

Life After High School

C/O 2027



IHSCOUNSELING

Pre-Survey

bit.ly/PreSurvey11th

Talk to your Counselor

Where is my counselor?

- Student Center Building -
Upstairs Office

When is my counselor available?

- During lunch every day -
drop in (no appointment required)
- By appointment -
before school, during 1st, 2nd, 7th, 8th (if no
class)
- Urgent personal/social situations-
please come to the upstairs office anytime
during school hours

To Book an Appointment:

- ❖ Mr. Davis: bit.ly/IHSDAVIS
- ❖ Mrs. Linquti: bit.ly/IHSLINQUITI
- ❖ Ms. Nguyen: bit.ly/IHSNGUYEN
- ❖ Mrs. Klamberg: bit.ly/IHSKLAMBERG
- ❖ Mr. Cota: bit.ly/IHSCOTA

*This information is on our website under counseling

High School Graduation

vs.

A-C Requirements

English - 4 years	English - 4 years
Math - 30 credits, Must pass Math 2	Math - 3 years, 4 recommended
Science - 3 years	Science - 2 years, 3 recommended
History - 3 years	History - 2 years
--	LOTE (World Language) - 2 years, 3 recommended
LOTE or VAPA or CTE - 1 year	VAPA (Visual and Performing Arts) - 1 year
Electives - 60 Credits	College Prep Elective - 1 year (Gov/Econ)
PE - 2 years	--
Health - 1 Semester	--
Total Units: 225	Total Units: 225
	Minimum Grade: C- or better

Higher Education Opportunities

- Community Colleges – OPEN TO ALL
- CSU – Cal State University
 - **Minimum 2.5 GPA**
- UC – University of California
 - **Minimum 3.0 GPA**
- Private/Independent Colleges - varies
- Out-of-State Colleges - varies

California Community Colleges

[CCCApply.org](https://cccapply.org)

116 Campuses

- Open Admission Policy
- Matriculation Steps for Enrollment
- Important to continue with A-G Requirements
- Multiple Measure Evaluation
- **NO** SAT or ACT Exams
- **NO** Essays
- **NO** Letters of Recommendation

Cal State University (CSU)

www2.calstate.edu/apply

23 Campuses, 1 Application

- Application Window: October 1 - November 30
- **NO** SAT or ACT Exams
- **NO** Essays/Insight Questions
- **NO** Letters of Recommendation



University of California (UC)

UniversityofCalifornia.edu

9 Campuses, 1 Application

- Application Window: August 1 - November 30
- Personal Insight Questions **REQUIRED**
- **NO** SAT/ACT
- **NO** Letters of Recommendation



CA Private Colleges/Universities

AICCU.edu

84 Campuses, not part of “system” of colleges

- Most colleges use: CommonApp.org
- **SAT/ACT Testing Requirements Vary**
- Application decisions/deadlines vary
- Cost can be higher, but additional financial aid available
- Letters of Recommendation *generally required*

Out of State Colleges

3,751 Campuses

- Most colleges use: CommonApp.org
- Public and Private Colleges
- Admission Requirements differ from campus to campus
- **SAT/ACT Testing Requirements Vary**

Take the Right Tests

- Admission requirements differ from campus to campus. Check with each school!
 - COLLEGE BOARD - www.collegeboard.com
 - SAT Test
 - AMERICAN COLLEGE TESTING - www.act.org
 - ACT Test
 - <https://fairtest.org/test-optional-list/>
- *NOT required by California Community Colleges, the UC system or Cal States**

Financial Aid

- Financial Aid = \$\$ to help pay for college, including Community College and Trade School
- FREE Form to complete starting October of your senior year at: www.fafsa.gov or <https://dream.csac.ca.gov/>
- Examples of Financial Aid Available : Scholarships, Grants, Loans, Work Study
- **Required Step for the IVC Promise Program**
- **Everyone can apply regardless of family finances!!**

Western Undergraduate Exchange (WUE)

Tuition Savings Program for 160+ Schools!

Choose from hundreds of undergraduate programs outside your home state, and pay no more than 150 percent of that institution's resident tuition rate.

<https://www.wiche.edu>

Using AI For College Apps

Think of AI as a brainstorming tool. If you are stuck on a topic, AI can help explore ideas.

AI can be used to research colleges and universities.

Do NOT use AI to write your essay. College Admissions officers are skilled at detecting generic, inauthentic writing. They want to hear your voice.

Your essay should be your voice. Read aloud and if it doesn't sound like you, it is too formal. Get feedback from real people - teachers, parents, counselors, peers, etc.

Using AI for College Apps

UNIVERSITY
OF
CALIFORNIA

Artificial
Intelligence

We remind applicants that all information must be complete, accurate and reflect their independent thinking and writing. UC conducts regular screenings for false, missing and/or misleading information. Failure to submit accurate information will jeopardize consideration for admission to UC for the current and future terms. Students found to have falsified application information will be subject to penalties up to and including denial of admission, withdrawal of an admission offer, registration cancellation, expulsion or revocation of a University of California degree.

Falsified application information may include but is not limited to: making inaccurate statements on the application, withholding information requested on the application, giving false information, or submitting fraudulent or falsified documents in support of an admissions application.

Personal Insight Question Responses

The personal insight responses should reflect the student's own ideas and experiences, be independently written by the student and reflect the student's personal writing style. Students may receive advice on content and editing, including the use of generative artificial intelligence software to assist with readability, but content and final written text must be their own. Students must not plagiarize or copy from sources in print or online nor use any other person's words or published works. UC conducts regular screenings to verify the integrity of the responses, may request authentication of the content or writing as the student's, and will take action when it is determined that the integrity of the response is compromised.

Caltech | Undergraduate Admissions

Why Caltech ▾ Apply ▾ Afford Visit & Connect ▾ Explore More ▾ Q

Home / Apply / 3/2 Program / Supplemental Application Essays / Undergraduate and Graduate Admissions AI Policy: Guidelines for Fall 2025 Applicants

Undergraduate and Graduate Admissions AI Policy: Guidelines for Fall 2025 Applicants

APPLY

Preparing for Caltech ▾

What We Look For ▾

First-Year Applicants ▾

Transfer Applicants ▾

3/2 Program ▾

Application & Requirements

Supplemental Application Essays ▾

Undergraduate and Graduate

Admissions AI Policy: Guidelines for

Fall 2025 Applicants

Essay Writing Advice

Ethics and AI at Caltech

All Fall 2025 applicants will be asked to review Caltech's guidelines on the ethical use of AI before submitting their supplemental essays.

Artificial Intelligence (AI) research at Caltech is groundbreaking, and undergraduate students will encounter AI in a wide range of interdisciplinary applications.

Since 2018, Caltech's AI4Science (or Artificial Intelligence for Science) Initiative has provided training and access to modern AI tools so researchers across a wide range of disciplines, from economics to astrophysics, can harness the power of AI. In 2023, Caltech established the Center for Science, Society, and Public Policy to examine the intersection of science and society, facilitate discussion of scientific ethics, and help shape public science policy.



Preparing for Your Cornell Application

Use of Generative Artificial Intelligence (AI) in Your Application

When we review your application, our hope is that we get to know you and understand your potential fit within the Cornell community. Therefore, when you're drafting your essays, it's important that we hear from you — your words, your voice, your story.

Relying on generative AI tools (such as ChatGPT) to draft even a preliminary version of your essays will result in less authentic, more generic writing that doesn't showcase your unique attributes.

If you choose to use generative AI in your application process, we expect you to do so ethically. Ethical uses of generative AI include researching colleges, brainstorming essay topics, and reviewing the grammar and spelling of your completed essays.

Unethical uses include:

- Using generative AI to outline, draft, or write your essays
- Translating an essay written in another language
- Creating images for a required portfolio using AI

We recognize that there are other forms of application support that can dilute your voice in your essays. This can include having a friend, family member, or paid consultant outline, write, or rewrite your essays. As with the use of generative AI, we expect you to use all application

Academic Assessment Transcripts & Grad Status

- Personal information
- Grades and credits earned for each course completed
- Course indicators
 - * = non academic
 - p = college prep
 - + = some Honors and all AP courses bearing “weighted” GPA
 - r = course has been repeated and GPA revised
- GPA
- Total credits attempted and total credits earned
- Community service
- Look for repeats!

How to Make a College List

- Deadlines
- SAT/ACT Testing Policy
- Average Test Scores
- Average GPA
- Cost of Attendance
- Average Need-Based Aid
- Acceptance Rate
- Average Merit Award for Freshman Without Financial Need
- 4 Year Graduation Rate

CaliforniaColleges.edu



Register Your Account

CaliforniaColleges.edu

Your free, all-access pass to a bright future.

Students, find your path and build knowledge, skills, and a plan to achieve your dreams. **Parents and educators**, guide and support them every step of the way.

Sign In

Sign In

[Forgot Password?](#)

Sign in as Yvonne
yvonnenguyen@iusd.org

Did You Know...

Through CaliforniaColleges.edu, you can launch:

- UC Applications
- CSU Applications
- Financial Aid Applications



The image shows a promotional graphic for CaliforniaColleges.edu. At the top left is the logo, which consists of three blue chevrons pointing right, followed by the text 'CALIFORNIA COLLEGES.edu' and the tagline 'DISCOVER. PLAN. LAUNCH.' below it. The main body of the graphic has a yellow background with a faint map of California. The text 'CaliforniaColleges.edu' is written in a large, bold, black font. Below it, in a smaller black font, is the text 'Your free, all-access pass to a bright future.' At the bottom, in a smaller black font, is the text: '**Students**, find your path and build knowledge, skills, and a plan to achieve your dreams. **Parents and educators**, guide and support them every step of the way.'

Build Your College List

The screenshot shows the California Colleges.edu website interface. At the top left is the logo with the text "CALIFORNIA COLLEGES.edu" and "DISCOVER. PLAN. LAUNCH.". The navigation menu includes "Education", "Dashboard", "College", "Career", and "Financial Aid". A red arrow labeled "1" points to the "College" link, which is circled in red. A dropdown menu is open under "College", with "College Search Tool" circled in red and a red arrow labeled "2" pointing to it. The dropdown menu contains several sections: "College Options" (with "College Search Tool" as a sub-item), "Apply To College", "Launch from CaliforniaColleges.edu", and "Other Applications".

CALIFORNIA COLLEGES.edu
DISCOVER. PLAN. LAUNCH.

Edu **1** board College Career Financial Aid

Educator Dashboard
Track local benchmarks, manage users, and run reports. The features available in this dashboard are contingent on your account permissions.

MANAGE REPORTS
Report Management

MANAGE STUDENT A
Account Manag
Assignments
Eligibility Tools I

College Options
College Search Tool
Learn about College
College Options in California
Learn about "a-g"
Building Your College List

Apply To College
Learn about College Applications
College Application Checklist

Launch from CaliforniaColleges.edu
California Community Colleges Application
California State University Application
University of California Application

Other Applications
Common Application

Narrow Your College Results

The screenshot shows the California Colleges website interface. At the top, there is a navigation bar with the logo and links for 'My Plan', 'College', 'Career', and 'Financial Aid'. Below this is a search bar with the text 'Search Colleges' and a search button. The search criteria are displayed as a series of blue buttons: 'California Only', 'Educational Leadership and Administration, General.', 'Applied Psychology', 'Clinical Psychology', 'Clinical, Counseling and Applied Psychology, Other', '4-year (Bachelor Degrees, Graduate Degrees)', and 'Medium (5,000 - 15,000 students)'. On the left side, there are filter sections for 'Location' (California Only, All U.S.), 'California College Type' (California Community College, California State University, University of California, Independent Colleges), 'Programs/Majors', and 'Level of College' (3-year Certificate Programs, Associate Degrees). The main content area displays '12 Colleges' sorted by 'Name'. Three colleges are visible in the list:

College Name	Enrollment	Type	Avg. Net Price	Accept. Rate	Heart Icon
Brandman University Irvine, California - City	6,114 Medium	Private 4-year	\$31,084/year Avg. Net Price	95% Accept. Rate	Heart Icon
California Baptist University Riverside, California - City	8,109 Medium	Private 4-year	\$34,062/year Avg. Net Price	80% Accept. Rate	Heart Icon
California State University-Bakersfield Bakersfield, California - City	9,979 Medium	Public 4-year	\$7,697/year Avg. Net Price	78% Accept. Rate	Heart Icon

My College Plan

The screenshot shows the 'My College Plan' section of a web application. At the top left is the 'CALIFORNIA COLLEGES.edu' logo with the tagline 'DISCOVER. PLAN. LAUNCH.'. Navigation tabs include 'My Plan', 'College', 'Career', and 'Financial Aid'. A search bar and user profile icon are on the right. A 'My Plan' sidebar on the left contains a description: 'Preparing for life after high school starts your thoughts, track steps, and develop a clear plan for...'. A red arrow points from this sidebar to a dropdown menu. The dropdown menu lists: 'Academic Planner', 'My College Plan' (highlighted), 'My Career Plan', 'My Financial Aid Plan', 'My Goals', 'My Journal', 'My Experiences', and 'My Documents'. Below the dropdown is a horizontal navigation bar with buttons for 'Academic Planner', 'My College Plan' (active), 'My Career Plan', 'My Goals', 'My Journal', 'My Experiences', and 'My Documents'. A paragraph of text explains the purpose of the 'My College Plan' tool, mentioning tracking colleges, presentations, and application deadlines. A print icon is located to the right of the text. At the bottom, a table header is visible with tabs for 'College List', 'College Visits, Presentations, & Interviews', 'College Applications', 'Major List', and 'Test Scores'. The 'College List' tab is active, showing a table with columns: 'Institution Name', 'Institution Type', 'Degree Type', 'Major', 'Match, Reach, or Safety', and 'Edit/ Delete'.

My Plan
Preparing for life after high school starts your thoughts, track steps, and develop a clear plan for...

Academic Planner | **My College Plan** | My Career Plan | My Financial Aid Plan | My Goals | My Journal | My Experiences | My Documents

Use My College Plan to keep track of ❤️ colleges and major presentations you have attended and even organize all your college application dates and deadlines. Have fun launching your CCCApply application to the California Community Colleges (CCCs), your Cal State Apply application to the California State Universities (CSUs) and your University of California Application to the University of California directly from the link in the College Applications section!

College List | College Visits, Presentations, & Interviews | College Applications | Major List | Test Scores

Institution Name	Institution Type	Degree Type	Major	Match, Reach, or Safety	Edit/ Delete
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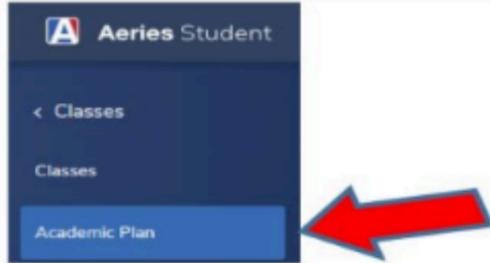
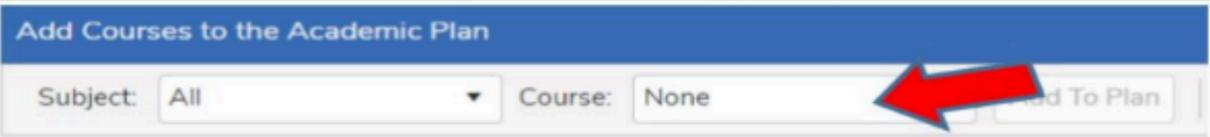
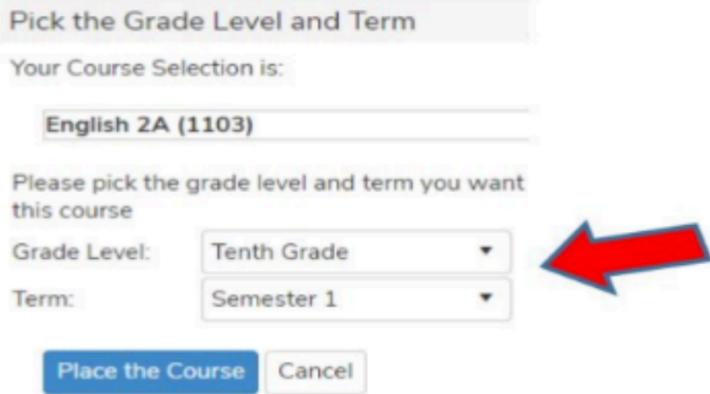
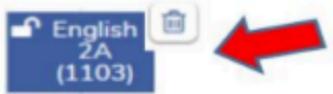
Favorite at least 5 Colleges

The screenshot shows the 'My Plan' section of the California Colleges website. The navigation bar includes 'My Plan', 'College', 'Career', and 'Financial Aid'. The 'My Plan' section is active, with a sub-menu containing 'Academic Planner', 'My College Plan', 'My Career Plan', 'My Financial Aid Plan', 'My Goals', 'My Journal', 'My Experiences', and 'My Documents'. Below the navigation, there is a paragraph explaining the 'My College Plan' feature and a table of favorite colleges.

Use My College Plan to keep track of colleges and majors, document any college visits or presentations you have attended, and even organize all your college application dates and deadlines. Have fun launching your COCAApply application to the California Community Colleges (CCC), your Cal State Apply application to the California State Universities (CSUs) and your University of California Application to the University of California directly from the link in the College Applications section!

College List	College Visits, Presentations, & Interviews	College Applications	Major List	Test Scores	
Institution Name	Institution Type	Degree Type	Major	March, Preach, or Safety	EDU Delivers
California Lutheran University	Private not-for-profit, 4-year or above				
California Polytechnic State University-San Luis Obispo	Public, 4-year or above				
University of California-Merced	Public, 4-year or above				
University of	Public, 4-year or				

Review Your Courses in Aeries

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> <input type="button" value="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 <input type="button" value="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.	

Credits Needed	9th Grade					10th Grade					11th Grade					12th Grade			
	Semester1		Semester2		Summer	Semester1		Semester2		Summer	Semester1		Semester2		Summer	Semester1		Semester2	
	Qtr 1	Qtr 2	Qtr 3	Qtr 4		Qtr 1	Qtr 2	Qtr 3	Qtr 4		Qtr 1	Qtr 2	Qtr 3	Qtr 4		Qtr 1	Qtr 2	Qtr 3	Qtr 4
0/40	English 1A (1073)	English 1B (1075)				English 2A (1103)	English 2B (1104)				English 3A (1134)	English 3B (1135)				English 4A (1163)	English 4B (1164)		
0/0																			
0/10			Math ICD Solid (33001)			Math II A Solid (33002)	Math II B Solid (33003)				Math IIIA (3053)	Math IIIB (3054)							
0/10	Math IAB Solid (33000)															Math 4A (3061)	Math 4B (3062)		
0/5	Living Earth A (5135)	Living Earth B (5136)																	
0/0											Physics In Un A (55000)	Physics In Un B (55001)							
0/5						Chem Earth A (50001)	Chem Earth B (50002)												
0/10																			
0/5																		American Govt (6501)	
0/10											US History A (6303)	US History B (6306)							
0/5	Health (8005)																		
0/20	TS Baseball Q1 (4752)	TS Wrestling Q4 (4634)				TS Wrestling Q1 (4630)	TS Baseball (4751)				TS Baseball Q1 (4752)	TS Baseball (4751)				TS Baseball Q1 (4752)	TS Baseball Q2 (4753)	TS Baseball (4751)	
	TS Baseball Q2 (4753)	TS Baseball (4751)				TS Wrestling Q2 (4632)					TS Baseball Q2 (4753)								
0/10											Spanish 1A (2312)	Spanish 1B (2313)				Spanish 2A (2322)	Guitar 1S (7580)		
																Guitar 1F (7579)	Spanish 2B (2323)		
0/10						M World Hist A (6253)	M World Hist B (6254)												
0/5																Economics (6611)			
0/70											Advisement (9811)								
											Flex Time (98030)								
											Gen	Gen	Gen	Gen					

Academic Plan

Note: You are planning **YEAR-LONG** courses

You will have one more opportunity to make changes to your course selection during TA conference week in March before it's finalized.

Schedule change requests will be **EXTREMELY LIMITED** at Round Up

bit.ly/12thCourses

Summer Opportunities

[IHS Summer Opportunities](#)

[IVC IUSD Summer College](#)

[Coastline ROP](#)

Career Exploration Experience 2026

APPLICATIONS NOW OPEN



Connecting students to real careers at leading OC companies.

The Career Exploration Experience is a paid, 90-hour experience for current high school juniors and early college students to explore careers, build professional skills, and gain real-world insight - even if they are still figuring out their path.

Proven Impact from 200+ Participants

- 92% clarified career goals
- 95% feel better prepared to join the workforce
- 96% feel confident building professional relationships

Explore Careers at our Host Companies



Building a better working world



Edwards

APPLICATIONS DUE FEBRUARY 15TH

https://bit.ly/CLAOC_CEE2026

SCHEDULE: June 15 - July 23.
Monday - Thursday, 1:00 - 5:00 pm.
Hybrid experience.

PAY: \$500 stipend



2026 SUMMER INTERNSHIPS

Get real-world experience!

Dates:
VISIT OUR WEBSITE FOR DATE INFO

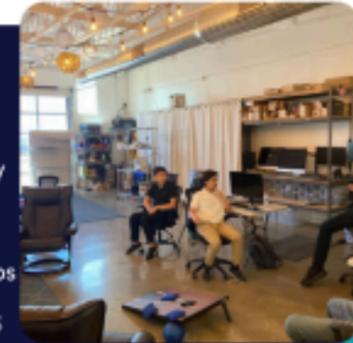


INFORMATION

Build your skills and explore career pathways with Vital Link's Internship Program. Connect with local businesses and mentors while gaining hands-on experience to prepare for your future

Important Notes

- ✓ Summer internships will run June-July 2026
- ✓ Must be ages 16-24
- ✓ Only students who complete workshops will be placed
- ✓ To participate, students must attend 5 required workshops before placement



FOR MORE INFORMATION

- 📍 Camilo@vitallink.org
- 🌐 vitallink.org



SCAN HERE TO REGISTER

Post-Survey

bit.ly/PostSurvey11th

