

Life After High School

A high school and post high school planning guide



Getting Ready for Life After High School

A HIGH SCHOOL AND POST HIGH SCHOOL PLANNING GUIDE

Prepared by a joint effort of the Irvine Unified School District
High School Counseling Departments

Irvine Unified School District
5050 Barranca Parkway
Irvine, CA 92604



Creekside High School
3387 Barranca Parkway
Irvine, CA 92606
www.iusd.org/chs



Irvine High School
4321 Walnut Ave.
Irvine, CA 92604
www.iusd.org/ihs



Northwood High School
4515 Portola Pkwy
Irvine, CA 92620
www.iusd.org/nhs



Portola High School
101 Cadence
Irvine, CA 92618
www.iusd.org/phs



University High School
4771 Campus Dr.
Irvine, CA 92612
www.iusd.org/uhs



Woodbridge High School
2 Meadowbrook
Irvine, CA 9214
www.iusd.org/whs

*Funds provided through the Irvine Unified School District
Career Technical Education Programs*

Irvine Unified School District - Notice of Non-Discrimination

The Irvine Unified High School District is committed to equal opportunity for all individuals in education. District programs and activities including membership in student clubs shall be free from discrimination based on race, color, ancestry, national origin, ethnic group identification, age, religion, actual or potential parental, family, or marital status, or the exclusion of any person because of pregnancy or related conditions, physical or mental disability, sex, sexual orientation, gender, gender identity or expression, or genetic information; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics.

The District's Career and Technical (CTE) program does not discriminate in enrollment in or access to any of the CTE programs available. Admission to these programs is based on age appropriateness, class space, interest, aptitude, and prerequisite coursework (where applicable). The lack of English skills shall not be a barrier to admission to or participation in the District's activities and programs. The Irvine Unified School District also does not discriminate in its hiring or employment practices.

This notice is provided as required by Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, Title IX of the Education Amendments of 1972, the Age Discrimination Act of 1975, Title II of the Americans with Disabilities Act of 1990, and the California Code of Regulations Title 5, Chapter 5.3 Nondiscrimination. Questions, complaints, or requests for additional information regarding these laws may be forwarded to the District's designated compliance coordinators.

Life After High School

Plan to Graduate With a Plan to Succeed

This guidebook is provided for students in the Irvine Unified School District as part of the counseling program for use as a planning guide for high school coursework, extracurricular activities and preparing for post-secondary education and careers.

Sections in this Guide include:

- I. Your High School Plan
- II. Your Personal and Social Goals
- III. The World of Work
- IV. Welcome to Naviance
- V. Career Planning
- VI. College Admissions Tests
- VII. Athletic Eligibility
- VIII. College Planning
- IX. Appendix

Disclaimers

Reference herein to any specific commercial products, process or services by trademark, manufacturer, or otherwise, does not necessarily constitute or imply its endorsement, recommendation or favoring by the Irvine Unified School District. The views and opinions expressed herein do not necessarily state or reflect those of the Irvine Unified School District and shall not be used for advertising or product endorsement purposes.

All information contained herein is for educational purposes only. For specific medical advice, consult a health professional. Information has been obtained from third parties including agencies, schools, colleges and universities. Readers should be aware that published dates, requirements and other information may have changed since publication of this guide book.

Forward

In this book, students and parents will find information and resources to assist them in exploring career pathways and college and creating a high school plan that meets the student's career and post-secondary education interests.

There is a wealth of information on the internet and there are many publications to assist students in college and career planning. In this guide book, we have provided references to some of these resources. Your high school counselor, the College and Career Center Coordinator and the ROP Coordinator at your school will have additional information and will be able to guide you through the process of planning for college and careers.

Every effort has been made to provide accurate information. Readers should be aware that published dates, requirements and admissions data may have changed since publication and students and parents are advised to always obtain current information directly from individual college and program resources.

The production of this student guide book is a collaborative effort among counselors from each of the Irvine Unified School District's comprehensive high schools.

I. Your High School Plan

Every student in IUSD is assigned a counselor at their high school who assists students from grades 9 through 12 with their academic planning. All tenth grade students and their parents are given the opportunity to meet with a counselor, review their academic skills and interests, and create a high school graduation plan as well as a plan for life after high school. If you are considering attending a four-year college or university when you graduate, you will need to become knowledgeable in the A-G course requirements for admission to the University of California (UC) or California State University (CSU). You will learn more about college admission criteria in this guide.

Graduation Requirements

In order to graduate from a California public high school, you must complete specified state and local graduation requirements. All Irvine Unified School District diplomas require that a student pass the minimum courses and credits listed below. California University course requirements are provided to assist you in planning for college.

Students who complete all required courses and all required credits are invited to participate in the commencement ceremony at their home school. *Per 2015 CA state legislation, passing the CAHSEE is no longer a requirement.

Irvine Unified School District High School Graduation Requirements

Subject Area	Credits	More Information
English	40	4 years (40 credits) For English Learner students: ELD 1 & ELD 2 each count for 10 credits
Social Science	30	World History or Global History (10 credits) US History (10 credits) Economics (5 credits) American Government or Political Science (5 credits)
Science	20	A Life Science course (5 credits) An Earth Science or Physical Science course (5 credits) One additional year of science (10 credits)
Mathematics	20	2 Years (20 credits) of mathematics required, must include Math I
Physical Education	20	1 year (10 credits), must be taken in Grade 9 PE courses include Band, Color Guard and athletics (10 credits)
Visual/Performing Art or Language Other than English (LOTE) or Career Technical Education (CTE)	10	Either a Visual or Performing Art or a Foreign Language or a Career Technical Education course (10 credits)
Health	5	1 semester (5 credits)
Electives	70	Additional courses in any subject area
TOTAL	215 Credits	Note: The California High School Exit Exam (CAHSEE) is no longer required for graduation

UC and CSU A-G Subject Requirements

Your high school's approved "a-g" courses are listed in your school's course catalog and on the UC website listed below. A grade of "C" or better in each course is needed to fulfill the admissions requirements. Check the UC and CSU websites for further information.

CSU: www.csumentor.edu/planning/high_school/subjects.asp

UC: doorways.ucop.edu/list/

Subject Area	Credits	More Information
A - History	20 credits 2 years	World Studies (1 year/10 credits) US History (1 year/10 credits) <i>or</i> US History (½ year/5 credits) and Civics (Economics) or Government (Political Science) (½ year/5 credits)
B - English	40 credits 4 years	College Preparatory English (4 years/40 credits)
C - Mathematics	30 credits 3 years <i>(40 credits/4 years recommended for UC)</i>	Math I or higher (1 year/10 credits) Math II* (1 year/10 credits) Math III* (1 year/10 credits)
D - Science	20 credits 2 years <i>(30 credits/3 years recommended for UC)</i>	CSU: Life Science (1 year/10 credits) Physical Science (1 year/10 credits) UC: Life Science (1 year/10 credits) Advanced Physical Science (1 year/10 credits)
E - Foreign Language	20 credits 2 years <i>(30 credits/3 years recommended for UC)</i>	Must be of the same language
F - Visual/Performing Art	10 credits 1 year	Must be a yearlong course Includes: Art, Dance, Drama, Music, Photography, etc.
G - College Preparatory Elective	10 credits 1 year	An additional A-F course or G elective (1 year/10 credits)
TOTAL	150 credits	
Test Requirements	Either SAT or ACT (UC: including Writing) is required for both CSU and UC. Subject tests are not required, but some campuses recommend certain subject tests for certain majors. Refer to each college's website.	

*Students must have taken Math II (7th or 8th grade Math II counts). Completion of higher level integrated math (i.e. Math III) will validate Math II.

Your High School Courses

All courses receiving high school course credit lead to high school graduation. Some courses have an additional college preparatory, honors, or advanced placement designation.

College Preparatory Courses (CP)

College Preparatory Courses (CP) prepare students for the scholastic challenges of college and university coursework as well as meeting the established California curriculum standards. As such, there is a strong focus on writing, critical thinking, and analytical skills included in the instruction.

Honors Courses (H)

The honors courses are more rigorous than the college preparatory courses. Students are expected to enter the course with exceptional reading and writing skills and/or mathematics skills. Organization and a willingness to handle a larger workload than the college preparatory courses are also necessary for success in the honors courses.

Advanced Placement Courses (AP)

The College Board organization sponsors the Advanced Placement program, offering courses taught at the high school level that is equivalent to undergraduate courses in college. Each Irvine high school offers a variety of Advanced Placement courses. Most are taken in the 11th and 12th grade, with some exceptions. The curriculum meets the specific requirements and prepares students to take the College Board Advanced Placement test. AP tests are given at each high school during the first 2 weeks of May. Some colleges and universities offer credit for students who pass the AP exam with a score of 3 or higher. You should verify college credit offerings for AP courses with the specific college or university you are interested in attending. Find more information on the College Board website: www.collegeboard.org.

Are you ready to take an honors or advanced placement course?

The curriculum is similar to the college preparatory course, but it is more rigorous. Read through the following and if this describes you and you meet the prerequisites for the course, then you are ready to take an honors or AP course. Your teachers, counselor and parents/guardians are good resources for you in making the decision to take an honors or AP course.

- I am a self-starter. I do not need to be prodded to do my work, since I am interested in the subject matter and want to excel. The grade is not the primary motivation for my learning.
- I have consistent attendance, with few absences or tardies.
- I do all assigned work and turn it in on time.
- My work is organized and I manage my time and organize my material.
- I enjoy learning the subject.
- I can read 20 pages of literature per night without sacrificing homework from other classes.
- I am able to work both independently and in groups. When working on a group assignment, I cooperate and I am a contributing member of the group.
- I have above average writing skills and I am knowledgeable in the rules of standard written English.
- I respond positively to constructive guidance.
- I want to be in an advanced level course.
- I have demonstrated English language writing and reading skills in the 90th percentile or above.
- I have the maturity of a high school honors level student.
- I am responsible and accept the consequences of my actions without trying to blame others.
- I am accepting of the differences of others, welcome the input of others in class discussions and in group work, and I freely give positive input in class discussions and group work.

Participating in Extracurricular High School Activities

Life after high school is not just about academics and neither should this be true for your high school experience. There are many ways to find out your interests, challenge yourself, build friendships, build memories, and serve your school within your own high school. Join a club, be a member of an academic team, participate in athletics, join a performing arts group (Instrumental Music, Vocal, Theater, Video, etc.), join a leadership organization (ASB, IMPACT, Link Crew, etc.), or become a peer tutor. There are many productions on your high school's campus where students are needed, such as being part of the Tech Theater Crew designing and building sets and sound and lighting, being part of the IT team, setting up sound systems for plays and assemblies, and many more. How do you get involved? The answer is simple, "Just ask". Ask your ASB representatives, drama and music directors, coaches, administrators, teachers or counselor, "How can I get involved?"

Opportunities for Connections at Your Own High School

ASB (Associated Student Body)

The ASB is the student leadership organization at your high school. ASB members are selected each year and include both elected and appointed members. Check out the ASB website at your school to find out about the many activities sponsored by this active campus group. Contact a current member or the ASB faculty advisor for information about membership.

Athletic Team Sports

From Frosh-Soph, to JV and Varsity teams, there are many team sports for student athletes to participate in. Some team sports require prior skills and try-outs, while other athletic teams welcome students new to the sport. Commitment, determination, and being a team player are key qualities of student athletes. Contact the coach or the athletic office for information on how to participate in the athletic program at your school.

Class Council

Class councils are made up of student representatives selected annually for positions including president, vice president, treasurer, etc. Contact a current member or the faculty advisor for information about class council elections and activities.

Clubs

There are many clubs on your campus to join. Joining a club is one of the best ways to meet new people with similar interests or to explore new interests. Many clubs also sponsor community service activities. Clubs generally meet during lunch in a faculty advisor's classroom. You will find everything from service clubs to chess clubs to clubs that meet to watch movies together. Check out the clubs listed on your school's website. Clubs are organized through the ASB, usually at the start of the fall semester. Contact an ASB representative at your school if you would like to start a new club.

Peer Tutoring and Mentoring

Talk with your counselor, administrator, or one of your teachers for information on how you can volunteer to be a peer tutor or participate in a student mentoring program. Your school may have a Link Crew, Impact, or other mentor program where you can use your skills to help others.

Performing and Visual Arts

Students of all abilities are welcome in the performing arts program at your high school and most programs have opportunities for entry level to highly talented students to participate. Students are also needed in the Theater Tech program where students are involved in behind-the-scenes stage building, lighting, sound and theater management activities for performances. This is a great way to learn some new skills that will be

useful after high school and a great way to meet new people. Contact the theater, dance, and music directors at your school to find out how you can get involved.

Academic Teams

Your high school has many opportunities to participate in academic competitions with your classmates. You will be working with a committed group of students to prepare for competitions at the local, state, and even the national level. Each high school sponsors their own set of teams - some of these are listed below. Check with your counselor, administrator or your teachers to find out which academic teams are available at your school and how to participate, such as:

- | | |
|----------------------------|-------------------------------------|
| Academic Decathlon | Junior Classical League |
| Model United Nations (MUN) | CSULB Math Day at the Beach |
| Speech and Debate | American Regions Mathematics League |
| Robotics | IUSD and OC Science Fair |
| Science Bowl | Ocean Sciences Bowl |
| Science Olympiad | CA History Day |
| Mock Trial | |

Supporting Your School

Join a group of friends for a fun evening at school. Going to a school play, attending the Talent Show, cheering on your team at the Football game are great ways to spend an evening with friends in a healthy and safe environment. Supporting your fellow students by attending school events will carry over to your life at college and university after high school. Colleges and Universities are looking for students who want to get involved and support the many activities they offer outside the classroom. Get started in high school!



Community Service

Although IUSD does not require community service hours for graduation, we believe community service to be a valuable and rich experience for the high school student. Students who complete 25 community service hours per year may receive recognition of those hours on their transcript (in the year the service was performed). Community service hours completed during the summer can be included in the school year following that summer. See your high school's counseling office for information about Community Service forms and deadlines for submission. Forms must be submitted each year for recognition. A list of Local Community Service Agencies is listed below. Your feeder middle elementary schools sometimes have opportunities for high school students to help younger students in reading and math. Contact the College and Career Center for information about this and additional community service opportunities.

Local Community Service Agencies and Resources

In addition to community service clubs at your high school, there are many local agencies and faith based organizations that provide community service volunteer opportunities. A few of these are listed below. Be sure to obtain the Community Service Form from your school's counseling office or website, as you will need a signature verifying your service hours.

City of Irvine

The city of Irvine offers many volunteer opportunities for teens in a variety of areas. The High School Youth Action Team, Police Explorers, OC Great Park Ambassador Program, Nature Center, Lakeview Senior Center, Irvine Fine Arts Center, and Community Emergency Response team all provide places to volunteer. Go to the website and click on the About Irvine link, then to the Volunteer Opportunities Guide for all the information you will need to start volunteering. www.cityofirvine.org/cityhall/cs/ivolunteer/default.asp

Families Forward

Families Forward helps families in need achieve and maintain self-sufficiency through housing, counseling, education, and other support services. Volunteers are needed for the food pantry organization, office assistants, holiday helpers, educational outreach, childcare workers, and furniture/donation pick-up. More information and a volunteer form can be found on the website. www.families-forward.org

Habitat for Humanity

This organization accepts volunteers who are 16 years or older to help build houses in Orange County, or to help out with one of their committees, on a regular basis. Volunteer orientations are held the first Tuesday of every month. Visit the website for more information. www.habitatoc.org

Orange County Foodbank, Garden Grove

This organization needs volunteers 14 years and older to help box food for low-income mothers and their young children, and senior citizens on fixed incomes. There are 46 locations throughout Orange County. Call for information and to schedule a time to come in and volunteer. www.ocfoodbank.org or call (714) 897-6670.

Second Harvest Foodbank of Orange County

This organization needs volunteers 15 years and older to help sort and pack food at their warehouse on Saturdays. They also have food drives throughout the year and a Kids Cafe program that provides meals to low income children at 9 different sites in Orange County, including the Boys & Girls Club of Fullerton and T.H.I.N.K. Together in Orange. Call for more information about volunteer opportunities. www.feedoc.org or call (949)653-2900.

YMCA of Orange County

All YMCAs in the United States are volunteer funded, volunteer based and volunteer led. Some of the volunteer opportunities are mentors, sports coaches, camp counselors, and tutors. Contact the YMCA for more information www.ymca.org or call (714)549-9622.

Boys and Girls Club

The Irvine Branch of the Boys and Girls Club of Harbor Area offers many opportunities to volunteer in your local community. Whether it's tutoring in the Power Hour homework program or teaching kids arts and crafts projects, each and every day you can have a positive impact on a child.

www.harborareabgc.com/branch-locations/irvine-branch/.

Kids Konnected

This organization started as a place to provide friendship, understanding, education, and support for kids and teens that have or have lost a parent with cancer. They need volunteers for office help, camp help, special event help and other areas. Visit www.kidskonnected.org.

Make-A-Wish Foundation of Orange County

Volunteers give their time and talents to help the foundation bring hope, strength and joy to children who endure adversity of a life-threatening illness at a time in their life when they just begin to dream. Volunteers assist in various areas of the foundation and in return for hard work and dedication volunteers receive valuable training, a chance to network, hands-on experience and the gratification of making a difference in the life of a child. www.wish.org or call (714) 573-9474.

American Red Cross

Volunteers 15 years or older are needed in the ARC blood donation program to greet donors, assist donors in filling out registration forms, take medical histories, provide customer service, set up and maintain canteen areas, disseminate information, and to help promote quality public relations.

www.redcross.org/ca/orange-county or call (714) 481-5300.

Salvation Army

The Christmas warehouse program needs volunteers to pack and sort food and toys that will be distributed to needy families for Christmas. Call around 3 weeks before Christmas and talk to the Volunteer Program Manager. www.salvationarmyoc.org

Rebuilding Together Orange County

This organization's mission is to keep low-income, disabled, and elderly homeowners in their homes in warmth and safety. An extension of that mission is to forge participation with communities, sponsors, donors, and other housing organizations to strengthen our ability to support homeowner housing issues both individually and cooperatively. www.rebuildingtogetheroc.org

America On Track

This award-winning, nonprofit organization has extensive experience in the fields of mentoring, violence and drug prevention, health & fitness, youth leadership development, and community collaboration. They offer a Youth Leadership Program. Volunteers are needed to participate in community service activities, such as mentoring, health fairs, conferences, merchant education, and community beautification. Contact the organization at 714-531-7144 or www.ocontrack.org.

Visit the following websites for more comprehensive lists of volunteer opportunities:

www.oneoc.org or www.volunteermatch.org.

Opportunities for Concurrent Learning

Concurrent learning offers a wonderful opportunity for academic growth beyond the traditional high school. Check with your counselor for specific information about enrollment, transfer credit and grading guidelines before you sign up.

Concurrent Enrollment at a Community College

In California, over 115,000 students per year sign up for concurrent or dual enrollment classes with partnering colleges. Eligible high school students may enroll in courses at a community college to complete graduation requirements and/or earn college credit. Policies regarding community college concurrent enrollment vary by high school. See your counselor or College and Career Center Coordinator for current information and a K-12 Special Admission Request Form. Dual enrollment courses may be offered at your high school; check with your counselor for availability.

E-Learning or Online courses

In recent years, the availability of online high school courses has grown significantly. In addition to taking online classes to fulfill high school requirements, certain courses may be used to meet university entrance requirements. Policies in regard to taking courses through an online program vary by high school and university policies vary as to acceptable courses. Check with your counselor **before enrolling** in any online course.

Community Work Experience

Enrollment in Community Work Experience is limited to upperclassmen. Work Experience Education is directed by the California Department of Education with regulations regarding allowable working hours and receiving high school course credits. Community Work Experience is a program that develops skills, habits and attitudes conducive to job success and personal growth. This course will grant credit to students for paid employment. Students must obtain a work permit and permission from parents, employers, and school. See the Community Work Experience coordinator or your counselor for enrollment information.

Career Technical Education (CTE)

Career Tech courses prepare students for college/university and community college degrees, certificate programs, or for employment in one of California's 15 Industry Sectors. As noted in the American Youth Policy Forum's 2009 Issue Brief, "CTE offers students an opportunity to attain the skills needed for successful entry into challenging jobs by bridging secondary and postsecondary education."¹ The UC has approved many CTE courses as meeting the A-G requirements taught in Irvine high schools, including Video Production, Theater Technology, Visual Imagery (Graphic Arts), and Virtual Enterprise. Career Tech courses are offered at all of the Irvine high schools.

You can explore a career through many of the career pathways offered at your high school. These elective courses included introductory through advanced, capstone courses that lead directly to entry level employment or college and university programs.

Ask your counselor about the IUSD Career Technical Education course offerings at your high school. After bell schedule CTE courses are also offered at Creekside Learning Center.

Check the [IUSD CTE web site](#) for more information about the career exploratory pathways.
IUSD.org > Parents > Curriculum > CTE

* Infusing Career and Technical Education into High School Reform – Lessons from California, 2009.
<http://www.aypf.org/documents/CTEIssueBrief.pdf>

Regional Occupation Program (ROP)

ROP is state funded education and provides career exploration courses. ROP classes are offered both during the school day and after school hours. ROP students can:

- ❑ Earn credits toward high school graduation,
- ❑ Enroll in classes that satisfy the CSU and UC A-G-subject requirements,
- ❑ Gain experience for immediate employment,
- ❑ Participate in courses that offer internships,
- ❑ Earn certificates of completion,
- ❑ Experience careers that may assist you in choosing college majors, and
- ❑ Enhance your college admission.

Ask the ROP coordinator at your school for more information and a brochure or visit the Coastline ROP website: www.coastlinerop.schoolloop.com.

Coastline ROP...Where Education Gets Down to Business www.coastlinerop.schoolloop.com

Fletcher Jones, The Montage, Wolfgang Puck, The Hilton, Hoag Hospital, Petco, Pac Sun, Old Navy, Cox Communications... what do all of these places have in common? They are among the many local businesses that partner with Coastline Regional Occupational Program (ROP) to offer internship opportunities to students from five local high school districts. By becoming one of Coastline's industry partners, businesses take an active approach in influencing the future workforce in a number of ways that includes training an intern, serving on an advisory committee, hosting a job shadow event, becoming a guest speaker and donating to the Distinguished Student Recognition Scholarship fund. Coastline ROP is one of 74 ROPs in California, part of the public school system providing students with a dynamic career technical education program that prepares them for both academic and career success. Coastline ROP students develop the diverse skill set necessary to compete in a global job market.

Today's workforce is looking for young creative minds as well as bright analytical thinkers. Coastline ROP offers classes in five areas that appeal to all types of students. Courses are found within the industries of Arts and Communication, Business and Marketing, Health Science, Public Service, and Science and Technology.



Coastline ROP's courses are designed to meet the ever-changing needs of today's workforce. As mandated by law, ROP courses are taught by teachers that are fully credentialed by the State of California Commission on Teacher Credentialing. In addition, these professionals must have current industry experience that adds value and relevance in the classroom. ROP teachers work closely with traditional high school teachers to develop curriculum that provides a balance between academic rigor and workplace relevance.

See the ROP Coordinator at your high school for information about exploring careers in an ROP course during high school. There is limited seating and classes fill up early. Course catalogs are in the ROP office or on-line at the Coastline ROP web site. Sign up early! Classes fill quickly!

California's 15 Industry Sectors

CTE, ROP, and Community College or College/University - Career Pathways

www.statecenter.com/industrysectors/



Arts, Media and Entertainment

Examples of Careers: Graphic Arts, TV and Video Production, Film Making, Website Development and Design, Computer Game Production, Technical Theater, Sound Technician, Music Productions

Examples of courses: Visual Imagery, Graphics, Video Prod., Theater Tech, Music Tech, Website Development, Multimedia Comm. Design, Entertainment Art, Animation, Video Game Design



Transportation

Examples of Careers: Automotive Maintenance & Repair, Air Traffic Controller, Aviation Engineer, Mechanic, Vehicle Restoration

Examples of courses: Intro to Auto, Advanced Auto, Welding, Automotive Internship



Engineering and Design

Examples of Careers: Drafters, Architect, Civil Engineer, Structural Engineer, Surveyor, Electrician, Computer Engineer

Examples of courses: Physics, CAD, Environmental & Energy Technology, Rapid Product Development



Finance and Business

Examples of Careers: Accounting, Controller, Financial Analyst, Business Manager, Budget Analyst

Examples of courses: Accounting, Virtual Enterprise, Economics, Banking & Financial Service Internship, Business Internship, Computerized Accounting



Marketing, Sales and Service

Examples of Careers: Entrepreneur, Software Engineer, Marketing Manager, Buyer, Sales Rep

Examples of courses: Entrepreneurship, Marketing Principles, Business Internship



Health Science and Biomedical

Examples of Careers: Biomedical Scientist, Radiology technician, Medicine, Nursing, EMT, Biotechnology Research

Examples of courses: Emergency Medical Responder, Emergency Medical Technician, Med Nursing Careers Internship, Sports Medicine



Education, Child Development and Family Services

Examples of Careers: Preschool Teacher, Head Start Teacher, Child Psychologist, Social Worker

Examples of courses: Careers in Education, Careers with Children

California's 15 Industry Sectors

CTE, ROP, and Community College or College/University - Career Pathways

www.statecenter.com/industrysectors/



Information Technology

Examples of Careers: Software Engineer, Database Administrator, Web Architect, Information Systems

Examples of courses: Computer Programming, AP Computer Science, Tech Staff, Office Technology, Computer Programing



Energy and Utilities

Examples of Careers: Electrical Engineer, Environmental Pollution Control, Energy Management, Appliance Repair

Examples of courses: Physics, AP Environmental Science ,ROP: Environmental and Energy Technology



Manufacturing and Product Development

Examples of Careers: Mechanical Engineer, Industrial Designer, Special Effects Design

Examples of courses: Computer Aided Drafting(CAD), Physics, Rapid Product Development



Fashion and Interior Design

Examples of Careers: Fashion Designer, Set Designer, Fashion Buyer, Sales Associate

Examples of courses: Visual Imagery, CAD, Virtual Enterprise, Careers in Fashion, Retail Sales & Merchandising, Virtual Enterprise, Cosmetology



Agriculture and Natural Resources

Examples of Careers: Environmental Engineer, Landscape managers, Aquaculture, Farm Manager

Examples of courses: Biology, AP Ecology, Environmental Horticulture, Floral Design, Environmental and Energy Technology



Hospitality, Tourism and Recreation

Examples of Careers: Dietitian, Chef, Food Product Designer, Pastry Chef

Examples of courses: Hotel & Tourism Internship, Food Services Cooperative, Culinary Arts, CA Internship, Baking & Pastry Making



Public Services

Examples of Careers: Criminologist, Lawyer, Psychologist, Psychiatrist, Elected Official, Youth Worker, Police Officer, Fireman

Examples of courses: Service Careers Cooperative, Criminal Justice, Fire Science 101, Fire Technology



Building Trades and Construction

Examples of Careers: Cabinetmaking, Cement Mason, Estimator, Furniture Maker, Welder,

Examples of courses: CAD, After school ROP: Construction Technology,

II. Your Personal and Social Skills

Get Off to A Good Start - The Importance of Diet, Exercise and Sleep

Make it a priority to eat three healthy meals every day, exercise three to four days a week and get adequate sleep – most people need 8 hours of sleep each night.

Skipping meals, exercise or sleep can affect your learning and academic progress, your physical and emotional health and your ability to make good decisions. No matter what time your high school's bell schedule starts, create a daily routine that allows you enough time to get ready for school and eat a good breakfast. Breakfast will help improve your mental alertness so you can do your best in school, starting with your first class.

Academic Success - The Importance of Personal Planning

The skills you develop in planning for success will be useful throughout high school and beyond.

- ❑ **Attend School Daily:** Have good attendance and get to school on time.
- ❑ **Be Organized:** Managing your time wisely will allow more time for activities you enjoy and will help with stress management. **USE YOUR PLANNER!**
- ❑ **Complete Homework:** Do your homework and turn it in on time.
- ❑ **Study for Exams:** Be prepared for quizzes and exams. Research proves that reviewing your notes daily for a few minutes versus cramming for tests produces much better results.
- ❑ **Establish Study Skills:** Find methods that work for you. Avoid social media while studying.
- ❑ **Monitor your Progress:** Check your progress frequently. Do not wait for grade reports.
- ❑ **Ask for Help:** Do not hesitate to talk with your teachers, counselor, parents and/or peers if you have questions or need support.
- ❑ **Get Involved:** Join in extracurricular activities at school and in the community.
- ❑ **READ:** Practice daily reading as an important activity that is linked to academic success!

Decisions, Goals and Conflict Resolution - The Importance of Problem Solving

Every day you make decisions. Decisions are often complex and may lead to conflict. Problem solving skills are important in decision making and conflict resolution. Here are some problem-solving steps to follow:

Conflict: What is the conflict?

Evaluate: Why is this conflict important to you?

Options: What are the possible solutions?

Consider: What are the consequences to the possible solutions?

Choose: What is the best alternative?

Action: Based on your analysis, are you ready to make a decision?

Evaluate: Are you satisfied with the decision you made?

Mental Health and Monitoring Your Well Being

High school students sometimes experience stress, anxiety, nervousness, disappointment, burnout and sadness. If you are concerned about your feelings or experiencing the following behaviors, talk to your school counselor, parents or health care professional:

- Sadness, frequent crying and/or depression
- An inability to enjoy activities you once liked
- Increased irritability
- Frequent absences from school or poor performance in school
- Continuous boredom, low energy, poor concentration
- Major changes in eating and/or sleeping patterns

Identify two or more people you believe you can count on for support and encouragement. These may be family members, friends, teachers, or counselors.

If you have recurring thoughts about death (not just fear of dying) or thoughts about suicide, immediately get help from a school counselor, doctor, therapist and/or your parents. The National Suicide Prevention Lifeline is 1-800-273-TALK (8255).

Web Resources For Healthy Living and Effective Personal/Social Skills

www.americanheart.org

The American Heart Association offers practical advice on the roles of diet, exercise and sleep.

www.kidshealth.org/teen

Answers, advice and information about physical and mental health, food and fitness and drugs and alcohol are offered to teens and parents.

www.cdc.gov

The Centers for Disease Control and Prevention has almost unlimited resources related to health and safety topics.

www.search-institute.org

The Development Assets are resiliency skills that help influence young people to make positive decisions and help them become caring, responsible adults.

www.studygs.net

This public service website includes strategies for time management, learning, study skills and test taking.

www.suicidepreventionlifeline.org

Access to information as well as a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

III. The World of Work

Before you start looking for a job, it is important to take some time to decide what you want to do. Even though you may not have any previous work experience, there are a variety of positions available for teens. For example, if you love animals, check with local veterinarians or the animal shelter to see if they are hiring. If you'd prefer working with children, check with your local YMCA (many offer after-school child care programs and summer camps) or child care centers. Fast food restaurants and retail establishments rely on workers without experience and are willing to train new employees. Local libraries often hire teens to help put away books. During the summer, amusement parks and summer camps offer a variety of summer jobs for teens. There are also seasonal jobs available during the holidays at a variety of retail stores.

Take some time to explore your options. Keep in mind that your time spent on investigating different opportunities will provide you with some good information in terms of the types of jobs you might be interested in, as well as helping you decide which ones are not right for you. Visit the web sites listed at the end of this section for more information.

The Partnership for 21st Century Skills (2003) determined three important skill areas as well as specific skills needed for success in the 21st century work force: The top skills employers are looking for are:

- Information and communication skills
- Thinking and problem-solving skills
- Interpersonal and self-directional skills.

How to find a Job

- Walk around.* Visit places you frequent and inquire about job opportunities.
- Network* with friends, family, relatives, acquaintances, career center counselors, and others.
- The Irvine Youth Employment Services (iYES)* is a free applicant referral source available through the Irvine Community Services Department. www.cityofirvine.org/cityhall/cs/employment/youthemploy/
- The California State Employment Development (EDD)* and One-Stop Centers offer a variety of free employment services. [www.edd.ca.gov/jobs and Training/More Job Seeker Information.htm](http://www.edd.ca.gov/jobs_and_Training/More_Job_Seeker_Information.htm)
- Online!* There are a variety of reputable online job search programs. Before you say "yes" to a job offer, make sure the company is legitimate. Check with the Better Business Bureau to see if there have been complaints. www.bbbsouthland.org

My First Job Checklist:

- Create a Resume/Cover Letter
- Apply
- Interview
- Apply for a Work Permit

Resume Writing Tips

When applying for a job, or even when applying for admission to a university, you may need to prepare a personal resume. A resume is a one or two page summary of your skills, accomplishments, experiences, and education, designed to capture an employer's interest and get you an interview. It is your personal poster or web page telling about yourself and why you believe you are a qualified applicant. There are many resources for resume writing, both in books and on the internet. Start with a resume template on your word processing software applications or create a professional resume for a job or college application using the resume function in Naviance.

Below are some tips on resume writing:

- Show your best attributes and skills so the company/school will want to meet you.
- Make your experience and education appropriate to the position you are seeking.
- Be honest about what you list.
- Ask someone like a parent, school counselor, career center coordinator, or teacher to read your draft and give you feedback.
- Organize your experiences and skills on your resume to help you prepare for an interview.
- Always prepare an organized, easy-to-read resume (handwritten resumes are not acceptable).
- Check for correct spelling and grammar; there should not be any errors.
- Allow plenty of time to develop your resume.
- Ask your teacher, school counselor, club advisor, or coach to be a reference.
- Start your resume with your "objective" at the beginning.

Electronic Employment Portfolio (e-portfolio)

In addition to having a paper resume to send or present to an employer or college, your e-Portfolio website can be sent to a prospective employer as part of an email that you send to introduce yourself as a prospective applicant. By creating an e-Portfolio you can showcase your projects, volunteer work, photos, multimedia files, work experience and extracurricular activities online. Just like a paper resume, it is important to make your e-portfolio a professional document focusing on your skills, education and experience.



This is not a place to post family pictures, or pictures of you and your friends or pets. Check out the free website building templates available, such as sites.google.com

Writing a Cover Letter

Cover letters accompany resumes sent by mail for a job and may be as important as your resume. Cover letters are customized to fit the job being sought. Check out the free website templates available on the internet. Investigate web resources for designing and writing your cover letter.

An excellent cover letter:

- Addresses a specific person.
- Identifies the job you are applying for and how you found out about it.
- Summarizes your skills.
- Tells the employer when you are available for an interview and when you can start work.
- Provides information on how to contact you.

Filling Out Your Job Application

Your application may be the first impression you make. Make it a good one by following these steps:

- Read the entire application before filling in any sections. If possible, make a copy to use as a draft and then fill in the original.
- Use information from your resume to complete the application.
- For difficult questions, use a separate piece of paper to practice writing your answers.
- Use a pen, preferably black ink, and print clearly
- Completely answer ALL questions. If questions do not apply, write N/A (not applicable).
- After you are done, proofread the application, correcting spelling and grammar.

The Interview

Your cover letter, resume, and application were a success. You got an interview, now what? Preparing for the interview and practicing with a friend or parent will help you shine above other applicants.

- Bring additional copies of your resume.
- Keep calm. Try not to be nervous.
- Listen to the interviewer.
- Answer questions directly, honestly and with facts and examples.
- Emphasize your strengths.
- Be polite and considerate by not interrupting the interviewer.
- Never say anything negative about a former employer or teacher.
- Be prepared to ask questions you may have about the job (leave salary questions until after you are offered the job).
- Ask for the job.
- Inquire as to when you will be notified about the results of the interview.
- Thank the interviewer for spending time with you.

After the Interview

- Evaluate your success and areas for improvement.
- Send any requested items to the company.
- Send a thank you note or email the next day.

Work Permits

In California, minors must have a work permit in order to work and you must obtain a work permit if you change jobs. You are also restricted to the types of work you can do, such as non-hazardous work. Work permits are not required for babysitting or yard work in private homes. The work experience coordinator at your high school is your resource for information. The hours you may work are:

- 16-17 Years Old: 8 hours on non-school days or days preceding a non-school day. You may also work 4 hours on days preceding a school day.
- 14-15 Years Old: When school is in session, you may work 3 hours per day, not to exceed 18 hours per week. You may also work 8 hours per day when school is not in session (not to exceed 40 hrs per week).

Your Rights as an Employee

You are ready to work but you also want to be safe and stay healthy while you work. Before you begin, discuss with your family your desire to work, how it will affect your and your family's daily schedule, and what effect it will have on your education.

The California Education Code and the California Labor Code outline protections and regulations for employed minors under 18 years old, including minors employed by parents. You may also want to download and read *When You Become 18, A Survival Guide for Teenagers*. Visit the State Bar of California website: www.calbar.ca.gov/Public/Pamphlets/WhenYouBecome18.aspx

- ❑ Workplace violations should be discussed with the school official who issues the work permit.
- ❑ You must have a work permit obtained through your high school.
- ❑ For assistance in completing your work permit, talk to the work experience coordinator or counselor at your high school.
- ❑ Work permits are renewed annually at the start of school or when a student obtains a new job.
- ❑ Work permits serve as an age certificate and state the maximum hours a minor may work.
- ❑ You must attend school full time (except for summer vacation) and cannot be truant.
- ❑ All minors must be covered by Workers' Compensation, including minors employed by businesses operating from a private residence.
- ❑ It is illegal for your employer to fire or punish you for reporting a workplace problem.

Summer Jobs and Activities

Summer can be an opportunity for you to explore jobs or volunteer activities, attend summer school, take an ROP course and start a college savings account. Start early to look for a summer job. Network and use the internet to find positions as early as April. These jobs and activities may help you explore a career and could increase your chances for college admission when you discuss what you did during summers on your college essay.

Web Resources for your Job Search

www.get2work.borderlink.org/page.php?book=yp

This site provides information about putting together your personal portfolio.

www.worksmart.ca.gov/tips_resume.html

Work Smart provides labor market information, and tips for success including information about applying, interviewing and writing a resume.



IV. Welcome to Naviance



College Planning on Naviance Family Connection

With the generous support of the Irvine Public Schools Foundation, Irvine students and their counselors have access to the Naviance Family Connection navigation and tracking web site to support academic, career and personal planning. Students can access their Naviance accounts by using their high school computer log-in (username) and their nine digit permanent ID (password).

Through search tools and activities, Naviance provides support and guidance to students, families and staff to promote student achievement and post-secondary success. It is also a tool for your counselors to communicate with you about your college planning.

Students and parents are given valuable insight into the college admissions process. Students can track their college applications and clearly see what still needs to be done, make sure they are meeting deadlines, and even make requests for important documents, such as transcripts and teacher recommendations.

Naviance's college planning section provides:

- College search tools
- Scattergrams (specific to your high school)
- College visit notifications
- Summer and enrichment programs
- College application manager

Career Planning on the Naviance Family Connection

Explore careers you've always dreamed about or those you never knew existed. Through the online assessments you will find careers and career pathways that match your skills and interests.

Naviance Succeed Career Planning empowers you to:

- Learn more about yourself.
- Link your personality type and interests with career clusters and individual careers.
- Plan your high school courses to explore the requirements for specific careers.
- Understand the skill set required in various careers

Naviance matches specific careers to career clusters, providing the information and guidance to improve individual course planning and selection. By linking careers with majors and colleges, you can identify various post-secondary options that offer preparation for specific careers

Naviance Career Planning Tools

- Career Cluster Finder: The Cluster Finder will help you learn what career clusters may be a good match for you based on activities that interest you, personal qualities that you have, and subjects that you enjoy studying in school.
- Career Interest Profiler: Use the results to explore suggested occupations; examine the education, training, and skills required, as well as wages typical for these occupations.
- Do What You Are: Discover your personality type, how you best learn, and what careers and college majors fit your interests.

Grade Level Milestones for College and Career Planning through Naviance

Grade 9	Complete the Naviance Career Cluster Finder and select at least two possible college majors to research, as well as two careers that match your interests and personality. Start building your Resume.
Grade 10	Complete the Naviance Career Interest Profiler, and begin searching related careers and college majors. Plan your high school courses based on your interests and post high school goals. Update your Resume.
Grade 11	Complete the Naviance Do What You Are inventory and College Super Match. Add to your list of possible colleges. Visit your high school's College and Career Center and attend college information sessions. Update your Resume.
Grade 12	Finalize your college application list on Naviance. Keep your resume current.

V. Career Planning

3 Keys to Finding a Career that Fits You Best

1. **Choosing a Career that's right for you... for now.** Most people change careers at least once in their lifetime. Don't be afraid to have some options for NOW and LATER in your career decisions. Many people make impulsive career choices based on the allure of money or because someone told them they should go in a particular direction. Often they spend years in school and find themselves in a job that they consider unfulfilling or too stressful. Take time to think about what you really want before spending time and money on an education and career that that doesn't fit you.
2. **Self Evaluation.** Knowing your interests, values, skills, and personal traits will dramatically increase your odds of finding a satisfying career.
 - What are my interests?
 - What are my skills?
 - What kinds of things are important to me?
 - What traits do I have?
3. **Career Exploration.** What career possibilities are out there? How do you find out what you will like?
 - Talk with your school counselor, teachers, family members, and other role models about careers in which you are interested.
 - Ask your school's College and Career Coordinator about career exploration resources.
 - Complete an interest inventory, skill assessment or personality inventory in the Career Center or at home. These will suggest some careers that may fit you well. Seek help in understanding the interpretation of results.
 - Investigate careers using Career Center materials and the websites listed below.
 - Take high school classes leading to your career.
 - Plan for postsecondary education/training to reach your career goal.
 - Add additional skills through participation in school clubs, student body activities, sports, local community organizations, and religious groups.
 - Find a part time job to develop employment skills.

Career Exploration Web Resources	
<p>California Career Cafe www.cacareercafe.com</p> <p>This site guides you through career exploration and includes videos to help you each step of the way. Start by taking a survey to find out your interests, learning style, and goals.</p>	<p>California Career Zone www.cacareerzone.org</p> <p>Start by taking an interest survey, find out about wages and job outlook, and what classes you should take. Find out about colleges and training programs that offer a program of study preparing you for your chosen career.</p>
<p>Who do You Want to Be? www.whodouwant2b.com/student/pathways</p> <p>In addition to information on career options and financial assistance, this site will help you select courses to take to prepare you for your career.</p>	<p>Occupational Outlook Handbook www.bls.gov/ooh</p> <p>This site catalogs data on just about every career out there. You'll find information about daily responsibilities, job growth, necessary education/training, and expected salary.</p>

Types of College Degrees

Certificates: These are non-degree offerings in technical and vocational fields of study. A certificate generally leads directly to full or part-time employment in an occupational field. There are numerous certificate programs offered by the community college system. Visit the school websites for a complete listing of Degree and Certificate Program offerings. Some examples are:

Catering Certificate Program	Digital Photography	Emergency Medical Technician
Civil Computer-Aided Design	Electrician Trainee	Medical Laboratory Technician
Design Model Making	Food Service	

Associate Degree (AA, AS): Two types of Associate Degree programs are offered by the community college program. In general, the Associate Degree program takes 2 years to complete. Visit the school web sites for a complete listing of Degree and Certificate Program offerings.

Technology and Vocational Degrees: Generally completed in two years. Examples include AS Degrees in Paralegal Studies, Digital Media Technologies, Business Management.

Transfer Degrees: Prepare students to transfer to a four year university to complete a bachelor's degree. Examples include AA degrees in Liberal Studies, European History, Political Science, etc.

Bachelor's Degree (BA, BS): This requires 4-5 years of study. Students must complete general education courses, courses in a major field of study, and electives.

Bachelor of Arts degree (BA): Awarded for majors in the humanities and the arts.

Bachelor of Science degree (BS): Awarded for majors in science, tech, engineering, and math.

Masters Degree: (MA, MS, MBA, MFA) This degree takes about two years to complete beyond a Bachelor's Degree and is often more focused in one area of study.

Master of Arts degree (MA): Awarded for majors in the humanities and the arts.

Master of Science degree (MS): Awarded for majors in science, tech, engineering and math.

Master of Business Administration (MBA): Awarded for majors in business administration.

Master of Fine Arts (MFA): Awarded for majors in the arts.

Doctorate Degree (Ph.D., Ed.D, and DPH): Coursework and independent research is done after completing a bachelor's degree and culminates in a dissertation or formal presentation.

Doctor of Philosophy (Ph.D.): Awarded for humanities, arts and science majors.

Doctor of Education (Ed.D.): Awarded for education majors.

Doctor of Public Health (DPH): Awarded for majors in public health administration.

Professional Degrees (MD, DDS, JD, etc): Requires completion of at least several years of advanced study. Examples include:

DC: Chiropractor

JD: Law

OD: Optometry

DDS or DMD: Dentistry

MD: Medicine

DVM: Veterinary Medicine

VI. College Admissions Tests

College Entrance Exams

Most colleges require that you take an entrance exam. Check with the college you are interested in attending to find out which exams are necessary. Both the ACT and SAT testing programs offer preliminary tests that help you assess your skills and decide which test is best for you in your college planning. Your school's College and Career Coordinator and your Counselor are good resources for you in selecting which test is best for you. Fee waivers are available in your school counseling office or College and Career Center. Below is a brief description of the testing program. Visit the testing program websites for more information about the tests, preparation and sample questions and using your scores for college and career planning.

A number of colleges do not require SAT or ACT as a component of admission. Please refer to this web site to find SAT/ACT Optional 4 year colleges: <http://www.fairtest.org/university/optional>

The ACT Admissions Testing Program

The ACT organization offers the ACT and the ACT Aspire (formerly ACT Plan). The ACT includes English, Math, Reading Comprehension, Science, and Writing. You can register at www.act.org.

The ACT

The ACT college admission test is accepted by all 4 year colleges and universities in the United States. The ACT is a national college admissions examination that consists of tests in 4 subject areas, plus an optional writing test.

- English: Grammar and word usage
- Mathematics: Arithmetic, Algebra 1, Geometry, Algebra 2, Trigonometry
- Reading Comprehension: Reading comprehension in multiple subject areas
- Science: Understanding scientific information in a variety of methods (text, charts, etc.)
- Writing (Optional)- Includes a 30-minute timed essay

The ACT takes approximately 3 hours and 30 minutes to complete (or just over four hours if you are taking the ACT Plus Writing). If you take the ACT more than once, you may select which scores to send to colleges.

The PACT

A student may take the PACT test in either grades 9 and/or 10, if offered by the high school you attend. A Composite score will be provided, and include scores in English, Math, Reading, and Science.

Test	What Grade is the test taken?	Composite Score Range
PACT	9 and/or 10	1 to 36
ACT	11 and/or 12	1 to 36

The SAT Admissions Testing Program

The College Board offers the SAT, SAT Subject Tests, and the Preliminary Scholastic Aptitude Test (PSAT). The SAT includes Evidence-Based Reading, Mathematics, and an optional Essay. Typically, students take the PSAT in October of their junior year, SAT test as juniors and/or seniors, and a Subject Test after studying a specific subject. You can register at www.collegeboard.org.

The SAT

The SAT will include a new format and new content beginning Spring 2016. The SAT tests the skills you are learning in school: reading, writing and math. Visit www.collegeboard.org/delivering-opportunity/sat for more information about the new SAT.

- Evidence-Based Reading: Includes reading passages and improving sentence grammar and usage
- Mathematics: Algebra, Problem Solving and Data Analysis, Algebra 2, and Trigonometry
- Essay (Optional): Includes a 50-minute timed essay analyzing a source

The SAT takes approximately 3 hours to complete (or just under four hours if you are writing the optional Essay). If you take the SAT more than once, some colleges will accept your top score from one sitting; while others will SuperScore, meaning add together your top scores from each section across multiple sittings.

The PSAT

The PSAT tests you in Reading, Mathematics, and Writing. The Writing section does not include an essay. Juniors who score in the top 0.5% statewide are invited to participate in the National Merit Scholarship Competition. See your counselor or College and Career Coordinator for more info.

SAT Subject Tests

Each SAT Subject Test covers a subject you may study in high school or are skilled in based on personal background (for example, if you are fluent in a language other than English). Only a limited number of colleges or majors require Subject Tests. While SAT Subject Tests are not required for UC admission, some campuses recommend that students vying for slots in competitive majors take the tests to demonstrate subject proficiency. Refer to the UC website for specific information for each of the UC campuses: admission.universityofcalifornia.edu/freshman/requirements/examination-requirement

Subjects include:

Literature	Physics	Modern Hebrew
U.S. History	French	Italian
World History	French with Listening	Latin
Math Level 1	German	Chinese with Listening
Math Level 2	German with Listening	Japanese with Listening
Biology/EM	Spanish	Korean with Listening
Chemistry	Spanish with Listening	

Test	What Grade is the test taken?	Composite Score Range per Section
PSAT	11	160 to 760
SAT Reasoning	11 and/or 12	200 to 800
SAT Subject Tests	10, 11, and/or 12	200 to 800

Comparing Admission Test Requirements

University of California	SAT Reasoning with essay or ACT with essay
California State University	SAT Reasoning (no essay) or ACT (no essay) EAP, EPT, ELM placement tests
Private and Out of State	Check with each school. Most colleges accept either the SAT or the ACT with no preference for one or the other.
Community College	SAT or ACT not required. Community College Math and English placement tests are taken in grade 12.

Comparing the ACT and SAT test: ask your counselor for more information about these tests.

SAT & ACT Score Comparison: Check on-line for current comparisons

	ACT www.actstudent.org	SAT ***collegeboard.org
Test Fee	Yes, includes sending scores to 4 colleges	Yes, includes sending scores to 4 colleges
Content	1/4 English 1/4 Math 1/4 Reading 1/4 Science + Optional Essay	1/2 Reading 1/2 Math + Optional Essay
Description	Measures achievement in English, Math, Reading, and Science. Contains analytical problem solving exercises	Measures academic aptitude in reading, writing, and numerical reasoning.
Scoring Method	Scores based on number correct. No penalty for wrong or omitted answers.	Scores based on number correct. No penalty for wrong or omitted answers.
Score Scales	English 1-36 Math 1-36 Reading 1-36 Science 1-36 Optional Essay Score: 1 - 12	Reading 200-800 Mathematics 200-800 Optional Essay Score: 2-8
Score Report	ACT Composite.....1 - 36 (Average of 4 scores)	SAT Total.....600 - 1600 (Sum of Reading and Math)

Preparing for the College Entrance Exams

The best preparation for college entrance exams is exactly what you are already doing, being an attentive student. Enriching your vocabulary, reading widely, writing frequently, and practicing math concepts is your best approach. Although professional test preparation is available, research shows that taking a prep class does not guarantee that your score will increase significantly. There are many web resources available to help you prepare. Do not wait until a week before you take the exam.

Suggested NO or LOW COST ways to practice for College Entrance Exams

- Practice in a stress free environment on your own time frame.
- New York Times Learning Network Word of the Day: www.learning.blogs.nytimes.com
- SAT Question of the Day: sat.collegeboard.com/practice/sat-question-of-the-day
- SAT practice questions: sat.collegeboard.com/practice
- SAT practice test: sat.collegeboard.com/practice/sat-practice-test
- Subject Test practice questions: sat.collegeboard.com/practice/sat-subject-test-preparation
- ACT practice questions: www.actstudent.org/sampletest/index.html
- The IUSD summer school program may offer SAT prep courses.
- Irvine Valley College offers low cost prep classes, both in person and online: www.ivc.edu

Suggested Books

The Real ACT Prep Guide: The Only Guide to Include 3 Real ACT Tests, Author: ACT.org

The Official SAT Study Guide, Author: The College Board

The Official SAT Subject Tests (a separate book for each subject), Author: The College Board

VII. Athletic Eligibility- NCAA and NAIA

Becoming a College Athlete

If you want to become a student athlete, you must first take care of your academic responsibilities. In addition to athletic skill, student athletes need to meet academic qualifications established by the athletic eligibility center to which the college belongs, either the NCAA or the NAIA.

You must register with the eligibility center and meet all the established requirements in order to be considered for athletics in an NCAA or NAIA college.

- Register at the end of your 11th grade year.
- When you take your ACT or SAT test, have your scores forwarded directly from the testing service to the eligibility center:
 - The NCAA code is 9999
 - The NAIA code is 9876
- You will need to send a final, official high school transcript to the association.

Visit the athletic association websites to find what schools offer your sport, eligibility information, answers to frequently asked questions, etc.



NCAA & NAIA Eligibility for Students with Disabilities

NCAA: A student with an education-impacting disability must meet the same requirements as all other students, but may be provided certain accommodations to help meet those requirements. If you are a student with a diagnosed education-impacting disability, you will need to let the NCAA Eligibility Center know about your education-impacting disability for review. Contact the NCAA Eligibility Center EID Services for more information.

NAIA: Students with diagnosed learning disabilities, who do not meet the freshman eligibility requirements, may have their academic profiles reviewed by the NAIA National Eligibility Committee at the request of the NAIA Institution.

NCAA Eligibility - Division I, II, III

If you wish to participate in NCAA Division I or II athletics, you need to be approved by the NCAA Eligibility Center. NCAA Division III does not require NCAA Eligibility Center approval. Only NCAA approved core courses are used in the calculation of the grade-point average. Be sure to look at your high school's list of NCAA approved core courses on the Eligibility Center's website to make certain that your high school courses have been approved as core courses.

Frequently Asked Questions	NCAA National Collegiate Athletic Association	NAIA National Association of Intercollegiate Athletics
Website	www.ncaa.org	www.naia.org
Where can I get more information?	www.eligibilitycenter.org	www.playnaia.org
What are the academic requirements for approval?	<p>High school graduation, plus:</p> <ul style="list-style-type: none"> <input type="checkbox"/> The successful completion of 16 core courses. At least 10 of the 16 core courses must be completed prior to the beginning of the 7th semester of high school. Be sure to check your school's NCAA core course approval list. <input type="checkbox"/> A minimum 2.3 GPA in core courses <input type="checkbox"/> A combined SAT or ACT score that matches your core-course GPA on the sliding scale. As the GPA increases, the required test score decreases, and vice versa. 	<p>High school graduation, plus two out of three of these requirements:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Achieve a minimum of 18 on the ACT or 860 on the SAT <input type="checkbox"/> Achieve a minimum overall high school GPA of 2.0 on a 4.0 sliding scale. <input type="checkbox"/> Graduate in the top half of your high school.
Is there a fee to register?	Yes, fee waivers are available for low-income families	Yes, fee waivers are available for low-income families

Check your high school's list of NCAA approved courses at www.ncaaclearinghouse.net. Freshman Eligibility Standards can be found at: web1.ncaa.org/eligibilitycenter/hs/d1_standards.pdf.

Remember: Meeting the NCAA or NAIA academic requirements does not guarantee your admission into a college. You must apply for college admission!

Comparing NCAA Division I and Division II Requirements

Visit the NCAA website for the NCAA Eligibility Quick Reference Guide that you can download:
http://fs.ncaa.org/Docs/eligibility_center/Quick_Reference_Sheet.pdf

NCAA Division I Requirements

To participate in Division I athletics or receive an athletic scholarship during the 1st year of college, a student athlete must:

- Graduate from high school
- Complete a 16 core course requirement in 8 semesters. Complete at least 10 of the required 16 core courses prior to the beginning of the 7th semester of high school.

DIVISION I : 16 Core-Course Rule

- 4 years of English
- 3 years of mathematics (Algebra I or higher)
- 2 years of natural/physical science (1 year of lab if offered by high school)
- 1 year of additional English, mathematics or natural/physical science
- 2 years of social science
- 4 years of additional courses (from any subject area above, or foreign language or nondoctrinal religion/philosophy)
- Earn a minimum required grade point average of 2.3 in core courses.
- Earn a combined SAT or ACT score that matches the core course grade point average and test-score sliding scale (Example: A 3.000 core course GPA needs at least a 620 SAT). Visit the NCAA quick reference guide website (see website above).

NCAA Division II Requirements

If you enroll in a Division II college and want to participate in athletics or receive an athletic scholarship during your first year, you must:

- Graduate from high school
- Complete a 16 core course requirement in 8 semesters.

DIVISION II 16 Core-Course Rule

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 2 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 3 years of additional courses (from any subject area above, or foreign language or nondoctrinal religion/philosophy).
- Earn a 2.000 Grade Point average or better in your core courses.
- Earn a combined SAT score of 820 (reading and math combined) or ACT composite score of 68 (all four scores combined).

VII. College Planning

If you are considering attending a four year college or university when you graduate, you will need to become knowledgeable in the A-G course requirements for admission to the University of California (UC) or the California State University (CSU). You will learn more about community college, four-year private and public university admission criteria in this section.

Start your planning by exploring what you plan to do after high school and what occupation or career you want to pursue. Whether or not your current plans include college, looking at possible colleges and universities that you might attend is a good place to start.

What is the Right College for You?

Selecting a college can be one of the most important and fun experiences of a student's high school career. Becoming educated on college options takes time. Don't wait until the fall of your senior year to decide where you will apply; it's a stressful enough time as it is.



This section of the Guide is designed to give you an overview of the types of higher education opportunities available and more specific information about those options in California. Use this general information to generate a potentially broad list of 15 to 20 schools which you will then research in depth. Explore their websites! Sign up to attend a College Visit meeting at your high school! Talk to college alumni! Talk to your parents! Talk to your counselor! Visit the campuses!

At the end of your college search you should come up with a list of 8-10 colleges to which you will apply. In addition to your first choice "dream" school(s) which may be a reach for you in terms of admission, be sure to include a few "target" schools where you stand a greater chance for acceptance and at least one "safety" school where you know you would likely be admitted and you would enjoy attending. Remember, California Community College transfer programs are always an option if your four year university options don't work out.

Choosing the Right College for You

Selecting the right college to meet your abilities and ambitions is one of the most important decisions you will make as a young adult. In most instances there is a wide selection of colleges available which will meet your needs. Selecting the college that is right for you can be an overwhelming task unless you study the differences between colleges and establish your personal priorities in regards to your college experience.

Factors which are usually considered in selecting a college include the following:

- Size** – Size of colleges range from very small (500 students) to very large (>35,000 students)
- Location** – Some students prefer to attend college close to home while others want to experience a new environment and would be able to adjust and function as well or better farther away.
- Type**– Colleges are either privately or publicly funded. Private colleges may or may not be religiously affiliated which may add certain expectations for students who attend that college.
- Cost** – This includes tuition, fees, room and board, and travel expenses. Tuition at state-supported schools is substantially lower than that of private schools. Students who wish to attend out-of-state public schools pay out-of-state tuition fees, which in most cases equate with tuition at a private institution. However, private institutions often provide significantly more financial aid.
- Admission Requirements** – In addition to presenting acceptable scores on entrance exams, some colleges require a certain number of units in high school preparatory courses, as well as essays, recommendations, or interviews.
- Curriculum and Degrees Offered** – A sizable consideration for choosing a college should be the availability of adequate programs in the area you intend to study, as well as the requirements for achieving a degree in your major at that particular college.
- Honors** – Distinctive academic programs may be available to students who meet requirements.
- Facilities** – Some students are interested in the quality of the facilities, including classrooms, laboratories, libraries, residence halls, etc.
- Financial Aid** – Along with federal and state aid, many colleges offer institutional financial aid to bridge the gap between the cost of education and the expected contribution of the family. Some private colleges even offer financial aid that places the cost in line with that of public colleges.
- Extra-Curricular Activities** – The college should offer a variety of activities which are of interest to you, e.g., student government, social organizations, athletic or intramural activities, etc.
- Family Tradition** – Your family may have strong ties to a particular college.

For information about the differences between the CSU and UC system, visit the College-To-Careers website:
<http://www.collegetocareers.com/csu-and-uc-differences/>

Use the checklist on the next page to identify the characteristics that matter most to you. Ask your parents to do the same. Then compare and discuss your answers. Search for colleges that match your key criteria and fit you academically, socially, and culturally. You will learn more about admission criteria for different types of institutions later in this section of the guide.²

* http://schools.cfid.net/jersey/admin/Counselors/guide_to_college.pdf, www.getreadyforcollege.org

College Priorities Checklist

My Top Criteria

- Athletic Offerings
- Campus Safety
- Setting (urban, suburban, or small town)
- Diversity of Student Population
- Extracurricular Organizations and Events
- Faculty Experience and Expertise
- Financial Aid Availability
- Geographic Location
- Housing Availability and Cost
- Length, Time, and Location of Classes
- Number of Students Enrolled
- Percentage of Students who Graduate
- Programs of Study (majors/minors)
- School Facilities and Equipment
- School or Program Reputation
- Student-to-Faculty Ratio (class size)
- Support Services (meals, counseling, etc.)
- Transportation Availability
- Tuition and Fees

My Parent's Top Criteria

- Athletic Offerings
- Campus Safety
- Setting (urban, suburban, or small town)
- Diversity of Student Population
- Extracurricular Organizations and Events
- Faculty Experience and Expertise
- Financial Aid Availability
- Geographic Location
- Housing Availability and Cost
- Length, Time, and Location of Classes
- Number of Students Enrolled
- Percentage of Students who Graduate
- Programs of Study (majors/minors)
- School Facilities and Equipment
- School or Program Reputation
- Student-to-Faculty Ratio (class size)
- Support Services (meals, counseling, etc.)
- Transportation Availability
- Tuition and Fees

It's a good idea to discuss with your parents what is important to you and try to understand what may be important to them as well. Choosing the right college is ultimately your decisions, but your family should be a large part of the process, especially if they are going to be helping you out financially. If you are still having trouble identifying what's important to you, ask yourself:

- Why do I want to go to college?
- What do I want to get out of college?
- What are my goals for college and after college?
- Which college will best/least help me work toward my goals?
- What are the advantages/disadvantages of going to college right after high school?
- Do I thrive in a large or small academic environment?
- How much are finances a factor for my family?
- In which type of campus setting am I most/least comfortable?

After picking your criteria, use CollegeBoard's College Search (bigfuture.collegeboard.org/college-search), enter in your priorities in the search criteria, and explore the colleges that come up in your results to find schools that might be a good fit.

California Higher Education Opportunities

See your counselor or College and Career Center Coordinator, or visit the websites for specific college preparatory courses offered at your school.

	Community Colleges	California State University (CSU)	University of California (UC)	Independent Colleges
Website	www.cccco.edu	www.csumentor.edu	admissions.universityofcalifornia.edu	www.naicu.edu
Number of Campuses	109 Statewide	23 Statewide	10 Statewide	76 Statewide
Nature of Programs and Curriculum	Two year colleges <ul style="list-style-type: none"> • Transfer coursework • AA and AS degrees • Vocational certificates • Career and job entry majors 	Four year colleges with undergraduate and graduate programs <ul style="list-style-type: none"> • Various majors/programs, depending on campus • Pre-professional programs • BA and BS degrees • MA and MS degrees • Teaching credentials • Doctorate degrees offered at some campuses 	Four year colleges with undergraduate, graduate, and professional programs <ul style="list-style-type: none"> • Various majors/programs, depending on campus • Pre-professional programs • BA and BS degrees • MA and MS degrees • Teaching credentials • Doctorate degrees • Professional degrees (e.g. medicine, law, dentistry) 	Various programs and majors. Environment, size, focus and academic reputations vary. Some are religiously affiliated.
Education and Emphasis	<i>Education:</i> Theoretical and applied <i>Emphasis:</i> Preparation for a four year college and the work place	<i>Education:</i> Theoretical and applied <i>Emphasis:</i> Preparation for graduate school and employment	<i>Education:</i> Primarily theoretical <i>Emphasis:</i> Research, preparation for graduate school	<i>Education:</i> Theoretical and applied <i>Emphasis:</i> Usually liberal arts
Term Type	Semester or quarter systems, depending on the campus	Semester or quarter systems, depending on the campus	Mostly quarter system, but depends on the campus	Semester or quarter systems, depending on the campus
Average Cost/Year	Approximately ----- Living On-Campus Living Off-Campus \$19,000 Living at Home \$12,000 www.californiacolleges.edu/finance/how-much-does-college-cost.asp	Approximately \$29,000 \$24,000 \$16,000	Approximately \$36,000 \$31,000 \$23,000	Approximately \$55,000 \$50,000 \$42,000
How Supported	Public taxes and student fees	Public taxes and student fees	Public taxes and student fees	Private funds and tuition fees
Freshmen Entrance Requirements	<ul style="list-style-type: none"> • No subject requirements • Must be 18 OR a high school graduate OR have high school equivalency, either CHSPE or GED test • No SAT or ACT required • Placement exams in English and Math 	<ul style="list-style-type: none"> • Minimum 15 CSU A-G subject requirements • Minimum 2.0 GPA in A-G subjects; all A-G courses must be met with a grade "C" or better • Below 3.0 GPA requires SAT or ACT • GPA calculated in courses taken in 10-12 grades 	<ul style="list-style-type: none"> • Minimum 15 UC A-G subject requirements • Minimum 3.0 GPA in A-G subjects; all A-G courses must be met with a grade "C" or better • ACT plus Writing or SAT; some recommend SAT subject tests • GPA calculated in courses taken in 10-12 grades 	Variety of requirements. Most prefer students who have met the CSU or UC entrance requirements. Check catalogs, websites or contact the admissions office for specifics.

The California Community College System



The California Community College System is the largest system of higher education in the world, serving 2.6 million students on 110 college campuses throughout California. Community colleges offer a smooth transition to a four-year institution. Sixty percent of students who graduate from a California State University and 30 percent of students who graduate from a University of California began at a California Community College. Eighty percent of the students who attend a community college also work at the same time.

Most community college campuses, like four-year institutions, provide a large variety of services to assist students in pursuing their educational and career goals. Such services include academic advising, disabled student services, honors programs, learning and tutoring programs, scholarships, child care and career centers.

For many students, the community college offers a quality lower-division academic or vocational college education at value prices. Programs include:

- Associate degree programs in arts and sciences (lower division requirements)
- Certificate programs in arts, sciences, technical and occupational fields (including health, business, computer science, agriculture, police and fire science, building trades, and more)
- Credit and non-credit classes
- English training
- Citizenship classes
- Remedial or “catch-up” classes
- Community education classes

For more information on the California Community Colleges, visit www.cccco.edu.

See your Counselor or College and Career Center Coordinator about:

- Early Registration available at some community colleges, such as IVC. Early registration may allow you to register for fall classes before other new students.
- Signing up to take the Community College placement tests, often given on your campus.

Enrolling in a Community College

There are five ways to be eligible to enroll in a California community college:

1. Be a high school graduate
2. Be 18 years of age

For the following you must obtain a recommendation from your counselor or principal, have parent approval, and pass the English and reading placement tests.

3. 10th Grade or earlier “gifted” enrichment program: Gain special admission as a “gifted” 10th grade student or earlier in an enrichment program not offered in your school’s curriculum. Minimum GPA is 3.0.
4. 11th or 12th Grade transfer-level college course. Minimum GPA is 2.5.
5. 11th or 12th grade occupationally-oriented or activity course. Minimum GPA is 2.0.

From a consumer’s standpoint, students would be well advised to see if programs are offered at community colleges before enrolling in a costly two-year private technical or occupational school.

Transferring to a CSU, UC or other 4-Year Institution

Each year, thousands of students transfer to four-year institutions from California Community Colleges. It is extremely important for students who are considering transferring to work closely with their community college counselors at the time of admission to discuss this goal. If you know the specific campus or major you want to target, you will be more successful in transferring courses. Students should balance their course load by taking both general education courses and lower division courses in their proposed major. In addition, many community colleges offer transfer guarantee programs for specific universities.

Refer to the college catalogue of the institution you wish to transfer to and check transfer requirements. Visit the web-based ASSIST student transfer information system for more information about the transfer process. www.assist.org

If transferring to a CSU campus, admissions officers look at several factors, including:

- Completed transferrable coursework.
- A college GPA of 2.0. Some high demand majors and campuses may require a higher GPA.
- Whether or not you are in “good standing” at your last college (eligible to re-enroll)
- Some CSU campuses also require you to complete certain English composition and mathematics courses with a grade of “C” or higher.

The University of California gives California Community College students first priority to transfer over all other transfer applicants. More than 90% of transfer students offered admission are Community College students. Two-thirds of all students who transfer from a California Community College graduate from a UC campus within three years. Academically, community college transfer students perform equally as well as students who started at a UC campus as a freshman.

The California State University System

The CSU system is the largest and most diverse statewide system in the United States. It is also one of the most affordable four-year institutions. It has over 430,000 students on 23 campuses and offers over 240 subject area majors. Visit www.csumentor.edu for admissions requirements, admissions filing dates and the online application.

The CSU is a leader in supplying graduates with the necessary technical and personal skills to establish a workforce in critical knowledge-based industries. In addition, the CSU has educated many of our state's public professionals, including teachers, criminal justice employees, social workers, and public officials.

Several CSU campuses are overcrowded, and may therefore have higher standards for students who live outside of the local area or for certain majors. Visit each school's website for admission criteria specific to that campus.



The minimum requirements for admission as a freshman are:

- ❑ Completing specific high school A-G approved courses, earning at least a “C” or better in each
- ❑ Eligibility is determined by an index that combines your GPA with your test score (ACT or SAT, excluding writing). Even if you meet the minimum score index, you are not guaranteed admission to a particular campus. *Note: Some programs/campuses may establish a higher eligibility index for admission, which is not published prior to applying.

Calculating your Cal State University Eligibility

You can easily calculate your eligibility for CSU by using the eligibility index calculator at www.csumentor.edu (Plan for College > High School Students > Planning Tools). You can also manually calculate your eligibility for CSU by using the chart below:

ACT Scores	SAT Scores
You are eligible if your Index is 694 or higher	You are eligible if your Index is 2900 or higher
Formula: $(\text{GPA} \times 200) + (\text{ACT score} \times 10) = \underline{\hspace{2cm}}$	Formula: $(\text{GPA} \times 800) + \text{SAT score} = \underline{\hspace{2cm}}$
<i>What ACT Score do I need ?</i>	<i>What SAT Score do I need ?</i>
Your College Admission GPA = $\underline{\hspace{2cm}}$	Your College Admission GPA = $\underline{\hspace{2cm}}$
$694 - (\text{GPA} \times 200) = \underline{\hspace{2cm}}$	$2900 - (\text{GPA} \times 800) = \underline{\hspace{2cm}}$

The University of California System

The UC system is among the world's greatest educational and research universities. More than 220,000 students attend college on ten campuses throughout California. Programs are offered in over 150 disciplines. Visit www.universityofcalifornia.edu for admissions requirements, admissions filing dates and the online application.

California students who are designated as “UC Eligible” by one of three paths are guaranteed admission to the system, but not necessarily to the campus or program of their choice. In all cases, however, students must have a GPA of 3.0 or above in all UC approved coursework.

- **Path 1: Statewide Eligibility**
Students who meet minimum requirements for coursework (“a - g” courses), GPA, and admission test scores (ACT or SAT) are admitted by this path. This is the path most students take to enter UC.
- **Path 2: Local Eligibility**
Students who rank in the top 9% at participating California high schools and have the required classes may be admitted in this manner, although not necessarily to the campus of their choice.
- **Path 3: Eligibility by Examination Alone**
Students may qualify for admission by achieving high scores on the ACT plus Writing or SAT and on two SAT Subject Tests (not including Math Level I).



Note: Although SAT Subject Tests are no longer required for admission, scores can still be submitted, and are sometimes recommended by certain campuses or programs. See your counselor for more information about taking the SAT Subject tests.

A personal statement is required of all applicants. This is an important part of the admissions process since it is a way for the University to learn more about you beyond test scores and grades. This also is an opportunity for you to make your “best” possible case for admission. The personal statement is part of many campus’ comprehensive review process and may additionally influence your candidacy for certain scholarship awards.

Are you Eligible for UC?

You can easily calculate your eligibility for UC by using the interactive eligibility calculator available online at admissions.universityofcalifornia.edu/freshman/.

The UC Comprehensive Review Process

Most UC campuses receive more applicants than they have room for and they use a comprehensive review process made up of 14 criteria to determine admission:

1. Academic GPA in all completed “a-g” courses.
 2. Scores on either the ACT plus Writing or SAT Reasoning test.
 3. Number of, content of, and performance in academic courses beyond the minimum requirements.
 4. Number of, and performance in, University-approved honors courses and AP, IB or transferable college courses.
 5. Identification by UC as being ranked in the top 9 percent of the student’s high school class at the end of his or her junior year. Requires completion of 11 of the required 15 A-G courses.
 6. Quality of student’s senior year, as measured by the type and number of academic subject areas.
 7. Quality of the student’s academic performance relative to the educational opportunities at his or her high school.
 8. Outstanding performance in one or more academic subject areas.
 9. Outstanding performance in one or more special projects in any academic field of study.
 10. Recent marked improvement in academic performance, as demonstrated by academic GPA and the quality of coursework completed or in progress.
 11. Special talents, achievements and awards in a particular field, special skills (for example, visual or performing arts and athletics), special interests, leadership experiences, significant community service or significant participation in student government, or other significant experiences or achievements.
 12. Completion of special projects undertaken in the context of the student’s high school curriculum or in conjunction with special school events, projects, or programs.
- ✧✧✧ Academic accomplishments in light of the student’s life experiences and special circumstances.
- ✧✧✧ Location of the student's secondary school and residence.

UC “Blue and Gold” Financial Aid Plan

UC offers adequate scholarship and grant assistance to fully cover students’ systemwide UC fees for California families with income of \$60,000 or less and who meet eligibility requirements for need-based financial aid. In addition, eligible students showing sufficient financial need may receive grants to assist with the cost of books, housing, food, and transportation. Financial aid estimators are available on the web at admission.universityofcalifornia.edu/paying-for-uc/.

Your UC and CSU College Admissions GPA

Your Irvine Unified School District transcript will show your grade point average calculated from all the courses you take in high school, starting from 9th grade. The UC and CSU systems calculate your admissions GPA from specific courses you take starting in grade 10. To calculate your UC and CSU college admission GPA and Cal Grant GPA, use your transcript and follow the procedure below:

1. Cross off the courses you took in grade 9
2. Cross off a low grade if you repeated the class and received a higher grade
3. Cross off the grade for each class that does not have a "P" in the left hand column
4. Use the chart below to, a) add the number of each letter grade you earned and b) determine the grade points/honors points and calculate your final College Admission GPA.

Course Letter Grade Earned	Count of Grades (since 10th grade) How many A's, B's, C's, etc.?	Multiply By	Grade Points Column 2 x Column 3 = GP
A		4	
B		3	
C		2	
D		1	
F		0	
Total	Total # of Grades =		Subtotal Points =
How many Honors and AP courses did you pass? (since 10th grade)			Honors Points =
Total Grade Points (add Honors point to Subtotal)			Total Points =
My College Admission Grade Point Average (divide Total Points by Total # of Grades)			GPA = _____

*NOTE: If you are enrolled in a solid block class (such as a 10 credit course taught in one semester, or a course taught at a community college), count the class as two grades.

A-G Course Requirements for CSU and UC

Your high school's approved "a-g" courses are listed in your school's course catalog and on the UC website listed below. A grade of "C" or better in each course is needed to fulfill the admissions requirements. Check the UC and CSU websites for further information.

CSU: www.csumentor.edu/planning/high_school/subjects.asp

UC: doorways.ucop.edu/list/

Subject Area	California State University	University of California
GPA	Calculate your GPA using only "a-g" approved courses taken after 9th grade	Calculate your GPA using only "a-g" approved courses taken after 9th grade
Subject Requirements	15 year long college prep courses from approved "a-g" course list	15 year long college prep courses from approved "a-g" course list
Honors Points	Maximum of 8 extra points awarded for approved honors, AP, IB, or community college courses. Maximum of 4 extra points awarded for honors courses taken in 10th grade.	Maximum of 8 extra points awarded for approved honors, AP, IB, or community college courses. Maximum of 4 extra points awarded for honors courses taken in 10th grade.
a. Social Sciences and History	<i>2 Years Required</i> 1 Year Social Studies 1 Year US History or 1 semester US History and 1 semester Civics or American Government	<i>2 Years Required</i> 1 Year World History 1 Year US History or 1 semester US History and 1 semester Civics or American Government
b. English	<i>4 Years Required</i> No more than 1 year may be Advanced ESL	<i>4 Years Required</i> No more than 1 year may be Advanced ESL
c. Mathematics	<i>3 Years Required</i> Algebra 1 Geometry Algebra 2	<i>3 Years Required</i> <i>4 Years Strongly Recommended</i> Algebra 1 Geometry Algebra 2
d. Lab Science	<i>2 Years Required</i> 1 Year Physical Science (may be 9 th grade Coordinated Science) 1 Year Biological Science	<i>2 Years Required</i> <i>3 Years Strongly Recommended</i> 1 Year Biological Science 1 Year Chemistry or Physics
e. Language Other Than English	<i>2 Years Required</i> Must be the same language	<i>2 Years Required</i> <i>3 Years Recommended</i> Must be the same language
f. Visual/Performing Arts (VPA)	<i>1 Year Required</i> Must be a year-long course	<i>1 Year Required</i> Must be a year-long course
g. College Prep Elective	<i>1 Year Required</i> One year (or 2 semesters) in addition to those listed above in A-F	<i>1 Year Required</i> One year (or 2 semesters) in addition to those listed above in A-F

Independent and Private Colleges and Universities

In addition to the many fine community colleges and universities in California there are hundreds of independent or private colleges and universities from which to choose. There are 63 independent undergraduate colleges and university serving over 290,000 students throughout California alone. Private colleges and universities are quite diverse in nature, including major research universities, comprehensive universities, small liberal arts colleges, faith-based colleges and universities, and specialized colleges.

Since these universities do not receive state funding, the cost is higher than public colleges and universities. However, these institutions have a variety of financial aid programs. Your ability to graduate in 4 years at a private institution may be greater than at a public institution due to more courses being available to you as a student there.

Some independent institutions, such as USC, Stanford, and California Institute of Technology, are highly selective. Other universities are less selective in nature. Visit the web sites, review the college catalogs, and talk with your counselor for specific admission information. Transfer to an independent college is possible after your freshman year at a community college or other institution.

If you complete a rigorous program in high school, including “a-g” requirements, AP courses, honors courses, involvement in leadership roles or athletics, have special interests or talents, have a solid GPA and admission test scores (ACT or SAT), and have strong letters of recommendation, you would likely be a candidate for a good private college or university.

There are also numerous out-of-state public colleges and universities. Visit the school websites for specific information about the schools, including tuition and admission requirements. Visit the College and Career Center at your high school and talk with your counselor for further information and college exploration resources.

More Web Resources for College Choices

www.aiccu.edu	All California independent colleges and universities.
www.assist.org	Course transfer information and information about majors for students planning to transfer from a California community college to a UC or CSU.
www.cccco.edu	California community colleges.
www.csumentor.edu	California State University, with links to each campus.
www.universityofcalifornia.edu	University of California, with links to each campus.
www.statfinder.ucop.edu	Detailed data on undergraduate admissions, enrollment, persistence and graduation at the University of California.
www.onlinedegrees.com	A comprehensive site for online college programs.
www.CaliforniaColleges.edu	Interactive help in finding a college that meets your criteria.
bigfuture.collegeboard.org/college-search	Interactive college search based on your criteria.

California Independent and Private Colleges

American Academy of Dramatic Arts, LA. www.aada.org

American Jewish University, Los Angeles. www.ajula.edu

Antioch University, Los Angeles. www.antiochla.edu

Art Center College of Design, Pasadena. www.artcenter.edu

Azusa Pacific University, Azusa. www.apu.edu

Biola University, La Mirada. www.biola.edu

California Baptist University, Riverside. www.calbaptist.edu

California College of the Arts, San Francisco. www.cca.edu

California Institute of Technology, Pasadena. www.caltech.edu

California Institute of the Arts, Valencia. www.calarts.edu

California Lutheran U., Thousand Oaks. www.callutheran.edu

Chapman University, Orange. www.chapman.edu

Claremont McKenna, Claremont. www.claremontmckenna.edu

Concordia University, Irvine. www.cui.edu

Dominican University, San Rafael. www.dominican.edu

Fresno Pacific University, Fresno. www.fresno.edu

Golden Gate University, San Francisco. www.ggu.edu

Harvey Mudd College, Claremont. www.hmc.edu

Holy Names University, Oakland. www.hnu.edu

Hope International University, Fullerton. www.hiu.edu

Humphreys College, Stockton. www.humphreys.edu

La Sierra University, Riverside. www.lasierra.edu

Laguna College of Art & Design. www.lagunacollege.edu

Loma Linda University, Loma Linda. www.llu.edu

Loyola Marymount University, Los Angeles. www.lmu.edu

Marymount College, Palos Verdes. www.marymountpv.edu

The Master's College, Santa Clarita. www.masters.edu

Mills College, Oakland. www.mills.edu

Mount St. Mary's College, Los Angeles. www.msmc.la.edu

National University, La Jolla. www.nu.edu

Notre Dame de Namur University, SF. www.ndnu.edu

Occidental College, Los Angeles. www.oxy.edu

Otis College of Art and Design, Los Angeles. www.otis.edu

Pacific Union College, Angwin. www.puc.edu

Patten University, Oakland. www.patten.edu

Pepperdine University, Malibu. www.pepperdine.edu

Pitzer College, Claremont. www.pitzer.edu

Point Loma Nazarene University, San Diego. www.ptloma.edu

Pomona College, Claremont. www.pomona.edu

Saint Mary's College of California, Moraga. www.stmarys-ca.edu

Samuel Merritt College, Oakland. www.samuelmerritt.edu

San Diego Christian College, El Cajon. www.sdcc.edu

San Francisco Conservatory of Music, SF. www.sfc.edu

Santa Clara University, Santa Clara. www.scu.edu

Scripps College, Claremont. www.scrippscol.edu

Simpson University, Redding. www.simpsonuniversity.edu

Soka University, Aliso Viejo. www.soka.edu

Southern Calif. Univ. of Health Sciences, Whittier. www.scuhs.edu

Stanford University, Stanford. www.stanford.edu

Thomas Aquinas College, Santa Paula. www.thomasaquinas.edu

Touro University, Vallejo. www.tourou.edu

University of La Verne, La Verne. www.ulv.edu

University of Redlands, Redlands. www.redlands.edu

University of San Diego, San Diego. www.sandiego.edu

University of San Francisco, San Francisco. www.usfca.edu

University of Southern California, Los Angeles. www.usc.edu

University of the Pacific, Stockton. www.uop.edu

Vanguard University, Costa Mesa. www.vanguard.edu

Western University, Pomona. www.westernu.edu

Westmont College, Santa Barbara. www.westmont.edu

Whittier College, Whittier. www.whittier.edu

William Jessup University, Rocklin. www.jessup.edu

Woodbury University, Burbank. www.woodbury.edu

Financial Aid

There are several resources for investigating financial aid programs. See your school's College and Career Center and your counselor for information and/or workshops that may be offered at your school. Internet resources, outlining financial aid programs are:

- The California Department of Education: studentaid.ed.gov
- The California State University website: www.calstate.edu/sas/fa_programs.shtml

Sources of Aid

- Federal - awarded by the federal government
- State - awarded by the state government
- Institutional - awarded by the college the student chooses to attend
- Private - awarded by an outside organization

Types of Aid

- Scholarships/Grants - do not have to be repaid
- Work Study - earned by the student as payment for a job on or off campus
- Loans - must be repaid

Grants and Scholarships

Federal Pell Grant: Federal. For students with high financial need. Must complete the FAFSA.

Federal Supplemental Grant: Federal. Based on exceptional need. Must complete the FAFSA.

Cal Grant: State. A maximum parent income (middle range) applies. A GPA of 3.0 is required for 4 year colleges, and a GPA of 2.0 is required for 2 year or specialty colleges. Must complete the FAFSA or the Dream Act application (for undocumented students).

Board of Governors Fee Waiver (BOGFW): State. Pays the enrollment fees at a community college. Must complete the FAFSA.

CSU State University Grant (SUG): Institutional. Must complete the FAFSA.

UC Grant: Institutional. Limited and awarded on a first-come, first-served basis to undergraduates who are eligible and whose Financial Aid Notice and all required documents are complete.

California Chafee Grant Program: Federal. For current or former foster youth to use for career and technical training or college courses. Must complete the FAFSA.

Institutional Scholarships: Many institutions offer their own merit-based and/or need-based scholarships. Students are often automatically considered when they apply to the institution. Sometimes an institutional scholarship will require a separate application. Check each school's website for detailed information.

Private Scholarships: Many organizations offer scholarships to students who meet certain criteria. Visit your College and Career Center to learn about available organizational scholarships. You may also use scholarship search engines such as FastWeb (www.fastweb.com).

Work Study

A program to help students earn money while in school. Students do not pay taxes on work study income. Must complete the FAFSA and indicate interest in work study.

Loans

Federal Stafford Subsidized Loans: Based on financial need. The federal government pays the interest until six months after the student stops attending college. The interest rate is variable %.

Federal Stafford Unsubsidized Loans: Not based on financial need. Interest can be paid while in school or accrued, with a 6-month grace period. The interest rate is variable %.

Federal Perkins Loans: Based on exceptional financial need. Eligibility for a Pell Grant is determined first. This is federal money but the school serves as a lender. This loan is given to the student, carries an interest rate of 5%, holds a 9-month grace period, and will be cancelled for careers like teacher, nurse, and law enforcement.

Parent PLUS Loans: Granted to parents of students (biological or adoptive, not guardians). Not based on financial need. The loan is subject to a credit check. May cover the entire cost of attendance. Repayment begins within 60 days of the final disbursement.

Private Loans: Not sponsored by the federal government. They are credit and income based. The interest rate is usually higher than Stafford or PLUS loans.

FAFSA (Free Application for Federal Student Aid)

Most financial aid is determined through the FAFSA which can be found at www.fafsa.gov. The FAFSA should be filled out in Fall of the student's senior year and is based on the previous year's federal tax information. If this information is not available at the time of application, you should estimate as best you can. You and your parents will each need a pin to login to the FAFSA which you can get at pin.ed.gov. The FAFSA will need to be filled out each year the student is attending college in order for awarded financial aid to be renewed.

CSS Profile

The CSS Profile is an application distributed by the College Board. It is primarily designed to give private institutions a closer look into the finances of a student and family. It is much more detailed than the FAFSA.

More Post-Secondary Options

Regional Occupation Programs (ROPs)

ROP provides students with quality career technical education and workforce preparation. Many courses are articulated for credit with community colleges and universities, while others may lead to certification and/or employment. Visit the California ROP website (www.carocp.org) or your local Coastline ROP website (www.coastlinerop.schoolloop.com) for more information.

Apprenticeships/Internships

Earning while learning – A way for you to earn money while learning an important skill in fields like manufacturing, construction, public administration, retail trade, and transportation industries. Visit www.calapprenticeship.org or www.careeronestop.org to search for positions.

Private Career and Technical Schools

Career and Technical Schools offer a variety of programs in fields such as automotive, mechanics, aircraft mechanics, healthcare, business, cosmetology, and truck driving. Before enrolling, do a cost comparison to see if these programs are offered for considerably less tuition at an adult school Regional Occupation Program, or community college. www.rwm.org

You should carefully check out the schools by asking several questions:

- Is the school accredited by the numerous accrediting bodies in the United States?
- Have you toured the school? What were your impressions?
- Are the school's courses current and appropriate for you?
- How long will the training take?
- What is the total cost of the program including tuition, fees, supplies, and books?

The US Military

There are more than 4100 different jobs available in 142 occupations within the Army, Air Force, Coast Guard, Marine Corps, or Navy. If you join, you will go through between six and thirteen weeks of basic training. You may then go to an advanced training school or be assigned to the field in the United States or around the world. www.todaymilitary.com

The “Gap Year”

You can travel to another country to learn a foreign language, teach English, volunteer, or get a job. Or you can explore a work area of interest while saving money for college. The gap year is meant to be filled with new and exciting life experiences, not sitting on the couch and watching TV! It provides many students with the opportunity to mature financially, socially and academically and find a clearer idea of what they want to do with their lives. Consider first gaining acceptance to a college or university and then asking for a deferral. www.gapyear.com

Volunteer

Volunteering is a great way to learn more about yourself, learn new skills, make connections, and give back. You can volunteer locally, or get involved in a national or international program that gives you a chance to travel, such as AmeriCorp, California Conservation Corps, or City Year.

Work

The responsibility of holding down a full-time job is a good way to transition into adulthood. The opportunity to build a career off an entry-level job is there, if you're willing to work for it and stick it out. Job Corps, administered by the US Department of Labor, is a no-cost education and vocational training program designed for individuals who wish to learn a marketable trade. www.jobcorps.gov

College and Career Planning Checklist

*Students planning to attend college after high school should complete this task in addition to the other tasks listed.

Freshmen Year Checklist

- Review your four year high school academic plan.
- Maintain your grades throughout your freshman year.
- Meet with your counselor to get to know them and how they can help you succeed in high school.
- Become familiar with graduation and college prep requirements.
- Set goals for academic and personal success.
- Create your own myIUSD account and check grades and attendance regularly.
- Establish effective study habits and time management skills. Use study groups/tutors as needed.
- Use Office Hours or Tutorial to get help from teachers.
- Explore extracurricular interests and activities, such as clubs and community service.
- Start a journal and record all your extracurricular activities.
- Visit the College and Career Center to learn about the services we offer.
- Attend the Career Speaker Series to learn about various industries.
- Obtain recommendations for your sophomore classes.
- Plan summer activities. Consider summer school courses or volunteering.

Sophomore Year Checklist

- Review your transcript. Understand the difference between your weighted and unweighted GPA.
- Review your high school academic plan. Maintain your grades throughout your sophomore year.
- Monitor your grades regularly using your myIUSD portal. Use study groups and tutors as needed.
- Attend your Sophomore Counseling Meeting with your counselor.
- Explore extracurricular interests and activities. Keep a log of all extracurricular activities.
- Attend the Career Speaker Series to learn about various industries.
- Visit the College and Career Center to see how we can help you get where you want to go.
- *Take the Practice ACT. Review your results for strengths and weakness in preparation for the ACT.
- *Consider taking an SAT subject exam(s).
- *Apply for private scholarships.
- *Register for appropriate AP tests.
- *Explore college websites and their requirements for admission.
- *Visit college campuses and college fairs.
- *Athletes should read the NCAA Guide for the College Bound Student Athlete.
- Obtain recommendations for junior year classes.
- Ask the ROP Coordinator about career related courses you can take junior year.
- Plan summer activities. Consider summer school courses, enrichment courses, volunteering, working, studying for the SAT or ACT, visiting colleges, or travelling.

Junior Year Checklist

ALL YEAR

- Review your high school academic plan and your courses. Make sure you won't be overwhelmed.
- Monitor your grades regularly using your myIUSD portal. Use study groups and tutors as needed.
- Discuss post-secondary and career goals with your parents and counselor.
- Continue co-curricular and extracurricular activities. Keep a log of all activities.
- *Be intentional in getting to know teachers and counselors who may be writing your letters of rec.
- *Actively seek and apply for private scholarships.
- *Visit college campuses and college fairs.
- Ask the ROP Coordinator about career related courses.
- Students applying to a U.S. military academy should contact their Congressional Representative.
- Athletes should review the NCAA Guide for Student Athletes and file with the NCAA Clearinghouse.

FALL

- *Take the PSAT. Review your results for strengths and weaknesses in preparation for the SAT.
- *Consider taking the SAT subject exam(s).
- *Attend college rep visits on campus.
- *Complete and submit applications for awards selected by your school's Scholarship Committee
- *Attend the Mock Admissions workshop hosted by the College and Career Center.

SPRING

- *Take the ACT and/or SAT exam.
- *Review ACT and/or SAT results and decide whether or not to try for a better score.
- *Register for appropriate AP tests.
- *Attend the Financial Aid workshop hosted by the College and Career Center.
- *Visit with the College and Career Coordinator or your counselor to explore college options.
- *Use Naviance College Match or College Board Search to find colleges that fit what you're looking for.
- *Explore college websites and their requirements for admission.
- *Build a list of schools you're interested in, including reach, target, and backup schools.
- Attend the Career Speaker Series to learn about various industries.
- Obtain recommendations for senior year classes.
- Plan summer activities. Consider summer school courses, college courses, enrichment courses, ROP courses, volunteering, working, studying for the SAT or ACT, writing your college essays, visiting colleges, learning a new skill, or travelling.

Senior Year Checklist

ALL YEAR

- Review class schedule and double-check graduation and admissions requirements.
- Maintain your grades throughout your senior year.
- Discuss post-secondary and career goals with your parents and counselor.
- Continue co-curricular and extracurricular activities. Keep a log of all activities.
- Ask the ROP Coordinator about career related courses.
- *Actively seek and apply for private and institutional scholarships.

FALL

- *If you're hoping for a better score, register to take the ACT and/or SAT exam again.
- *Consider taking the SAT subject exam(s).
- *Complete and submit applications for awards selected by your school's Scholarship Committee
- *Attend the Mock Admissions workshop hosted by the College and Career Center.
- *Visit with the College and Career Coordinator or your counselor to explore college options.
- *Use Naviance College Match or College Board Search to find colleges that fit what you're looking for.
- *Attend college rep visits on campus.
- *Explore college websites and their requirements for admission.
- *Visit college campuses and college fairs.
- *Narrow your list of colleges to 8-10 schools. Review admission requirements of colleges on your list.
- *Create a calendar and keep track of deadlines for applications and financial aid submissions.
- *Complete college applications, including personal statements and supplemental essays.
- *Request counselor and teacher recommendations.
- *Have your transcript(s) and official test scores sent to colleges as requested.
- *Attend the college application workshops if you need help with your applications.
- *Submit applications on time.
- *Attend the Financial Aid workshop hosted by the College and Career Center.
- *Athletes should review the NCAA Guide Student Athletes and file with the NCAA Clearinghouse.

SPRING

- *Complete and submit FAFSA no later than March 2. Don't forget to apply for a FAFSA pin.
- *If you were accepted for Early Decision, withdraw your application from remaining colleges.
- *Complete mid-year reports and/or send 7th semester transcripts, as requested.
- *Attend the Community College workshop hosted by the College and Career Center.
- *Apply to community colleges. Take advantage of priority registration by applying early.
- *Register for placement exams (english, math, etc.) if the college you're attending requires them.
- *Register for appropriate AP tests.
- *Update FAFSA once your tax returns are complete.
- *Visit schools you've been accepted to in order to decide which will be the best fit.
- *Review Financial Aid packages received (usually between April 1 and May 1) and compare.
- *Notify the college you choose to attend by May 1. Notify other colleges you will not be attending.
- *Request final transcript be sent to the college or university you will attend.
- Attend the Career Speaker Series to learn about various industries.
- Complete the senior survey.
- Plan to relax this summer! If you want to stay busy, getting some work experience is a great option.

Comparing Your College Selections

Tuition and Fees				
Room and Board				
Books and Supplies				
Student Health Insurance				
Travel and Transportation				
TOTAL Cost of Attendance				
Federal Scholarships & Grant				
Institutional Scholarships & Grants				
State Scholarships & Grants				
Tuition & Housing Waivers				
Private Scholarships				
Other Resources				
Other Financial Aid				
TOTAL FINANCIAL AID				
Federal Perkins Loans				
Federal Unsubsidized Stafford Loans				
Federal Subsidized Loans				
College Loans Interest Rate Fees Term (years)				
Private Loans Interest Rate Fees Term(Years)				
TOTAL LOANS				
Parent Contribution				
Student Contribution				
TOTAL Family/Student Contribution				

IX. Appendix

I. High School Diploma Pathways

Type of Diploma	Minimum Credits	Minimum Courses	Timeline for Courses and Credits	Other
A diploma from your IUSD home high school	215	All Course Requirements	Complete required coursework and credits no later than Sept 1 following your graduation date.	
Irvine Adult School Diploma	195	All Course Requirements, however PE can be waived	Flexible.	Must be at least 18 years old. Must be referred to IUSD Alternative Education by your counselor no later than June 30 of your senior year.
San Joaquin High School Diploma (Independent Study)	215	All course Requirements	Flexible. A student may also attend community college in conjunction with San Joaquin HS.	Must be referred to IUSD Alternative Education by your counselor.
California High School Proficiency Exam (CHSPE)	N/A	N/A	N/A	See description below
General Education Development Test (GED)	N/A	N/A	N/A	See description below

III. California High School Proficiency Examination (CHSPE)

This exam is the California legal equivalent to a high school diploma. It consists of two sections: English and Math. You must be at least 16 years old or have been enrolled in the tenth grade for at least one academic year. You must have a Certificate of Proficiency and certified parent/guardian permission to stop attending high school. Visit www.chspe.net for more information.

IV. General Education Development Test (GED)

The GED test measures knowledge and academic skills against those of traditional high school graduates. GED tests are administered in many places throughout the state. Adult Schools offer classes to help prepare you to take the GED test. Visit www.acenet.edu for more information.

VIII. Your Four-Year Plan

Minimum IUSD High School Graduation Requirements	California University Requirements (UC approved A-G courses Only)
40 Credits English 20 Credits Mathematics (includes Algebra 1) 5 Credits Biological Science 5 Credits Physical Science 10 Credits Additional Science 10 Credits US History 10 Credits World Studies 5 Credits Political Science/Gov't 5 Credits Economics 10 Credits Art, Language other than English, or a Career Technical Education (CTE) course	40 Credits English 30 Credits Mathematics (Algebra 1 & above) 10 Credits Biological Science (with lab) 10 Credits Physical Science (with lab) 10 Credits US History 10 Credits World Studies 5 Credits Political Science/Gov't 5 Credits Economics 20 Credits Language other than English 10 Credits Visual & Performing Arts
<u>Other Graduation Requirements</u> 20 Credits Physical Education 5 Credits Health 70 Credits Additional Elective Courses	<u>Other Graduation Requirements</u> 20 Credits Physical Education 5 Credits Health 40 Credits Additional Elective Courses
<u>215 Total Credits</u>	<u>215 Total Credits</u>

Use your school's course list to fill in your high school plan. Highlight the courses you plan to take during the summer. Be sure to check the course prerequisites!

	Grade 9	Grade 10	Grade 11	Grade 12
English	English 1	English 2		
Mathematics				
Foreign Language				
Science				
Social Science				
Physical Education	PE			
Visual/Performing Art				
Health				

My Note

