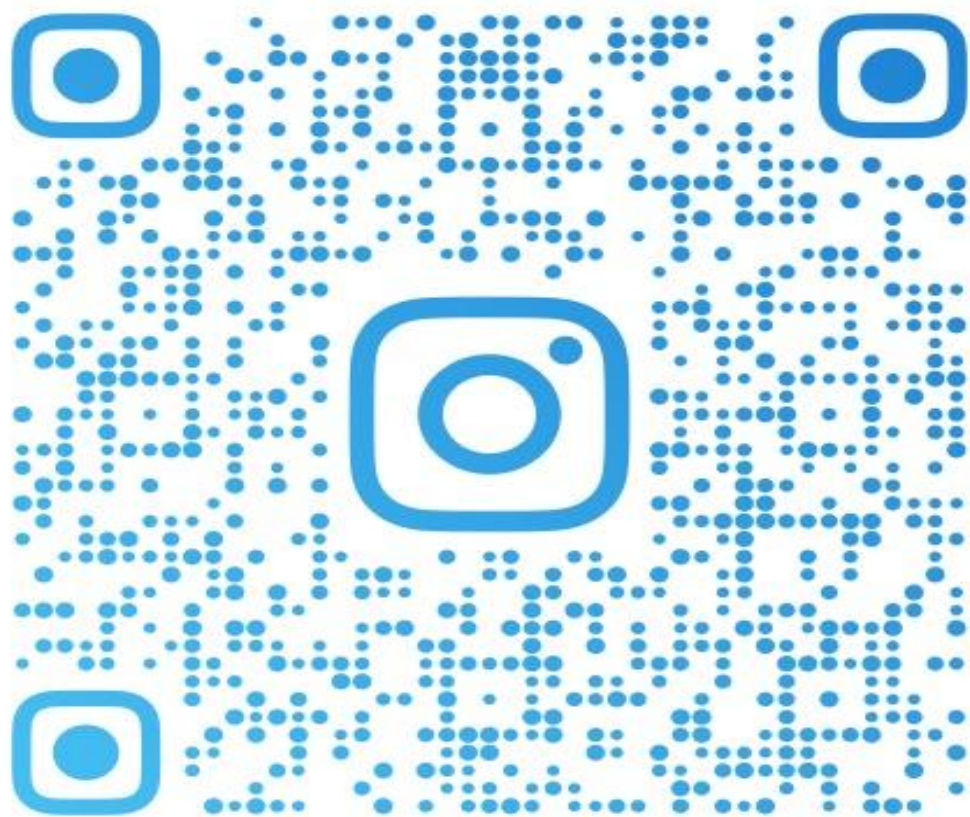
What's New

My Favorites

- COLLEGES
I'm thinking about
- COLLEGES
I'm applying to
- CAREERS AND CLUSTERS
I'm thinking about

To log in to Naviance: use student email and Google password

Look out for more info from Debbie Levy from our College & Career Center!



AHS_COLLEGE_CAREER

FAQ

- What is an AP class?

AP stands for Advanced Placement (college level). The class follows the AP content standards. There is a cumulative test created by AP/College Board at the end of the course that is optional. Some colleges give credit for a high score on the AP exam. Some colleges will waive intro level classes. AP classes require lots of reading and a high level of analytical thinking. AP tests are multiple choice plus timed essays, so lots of practice on those testing formats.

- What is the difference between an AP and Honors class?

GPA grade boost for both. AP is college level to prep for AP exam in May. AP often gives college credit. Honors is a designation that is only within our school district. Honors courses are an extra challenge and depth beyond college-preparatory.

FAQ

- What if my student takes a course during summer or outside of AHS?
 - *Summer school classes through the district are for remediation (D/F grades) only in required courses. The student must sign up to be enrolled in the class.*
 - *While taking a class for enrichment can be a great opportunity, be aware that courses taken at other schools/colleges will not appear on the Acalanes transcript. All graduation requirements must be taken at Acalanes. Be sure that the school offering the class is fully accredited and issues an official transcript. Talk to your counselor about any specific situations you are considering.*
- If my student changes their mind after they turn in their course selection form, can they still change their classes?

Maybe. The number of courses we offer is based on the sign-ups in February. We cannot guarantee space available later. Ask your counselor to add your request to the Wish list. Students can submit a request to change, but we cannot guarantee the change can be made.

Counseling Team Contact Info

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