

FRESHMAN PRESENTATION



TODAY:

- Learn about the counseling department
- Gain understanding about what the next four years will look like (getting involved, getting support, grad requirements, college/career, etc.)
- Learn about Course Sequencing



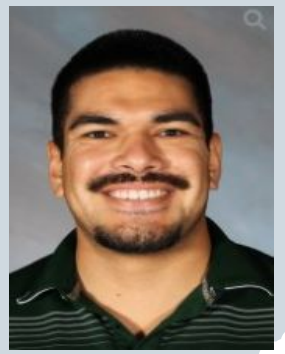
WHO IS YOUR



MS. Klamberg



MR. O'CONNELL



MR. COTA



MR. Davis



MS. Linquiti

COUNSELOR?

TA BREAKDOWN

Davis

G. Cota

Crowe

Heddon

Ricci

Linquiti

D. Chen

Colbert

Singleton

Yu

Cota

S. Chen

Lux

Borda

Szczudlak

Klamberg

Magduluyo

Hakes

Estrada

Wong

O'Connell

Fair

Krusmark

Hinman

Roland



TA & COUNSELOR

TA

- **All 4 years:** Interacts with you weekly
- Informational: school announcements/TA activities
- Conference: Get to know you/help scheduling your classes for the following year

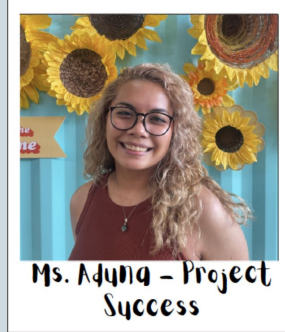
COUNSELOR

- **All 4 years:** source of support for academic, college and career and social-emotional concerns
- **9th grade:** Freshmen presentations in the fall
- **10th grade:** Individual planning conferences with you and your parent(s)/guardian(s)
- **11th grade:** Junior classroom presentations, college workshops
- **12th grade:** Senior meetings, college presentations and application assistance

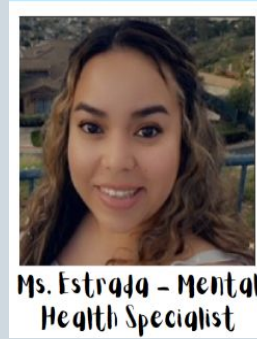
Additional Supports



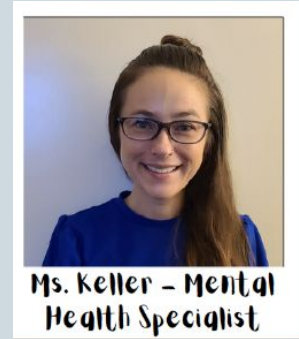
- College Visits
- Scholarship Information
- Volunteer Opportunities
- Job Search
- ROP



- Referrals made by your counselor
- Individual or Group Counseling
- Goal Oriented



- Referrals made by your counselor
- Individual Counseling
- Group Counseling Opportunities
- Links to Outside Resources



WAYS TO CONTACT YOUR COUNSELOR

OFFICE

Come See Us

During Lunch,
No Appointment
Necessary

Questions Over Email

Academics, College/Career

EMAIL

Schedule an Appointment

Before school
Tuesday-Friday
or during your open
period: 1, 2, 7, 8

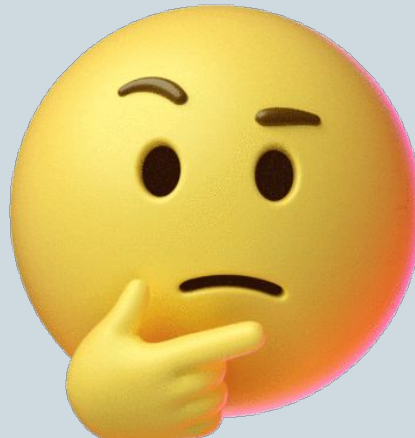
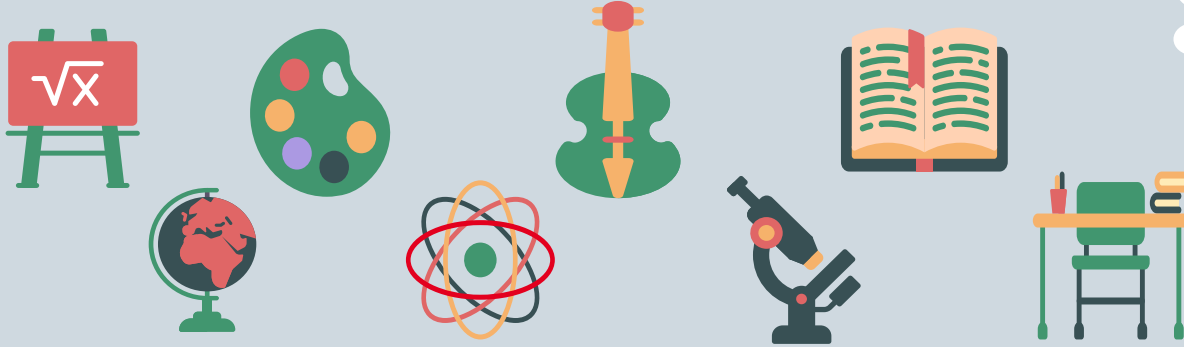
HEALTH & WELLNESS

- Balance
- Stress Management
 - Stress is normal
 - Stress is different for everyone
 - Find healthy ways to cope
- Sleep
- Mental Health
 - Sadness vs. Depression
- The VaqSpace

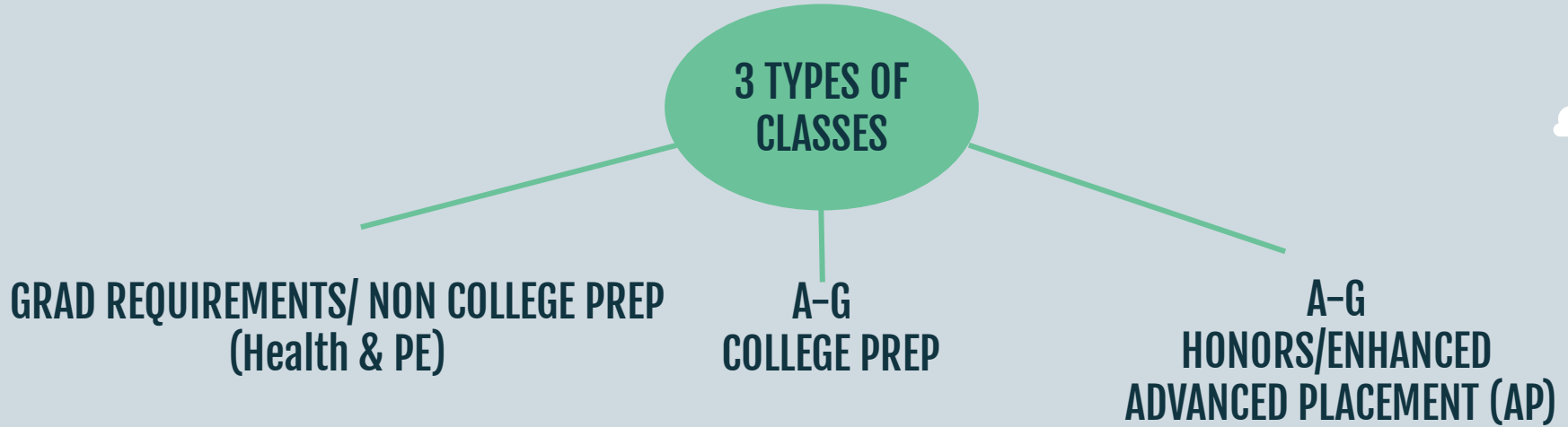
Breathe in

Reach out to your counselor. We can help!

HOW DO I KNOW WHAT CLASSES TO TAKE?



CLASSES AT IHS



All courses are listed in the [Course of Study](#) (on IHS website).

GRADUATION REQUIREMENTS

CONTENT AREA	HS DIPLOMA REQUIREMENTS
Grade Requirement	<i>D- or better</i>
English	4 years
Mathematics	30 Credits Must include Math 2
Science	3 years
Social Science	3 years
<i>World History</i>	(1 year)
<i>US History</i>	(1 year)
<i>Economics</i>	(1 semester)
<i>Government</i>	(1 semester)
World Language OR Fine Arts OR CTE	1 year
Physical Education	2 years
Health	1 semester
Electives	60 additional credits = 225 total

A-G COLLEGE REQUIREMENTS


CONTENT AREA	A-G REQUIREMENTS
Grade Requirement	<i>C- or better</i>
A. History	2 years
<i>World History & US History</i>	
B. English	4 years
C. Math	3 years required, 4 years recommended <i>Must complete Math 3 or above</i>
D. Science	2 years, 3 years recommended
E. Language Other Than English	2 years, 3 years recommended
F. Fine Arts	1 Year
G. Electives	1 year <i>from approved a-g course list</i>

Sample Transcript

P = College Prep, **+** = Weighted, ***** = Non-Academic

How to calculate GPA:

1. Give points to every letter grade
2. College Prep grades: A=4; B=3; C=2; D=1; F=0
3. Weighted grades: A=5; B=4; C=3; D=1; F=0
4. Add up all the points
5. Divide Sum by # of classes

Student Name	Student ID	Grade	Birthdate	Counselor	Transcript of Student Progress					
Parent/guardian name, address, telephone		Community Service 2021-2022. Community Service 2022-2023.			October 12, 2023 Irvine High School 4321 Walnut Avenue Irvine, CA 92604 (949) 936-7000 Fax (949) 936-7009					
Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp			
Grade 9 Fall 2022-2023				Grade 9 Spring 2022-2023						
Irvine High School										
p	1073	English 1A	B+	5.00	5.00	p	7154	Video Prod S	5.00	0.00
p	2312	Spanish 1A	A-	5.00	5.00		8005	Health	5.00	0.00
p	3047	Math IA	B	5.00	5.00		9802	Irvine High	0.00	0.00
*	4541	TS Football Q1	A	5.00	5.00		98030	Flex Time	0.00	0.00
*	4542	TS Football Q2	A	5.00	5.00		9811	Advisement	0.00	0.00
p	5128	H LivingEarth A	A-	5.00	5.00	Total Credit: 80.00				
p	6219	H Mod W Hist A	A-	5.00	5.00					
Credit Att: 35.00 Cmp: 35.00 AGPA: 3.6000										
Irvine High School										
p	1075	English 1B	A	5.00	5.00					
p	2313	Spanish 1B	A-	5.00	5.00					
p	3048	Math IB	C+	5.00	5.00					
*	4546	OSS Football	A	10.00	10.00					
p	5129	H LivingEarth B	B+	5.00	5.00					
p	6220	H Mod W Hist B	C+	5.00	5.00					
Credit Att: 35.00 Cmp: 35.00 AGPA: 3.0000										
--WORK IN PROGRESS--										
Irvine High School										
p	1103	English 2A		5.00	0.00					
p	1104	English 2B		5.00	0.00					
p	2322	Spanish 2A		5.00	0.00					
p	2323	Spanish 2B		5.00	0.00					
p	3049	Math IIA		5.00	0.00					
p	3050	Math IIB		5.00	0.00					
*	4541	TS Football Q1		5.00	0.00					
*	4542	TS Football Q2		5.00	0.00					
*	4546	OSS Football		10.00	0.00					
p	50003	H Chem Earth A		5.00	0.00					
p	50004	H Chem Earth B		5.00	0.00					
+	6411	AP World Hist A		5.00	0.00					
+	6411	AP World Hist B		5.00	0.00					
Course Tags: * = Non Academic + = Honors (weighted) p = College Prep r = Repeated										
				Weighted Non-Wgtd Acad GPA (9-12) 3.3000 3.3000 Acad GPA (10-12) 0.0000 0.0000 Total GPA (9-12) 3.5000 3.5000 Credit Attempted: 70.00 Credit Completed: 70.00						
										
				District Enter: 8/24/2017 School Enter: 8/19/2021						
State ID#										

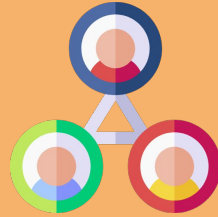
Involvement Opportunities



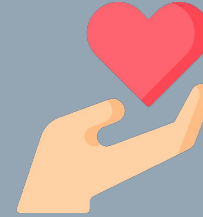
ATHLETICS



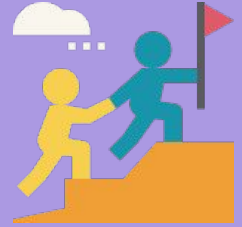
**VISUAL &
PERFORMING
ARTS**



CLUBS



**COMMUNITY
SERVICE**



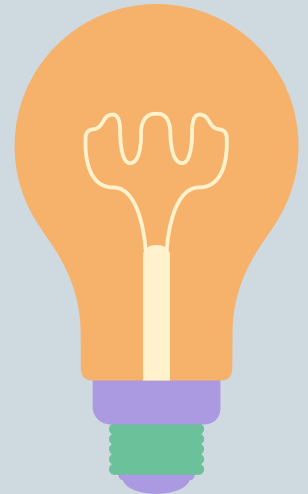
**LEADERSHIP/
ASB**

***Community service is
NOT required for
graduation!**

WHAT ARE MY OPTIONS POST HIGH-SCHOOL?



CONSIDER THIS!



DIFFERENT PATHWAYS EXPLAINED: WHICH ONE IS RIGHT FOR YOU?

42%*

4-year
college

44%*

Community
College

Other Pathways:

Military

Work/Trade School

Gap Year

*based on IHS Class of 2022

College Readiness Requirements

What do you need to do to be college ready?

UNIVERSITY
OF
CALIFORNIA



CSU The California State University

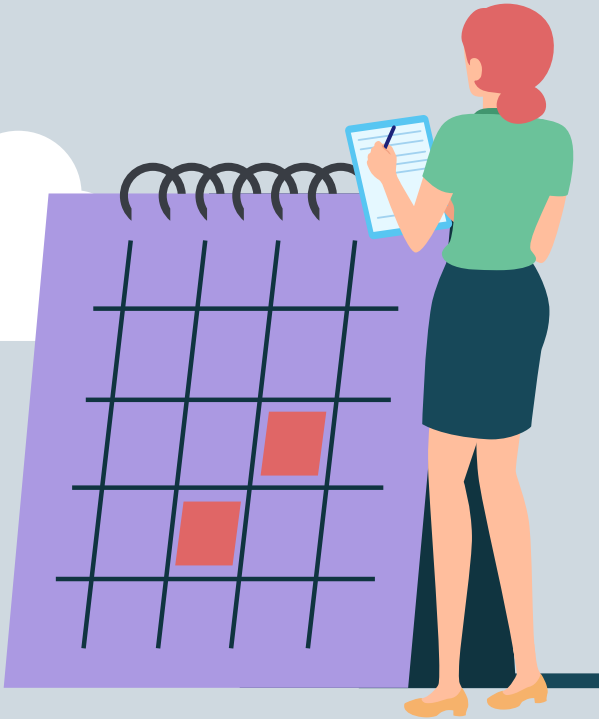


COMMUNITY COLLEGE

- Admission Requirement: high school diploma
- Transfer Programs
- Associate's Degree
- Certificate Programs
- Benefits of Community College



4-YEAR COLLEGE REQUIREMENTS

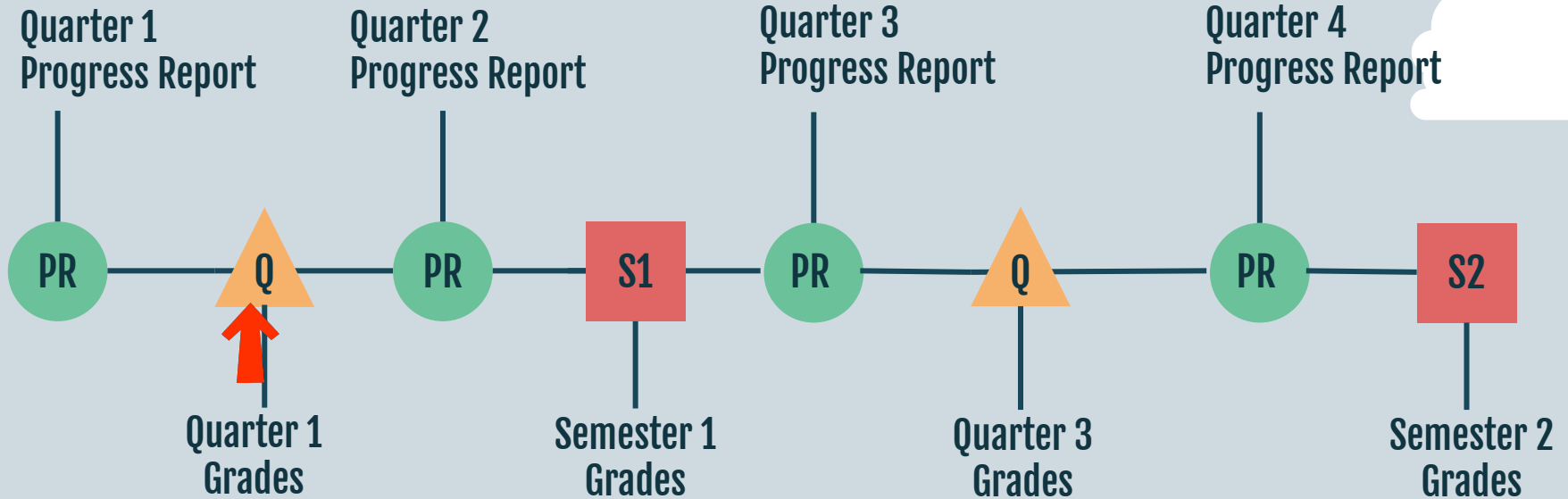


- College entrance requirements for:
 - University of California (UC)
 - California State University (CSU)
- Minimum grade is **C-**
 - Minimum GPA for UC: 3.0
 - Minimum GPA for CSU: 2.5
- At UC's, other components are also considered for admission:
 - Rigor of courses
 - Extracurricular activities
 - Personal Insight Questions
- Private colleges might have different requirements
 - SAT or ACT
 - Not accepted by UC/CSU

WHY DO I KEEP GETTING PROGRESS REPORTS?



GRADING PERIODS



Progress Reports are the halfway mark for the quarter. Progress Report grades **ARE NOT** permanent.



Quarter Grades are the halfway mark for the semester. Quarter grades are used to determine athletic eligibility and give you an idea of where you are before grades are final.



Semester Grades are **FINAL** grades. Semester grades go on your permanent transcript. Repeat courses if needed.

ADDING OR DROPPING A CLASS

TIMING & DEADLINES

Timing Matters

Last day to add a class (4th day of the semester)

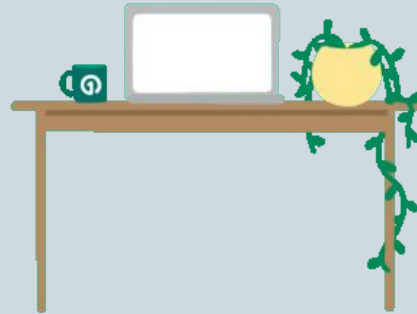
Last day to drop a class without penalty (4 weeks)

Last day to drop with a WF or WP (end of quarter)

Reach out to your counselor sooner rather than later

STUDY TIPS FOR FRESHMEN

- Use a planner/organizer to keep track of assignments and due dates
- Have a quiet, organized place to study - don't study in bed
- Set aside time to do homework and to study (yes, both!)
- Eliminate distractions
- Work on homework the day it was assigned
- Engage in active studying
 - Chunking
 - See your teachers during FLEX



SUPPORT



Work with your teacher



FLEX



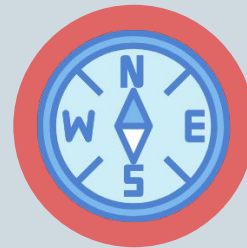
Counselor



Advisement



Library



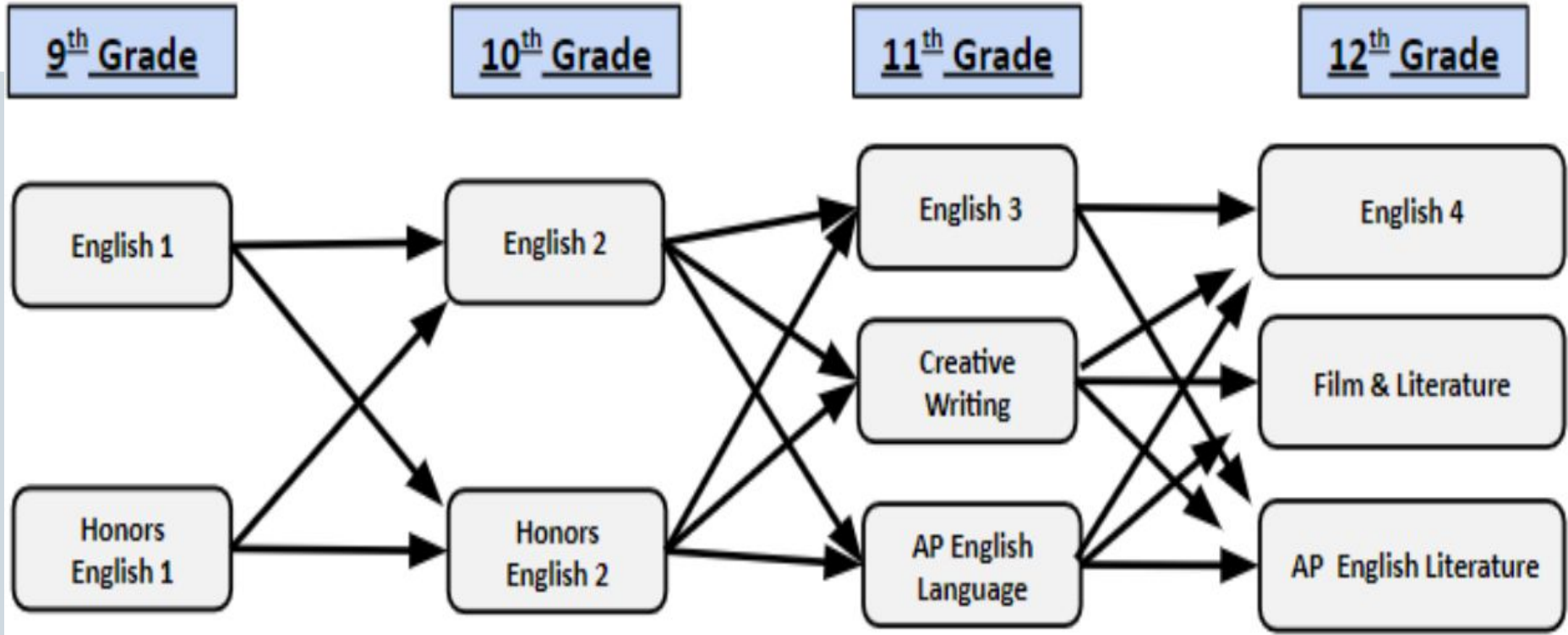
Paper Tutoring



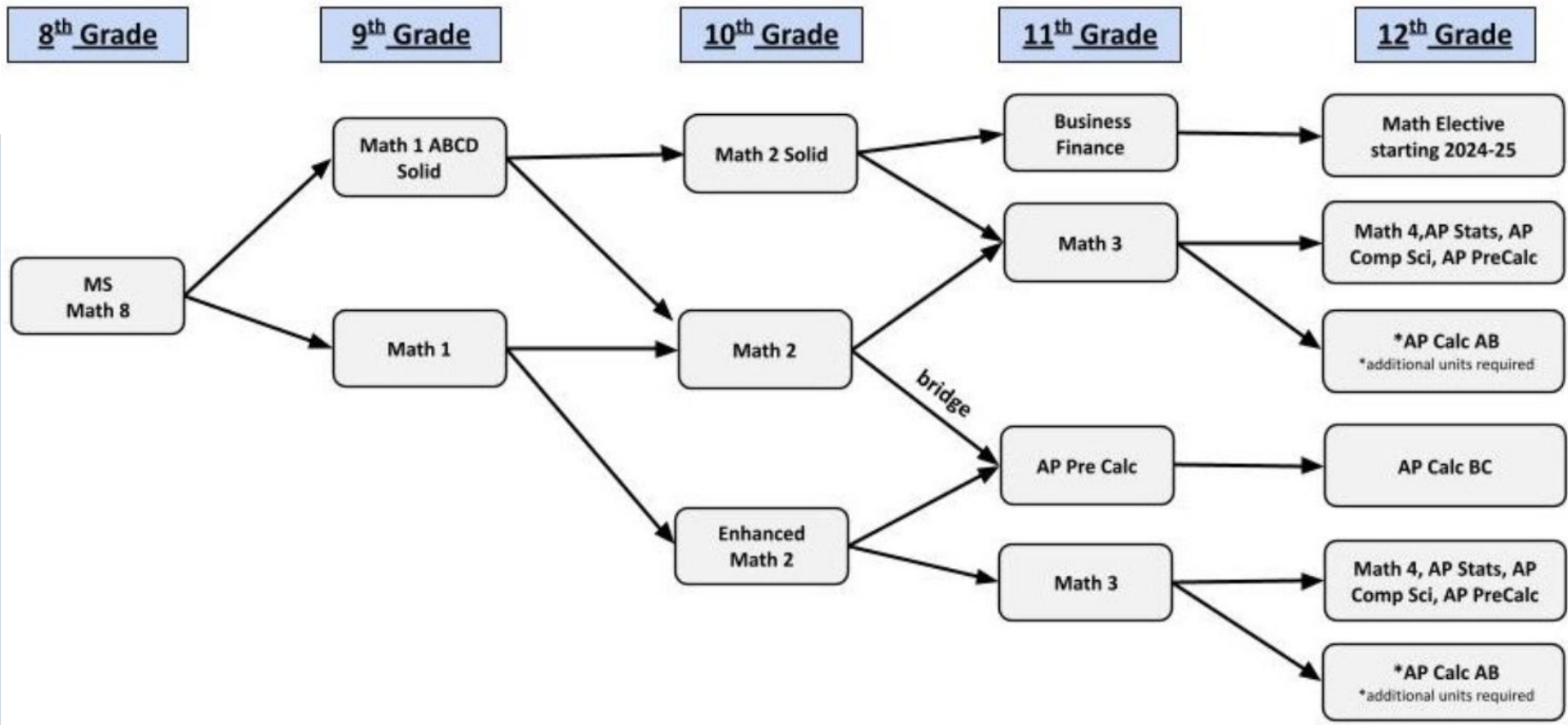
WHAT CLASSES CAN I EXPECT MOVING FORWARD AT IHS?



English



Math



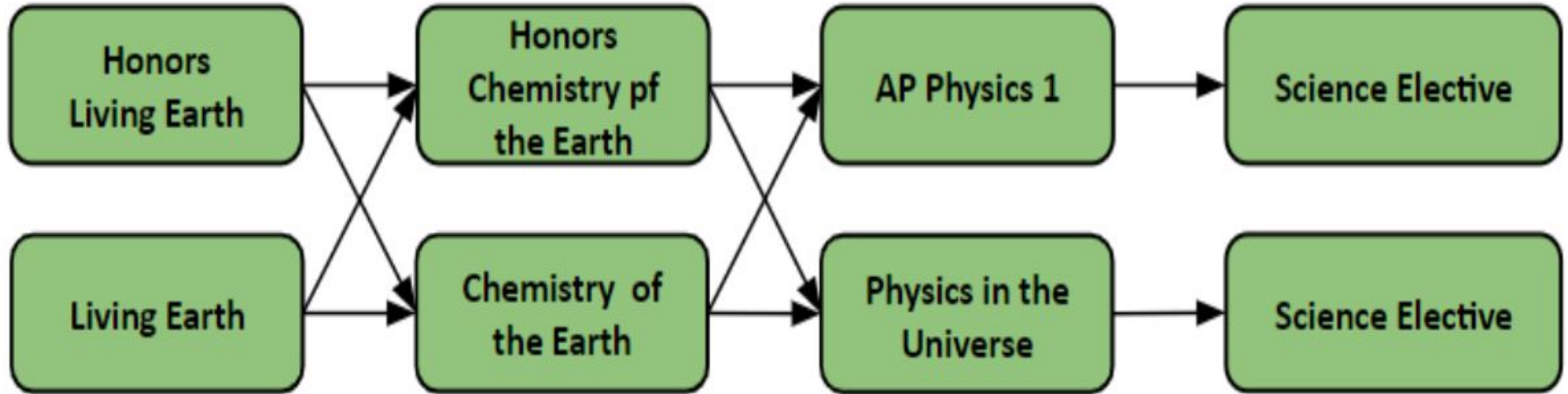
Science

9th Grade

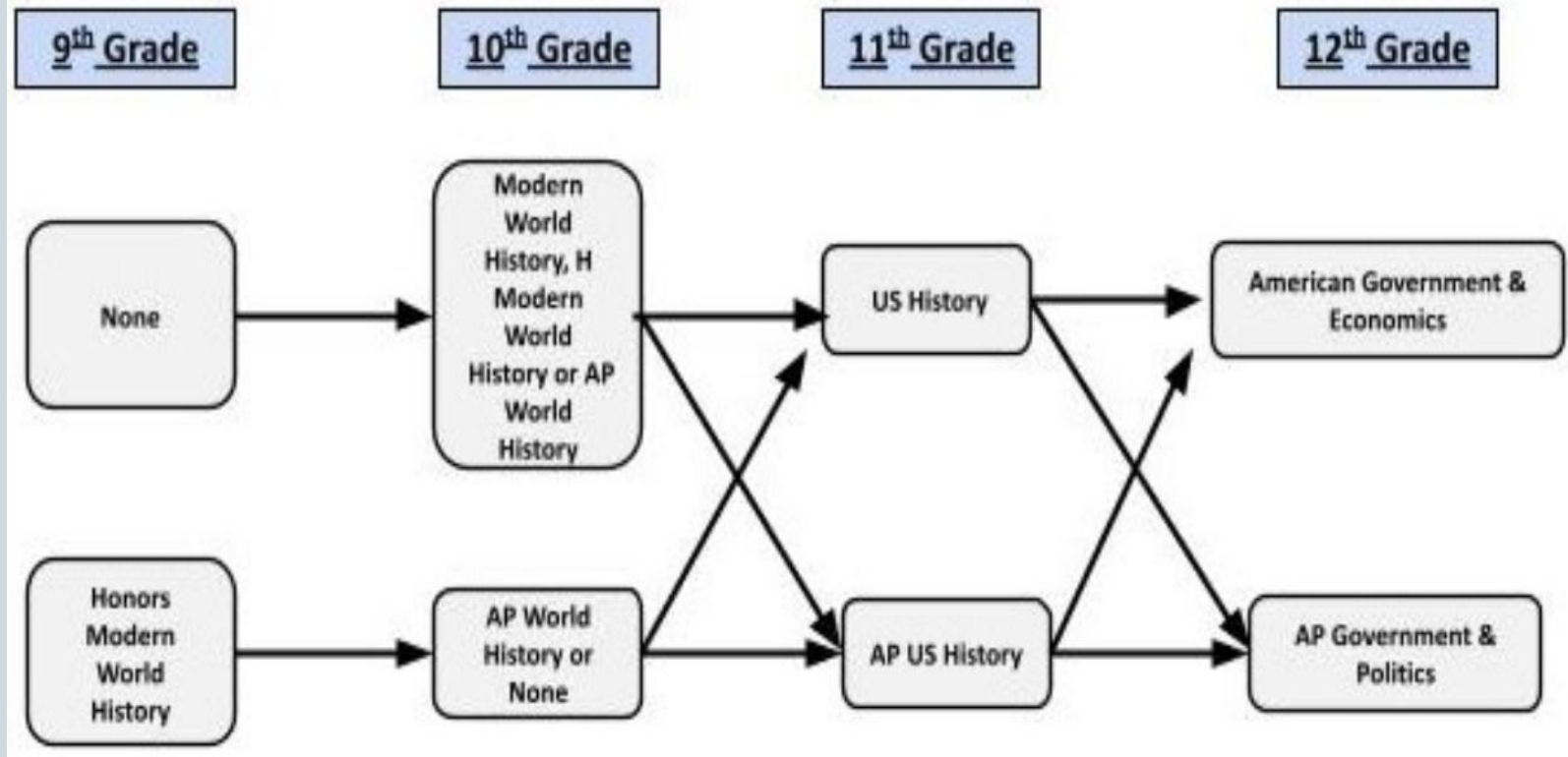
10th Grade

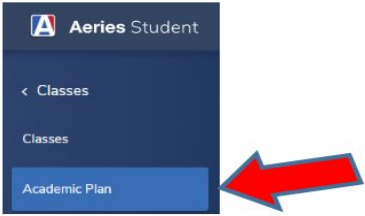
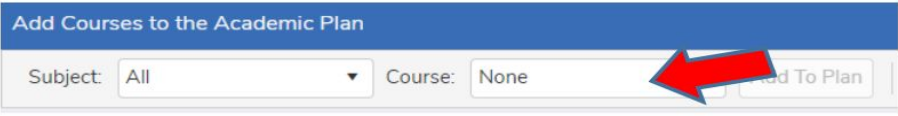
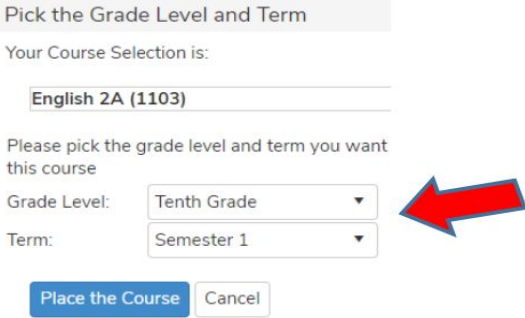


11th Grade

12th Grade



Social Science



1) Log in to the (Aeries) Portal	https://my.iusd.org
2) Click on Classes then Academic Plan	
3) To find a course, <i>click on course, then type in the course code from your course list- then click</i> Add To Plan	
4) Then pick the grade level and term (the grade is your next grade level, the term is Fall for an A class and Spring for a B Class, then click Place the Course	
5) To remove a course, click on the trash can next to the course.	
6) Repeat this process until you have entered all of your courses for fall and spring of next year. Then click Submit My Plan For Review.	

Course ID	Course title	Credit		Course ID	Course title	Credit
ENGLISH						
1073/1075	English 1	5/5		1599/1600	Beg Journalism	5/5
1103/1104	English 2	5/5		1608/1609	<u>Adv Journalism CR+</u>	5/5
1124/1125	H English 2	5/5				
English Language Development (General Elective credit)						
1852/1853	ELD 1	5/5		1870/1871	ELD 3	5/5
1198/1199	ELD 2	5/5				
MATH						
3047/3048	Math I	5/5		3051/3052	Enhanced Math II	5/5
33000/33001	Math I Solid	10/10		3053/3054	Math III	5/5
3049/3050	Math II	5/5		10055/10056	Business Finance	5/5
33002/33003	Math II Solid	10/10		3063/3064	AP PreCalculus	5/5
SOCIAL SCIENCE						
6253/6254	M World Hist	5/5		6219/6220	Honors M World History	5/5
				6410/6411	AP World History	5/5
SCIENCE						
5135/5136	Living Earth	5/5		50003/50004	Honors Chemistry of the Earth	5/5
5128/5129	Honors Living Earth	5/5		55000/55001	Physics in the Universe	5/5
50001/50002	Chemistry of the Earth	5/5		5548/5549	AP Physics 1	5/5

LOOKING FORWARD

Sophomore Conferences

- Student, Parent(s) and Counselor
- Plan for 11th and 12th grade classes
- Talk about post-IHS plans

Spring Conferences

- Course selection for next school year
- Conferences will be done with your TA



STAY INFORMED

WEEKLY SPUD



COLLEGE & CAREER CENTER
LIBRARY

IHS WEBSITE
COUNSELING PAGE

AERIES PORTAL






@ihscounseling
INSTAGRAM

NAVIANCE

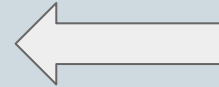


<https://irvinehigh.iusd.org/counseling/naviance>

Irvine High School Counseling

 Mr. Cota - Counselor	 Mr. O'Connell - Counselor	 Ms. Keller - Mental Health Specialist	 Mr. Ruiz - College and Career Specialist
 Mrs. Martinez - Registrar		 Mrs. Klamberg - Counselor	 Mr. Davis - Counselor
 Mrs. Russell - Counseling Clerk	 Mrs. Molina - Admin	 Mrs. Languti - Counselor	 Ms. Aduna - Project Success

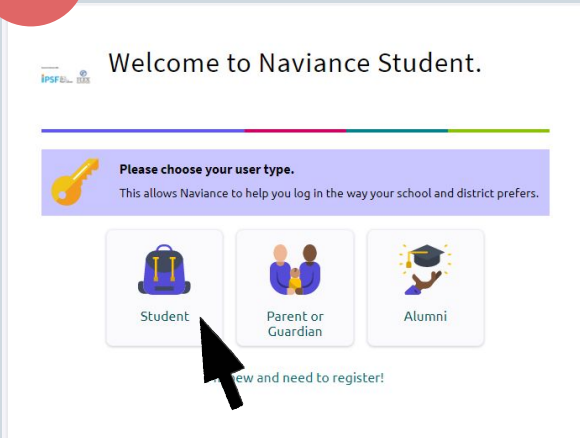
- 10th Grade
- 11th Grade
- 12th Grade
- Naviance
- Community Re
- Community Se
- Course of Stud
- Transcripts
- Enrollment Pro
- Dual Enrollmen



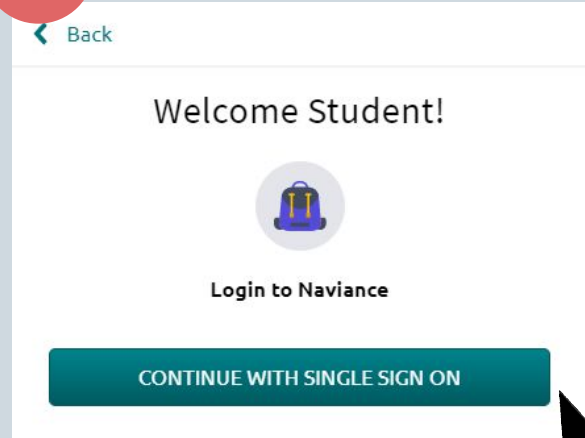
NAVIANCE ACTIVITY – CAREER CLUSTER FINDER

1. Click on “Student” (user type)
2. Click “Continue with Single Sign On” & Log in with IUSD credentials

1

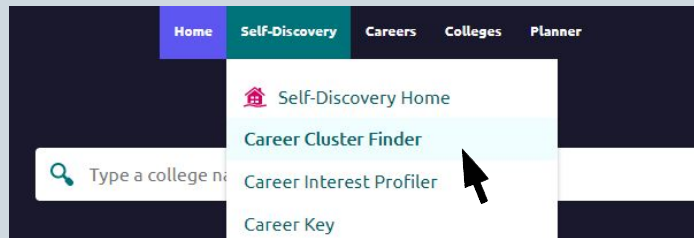


2



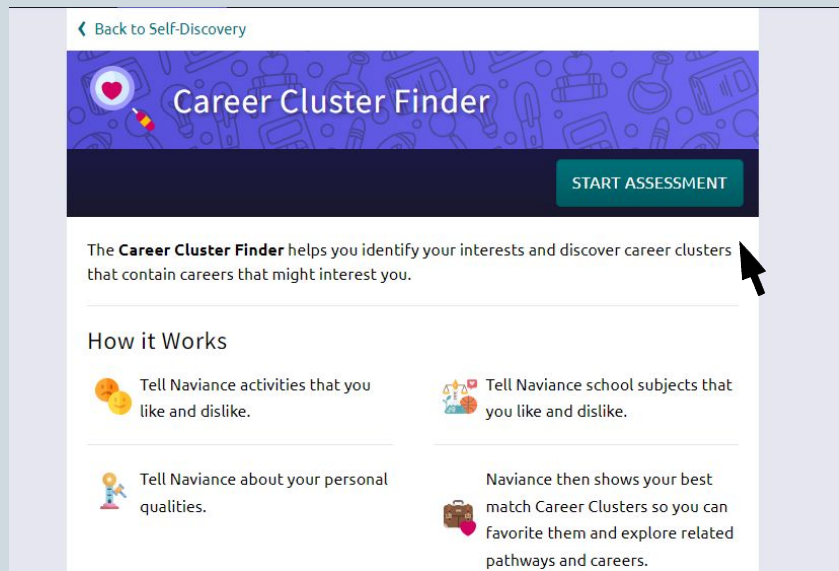
3. Hover over “Self Discovery”, Click “Career Cluster Finder”

3



4. Click “Start Assessment”!

4



When you are finished...

- Favorite at least 1 Career Cluster
- Favorite at least 3 Related Occupations
- Think about ways you can start exploring these clusters/careers now.

