

# Fall Coffee with the Counselors

11th grade Families

# FHS Guidance Team



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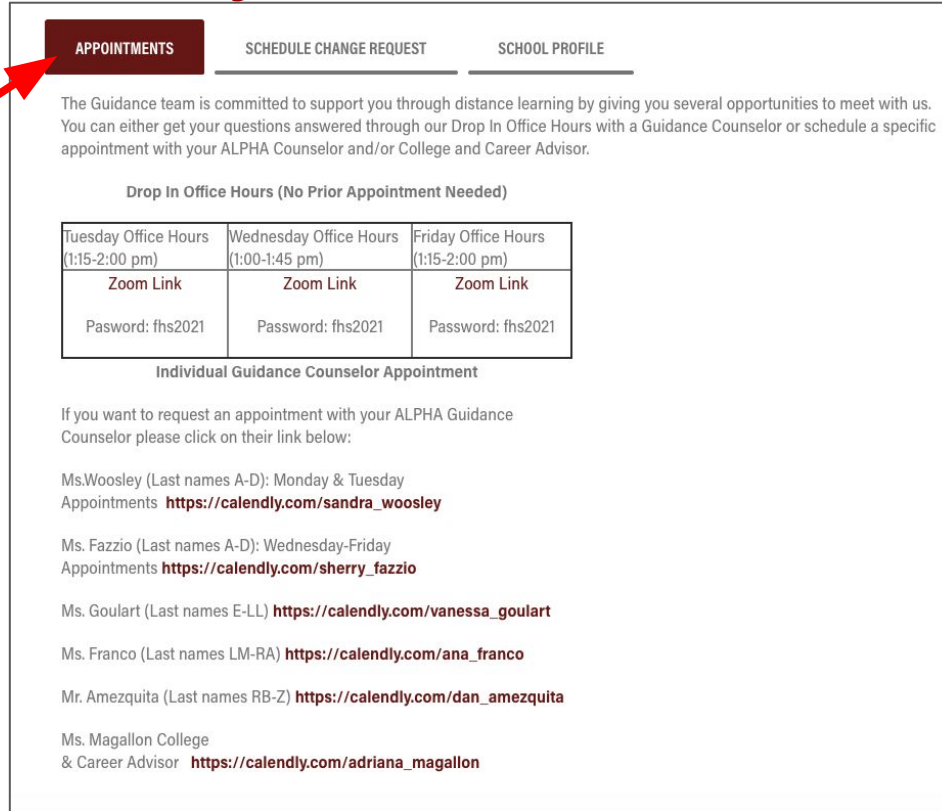
**Dan Amezquita**  
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College &  
Career Center  
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# How to make an appointment with your GC?

Go to the Guidance website and click on "Appointments"



**APPPOINTMENTS**    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)
<b>Zoom Link</b>	<b>Zoom Link</b>	<b>Zoom Link</b>
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](https://calendly.com/sandra_woosley)

Ms. Fazio (Last names A-D): Wednesday-Friday  
Appointments [https://calendly.com/sherry\\_fazio](https://calendly.com/sherry_fazio)

Ms. Goulart (Last names E-LL) [https://calendly.com/vanessa\\_goulart](https://calendly.com/vanessa_goulart)

Ms. Franco (Last names LM-RA) [https://calendly.com/ana\\_franco](https://calendly.com/ana_franco)

Mr. Amezcua (Last names RB-Z) [https://calendly.com/dan\\_amezcua](https://calendly.com/dan_amezcua)

Ms. Magallon College  
& Career Advisor [https://calendly.com/adriana\\_magallon](https://calendly.com/adriana_magallon)

# HOW WE GET INFORMATION TO STUDENTS AND FAMILIES

## ONLINE TOOLS:

- 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?*

*How do we support parents?*

- 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)
  - 2 grade level presentations each year (fall and spring)
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- Parent evening presentations (Fall and Spring Guidance Nights)
  - Any issues/concerns with the above

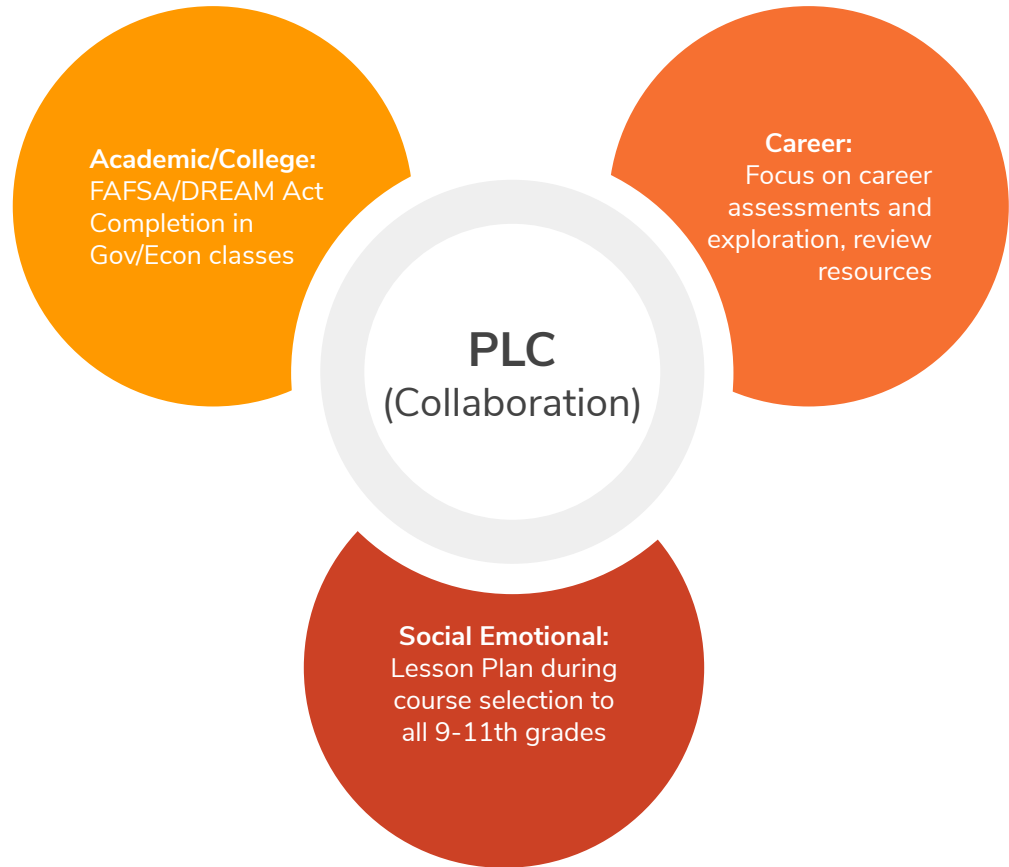
## How can you help your struggling student?

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

Guidance  
PLC Focus:  
How are we  
supporting  
students this  
year?





# Juniors: Planning Ahead

- Junior year is an important one! (last grades seen for some college apps)
- Students often taking a more rigorous schedule
  - Stress can be significant
  - Take advantage of opportunities for help (office hours, Students for Success)
  - Monitor wellness, reach out for support
- Prepping for SAT/ACT
- College research: virtual visits, college search tools, beginning a college list (match/target, reach, safety)
- Spring: Preparing for applications, using summer to get organized and ready
- Summer plans between junior/senior year: volunteer opportunities, internships, summer programs, jobs, community college courses, starting college essays

# Junior Year Classroom Guidance Presentations

## Fall Presentations: Post-secondary planning

- Options (4 year colleges, community college pathways, trade/vocational programs)
- Requirements and timeline
- Planning

## Spring Presentations: Course selection focus

- Graduation and 'a-g' requirements
- Time management (careful not to overload, college apps can be very time consuming)
- Senior year rigor (4th year math, science, at least 5 a-g)

# Workshops

- DeAnza concurrent enrollment: Wednesday October 28th @ 12:00 pm
  - Look for webinar registration in schoology calendar
- College Testing Workshop: January 15th
- Preparing for College Apps: April 28th
- College Planning Workshop & College Essay Workshop: spring/summer dates TBD (offered in partnership with FUHSD Adult School or City of Cupertino)

# College Testing Updates

- Most schools 'test optional' or 'test blind' for students applying for Fall 2021
- Fall 2022 applicants: we will share updates as we learn
  - UC - test optional Fall 2022
  - CSU - no policy shared yet
  - Check each private/out-of state school
- We do not want you to feel you have to put your health at risk for testing, and there will be time for testing in the spring of junior year or fall of senior year if testing is required for your applications
- Free SAT test prep through Khan Academy
- PTSA has offered test prep sessions in previous years (scholarships have been available)

# Financial Aid

- Financial Aid Video: FHS website  
Guidance & Student Support → High School Planning →  
Parent Night Presentations
- Save your 2020 taxes when complete, you will need these for completing financial aid forms
- Completing financial aid applications is recommended even if you think you won't qualify
  - 'Insurance policy'
  - Community college promise programs
  - Required for need-based aid, some scholarships, and merit aid opportunities

# TIPS

- Use Naviance!
  - Search tools
  - Organization “Colleges I’m thinking about”
  - Career Research
  - Scholarships
  - Will be used in senior year as an application management tool
- Career → Major → College
- Think Broadly: Consider “Fit”
- Meet with your counselor to discuss any D/F grades that need to be made up

# Questions