



9TH GRADE COUNSELOR CHAT

Class of 2027

**This presentation is
being recorded

TODAY'S AGENDA

- Overview of student supports
- Tips for a successful freshman year
- How to monitor and assist with academic concerns
- Graduation and A-G requirements
- Aeries Academic Plan
- How to monitor and support for personal/social concerns
- Questions

STUDENT SUPPORT- WE ARE HERE TO HELP!

Counselors:

- Sam Davis
- Amy Klamberg
- Cheryl Linquti
- Kevin O'Connell
- David Cota

- Angelina Martinez – Registrar
- Jasmine Aduna – Project Success Specialist
- Elizabeth Keller– Mental Health Specialist
- Violet Estrada - Mental Health Specialist
- Aaron Ruiz– College and Career Specialist

COUNSELOR OFFICE HOURS FOR STUDENTS

→ Walk in During lunch

◆ Monday - Friday

→ By Appointment

◆ Tuesday - Friday

- Before school 8:00 - 8:25am

- 1st or 2nd, 7th or 8th period
(if a student does not have a class)

WHO IS MY COUNSELOR?

9TH GRADE TEACHER ADVISEMENTS

MR. DAVIS

Mr. G. Cota

Mr. Crowe

Mr. Heddon

Mr. Ricci

MRS. LINQUITI

Mr. D. Chen

Mr. Colbert

Mr. Singleton

Ms. Yu

MR. COTA

Ms. S. Chen

Mrs. Lux

Mr. Borda

Mr. Szczudlak

MRS. KLAMBERG

Ms. Magduluyo

Mrs. Hakes

Ms. Estrada

Mr. Wong

MR. O'CONNELL

Ms. Fair

Ms. Krusmark

Ms. Hinman

Mr. Roland

“AT A GLANCE” 9-12 COUNSELING PROGRAM

GRADE 9

85 Minute Counseling Lesson - Introduction to Academic 4-Year Plan, Career Exploration, a-g and Graduation Requirements

GRADE 10

HSPC - High School Planning Conference - Academic Review, High School Planning, Post High School Goals

GRADE 11

85 Minute Counseling Lesson - Transcript Review, Junior/Senior Planning Worksheet, College Search, Revisit Academic 4-Year Plan

Just for Juniors Lunch Workshops

Private Colleges & Letters of Recommendation Workshop

Financial Aid & Scholarships

GRADE 12

Simply for Seniors Lunch Workshops

Private Colleges & Letters of Recommendation

Financial Aid & Scholarships

Application Assistance Workshops

Financial Aid Night

Community College Matriculation Assistance

FRESHMAN YEAR

Review high school graduation requirements and 4 year college admission requirements.

Get involved with extracurricular activities: (band, music, choir, theatre, sports, clubs or volunteer work).

Focus on your grades and try the best that you can. **Yes! 9th grade matters for college admissions.**

Visit the College and Career Center in the Library.

Talk with your parents about your plans after high school.

Enroll in summer school classes, if necessary.

See your school counselor if you have any questions or concerns.

FRESHMAN YEAR TIMELINE

bit.ly/9thgradetimeline



On the IHS Website > Counseling > 9th Grade

TRANSITION TO HIGH SCHOOL

Expectations are higher:

- Course material is more challenging and students have to work harder for A's.
- If students do not complete their homework and they receive low test scores, they will earn low grades.
- If your student does not have homework for a few days.....**something is wrong**.
- Students are encouraged to take more initiative and more responsibility.

FAQ #1: HOW IS MY STUDENT DOING IN THEIR CLASSES?

- Report Cards are posted on Parent Portal
4 times a year (Quarter & Semester Grades)
(Report cards are not mailed home)



Qtr. 1: Nov. 6



Sem. 1: Jan. 29



Qtr. 3: Apr. 29



Sem. 2: Jun. 12

- Progress Reports are posted on Parent Portal at 3pm

1. Sept. 27

2. Dec. 6

3. Feb. 22

4. May 8

FAQ #2: WHAT IF MY STUDENT IS DOING POORLY IN CLASS?

1. Communicate with your student to discover the root of the problem (e.g., study habits, motivation, attendance, deficits). Create a study/homework plan at home.
2. If additional academic help is needed, encourage your student to utilize IHS Academic Support Resources.
 - ? Flex Time: Tues, Wed & Friday
 - ? Paper (24/7 online tutoring support)
3. If necessary, contact the teacher directly.
4. If problems persist and/or personal social problems exist, contact the counselor and utilize personal and social resources.

FAQ #3 DOES 9TH GRADE COUNT?

Yes!

- Habits are formed
- Grades are earned and considered for future advancement
- Courses taken and level of difficulty
- Prep for national tests (SAT and ACT)
- Participation in activities
 - *sports, student government, music, drama, community service and part-time jobs*

HIGH SCHOOL DIPLOMA REQUIREMENTS

225 CREDITS in Specific Subjects

- English - 40 credits
- Social Science - 30 credits
- Health - 5 credits
- Science - 30 credits
- Math - 30 credits (must pass Math 2)
- PE - 20 credits
- Language Other Than English (LOTE) OR
 - Visual/Performing Art OR CTE Courses - 10 credits
- Electives - 60 credits



MINIMUM 4 YEAR COLLEGE/UNIVERSITY “A-G” COURSE REQUIREMENTS

- A. History - 2 years required
- B. English - 4 years required
- C. Math - 3 years required (Must include Math III)
- D. Science - 2 years of lab science required
- E. Language Other Than English (LOTE)- 2 years required
- F. Visual/Performing Art - 1 year required
- G. College Preparatory Elective - 1 year required

*** Courses need to be completed with a C- grade or higher.

Testing Requirements:

CSUs and UCs no longer require the SAT OR ACT.

College Athletics:

NCAA requirements apply

SAT / ACT TESTING RECOMMENDATIONS

- **9th grade:** PSAT 8/9 October
- **10th grade:** Pre-ACT October
- **Summer Before 11th grade:** Study for ACT (free ACT test prep through act.org) or SAT (free SAT test prep through College Board), if taking the test.
- **11th grade:** Take PSAT in October (qualification for National Merit Scholarship), continue to study and take the official SAT or ACT in Spring.
- **12th grade:** Retest before December, if needed.

Aeries Academic Plan

High School Graduation View

[UC College Requirements View](#)

Subject Area	Credits Needed
A-English	30/40
B-Algebra 1	10/10
C-Mathematics	10/10
D-Life Science	0/5
E-Physical Science	0/5
F-Science Electives	10/10
G-American Govt.	5/5
H-U.S. History	10/10
K-Health	0/5
M-Physical Education	10/20
O-Lang Fine Arts CTE	0/10
P-World Cultures	10/10
R-Economics	5/5
Z-General Electives	60/70

9th Grade				
Semester1		Semester2		Summer
Qtr 1	Qtr 2	Qtr 3	Qtr 4	
English 1A (1073)		English 1B (1075)		
Math 1A (3047)		Math 1B (3048)		
Living Earth A (5135)		Living Earth B (5136)		
		Health (8005)		
Frosh PE Qtr 1 (4020)		TS G Swimg S (4618)		
Frosh PE Qtr 2 (4021)				
Comp Graphics A (7272)		Spanish 1B (2313)		
Spanish 1A (2312)		Comp GraphArt B (7271)		

Library - College and Career Center

- ◉ ROP Course Exploration
- ◉ College Visits
- ◉ College Resources



FAQ #4 HOW CAN I HELP MY STUDENT DEAL WITH STRESS?

⦿ Look for signs of unhealthy levels of stress

anxiety or panic attack	sadness or depression
feeling of being constantly pressured	hassled, and hurried
overeating/undereating	irritability and moodiness
problems sleeping	drug and/or alcohol use
physical symptoms, such as stomach problems, headaches, or even chest pain	

⦿ Help them find strategies to deal with stress

Take a stand against overscheduling	Be realistic
Get a good night's sleep	Learn to relax
Treat your body well	Watch what you are thinking
Solve the little problems	Have a support system and ask for help.

PERSONAL AND SOCIAL RESOURCES

- School Counselor
- Project Success
- Mental Health Specialist
- Private Referrals - Care Solace
- VaqSpace
- Parent Workshops
 - <https://iusd.org/familyengagement>
- What can you do if you have a concern about your student or another student?
 - Call us. We cannot help if we are not aware.

ADDITIONAL PARENT RESOURCES

⦿ IHS Website Homepage

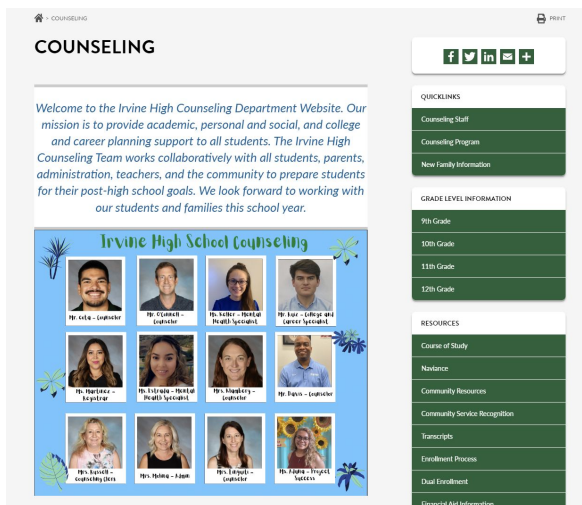
<https://irvinehigh.iusd.org/>

- Parent Portal
- Naviance
- Staff Emails
- Canvas Observer

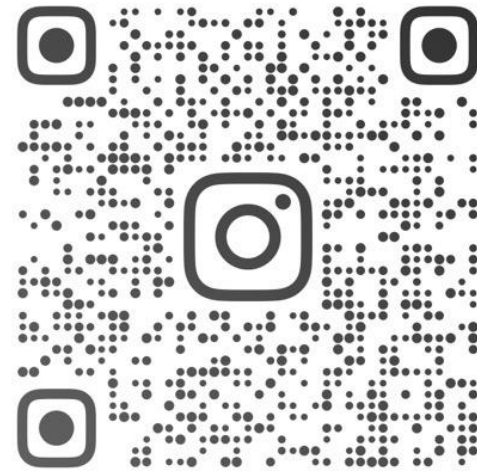


⦿ IHS Counseling Webpage & Instagram

- Counseling (grade level specific information)



FOLLOW US ON INSTAGRAM



IHSCOUNSELING

QUESTIONS?

