Presentation Agenda

- Overview of the Counseling Department
- Review graduation and college entrance requirements
- Family strategies to foster academic success & student health
- Troy counseling website resources
Counseling Department Overview

- Students are assigned a counselor that will work with them for their high school career. The counselor to student ratio is 1:540.
- Counseling activities cover academic planning, college/career planning, and social/emotional health. Activities include classroom-based, small group, and some individual events.
- Freshmen will receive a classroom-based workshop for academic and college planning. This will take place in late August. Following this will be pre-scheduled freshman student-parent/guardian appointments. Appointment notification letters will be mailed home with your scheduled date and time.
Counseling Department Overview

- Students may drop-in to see their counselor any school day at break, lunch, before or after-school.
- Parents/Guardians may call or email their student’s counselor with questions.
- If there is a student emergency (i.e., suicide concern, student safety issue), counselors have someone available during school hours.
Counseling Department Staff

Mrs. Lisa Avila, School Counselor
Ms. Sonia Diaz, School Counselor
Mrs. Dionne Evans, School Counselor
Mrs. Jacquie Morck, School Counselor
Mrs. Sarah Saleen, School Counselor
Mr. Carlos Aldaco, Guidance Technician
Ms. Katy Hoehn, Special Projects Coordinator
Ms. Erin Black, Guidance Secretary
Mrs. Stephanie Rosner, Registrar
## FJUHSD Graduation Requirements

<table>
<thead>
<tr>
<th>Subject</th>
<th>Years</th>
<th>Credits/Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>4 years (English 1, 2, 3, and CSU ERWC)</td>
<td>40</td>
</tr>
<tr>
<td>Social Science</td>
<td>3 Years (World History, U.S. History, Government &amp; Economics)</td>
<td>30</td>
</tr>
<tr>
<td>Mathematics</td>
<td>3 years (1 year must be earned in Algebra 1 or higher course)</td>
<td>30</td>
</tr>
<tr>
<td>Science</td>
<td>2 years (1 year of biological science &amp; 1 year of a physical science)</td>
<td>20</td>
</tr>
<tr>
<td>World Language, Visual/Performing Art, or CTE (Career Technical Education)</td>
<td>1 year</td>
<td>10</td>
</tr>
<tr>
<td>Health</td>
<td>1 quarter (half a semester)</td>
<td>2.5</td>
</tr>
<tr>
<td>Physical Education</td>
<td>4 semesters</td>
<td>20</td>
</tr>
<tr>
<td>Electives</td>
<td></td>
<td>65</td>
</tr>
<tr>
<td><strong>TOTAL UNITS REQUIRED</strong></td>
<td></td>
<td><strong>217.5</strong></td>
</tr>
</tbody>
</table>

The minimum passing grade to earn the credits for a diploma is a D-. To move onto the next course level, the minimum grade in many subjects is a C- or higher both semesters.
## UC/CSU Entrance Requirements: The a-g list

<table>
<thead>
<tr>
<th>Category</th>
<th>Subject</th>
<th>Years Required Recommended</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>History/Social Science</td>
<td>2 years</td>
</tr>
<tr>
<td>B</td>
<td>English</td>
<td>4 years</td>
</tr>
<tr>
<td>C</td>
<td>Math (Algebra 1, Geometry, Algebra 2…)</td>
<td>3 years (4 recommended for UCs)</td>
</tr>
<tr>
<td>D</td>
<td>Laboratory Science</td>
<td>2 years (3 recommended for UCs)</td>
</tr>
<tr>
<td>E</td>
<td>World Language/LOTE (Language other than English)</td>
<td>2 years (3 recommended for UCs)</td>
</tr>
<tr>
<td>F</td>
<td>Visual and Performing Arts (VAPA)</td>
<td>1 year (or 2 semesters in the same discipline with some sequentiality)</td>
</tr>
<tr>
<td>G</td>
<td>College Preparatory Elective</td>
<td>1 year (any subject)</td>
</tr>
</tbody>
</table>

*Students must earn a C- minimum to meet these requirements; higher grades are often needed for admission. In addition to this coursework, most students must also take a college admissions exam (i.e., SAT, ACT, and possibly SAT subject tests). The a-g list is a minimum list of required courses. Students are encouraged to exceed the requirements in subjects they are strong in and/or enjoy.*
Starting at Troy: The Basics

- Troy operates on a semester schedule. Students will earn a cumulative grade both fall and spring semesters. These are the grades that appear on the transcript and are the grades that colleges will see.
- Freshmen have either a 6-period or 7-period day. For periods 1-6 students attend classes from 8:02 AM to 2:59 PM. For periods 0-6 students attend classes from 7:00 AM to 2:59 PM. The majority of courses are year-long (two semesters).
- Students should be prepared for a minimum of 30 minutes of homework and/or studying per academic class per school night. Students in honors or AP level courses should prepare for more time each night to complete homework and/or studying.
Campus Academic Resources

- *Troy Central* is our free on-campus tutoring. *Troy Central* runs Monday-Thursday with specific subjects offered on certain days. Tutoring information will be published once finalized.

- Teachers are available at various times during the school week for additional support. Students may ask their teachers about available times.

- Troy Library: Open to all students from 6:30 AM to 6:00 PM Monday through Thursday and from 6:30 AM to 5:00 PM on Fridays.

- The Peer Tutoring Club (PTC) are volunteer student tutors that tutor in various subjects. PTC information will be published once finalized.
Family Strategies For Success

- Ensure your student has an appropriate study environment including a location free from distractions (TV, phone, etc.) with ample light and supplies.
- Have your student create a daily study schedule and post it so you can see what they are working on. Have your student write down their homework. Check both daily.
- Ask your student to show you their Google classrooms.
- Monitor social media and electronic device usage for student health and safety as well as time to complete homework and study.
Family Strategies for Success

- Attend *Back-to-School Night* on September 12th to meet teachers, review course expectations, and obtain teacher contact information.
- Communicate to your student your expectations for grades, work habits, and behavior you expect to see.
- Encourage healthy habits like adequate sleep, healthy eating patterns, and exercise.
Family Strategies For Success

- When you have a question or concern about a class, contact the teacher directly. Teacher contact information can be found on the Aeries account.
- Your student needs to maintain good attendance and not miss school unless necessary. They need to be in class on time daily to maintain their grades.
- Monitor grades and academic progress using the student Aeries gradebook feature. You may also use a Weekly Progress Report Form (available to download from the Troy counseling webpage).
Family Strategies For Success

- Demonstrate Interest - Show your child that their schooling is a priority to you by:
  - Attending *Back-to-School Night, College Fair, Open House* and other regular school events.
  - Use the Troy High School webpages regularly (daily announcements, calendar, programs, and so much more).
  - Regularly monitor report cards/grades (progress/quarter/semester) and academic progress/gradebooks on Aeries accounts.
  - NOTE: If a student is earning a D or F grade, report cards will be *mailed* home. Otherwise, grades and gradebook progress can be checked on Aeries student accounts.
Family Strategies For Success

- Monitor homework completion and study time.

- Encourage campus involvement: students who are involved in school generally have better school performance and outcomes. This can include sports, clubs, the arts, NJROTC, and so much more.

- Work with the Troy staff: we are here to help! Please let us know when there are home or personal issues that may affect your child’s school performance and/or academic progress.
Downloadable Resources

This presentation, along with related resources, will be posted shortly the Troy Counseling website section.
Exploring the Counseling Website

Next we will visit the Troy counseling webpage for resources and information....