



Fall Coffee with the Counselors

10th Grade Level

Information

Class of 2023



FHS GUIDANCE TEAM



Brooke Chan
Assistant Principal
(A-GO)
(408) 522-2411



Sandy Woosley
Last Name: A-D
(408) 522-2459



Sherry Fazzio
Last Name: A-D
(408) 522-2459



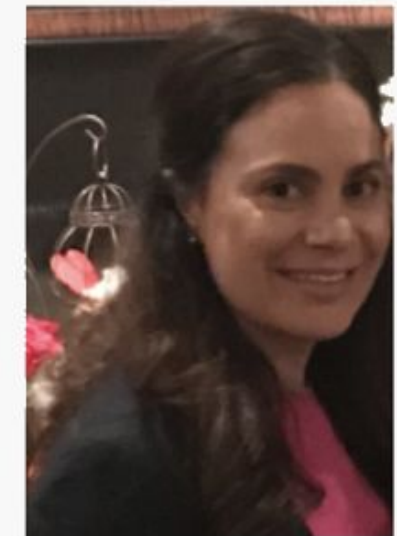
Vanessa Goulart
Last Name: E-LL
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Ana Franco
Last Name: LM-RA
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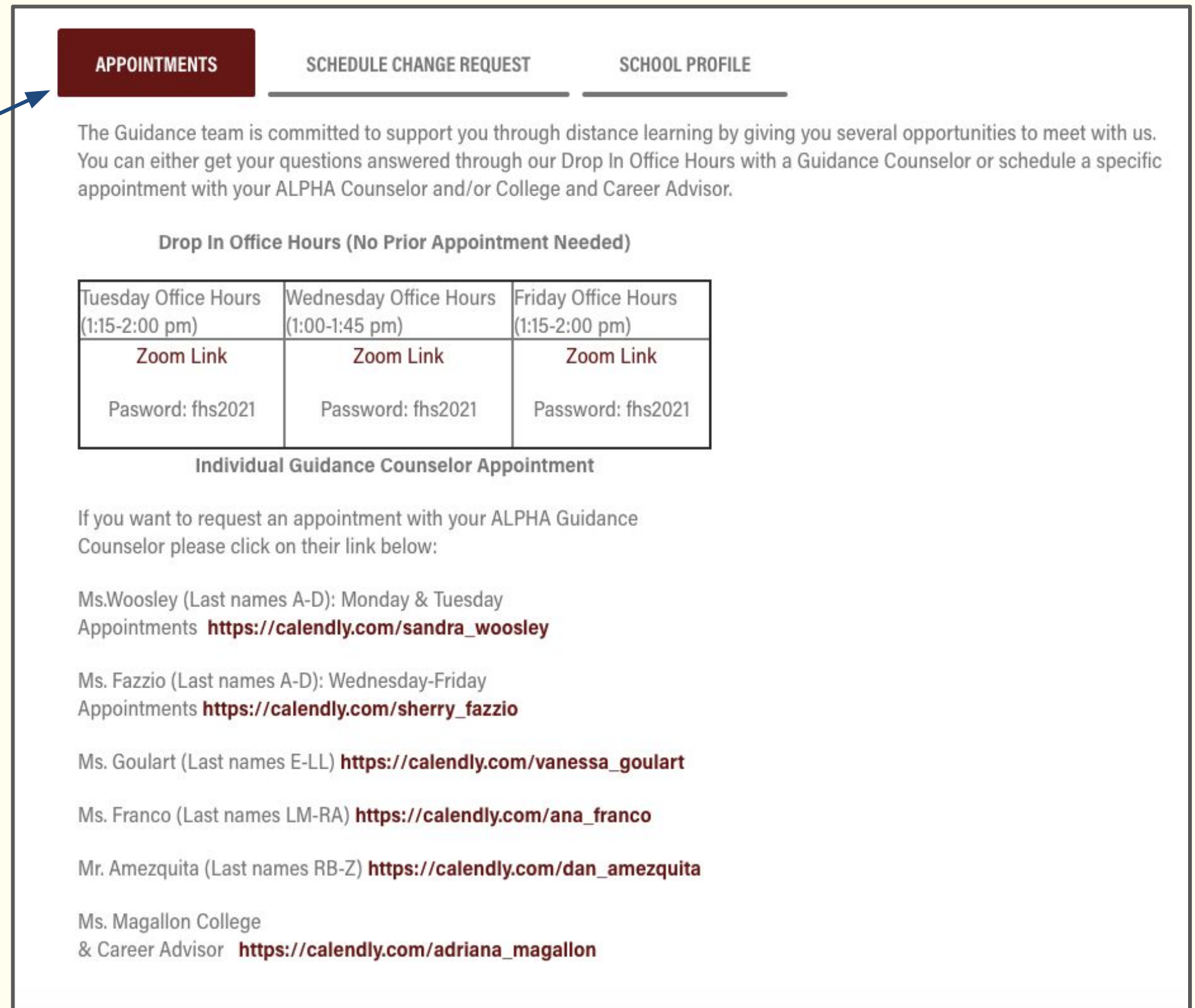
Dan Amezcuita
Last Name: Rb-Z
(408) 522-2484



Adriana Magallon
College &
Career Center
(408) 522-2404

How can your students make an appointment with their GC?

Go to the Guidance website and click on "Appointments"



APPOINTMENTS SCHEDULE CHANGE REQUEST SCHOOL PROFILE

The Guidance team is committed to support you through distance learning by giving you several opportunities to meet with us. You can either get your questions answered through our Drop In Office Hours with a Guidance Counselor or schedule a specific appointment with your ALPHA Counselor and/or College and Career Advisor.

Drop In Office Hours (No Prior Appointment Needed)

Tuesday Office Hours (1:15-2:00 pm)	Wednesday Office Hours (1:00-1:45 pm)	Friday Office Hours (1:15-2:00 pm)
Zoom Link	Zoom Link	Zoom Link
Password: fhs2021	Password: fhs2021	Password: fhs2021

Individual Guidance Counselor Appointment

If you want to request an appointment with your ALPHA Guidance Counselor please click on their link below:

Ms. Woosley (Last names A-D): Monday & Tuesday
Appointments https://calendly.com/sandra_woosley

Ms. Fazio (Last names A-D): Wednesday-Friday
Appointments https://calendly.com/sherry_fazio

Ms. Goulart (Last names E-LL) https://calendly.com/vanessa_goulart

Ms. Franco (Last names LM-RA) https://calendly.com/ana_franco

Mr. Amezquita (Last names RB-Z) https://calendly.com/dan_amezquita

Ms. Magallon College
& Career Advisor https://calendly.com/adriana_magallon



HOW WE GET INFORMATION TO STUDENTS AND FAMILIES

ONLINE:

- Website
- Naviance
- Google Classroom (For seniors only)
- Schoology
- Infinite Campus

IN PERSON (Virtually)

- Classroom Presentations
- Office hours
- Workshops
- Parent Nights
- Appointment

OTHER (DISTRICT):

- College Planning Workshops
- College Essay Workshops
- Virtual College Fairs
- Dual Enrollment workshops



GUIDANCE SUPPORT

How do we support students?

- Student schedules
- Connect students with teachers
- At-risk student support/grade improvement, SAT team
- One-stop shop to help direct/refer to other services needed
- Create 4 year plans
- College advising/post secondary options/financial aid
- Senior support with college applications and letters of recommendation
- Workshops (college application support, college visits, financial aid, college testing, scholarship, essays, middle of the road)
- 2 grade level presentations each year (fall and spring)

How do we support parents?



- Parent Evening presentations (Fall and Spring Guidance Nights)
- Any issues/concerns with the above

How can you help your struggling student?

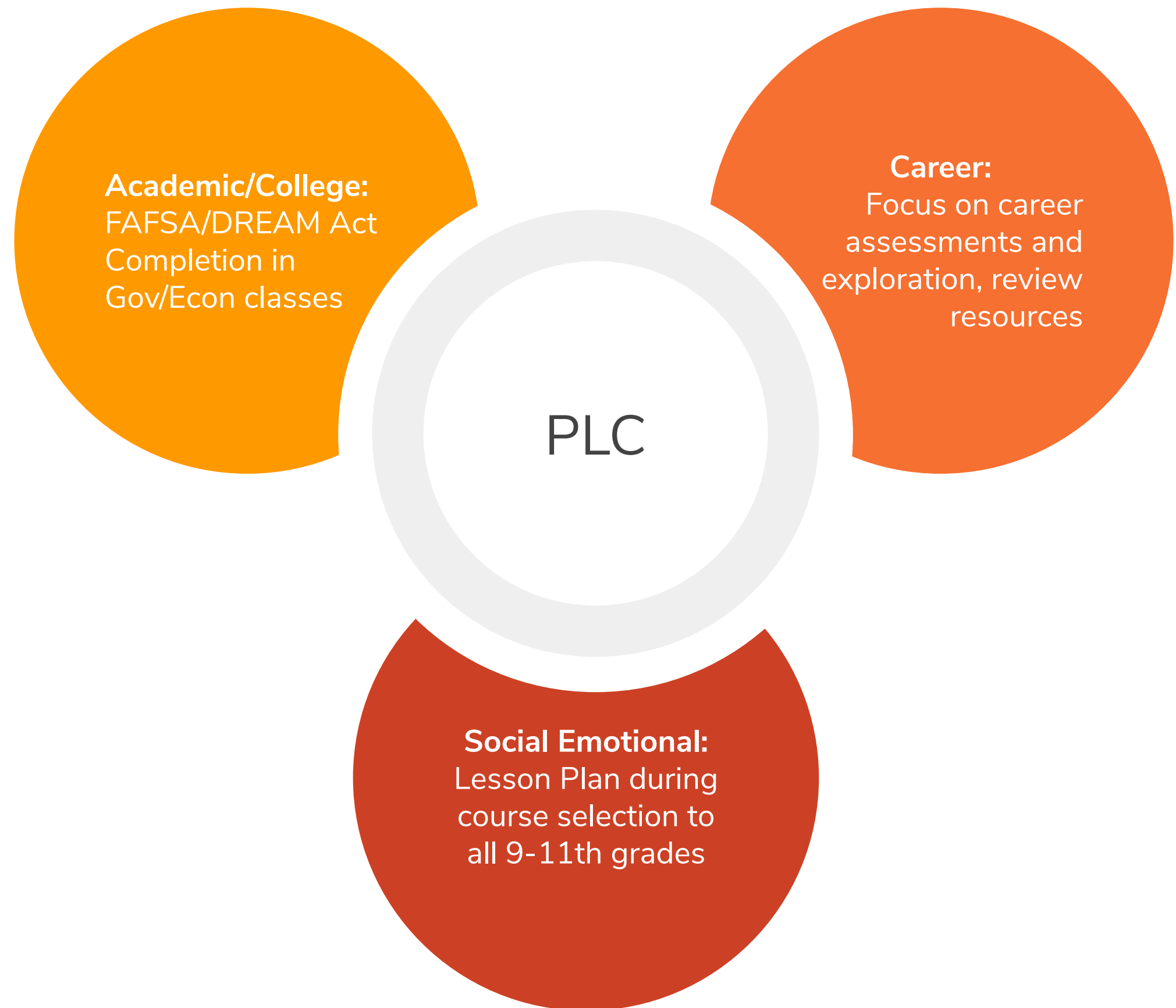


1. Encourage them to talk to their teacher
2. Attend office hours (available 3 times a week)
3. Attend [Students for Success](#)
4. Check Schoology and have conversations with your student
5. Parent should contact teacher if additional support is needed
6. If further assistance is needed please contact your students Guidance Counselor

Guidance Curriculum By Grade Level

	Students	Parents
9th	<ul style="list-style-type: none"> Overview of HS & College Requirements Resources/Activities on Campus/ Getting Involved Naviance 4-Year Planning Social Emotional Learning 	<ul style="list-style-type: none"> Parent Orientation to Fremont Requirements - HS & A-G Counseling Program at FHS Mental Health Naviance Access Course selection information
10th	<ul style="list-style-type: none"> Careers & College Majors Self-Exploration Importance of 10th grade (A-G GPA begins) Post-secondary options overview & preparation Career Exploration tools Course selection information 	<ul style="list-style-type: none"> Career → Major → College Importance of 10th grade Post-secondary options overview & preparation Career Exploration tools Course selection information
11th	<ul style="list-style-type: none"> Post-Secondary Planning (Goals, College Search, College Systems, Testing) Preparing for College Applications Transcript overview College Lists preparation (Safety, Match, Reach) 	<ul style="list-style-type: none"> College Testing Course selection information Transcript overview College System & Post secondary options
12th	<ul style="list-style-type: none"> College Application Support Financial Aid Application Support 	<ul style="list-style-type: none"> College Application Process Financial Aid Nights Next Steps (Making College Decisions)

How are we supporting students this year?





10th grade

IMPORTANCE OF 10TH GRADE

California Public colleges
(UC/CSU) use 10th -12th
GPA

POST SECONDARY OPTIONS OVERVIEW

Minimum admissions
requirements

(more details in next slide)

CAREER EXPLORATIONS

Naviance → Career Cluster Finder

- Employment Outlook
- Plan of Study
- Related Majors/Occupations
- Wages/salary in different areas
- Education

COLLEGE ELIGIBILITY INFORMATION

CSU-23

(California State University)

YOU NEED...

- A-G COURSES
- MINIMUM 2.0 A-G GPA
- "C" / "CR" OR HIGHER IN A-G COURSES
- SAT OR ACT

- Hands-on learning
- Prepares students for current & future workforce demands
- Impaction:
 - Campus level
 - Program/Major level
- Eligibility Index
- Redirection
- No essays or letters

UC-9

(University of California)

YOU NEED...

- A-G COURSES
- MINIMUM 3.0 A-G GPA
- "C" / "CR" OR HIGHER IN A-G COURSES
- SAT OR ACT WITH WRITING
- SAT SUBJECT EXAM (RECOMMENDED)
- PERSONAL INSIGHT QUESTIONS (PIQ)

- Research institutions
- Eligibility vs. selection: Apply broadly
- PIQ's are viewed as an interview
- Provide context
- No letters of rec

PRIVATE/ Out-of-State

YOU NEED...

- REQUIRED COURSES VARY
- GPA VARIES (USUALLY 3.0+)
- CHECK EACH SCHOOL RE:** SAT OR ACT WITH WRITING
- CHECK EACH SCHOOL RE:** SAT SUBJECT EXAM (RECOMMENDED)
- PERSONAL ESSAYS
- LETTER OF RECS

- Research each school for requirements
- Letters of rec usually required
- Supplemental essays
- Extracurriculars, leadership, commitment
- Western Undergraduate Exchange (WUE)

Community College-115

YOU NEED...

- DIPLOMA/GED
- NO GPA
- (2.0 RECOMMENDED FOR FINANCIAL AID)

- Transfer agreements (TAG, ADT)
- Certificate or Degree
- Every college offers different programs
- Do research and visit! (support and outreach program)
- Have an idea of what you want to do/study
- CA Promise**
- Placement based on HS Transcript



NONAVIANANCE

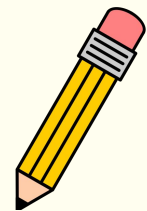
Career → **Major** → **College**

Start with your career in mind, decide what major/education is needed, then search for colleges that offer your major/education needed

What can you do now to help you prepare for your future career?

Career → Volunteer
Job
Community Service
Internship
Interview/Job Shadow
Summer program
Visit Virtual Colleges (Fairs)

COLLEGE TESTING



TESTING TIMELINE

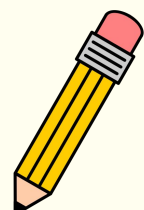
PSAT (Not offered this year due to COVID)

SAT Subject Test (If needed)

SAT Practice- Khan Academy

ACT Practice- Online

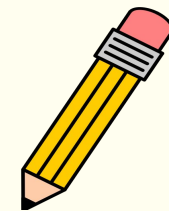
SAT/ACT-spring Junior year



COLLEGE TESTING WORKSHOP

Up to date information for all grade levels-

January/February 2021



WHAT WE KNOW NOW

-CSU has not made a decision on their college testing policy for the next application cycle

-For Private/Out of State universities students must check each of the college's website for updates

-For the UC Fall 2023 and fall 2024 enrollment -Admission to the UC will be "test-blind" for applicants. What will "test-blind" mean?

- UC won't use your test scores to make admissions decisions.

SAT/ACT scores may be used for:

- Scholarships. Some scholarships may include test scores as a factor in selection.
- Determining eligibility for the statewide admissions guarantee.
- Course placement after you enroll

Currently the UC is in litigation, so this may change from now until your student is a senior.

Q&A



THANK YOU FOR JOINING US