South Hills High School 11th Grade Parent and Student Meeting Wednesday, February 19th, 2025





Agenda Introductions

Introductions Role of the School Counselor Review of Requirements Class Scheduling Information Preparing for College Naviance and Other College Search Tools SAT and CAASPP Testing Resources and Upcoming Events Contact Information



#### SOUTH HILLS HIGH SCHOOL

2024-2025 SCHOOL COUNSELORS



**Ms. Danielle Alexander** Last Names A-E dalexander@c-vusd.org



#### Mrs. Christina Grigolla

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Mrs. Megan Knight Wellness Counselor meganknight@c-vusd.org

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.com 🚺

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@southhillscounseling

SOUTH HILLS SCHOOL COUNSELING PROGRAM

Mission Statement

The mission of the South Hills High School Counseling Department is to provide a proactive and equitably comprehensive program to address students' academic, college/career and social/emotional needs, including their overall mental health and wellness. Respecting students' backgrounds and individual circumstances, South Hills School counselors collaborate with school and educational partners to ensure all students become successful, contributing citizens and lifelong learners in a diverse and changing world.





Role of the School Counselor

#### ACADEMIC

#### COLLEGE/CAREER

#### SOCIAL/EMOTIONAL



# Requirements and Scheduling Process



## Scheduling Process

- The counselors meet with 11th grade students over the past two weeks to deliver class selection information.
- Counselors reviewed transcripts and shared 12th grade class options.
- Starting February 20th, the counselors will meet individually with each student to review their course selections and transcripts.
- The counselors will suggest summer school classes based on the student's grades at that time.



Scheduling Paperwork

 All scheduling materials and a copy of the presentation are available digitally in the Class of 2026 Google Classroom.

Subject	South Hills	High Sch	iool	UC/ O	CSU A-G						
A- Social Science	UC/CS	U Approve	ed Courses	S HIGH S	CHO	OOL					
B- English	-	quiremen									
C- Mathematics	Subject A. Social Science B-English		Requirement 2 Yeas 4 Yeas	South Hills UC Human Geography (AP) Pre-AP Woold History at U.S. History and Geogra American Government P IB History HL Pre-AP ELA 1, Pre-AP E	ad Geography, W phy, U.S. History	Courses Joeld History P, Woeld Histor (AP)	y (AP)				
D- Science	B- English			Pre-AP ELA 2, Pre-AP E Composition/Literature	ELA 2 Honors III CCSS						-
- Language Other han English - Fine Arts	C. Math	Subject Language than Engl IB Group	2 6625 Chinese 6627 Chinese 6550 ABL 1		10 <sup>th</sup> Grade 4130 Spanish 4140 Spanish 4150 Spanish 4270 AP Spa 4625 Chinese 4625 Chinese 4627 Chinese 4550 ASL 1 4555 ASL 1	III Iish Language I II III	11** Grade 4130 Spanish I 4140 Spanish I 4140 Spanish II 4150 Spanish II 4270 AP Spanish II 4270 AP Spanish II 4280 IB Spanish II 4282 Chinese II 4292	ng L 1	4634 IB Mandarin 4550 ASL I 4555 ASL II 4550 ASL III 4554 ASL IV	81.2 HL 2 4632 AP Chinese Lang 8L 2	
- Electives	E- Language other than En F- Visual and Performing A	Visuel and Performin	d 8007 Art Appr 8260 Chorus 1700 Intro 1 9105 Video P	ociation CH-1) Theolor Arts (T-1) oduction I (VP-1)	1710 Play Pro 8007 Art App 8040 Advance 8415 Digital A 8447 Digital P 9105 Video P	reclation ad Art	1700 intro to Theat 1710 Play Producti 1720 Advanced Act 807 Art Appreciati 8040 Advanced Art 8041 AP Art 2D 8047 IB Visual Art 1 8415 Digital Art	m (T-2) ing (T-2) on	1700 Intro to The 1710 Play Produc 1720 Advanced A 8007 Art Approck 8040 Advanced A 8091 AP Art 2D 8048 IB Visual Ar 8415 Digital Art	ction (T-2) Acting (T-2) ation	
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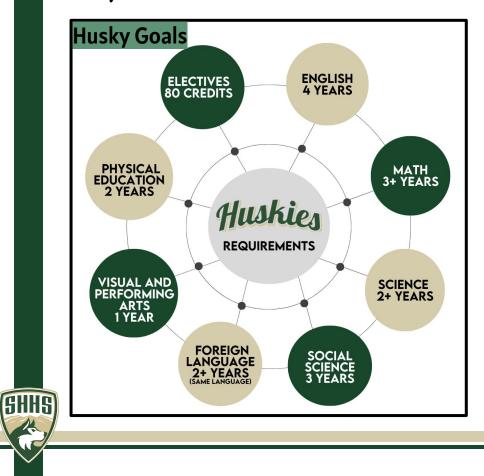
## 12th Grade Classes

- All students are required to take at least *six classes*. In order to take six classes, students need to be on track to meet the graduation and a-g requirements.
- Students should continue to take a strong academic schedule that includes <u>English</u> and <u>Government/Economics</u> courses.
- We strongly suggest that students continue a strong academic schedule that includes math, science, and a language other than English courses.
- We expect students to work toward completing the A-G requirements, and may require them to take a credit recovery class.
- We expect students to choose classes that they will commit to for the entire academic school year.



Requirements

4





## SOUTH HILLS HIGH SCHOOL Graduation Requirements vs. UC/CSU A-G Requirements

Subject	South Hills High School	UC/ CSU A-G		
A- Social Science	<b>30</b> credits World History US History Gov/Econ	2 years required World History US History		
B- English	40 credits	4 years required		
C- Mathematics	20 credits Including successful completion of International Math I	3 years required (4 years recommended) International Math I, II, III		
D- Science	20 credits 1 year Biological Science *Health requirement met with successful completion of Biology 1 year Physical Science	2 years required (3 years recommended) Biology, Chemistry or Physics		
E- Language Other than English	<b>10 credits</b> Spanish/ Chinese American Sign Language	Language other than English 2 years required (3 years recommended) AND		
F- Fine Arts	OR Music/Art/Drama/Dance	Visual Performing Arts 1 year required of same class- Consecutive Semesters Only Music/Art/Drama/Dance		
G- Electives	80 credits	College Prep. Electives 1 year required		
Physical Education	20 credits	Special Note: Colleges require a grade of "C" or higher. Any D must be re-taken for admission consideration. NCAA Clearance is required to compete in		
	shboard- College/Career Indicator	college athletics		
The College/Career Indica meet at least one of the me CAASPP. Score of LA Advanced Placement International Baccalau Completion of Dual F Complete a-g course i CTE Pathway comple	An end of the end of t	nath e of C or better tional Criteria below one of the Additional Criteria below Neurly Met" in muthematics undard Neurly Met" in ELA		

College/Career Indicator

#### California School Dashboard- College/Career Indicator

The College/Career Indicator measures how well schools are preparing students for likely success after graduation. High school graduates must meet at least one of the measures in the prepared level:

- Smarter Balanced Summative Assessments: Score of Level 3 "Standard Met" or higher on both English (ELA) and math
- Advanced Placement (AP) Exams: Score of 3 or higher on two AP exams
- □ International Baccalaureate (IB) Exams: Score of 4 or higher on two IB exams
- Completion of Dual Enrollment: Two semesters of college coursework with a grade of C or better
- Complete a-g course requirements with grades of C or better <u>plus</u> one of the Additional Criteria below
- CTE Pathway completion with a grade of C or better in the capstone course <u>plus</u> one of the Additional Criteria below

#### **Additional Criteria**

- SBAC Level 3 or higher on ELA and at least a Level 2 "Standard Nearly Met" in mathematics
- SBAC Level 3 or higher on mathematics and at least a Level 2 "Standard Nearly Met" in ELA
- One semester of Dual Enrollment with a grade of C or better
- Score of 3 on one AP exam or score of 4 on one IB Exam (for a-g requirement only)
- Completion of CTE Pathway (for a-g requirement only)







#### **SOUTH HILLS HIGH SCHOOL**

UC/CSU Approved Courses 2024-2025 A-G Requirements

Subject	Requirement	South Hills UC Approved Courses
A- Social Science	2 Years	Human Geography (AP) Pre-AP World History, World History P, World History (AP), 01/03 World History U.S. History and Geography, U.S. History (AP), 01 American Hist, 03 American Hist American Gov P, US Gov and Politics (AP), 01 American Gov, 03 American Gov IB History HL
B- English	4 Years	Pre-AP ELA 1, Pre-AP ELA 1 Honors, 01 CompLit I, 03 CompLit I Pre-AP ELA 2, Pre-AP ELA 2 Honors, 01 CompLit II, 03 CompLit II Composition/Literature III CCSS, 01 CompLit III, 03 CompLit III CSU Expository Reading and Writing, 01 CompLit IV, 03 CompLit IV English Literature and Composition (AP) English Language and Composition (AP) IB Language A: Language and Literature HL
C- Math	3 Year Required, 4 Years Recommended	International Math I, 01 International Math I, 03 International Math I International Math II, 01 International Math II, 03 International Math II International Math III, 01 International Math III, 03 International Math III International Math III/Trig Pre-Calc Stats/Prob/Finite P Trig/Pre-Calc P, AP Precalculus Calculus AB (AP) Calculus BC (AP) IB Math Analysis SL
D- Laboratory Science	2 Years Required, 3 Years Recommended	Pre-AP Biology, Pre-AP Biology Honors, 01/03 Biology, Biology (AP), IB Biology HL Pre-AP Chemistry, Chemistry Honors, Chemistry (AP) Physics P, Physics 1(AP) Body Systems and Disorders Conceptual Physics P, 03 Conceptual Physics Environmental Science (AP)
E- Language other than English	2 Years Required, 3 Years Recommended	American Sign Language I P, II P, III P, IV P Chinese I P, II P, III P, IV P, Chinese Language (AP) Spanish I P, II P, III P, Spanish Language (AP) IB Mandarin SL/HL IB Spanish SL/HL



A-G Classes at South Hills

SHHS

F- Visual and Performing Arts	1 Year	Advanced Acting         Advanced Band         Art Appreciation         Beginning Dance         Ceramics and Sculpture         Chorus         Concert Choir         Digital Photo II         IB Theater SL         IB Visual Art HL         Intermediate Dance         Intermediate Dance
G- Elective	1 Year	Jazz Ensemble Marching Band Photography/Commercial Art Digital Photo II Special Projects Advanced Sports Physical Therapy
		Advanced Welding AVID 9, 10, 11, 12 Business Applications and Design Computer Science A (AP) Computer Science Principles (AP) Culinary Arts I, II Economics P, Economics: Macro (AP), 01 Economics, 03 Economics ELD III- English Language Development Entrepreneurship IB Business and Management SL IB Sport Exercise and Health Science SL IB Theory of Knowledge Journalism in the Digital Age Leadership 1, 2
		Literature, Media, and Film Medical Careers Peer Counseling 1, 2, 3 Psychology/Sociology, Psychology (AP) Speech Virtual Enterprise

Summer School

Summer school registration will take place when the student meets with his or her counselor.

After that, the information will be available on the school website.

\*Mt. SAC Sponsored Summer Classes

June 9- July 11, 2025

Semester 1: June 9 - June 24 (no school June 19)

Semester 2: June 25 - July 11 (no school July 4)





#### CTE PATHWAY PROGRAM:

community

Career Technical Education (CTE) provides students of all ages with the academic and technical skills, knowledge, and training necessary to succeed in future careers and become lifelong learners. Students take a specialized sequence of courses. a pathway, that provides rigorous academic and technical knowledge and skills aligned with a specific career focus. CTE pathways range in length and culminate in a capstone-level course. Courses within the same CTE pathway are designed to be taken sequentially to ensure the development of knowledge and skills over time.

CTE programs provide students with hands-on, real-world experiences that prepare them for the workforce and higher education. These programs often partner with local industries, businesses, and community organizations to offer internships, job shadowing, and other experiential learning opportunities. This provides students with valuable work experience and helps build strong relationships between the school and local businesses.

In addition to technical skills. CTE programs also emphasize developing soft skills such as communication, problem-solving, teamwork, and time management.





TRI-COMMUNITY

**ADULT EDUCATION** 

Industry: Building and Construction Trades Pathway: Mechanical Systems Installation and Repair Courses: · HVAC Advanced HVAC

**C-VUSD** 



Industry: Information and Communication Technologies Pathway: Court Reporting

Courses: Court Reporting Advanced Court Reporting



Industry: Building and Construction Trades Pathway: Mechanical Systems Installation and Repair Courses: Electrical Advanced Electrical



Industry: Manufacturing and Product Development Pathway: Metal Fabrication Courses: Metal Fabrication Advanced Metal Fabrication



Industry: Manufacturing and Product Development Pathway: Welding and Materials Joining Courses: Welding Advanced Welding

Industry: Fashion and Interior Design Pathway: Personal Services - Cosmetology Courses:

 Cosmo 141: Intro to cosmetology Cosmo 181: Haircutting



## Off Campus during 6th and 7th period







## Dual Enrollment

We will be expanding our Mt. SAC Dual Enrollment class options on our campus next year.

- Students who complete Dual Enrollment class will receive credit at both South Hills & Mt. SAC.
- This would allow students to get transferable credit for a college level course during their senior year.
- Courses we will be offering during the 2025-26 school year:
  - 1st Semester
    - MATH 110 Elementary Statistics -math class for students who have completed Trigonometry or higher
    - SPCH 1A Public Speaking
    - SOC 5 Intro to Criminology
    - ETHS 1 Intro to Ethnic Studies
  - 2nd Semester
    - MUS 15 Rock Music History (M/W)
    - ADJU 1 Admin of Justice (T/Th)
    - FIRE 1 Fire Protection Org (M/W)
    - ETHS 1 INtro to Ethnic Studies
- All classes will run 7:45am 9:20am





Enrolling in College Classes



<u>Mt. SAC</u> and <u>Citrus College</u> allow our juniors and seniors to take college level classes for free while concurrently enrolled in high school

- Minimum 3.0 HS/College GPA
- Parent permission
- School recommendation from principal/counselor
- Meet all course prerequisites

## Selecting Classes in the Aeries Portal

Students need to enter course requests in the Aeries Student Portal by

## Tuesday, February 18th!





## All courses must be entered in the portal by <u>Tuesday, February 18th</u>

When will you meet with your counselor?

**Colwell**- February 20 Jacobson- February 24 Johnson- March 12 Liana - February 28 Lim- February 25 Lopez- March 4 McKissick - February 21

<u>Neria</u>- March 4 <u>Robinson</u>- February 27 <u>Rogers</u>- February 26 <u>Steinkraus</u>- March 3 <u>Villanueva</u>- February 18 <u>Wong</u>- March 10



Preparing for College



Preparing for College

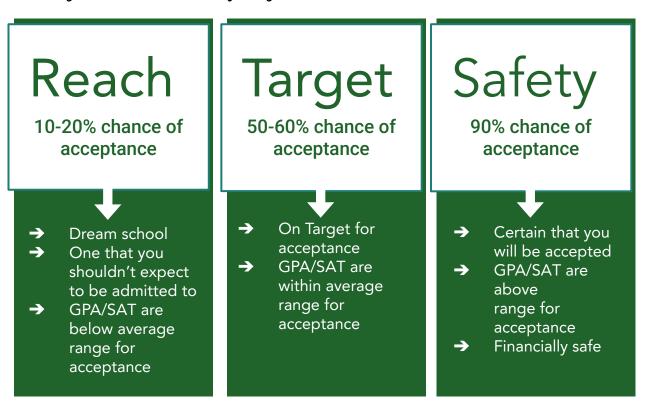
# Checklist

#### High school grades and classes matter!

- Start building your college list
- Students and parents might have different priorities. Discuss those priorities before beginning your college search.
- Things to consider when searching for colleges:
  - Size/Location/Housing available
  - Majors Offered
  - Admission requirements
  - Cost/Financial Aid available
  - Campus Life/ Sports/ Activities
  - Research/ Internship opportunities available
  - Average amount of time it takes to graduate



## Reach, Target, and Safety Schools





## GPA

- All C-VUSD high schools report students' GPAs on the transcript as un-weighted
- A= 4pts, B=3pts, C=2pts, D=1pt, F=0pts
- 10th and 11th grade grades are used to determine eligibility for UC and CSU admissions
- This is the <u>LAST</u> semester that will count towards your GPA for college applications and Cal Grants
  - Retake any "D" or "F" grades those semester of during summer school to improve your GPA
- Continue to keep GPA high for college applications and financial aid
- Cal Grants are determined by
  - Financial Need
  - GPA
- 3.0 or higher for 4-year University
- 2.0 or higher for Community College



## Consider Your College Options

- California State Universities (CSU)
- University of California schools (UC)
- Private Colleges and Universities
- Out of State Colleges and Universities
- Community Colleges
- Trade School/ Adult education/ Apprenticeship



## Public Universities in California

## California State University

- Public, 4-year
- Apply Oct. 1- Nov. 30
- 23 campuses
- 2.5 minimum GPA
- No SAT or ACT scores required or reviewed
- No personal statements
- Approximate cost: \$23,000 per year



## <u>University of California</u>

- Public, 4-year
- Apply October 1- November 30
- 9 campuses
- 3.0 minimum GPA
- No SAT or ACT scores required or reviewed
- 4 personal insight questions
- Approximate cost: \$34,000 per year



## <u>California</u> <u>Community Colleges</u>

- Public, certificate or 2-year transfer programs
- Application deadlines vary
- Over 100 colleges in CA
- No minimum GPA
- No SAT or ACT scores required
- Approximate Cost: \$17,000 per year
  - Tuition is about \$1,100/yr





### <u>Private & Out of State</u> <u>Colleges and Universities</u>

- Public or Private, 4-year
- Application deadlines vary
- Admission requirements vary
- May require SAT or ACT
- Do your research!
- Approximate cost: \$30,000 60,000/yr



## 2 Year Option: Mt. SAC

Consider Mt. SAC as a viable college option:

#### Mt. SAC Connect 4

- The Connect 4 process allows students the opportunity to complete the application, assessment, orientation, and registration process with a Mt. SAC outreach specialist.
- Students who complete this process will receive priority registration for the fall term.
- Promise Plus Program
- Summer Bridge Options





2 Year Option: Citrus College

Consider Citrus as a viable college option:

- A Citrus College Representative will be visiting South Hills next fall to give information on:
  - Citrus College Promise Program
  - Application Assistance
  - Financial Aid Assistance







Gather College Information

NACAC Virtual College Fairs Sign up and attend for free! Register Here <u>NACAC In-person College Fair</u> February 16th at the Anaheim Convention Center - <u>Register Here</u>





Gather College Information

The Association of Independent California Colleges and Universities (AICCU) has a complete list of all the private, nonprofit colleges and universities located throughout California.

AICCU College Guides

#### 1 CALIFORNIA 86 POSSIBILITIES

AICCU COLLEGES & UNIVERSITIES OFFER:

Affordable Access Regional Locations Wide Range of Majors Diverse Environments Student Centered Supports Student Success

Visit: aiccu.edu/collegeguides for a complete list of private, nonprofit colleges and universities in California!



21 L Street, Suite 80: acramento, CA 9581 aiccu.ed



Gather College Information



Visit Cal State Campuses in Person or Online

#### CSU Campus Events

#### Virtual Campus Tour

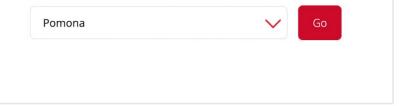
You may not be able to tour a campus in person, but it doesn't mean you can't visit virtually!

Select a Campus



#### In-Person Campus Tours

Get to know your CSU campuses with an in-person tour, and see what your future holds.





UC Information

#### UC for Everyone 2025

UC will host a free virtual event on Tuesday, February 25, for students and families who are interested in learning more about UC admission and our nine undergraduate campuses. We welcome California students in grades 9–11 or community college students who are interested in applying to UC for fall 2026 or beyond.

UC is a destination for students who are intellectually curious, seek professional and personal growth and believe that education is an investment in their future. This event will help students discover what kinds of learning and engagement opportunities are available in and out of the classroom. A panel of current students will answer questions about their experiences being a part of UC. Finally, admissions representatives will share information on both the first-year and transfer admission routes, including tips to help students prepare for the process.



Registration is required and space is limited. Please <u>register online</u>.

#### UNIVERSITY OF CALIFORNIA UC for Everyone

Are you a California high school or community college student interested in applying to the University of California next fall or beyond? Discover what kinds of learning and engagement opportunities are available at UC during this free virtual event.

#### Students and families, join us!

Learn about the University of California's nine undergraduate campuses and chat with campus representatives

Hear from current students about their experience being a part of UC

Get tips on how to prepare for the admission process and be a competitive applicant

Questions? Email us at ucforyou@ucop.edu

Tuesday, February 25, 2025 6 - 7:30 p.m. (Pacific Time)

Space is limited. Register at ucop.swoogo.com/ucforeveryone25



Paying for College

#### **Three General Categories**

- 1. Free Money
  - Grants
  - Scholarships
- 2. Work Study
  - Part-time employment at the college

#### 3. Loans

• Must be repaid



Students must complete the FAFSA or CA Dream Act in order to qualify for financial aid. Submit October 1-March 2 during senior year.



## Using Naviance and Other Resources



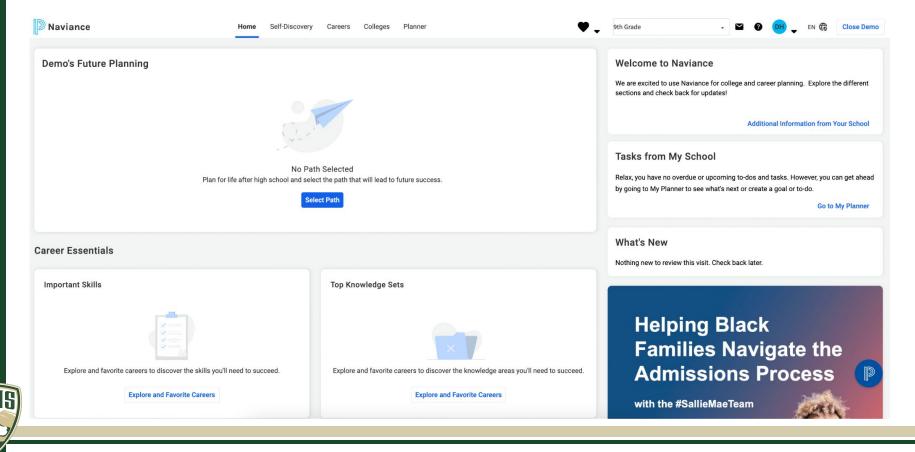
## Naviance

- College Search
- Career Profiles
- Resume Builder
- Scholarship Information

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Classroom	Cloud Print	Esna Offic	
			Log into your Naviance account using the following information:
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Gantter Pr	Kaizena	Kami - PD	Login using your C-VUSD Google email and password
1			If you run into issues logging into your account, please contact your counselor for assist
Lucidchar	McGraw-H	Naviance for	
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More from	m G Suite Marke	etplace	

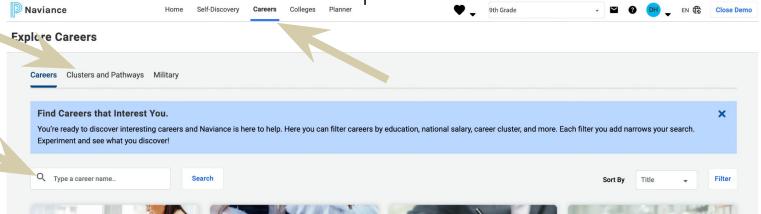


Naviance





# Students can explore career information by clicking on the "careers" tab on the top of the screen





#### Accountants and Auditors

Examine, analyze, and interpret accounting records to prepare financial statements, give advice, or audit and evaluate statements prepared by others. Install or a...



Actors

Play parts in stage, television, radio, video, or film productions, or other settings for entertainment, information, or instruction. Interpret serious or comi...



Actuaries

Analyze statistical data, such as mortality, accident, sickness, disability, and retirement rates and construct probability tables to forecast risk and liabi...



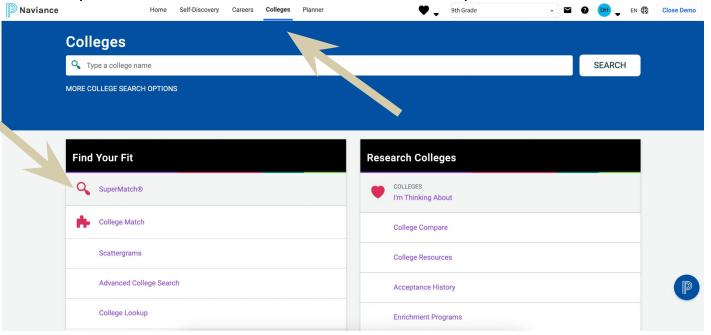
Acupuncturists

Diagnose, treat, and prevent disorders by stimulating specific acupuncture points within the body using acupuncture needles. May also use cups, nutritional ...



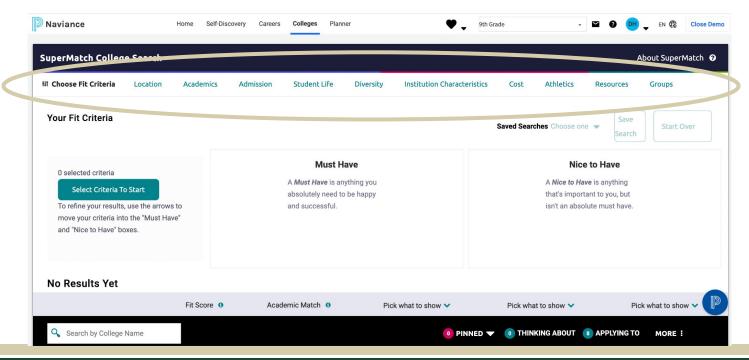


Students can explore colleges by clicking on the "colleges" tab. Several search options are available, including "SuperMatch college search"





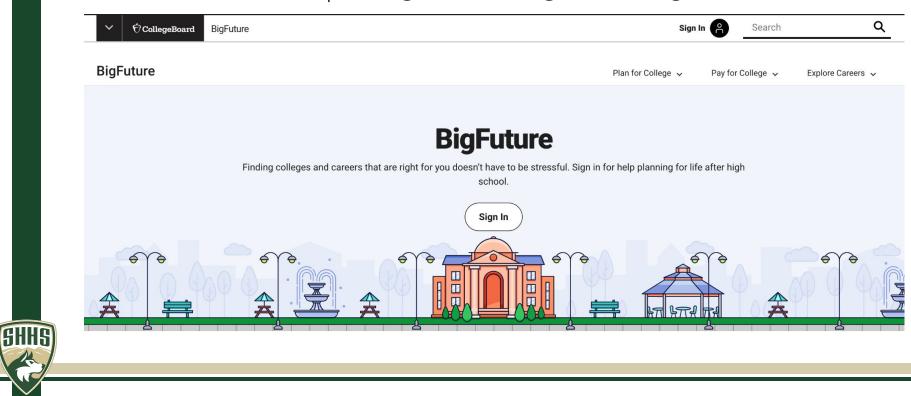
Using SuperMatch college search allows students to filter their priorities during their college search





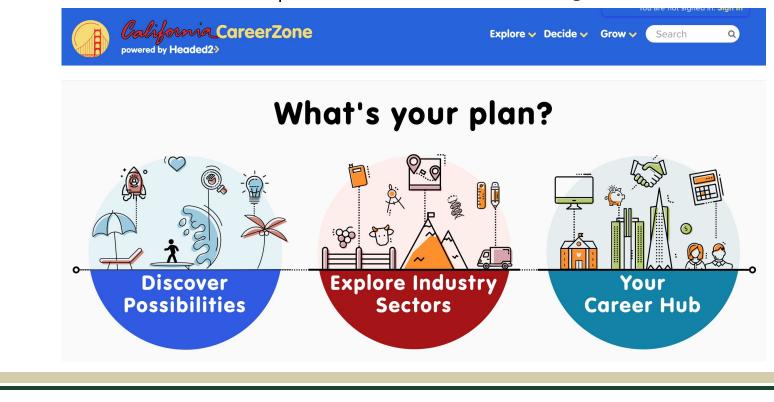
College Board - Big Future

## https://bigfuture.collegeboard.org/



California Career Zone

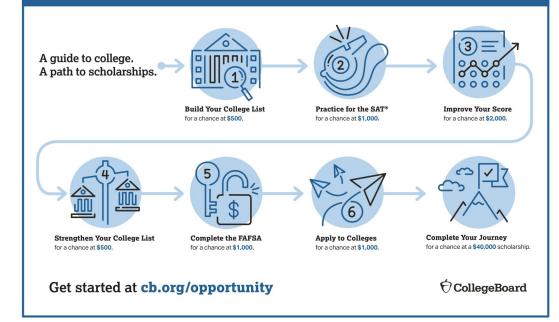
## https://www.cacareerzone.org/



# College Board Opportunity Scholarships

## **College Board Opportunity Scholarships**

A new scholarship program for all students that guides you through the college planning process.





# NCAA

## For South Hills NCAA approved courses: Click Here - School Code 050704

# HIGH SCHOOL TIMELINE GRADE 9 GR

#### Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org/courselist.

## GRADE 10 Register

- Register for a Certification Account or Profile Page with the NCAA Eligibility Center at eligibilitycenter.org.
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

## GRADE 11 Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT, and make sure we get your scores by using code 9999.
- At the end of the year, ask your counselor to upload your official transcript.

## GRADE 12 Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code 9999.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

# Upcoming Testing



# CAASPP Testing in 11th Grade

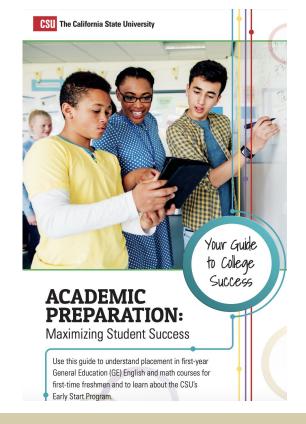
# Why is it Important?

- Results are used to determine placement in senior Math and English classes
- Impacts college placement:
  - Universities use CAASPP results to determine if you can enter taking college level classes
- Score on ELA determines eligibility for Seal of Biliteracy
- Impacts how we are judged as a school



CAASPP and CSU Placement

<u>Academic Prep</u> <u>Brochure</u>



# Standardized Tests:<br/>CAASPP/EAP, ACT, SAT,<br/>AP, IB, and CLEPHigh School<br/>Grade Point Average<br/>(GPA)High School and<br/>College Coursework\*High School<br/>Math GPA

**Multiple Measures for Placement Include:** 

The CSU will use the highest achieved measure to determine placement in the appropriate GE English and math/QR courses.

# Why are Standardized Assessments (CAASPP/EAP, SAT, ACT) Important?

The assessments provide an early indicator of students' readiness to take GE English and math courses. Taking these assessments in their junior year gives students the opportunity to strengthen their skills during their senior year by enrolling in appropriate courses.

#### How is the EAP Status Determined?

The CSU uses the CAASPP in English Language Arts/Literacy and Mathematics to determine a student's Early Assessment Program (EAP) status. In the spring of their junior year, students take the CAASPP English Language Arts/Literacy and math exams, also referred to as SBAC.

#### How Do Students Obtain CAASPP/EAP Scores?

The CAASPP/EAP scores are included in the CAASPP Student Score Report the school district provides to students in early fall of the senior year.

# SAT and ACT Information

- Both the ACT and the SAT are nationally administered, standardized tests that help schools evaluate your college application and see how prepared you are for college courses.
- Many universities do not require students to take the SAT or ACT for admissions.
- <u>Fairtest.org</u> has an list of all schools that do not require an exam for admissions





# SAT School Day

Current <u>Juniors</u> will be taking the SAT for free on Wednesday, March 19th during the school day.

Bring your school computer and ID.







# Free personalized practice based on 11th grade PSAT scores <u>https://www.khanacademy.org/sat</u>



## FREE practice that is...



#### Personalized to you

We'll create a tailored practice plan for you based on a diagnostic or your SAT or PSAT/NMSQT® scores



#### Interactive

Thousands of practice questions, videos, lessons, and hints plus study and test-taking tips and strategies



#### Official

8 full-length, real practice tests and content created in partnership with College Board

#### Instant

Get constant feedback and progress so you know where you stand

# PSAT Results and Khan Academy

- Review your PSAT results to study for the SAT
- Sign in to your College Board account to see your results
- Link your College Board account to Khan Academy for FREE, personalized SAT prep

## Steps to link your College Board and Khan Academy Accounts

#### Step 1

Log in to or create your Khan Academy account at **satpractice.org** 

#### Step 2

When prompted, agree to link your Khan Academy and College Board accounts

#### Step 3

Sign in or create your College Board Account and hit "Send" to send your scores

Sign up. Link up. Get practicing.





AP and IB Exams

AP Exams -

- May 5-May 16
- In-period Digital Testing

IB Exams -

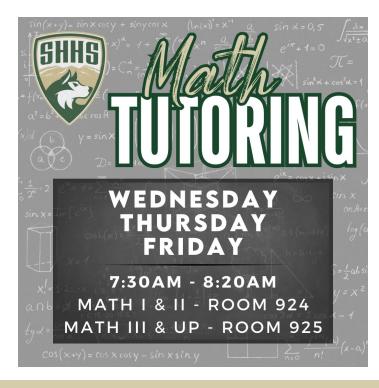
- April 29- May 16
- In-person paper testing

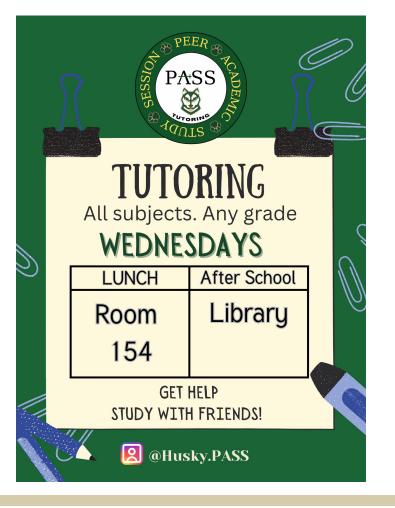


Resources & Upcoming Events



# Free Tutoring at South Hills





Free Online Tutoring

Students who have an LA County Library card can access free online tutoring 24/7 by going to this link. <u>Free Online Tutoring</u>

If you do not have an LA County Library Card, see this website for how to get your free library card. LA County Library Card





# 11th Grade Opportunities

# <u>University of LaVerne</u> <u>REACH Business Camp</u>

The mission of the REACH Business Camp at the University of La Verne is to provide underserved high school students an exposure to business and business education as well as ways to gain entrance to and succeed in college.

Applications and more information will be available soon in the Class of 2026 Google Classroom



APPLICATION AVAILABLE IN CLASS OF 2026 GOOGLE CLASSROOM



# 11th Grade Opportunities

Emanate Health Volunteer

• Volunteer at a local hospitals



- Great for students interested in a career in medicine or working with people
- Apply by April at <u>Emanate Volunteer Opportunities</u>
- Must be 15 years old by June 1st and commit to 100 volunteer hours over a year.

Many universities and organizations run specialized summer programs. As we receive information about the programs, we will continue to update the Class of 2026 Google Classroom.



Community Resources



#### **Crisis Hotlines**

National Suicide Prevention Hotline	(800) 273-8255
24/7 Suicide Crisis Hotline	(877) 727-4747
Crisis Text Line	Text "HELLO" to 741-741
Trevor Project (LGTBQ+ Crisis Hotline)	(866) 488-7386 or
	Text (202) 304-1200
Rape Sexual Assault Hotline	(800) 656-HOPE
Runaway Hotline	(800) 786-2929
Pregnancy Hotline	(800) 339-6993
Domestic Violence	(800) 799-7233
Drug & Alcohol Abuse	(626) 914-1861

#### 24 Hour Urgent Psychiatric Services

\*Individuals can be seen at any hospital emergency room

Aurora Charter Oak Hospital	Behavioral Health Urgent Care	BHC Alhambra Hospital	
1161 E. Covina Blvd	18501 Gale Avenue, Suite 100	4619 N. Rosemead Blvd.	
Covina, CA 91724	City of Industry, CA 91748	Rosemead, CA 91770	
(626) 966- 1632	(626)626-4997	(626) 470-9583	
Hotline #: (800) 654-2673			

#### Family and Individual Counseling Services (Non-Crisis)

San Gabriel Valley NAMI "Warmline"	<u>(</u> 626)577-6697
LA County Department of Mental Health (24/7 Access)	(800)854-7771
Care Solace "Care Companion" Mental Health Resources	(888)515-0595
APU Community Counseling Center- Azusa	(626) 815-5421
Five Acres – West Covina	(626)773-9222
ENKI Mental Health Services- West Covina	(866) 227-1302
Foothill Family Services- West Covina	(626) 993-3000 Medi-Cal
Pacific Clinics- Glendora	(626) 335-5980 Medi-Cal
Hillsides & Bienvenidos Family Resource Center	(323) 274-3075 Medi-Cal
Center for Integrated Family Health Services	(626) 966-1577 Medi-Cal
California Family Counseling Network	(626) 332-7335 Medi-Cal



http://caresolace.com/cvusdparents



Hazel Health

Covina-Valley Unified School District's partnership with Hazel Health means your child can get high-quality teletherapy.

- Students can get teletherapy at school or at home.
- Weekly therapy sessions can help students with depression, anxiety, loneliness, personal relationships, anger, academic stress, motivation, and more.
- All Hazel Health visits are safe and confidential.
- Contact your school counselor if you are interested in getting started.

## How telehealth with Hazel Health works

Telehealth is the use of technology to provide health care virtually. All Hazel visits are virtual visits.



Teletherapy

Our licensed therapists help students cope with their feelings through virtual mental health sessions.



**Care coordination** 

If your student needs care beyond Hazel, we can provide recommendations for ongoing care.

# It's Okay to Ask for Help

# Mental Health Resources for Yourself and Your Friends

## Suicide & Crisis Lifeline

Press 1 for Veterans, Press 2 for Spanish

## **Crisis Text Line**

Text TALK to 741741 for English Text AYUDA to 741741 for Spanish Text with a trained counselor for free, 24/7

## RAINN

National Sexual Assault Hotline Lifeline: 1-800-656-4673 Chat: Via hotline.rainn.org

## **TWLOHA**

Connect to mental health resources in your community twloha.com/find-help

## **The Trevor Project**

TrevorLifeline: 1-866-488-7386 TrevorText: Text TREVOR to 1-202-304-1200

TrevorChat: thetrevorproject.org

## National Alliance for Eating Disorders

Helpline: 1-866-662-1235 allianceforeatingdisorders.com

## National Eating Disorders Association

Helpline: 1-800-931-2237 Chat: Via myneda.org

## Seize the Awkward

seizetheawkward.org @seizetheawkward

# Peer Counseling Support and the Wellness Center

2023-2024 SOUTH HILLS HIGH SCHOOL PEER COUNSELING REFERRAL FORM

Scan below to request an appointment to meet with a Peer Counselor in the Wellness Center



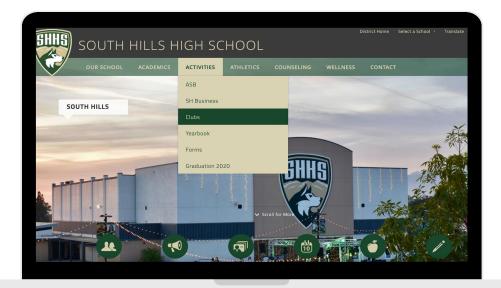
https://bit.ly/shhswellness23-24

Stress Sadness **Test Anxiety Relationships Getting Connected Time Management** Struggles at Home Motivation Loneliness Grades



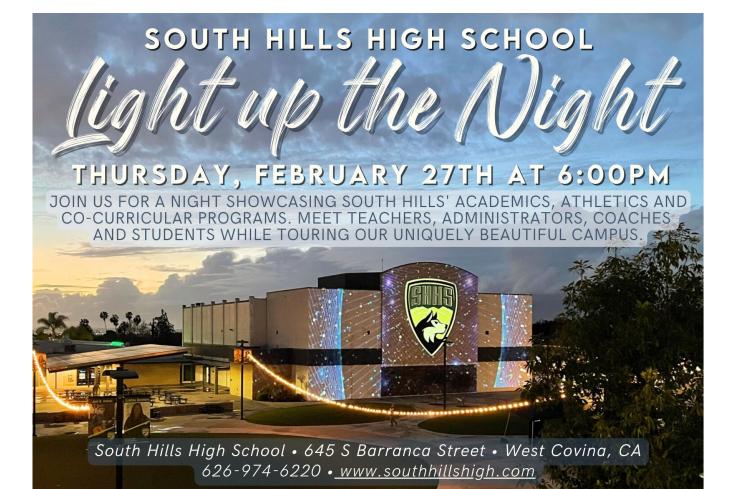
# South Hills Clubs

# <u>20+ Active Clubs</u> Link to Clubs



Artistry of Film	Cooley	Abigail Marin	Lunch	Friday	Theater
AVID	C. James	Luke Garcia	NA	NA	NA
Bake and Debate	Gonzalez-Renova	Abigail Marin	Lunch	Tues & Thurs	Room 164
Barkada	Wong	Joshua Buenviaje	Lunch	Friday	Room 253
Baseball	Murphy	Elias Reyes	12:10 PM	Monday	Baseball Team Room
Boys Tennis	Weber	Megan Tran	Lunch	TBD	Room 102
BSU	Hert	Myia Abarca	Lunch	Tuesday	Room 425





SHHS



Contact Us

www.southhillshigh.com

Main Office: (626) 974-6200 Counseling Office: (626) 974-6208 ASB Office: (626) 974-6210 Attendance Office: (626) 974-6220



<u>Follow us on Instagram</u> @southhillscounseling @southhillsasb

