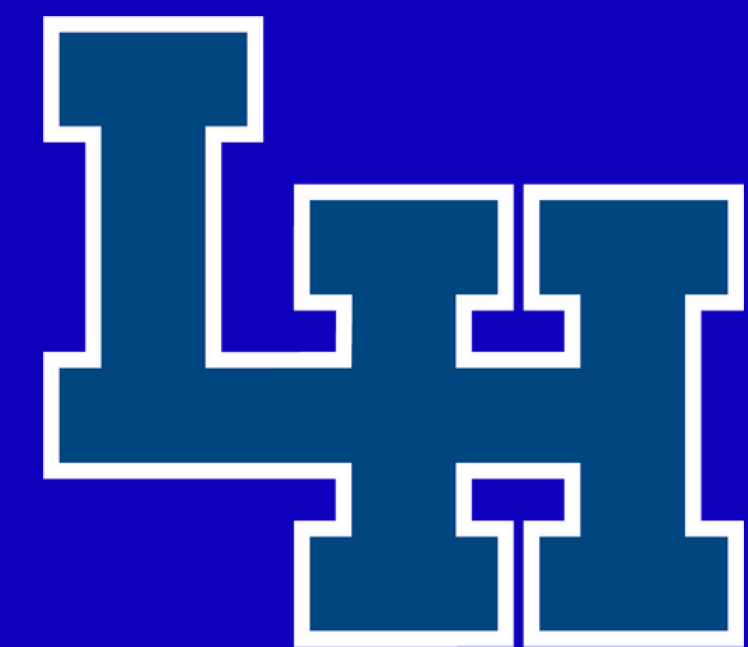


Class of 2024

SENIOR ACTION PLAN



LHHS Counseling Department



COUNSELOR CONTACT INFORMATION



Ms. Murphy

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(562) 266-5019

A-ESL



Dr. Flores

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(562) 266-5028

ESP-LO



Mr. Gallego

JGallego@fjuhsd.org

(562) 266-5018

LU-RE



Ms. Gasaway

LGasaway@fjuhsd.org

(562) 266-5086

RH-Z

Walk-ins before school, break, lunch or after school

Are you on track to graduate?



Graduation Checklist

FJUHSD/LHHS Graduation Requirements

| Class | Credits Needed | | | Credits Needed |
|---|----------------|--|----------------------------------|----------------|
| English: 4 years required | | | Science: 2 years required | |
| English 1 | 10 | | Biology | 10 |
| English 2 | 10 | | Chemistry or Earth Science | 10 |
| English 3 | 10 | | Advanced Science Recommended | |
| English 4 | 10 | | | |
| Social Science: 3 years required | | | Electives | |
| World History | 10 | | Electives | 65 |
| US History | 10 | | Health | |
| Government | 5 | | Health - Summer school only | 2.5 |
| Economics | 5 | | PE: 2 years required | |
| Math: 3 years required | | | Physical Education | 20 |
| Algebra 1A/B-Math yr 1 | 10 | | | |
| Geometry-Math yr 2 | 10 | | | |
| Algebra 2-Math yr 3 | 10 | | | |
| Advanced Math Recommended | | | | |
| World Lang/Fine Art/CTE: 1 year required | | | | |
| World Language or Visual/Perf Art or CTE | 10 | | Total Credits | 217.5 |



Finish the year strong and dedicate yourself to successful strategies.

1. Attend and Actively Participate in Class.

- Engage in and grapple with the curriculum.
- Complete in-class assignments and earn all potential participation points.
- Interact with students and teachers.
- Raise your hand in class!
- Stay on task
- Take notes. Cornell notes.
- Don't leave the class confused.
- Find a study partner.

2. Use Google Classroom/Class Calendar.

- Download Google Classroom App. and check notifications.
- Subscribe to Class Calendar and check daily postings.
- Record all assignments daily, especially homework assignments. This will help you be more accountable to yourself and help your parents know what your daily assignments are.
- When your parents ask you what you have for homework, you will be able to show them.

3. Organized/ Neat 3-Ring Binder.

- Use dividers by subject area and collect all assignments in chronological order.
- Use this material as study guides for quizzes and tests.
- You can not study if you do not keep your study material.



4. Daily Use of AERIES Account.

- Access your teacher grade-book summary and follow your grades, assignments, quizzes, test scores daily.
- Know your syllabus.
- Know your percentage breakdowns:
- Beware of the "Red Boxes"---Incomplete assignments.

5. Communicate with Your Teachers.

- Follow up with your teachers regarding classroom progress, grades, assignments, missing work and concerns/struggles with the curriculum.
- Ask your teachers if you can turn in missing work.
- Make yourself available to them before school, break, hi-step, lunch or after school and make it a habit from day 1. Too many students do this only when grades are due. It's too late by this time!
- Ask your teachers if they allow retakes of quizzes or exams.

Finish the year strong and dedicate yourself to successful strategies.

6. Academic Coaching/Tutoring

- Take advantage of free academic coaching and tutoring offered before and after school.



7. Establish a Study Routine at Home.

At this stage in school, you should have an established routine in which you plan and follow up with your assignments, homework, and projects. Perhaps a designated place at home such as the kitchen table or your room where you can complete your homework and study independently. (Find your “Zen spot”-where you can concentrate the best)

- Deliberate and dedicated study time.
- The learning doesn't stop even though the teaching has.
- Purposeful homework completion. Take time to understand it... “Don't race through it just to get it done..”
- Get together with friends to start a study group.

8. Minimize External Distractions.

- Surrender excessive time on video games, i-phone, i-pad, internet, music, TV, hanging out outside. (You'd be surprised how much homework/study time is lost due to an over indulgence of recreational/leisure time.
- Turn off the TV, power down the I-pad/laptop, cellphone.
- Reward yourself with favorite activities AFTER your work is complete.

9. Take advantage of Hi-Step.

- Hi-Step-Study Hall is an extra 24 minutes of school time you can use to complete homework, classwork or reading.
- Hi-Step Tutorial is an extra 24 minutes of school time you can get extra curriculum time.
- Don't waste it!
- Ask Hi-Step coordinators to join a specific subject if available.

10. Get and stay Involved.

- Join a Club
- Join a Program
- Join a Sport
- Be diligent in balancing your time and managing your responsibilities with clubs, programs, sports and academics.

*If you're shy, ask a friend to go with you.

LEARNING

POST HIGH SCHOOL PATHWAYS



Vocational Training

- Chef School
- Auto Mechanic
- Real Estate Agent
- Apprenticeship



Military

- Coast Guard
- Marine Corps - National Guard - National Reserve
- Air Force - Army - Navy



Public Safety

- EMT
- Police Officer
- Fire Fighter
- Paramedic



Union Trade School

- Carpenter
- Plumber / Electrician
- Painter
- Sheet Metal Worker



Certificate Program

- Dental / Medical Assistant
- Tech Assistant
- Veterinarian Technician



Gap Year

- Travel
- Volunteer
- Workforce
- Internship



4 Year Degree

- Bachelor of Arts
- Bachelor of Science



2 Year Degree

- Associate of Arts
- Associate of Science



Workforce

- Cook
- Bank Teller
- Retail
- Train Operator

4 MAIN COLLEGE DEGREE TYPES

1

ASSOCIATE'S DEGREE - Associate-level programs are commonly associated with community colleges and technical schools focusing on specific vocations. These degrees require a two-year investment in time.

This is an option many students use to save money. Common associate degrees include:

Associate of Arts (AA)

Associate of Science (AS)

Associate of Applied Science (AAS)

2

BACHELOR'S DEGREE - An undergraduate bachelor degree normally takes four years to complete. Enrolling in a bachelor's degree program requires students to choose a specific study major and follow that track.

Common bachelor's degrees include:

Bachelor of Arts (BA)

Bachelor of Science (BS)

Bachelor of Fine Arts (BFA)

Bachelor of Applied Science (BAS)

3

MASTER'S DEGREE - This is the first step in a postgraduate path. Master's degree programs allow students to specialize in a specific area of study. Normally, they take one to two years for completion.

Common master's degree types include:

Master of Arts (MA)

Master of Science (MS)

Master of Business Administration (MBA)

Master of Fine Arts (MFA)

4

Doctoral Degrees - This level is the highest postgraduate education degree you can obtain. Also known as Ph.D. programs, these are the most advanced degrees possible and require extensive work to be admitted.

Common doctorate degrees include:

Doctor of Philosophy (Ph.D.)

Juris Doctor (J.D.)

Doctor of Medicine (M.D.)

Doctor of Dental Surgery (DDS)

FULLERTON COLLEGE PROMISE PROGRAM

FREE COLLEGE!



Fullerton College Pledge/Promise Program is for you!

- ✓ **Free** tuition and health fee for 2 years
- ✓ **Early and enhanced** registration services
- ✓ **Engagement** activities, celebrations, career exploration, transfer support, and much more!
- ✓ **Personalized** one-on-one support through counseling, coaches, and peer mentors.

Get started now!



SCAN ME



Are you completing the 4 yr. CSU/UC/Private College A-G Requirements?



| College & Career Readiness A - G Requirements | | |
|--|--|---|
| A | HISTORY / SOCIAL SCIENCE: Including US and World History | 2 YEARS REQUIRED |
| B | ENGLISH Courses that integrate reading of classic & modern literature, frequent & regular writing and practice listening & speaking. | 4 YEARS REQUIRED |
| C | MATHEMATICS Including Algebra I, Geometry and Algebra II | 3 YEARS REQUIRED (4 YEARS RECOMMENDED) |
| D | LAB SCIENCE Including Biology, Chemistry and or Physics | 2 YEARS REQUIRED (3 YEARS RECOMMENDED) |
| E | LANGUAGE OTHER THAN ENGLISH Two years of the same language, other than English | 2 YEARS REQUIRED (3 YEARS RECOMMENDED) |
| F | VISUAL / PERFORMING ARTS One year of dance, theater, music or visual arts | 1 YEAR REQUIRED |
| G | COLLEGE-PREPARATORY ELECTIVE One year, in addition, to those required in A - F above of any college-prep elective | 1 YEAR REQUIRED |
| Must earn a C or better in the above courses | | |

IF YOU'RE PLANNING TO APPLY TO FOUR YEAR UNIVERSITIES

| | A | B | C | D | E | F | G | H | I | J | K |
|----|---|----------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 1 | START HERE Use this website to search and fill out your spreadsheet easily. | College 1 | College 2 | College 3 | College 4 | College 5 | College 6 | College 7 | College 8 | College 9 | College 10 |
| 2 | | | | | | | | | | | |
| 3 | School Basics | Oregon State | | | | | | | | | |
| 13 | Average HS GPA | | | | | | | | | | |
| 14 | Selectivity | Open | - | - | - | - | - | - | - | - | - |
| 15 | Application Details | | | | | | | | | | |
| 16 | Early Action/Decision Deadlines | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 |
| 17 | Regular Application Deadline | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 | 11/20/2016 |
| 18 | Fee Waived for Financial need? | Yes | - | - | - | - | - | - | - | - | - |
| 19 | Common App or Regular | Common App | - | - | - | - | - | - | - | - | - |
| 20 | Cost and Financial Aid | | | | | | | | | | |
| 21 | Tuition and Fees | | | | | | | | | | |
| 22 | Room and Board | | | | | | | | | | |
| 23 | Average Aid per Student | | | | | | | | | | |
| 24 | Academics | | | | | | | | | | |
| 25 | Known for what Majors? | Engineering | | | | | | | | | |
| 26 | Has my desired Major? | Yes | - | - | - | - | - | - | - | - | - |
| 27 | Student to Faculty Ratio | | | | | | | | | | |
| 28 | Student Life | | | | | | | | | | |
| 29 | Athletic Offerings | Yes interested | - | - | - | - | - | - | - | - | - |

Narrow your list of colleges to between 5 and 10.

Make sure your list includes Reach, Target, and Safety schools.

Stay Organized on a Google Sheet with:

- Test dates*, fees, and deadlines
- Recommendations, transcripts & other necessary materials
- College application due dates
- Required financial aid applications and their deadlines

APPLYING TO CALIFORNIA STATE UNIVERSITY (CSU)

APPLICATIONS

Submit October 1st – November
30th

<https://www2.calstate.edu/apply>

Minimum 2.0 GPA (Academic
10-12)



CAL STATE **APPLY**



Freshman Application Guide
2023-2024

[Click Here](#)

APPLYING TO CALIFORNIA STATE UNIVERSITY (CSU)

- Consider your “A-G” GPA and supplemental factors to inform campus admission decisions.
- Factors may include a number of courses exceeding minimum “a-g” requirements, extracurricular involvement, and other available information.
- Be sure to check the admissions webpage for the CSU campuses in which you are interested in attending to know which specific factors the campus will be using.

Download the Freshman Application Guide

CSU EOP QUESTIONS

from **22** — **23**

1. Briefly describe your family's economic background. Include financial challenges.
2. Why would you like to attend college? Discuss your career and personal goals. Any particular circumstances, school experiences, or persons that have influenced your preparation/motivation to attend college.
3. Briefly discuss your academic background. Did you utilize additional support like tutoring?
4. List any volunteer, extracurricular activities, or work experience in which you are or have been involved in the past two years.
5. Is there any additional information you would like EOP to consider in determining your admission to the program?

CSU EOP Question Responses: Suggestions on How to Get Started with your EOP Responses

(1) Briefly describe your family's economic background. Include information about your financial challenges.

- Who works at home? 1 parent/guardian, 2 parents/guardians,
- Does your parent/guardian receive any government assistance? For how long have they received this?
- Do you work to help with the family expenses?
- Do you pay any of your own expenses? Phone? Clothes? Senior activities?
- Is it hard for your family to pay the bills each month?
- Do your parents ever need to ask for help from relatives or friends to pay bills?
- Do you live in a house or apartment?
- How many bedrooms are in the apartment?
- Are you renting a room in the house or apartment?
- Do you share a room with a sibling or other family member?
- Do you have a room or sleep in the living room or somewhere else?

(2) Why would you like to attend college? Discuss your career and personal goals. Are there any particular circumstances, school experiences, or persons that influenced your preparation or motivation to attend college

- Are you the first person in your family to go to college?
- What does going to college mean for you? What does this mean for your parents?
- Is there anyone or any experience that you had that encouraged you to go to college?
- What are your career goals?

(3) Briefly discuss your academic background. Did you utilize any additional support at your high school, such as tutoring? Do your grades in high school and/or college reflect your academic ability or potential?

- Did you ever go to any tutoring during the time you were in high school?
- Do your grades reflect your ability or intelligence?
- What help or support do you think you needed to get better grades?
- How do you think that being a part of the EOP program will help you to be successful in college?

(4) List any volunteer, extracurricular activities, or work experience in which you are or have been involved in the past two years

- List and/or describe your extra activities in school or in your community?
- Have you played a sport?
- Have you been involved in a club?
- Have you had a leadership role in a club?
- Have you had any work experience? If yes, how many hours each week?
- Have you helped your family with babysitting or daily chores?
- How many hours do you cook?/clean?/babysit siblings each day or week?
- Which activities have enjoyed the most?
- What have you learned from these activities?
- Are these activities something you would like to continue in college?

(5) Is there any additional information you would like EOP to consider in determining your admission to the program?

- What is the reason that going to college is important to you?
- Is there any challenge big or small that you have overcome in life and how does it motivate you to want to go to college, or pursue a particular career in life.
- Why do think it is important for **YOU** to be a part of the EOP program?
- Let the EOP program know something about you that sets you apart.
- Do you have a unique, talent, skill or ability or circumstance that you would like to share?
- **Remember you have to let them know why they should choose you over someone else to be a part of the EOP Program**

APPLYING TO UNIVERSITY OF CALIFORNIA (UC) APPLICATIONS

Submit October 1st – November 30th

Start your application here

Minimum 3.0 GPA (Academic 10-12)

UC's consider:

GPA, community service/awards and Personal
Insight Questions

Counselors are available to review your

Personal Insight Questions to provide feedback
and edit



PRIVATE & OUT OF STATE UNIVERSITIES



- Requirements vary by school -research each school individually on resources provided under **"Additional Resources"**
- Many private schools utilize the Common App as their application
- May require a Letter of Recommendation (1-2 teachers and a counselor) - Begin thinking about who you will ask for a letter
- Western Undergraduate Exchange (WUE): Offers tuition discount to study OOS (out of state)
- Many Private Schools are Test Optional - varies by school

SAT/ACT



UC and CSU systems are not considering SAT/ACT scores for admissions.

Please verify the test policy for the private/OOS schools you are applying to as many Universities have converted to test-optional.

*May use it for placement once the student is admitted

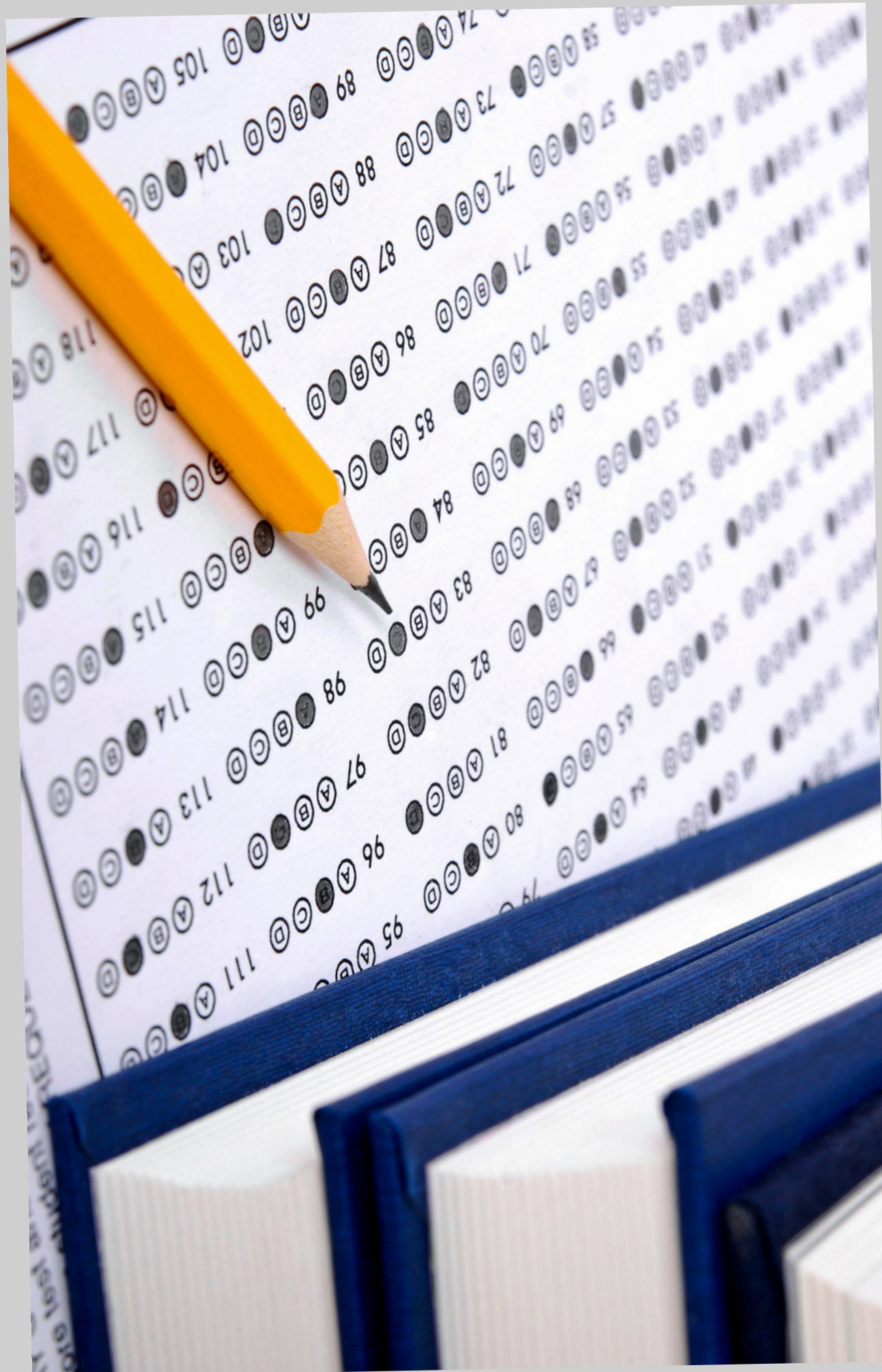
Can take either test

Send scores directly to colleges from College Board and ACT websites

You are responsible for registering!

Should take the essay portion

If on Free/Reduced Lunch, you're eligible for two free SAT's AND two free ACT's - see your Counselor for more info



FINANCIAL AID & SCHOLARSHIPS



FAFSA

Free Application for Federal Student Aid

TBD: December-April ??

What is FAFSA?

Determines eligibility for student financial aid, such as scholarships, work-study, and loans. In addition, many colleges use your FAFSA information to determine your eligibility for state and school aid, and some private financial aid providers may use your FAFSA information to determine whether you qualify for their aid.

Parent/guardian and student must apply and obtain a FSA ID number on the FAFSA site before completing FAFSA. Beware of scam websites that charge a fee to file FAFSA.

***Remember – never pay money to receive money.**



FINANCIAL AID & SCHOLARSHIPS

Speak with Ms. Saldana or Ms. Reyna, Counseling Techs in Room 20, for scholarship information.



Ms. Saldana



Ms. Reyna



Check out our list of scholarships:
https://docs.google.com/spreadsheets/d/1-dpfjIZOBgZ0SC2jrE_D9QrhkXLeOKLZ2tSCUbV_2Ns/edit?usp=sharing



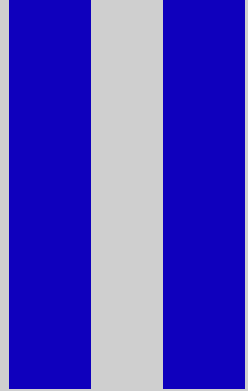
Complete the Local Scholarship Application to be eligible for internal scholarships:
<https://forms.gle/8119zoTvWGPn8Amh6>

Application coming soon



Create a free, scholarship profile on [Fastweb.com](https://www.fastweb.com), [Cappex.com](https://www.cappex.com) or [Unigo.com](https://www.unigo.com)

STUDENT ATHLETES: NCAA



Register and make sure
your profile is updated.

NCAA

www.eligibilitycenter.org
(code 9999)

| INITIAL-ELIGIBILITY STANDARDS — 2023-24 ACADEMIC YEAR AND BEYOND* | | |
|---|---|---|
| Standard | Division I | Division II |
| Qualifier Athletics aid, practice and competition. | Complete Academic Record: <ul style="list-style-type: none">» Core-course progression (10/7) before starting 7th semester;*» 16 core-course units in the required subject areas;» ≥ 2.300 core-course GPA; and» Proof of graduation. | Complete Academic Record: <ul style="list-style-type: none">» 16 core-course units in the required subject areas;» ≥ 2.200 core-course GPA; and» Proof of graduation. |
| Early Academic Qualifier** Athletics aid, practice and competition. | Pre-7th Semester: <ul style="list-style-type: none">» 14 core-course units in the required subject areas; and» ≥ 3.000 core-course GPA. | Pre-7th Semester: <ul style="list-style-type: none">» 14 core-course units in the required subject areas; and» ≥ 2.500 core-course GPA. |
| Academic Redshirt Athletics aid (1st year) and practice (1st term). | Complete Academic Record: <ul style="list-style-type: none">» 16 core-course units in the required subject areas;» ≥ 2.000 core-course GPA; and» Proof of graduation. | N/A*** |

Students certified based solely on international credentials are exempt from the 10/7 core-course progression requirement. **Final high school transcripts are required. *Please see linked resources for additional information regarding Division I and Division II standards.*

STUDENT ATHLETES : NAIA



| 1. TEST SCORE REQUIREMENT | 2. HIGH SCHOOL GPA REQUIREMENT | 3. CLASS RANK REQUIREMENT |
|--|---|--|
| Achieve a minimum of 18 on the ACT or 970 on the SAT | Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale | Graduate in the top half of your high school class |
| <p>Tests must be taken on an international testing date prior to the start of the term in which you intend to participate in athletics and scores must be achieved on a single test date. The minimum SAT must be achieved on the Evidence-Based Reading & Writing and Math sections only; the Writing score cannot be used.</p> <p>Minimum score requirements for tests taken prior to May 1, 2019 varied.</p> <ul style="list-style-type: none">• For tests taken prior to March 1, 2016: 18 ACT, 860 SAT (reading, math)• For tests taken between March 1, 2016 and May 1, 2019: 16 ACT, 860 SAT (evidence-based reading | <p>The NAIA accepts the grade point average determined by the high school, provided it is recorded and awarded in the same manner as for every other student at the school.</p> | <p>If a student's class rank does not appear on the transcript, a signed letter from the principal or headmaster, vice principal or guidance counselor written on the school's letterhead and with the school's official seal, stating the student's final class rank position or percent may be submitted.</p> <p>Exception: Completion of nine institutional credit hours prior to identification at any institution of higher education can be used if no class rank appears on the final official high school transcript. The credit hours must be completed with a grade of "C" or better.</p> |

Register and make sure your profile is updated.

www.playNAIA.org
(code 9876)

Additional Resources

ADVANCE! On to College

FREE INDIVIDUAL ASSISTANCE with
College Applications, FAFSA and
Scholarships

Make an appointment (562) 691-2117

<https://ontocollege.org/virtual-appointments/>

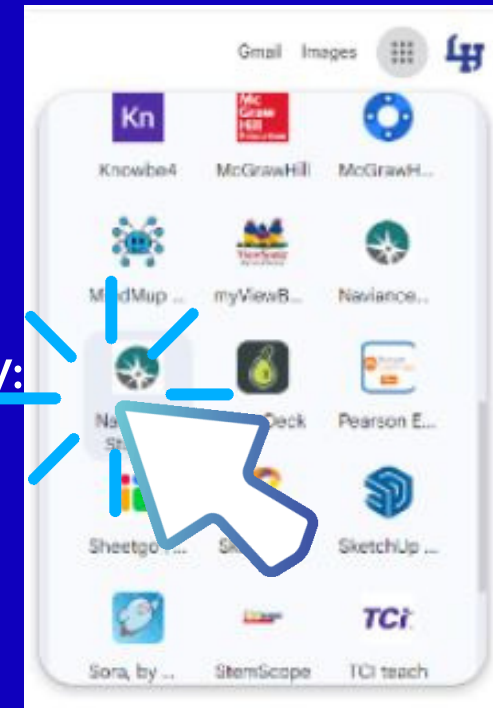
FREE

Naviance

College + Career
Exploration Tool

Supermatch is a great
tool for creating your
college list & finding the
right fit! Helps you identify:

School Size, Majors
Offered,
Location/Distance,
Housing Options,
Cost/Financial Aid,
Retention/Graduation
Rates



Western Undergraduate Exchange (WUE)

Eligible students can choose from
hundreds of undergraduate
programs outside their home state,
and pay no more than 150 percent
of that institution's resident tuition
rate.

<http://wiche.edu/wue>



ADDITIONAL RESOURCES

College Navigator

National college search tool providing information on 7000+ colleges and universities.

<https://nces.ed.gov/collegenavigator/>

College/University Visits

We suggest you take guided tours (or even virtual) of the schools you are interested in. Every campus has a unique vibe. Make sure the school fits you and you fit the school. Go to the College/University's website for more information. Some schools will record your interest.



On-Campus College Reps from Individual Schools

Interested in a particular college or university? Check out the College Visits page for updated colleges!

Interested in a particular college? <https://www.fjuhsd.org/Page/3512>

Monitor your Counselor's Google Classroom for important announcements about College, Financial Aid, and more!

ADDITIONAL RESOURCES

Monthly College Visits

September

9/19 - Drexel University
9/21 - Cal State Fullerton
9/27- University of
Massachusetts-Amherst
9/28- Baylor University
*3rd period
9/28- UC San Diego

October

10/2- Chapman University
*After school (3:30 - 4 PM)
10/3- Whittier College
10/4- Concordia University
10/5- Boston University
10/9- UC Berkeley
*3:30-4 PM After school Presentation
*4:30-5:30 PM UC Admissions Workshop
10/10- Rochester University
10/11- Oregon State University
10/17- Azusa Pacific University

October

10/18 - Cal Baptist University
10/19 - USC
10/25 - UC Riverside
10/31 - U.S Army ROTC

November

11/7 - University of Oregon
11/8 - Cal State East Bay
11/9 - Cal Poly Pomona
11/15 - Washington State
University



All presentations will be held in Room 20 during lunchtime unless noted otherwise

ADMISSIONS ESSAY PROMPTS

2023-2024 PERSONAL INSIGHT QUESTIONS



DIRECTIONS

- 8 questions to choose from. You must respond to only 4 of the 8 questions.
- Each response is limited to a maximum of 350 words.
- Which questions you choose to answer is entirely up to you. However, you should select questions that are most relevant to your experience and that best reflect your individual circumstances.

ADMISSIONS ESSAY PROMPTS

2023-2024 PERSONAL INSIGHT QUESTIONS



1. Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes, or contributed to group efforts over time.
2. Every person has a creative side, and it can be expressed in many ways: problem-solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.
3. What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time?
4. Describe how you have taken advantage of a significant educational opportunity or worked to overcome an educational barrier you have faced.
5. Describe the most significant challenge you have faced and the steps you have taken to overcome this challenge. How has this challenge affected your academic achievement?
6. Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.
7. What have you done to make your school or your community a better place?
8. Beyond what has already been shared in your application, what do you believe makes you stand out as a strong candidate for admissions to the University of California?

Essay Prompts
2023-2024:
One Response
250-650 words

THE COMMON
APPLICATION

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.



COLLEGE APPLICATION DAY

NOVEMBER 2, 2023

SAVE THE DATE!



SCAN HERE

Thank you!

Questions?

