

Freshman Orientation

Counselors:	A-B, ELL Mrs. Carrie Bennett C-Z Ms. Sheryl Pacheco
Support Counselor:	Mrs. Jennifer Montague (Mon. and Wed.)
Support Counselor:	Mrs. Barbara Hourigan (Tues., Thurs., Fri.)
Career Center:	Mrs. Jacque Barker (Mon., Wed., every other Fri.)

Counselors can be a good resource!

- ◆ If you need general information, drop by during brunch, lunch, or before/after school. There are several people in the office who can probably answer your questions.
- ◆ If you need an appointment: Pick up and complete an Appointment Request Form and turn it in to the Counseling Secretary. Your counselor will call you in as soon as time allows.

Importance of the freshman year:

- ◆ The Freshman Year Counts! The myth that says “freshman grades don’t count anyway” is wrong. Colleges will see all your high school grades...including this year.
- ◆ You have a blank transcript right now and are building your high school record. Your primary goal is to earn 230 credits and graduate with your class.
- ◆ Work as hard as you can to earn good grades. Remember, all college prep class grades must be at least C or better. D grades do not count for college and must be repeated.
- ◆ Become familiar with college requirements for admission.
- ◆ Take part in school and/or community activities. Volunteer your time. Choose something you like and really get involved.
- ◆ Visit a college campus if you have an opportunity.

What to do to prevent grade problems:

- ◆ Ask your teacher when you can meet to receive some extra help.
- ◆ Use zangle to monitor your grades and make sure your parents have their parent zangle password.
- ◆ Take advantage of the library after school (2:55 – 3:45).
- ◆ Use the monthly grade checks (from the counseling office) to get an idea of what your current grade is.

Consider Summer School:

- ◆ If you fail a course or earn a D in a college prep class (and are planning on going to a four-year college), it will have to be repeated. Our district's summer school program is a great place to do this. (Register in April-early May.)

Tests you should know about:

◆ **California High School Exit Exam**

- ◆ You will take this for the first time in the spring of your sophomore year.
- ◆ You must pass this test to receive a diploma.

◆ **PSAT/NMSQT (Preliminary Scholastic Assessment Test/National Merit Scholarship Qualifying Test):**

- ◆ This is a practice test for the SAT, a college entrance exam.
- ◆ The PSAT is given once every year in October and is designed for Juniors who are interested in applying to a four-year college or university.

◆ **ACT/SAT:**

- ◆ Two different college admissions tests. They are interchangeable.
- ◆ You must take one or the other of these tests to be eligible to apply to nearly any four-year college.
- ◆ Most college bound students take these tests in May or June of the Junior year and repeat if necessary in October or November of the Senior year.
- ◆ The optional writing test on the ACT is required by the UCs and possibly some out of state and private colleges.

◆ **SAT SUBJECT**

- ◆ For the class of 2014, the University of California system no longer requires SAT Subject test for admissions. You may still take SAT Subject tests and submit the scores for consideration as part of your application, like you do with AP test scores. Some majors may recommend specific subject tests.