

SENIOR

PRESENTATION

CLASS OF 2024



Mar Vista High School

COUNSELORS

Counseling Center: (619) 628-5720



Mrs. Torres-Mathews
A - E



Mrs. Avalos
F - H



Mrs. Rame
I - P



Mrs. Ledezma
Q - Z



Welcome to today's meeting!

Today's Topics

- Graduation Requirements | A-G Requirements
- Pathways @ Mar Vista High School
- University & Community College requirements
- SAT / ACT Entrance Exams
- Scholarship Information / Financial Aid



High School

Graduation Requirements

A-Social Science - 4 years / 9 Semester Credits

B-English - 4 years / 8 Semester Credits

C-Mathematics (IM I, II, III) - 3 years / 6 Semester Credits

- Algebra, Geometry, Intermediate Algebra
(Financial Algebra can be taken in their senior year in place of IM III)

D-Lab Sciences - 2 years / 4 Semester Credits

- Biology and Chemistry or Physics

E-Foreign Language - 2 years / 4 Semester Credits

- Students can take 1yr of a CTE course in place of the 2nd year of language, if not planning on applying to a 4-year university

F-VAPA - 1 year / 2 Semester Credits

G- College Prep Elective - 1 year / 7 Semester Credits

Total Required Units: 44 Semester Credits

Additional Graduation Requirements

- 2 years of PE (Course I/II, must pass both years)
- 1 semester of health
- 7 additional credits
- Community Service Hours
 - Class of 2024 – 15 Hours Required
- D's are acceptable for graduation
(not for 4-year colleges/universities)
- Total of 44 credits



COMPACT FOR SUCCESS REQUIREMENTS

- Maintain continuous enrollment in Sweetwater Union High School District (SUHSD) schools* and graduate from a SUHSD high school
- Demonstrate college readiness in English or be on track to clear by the end of senior year
- Demonstrate college readiness in math or be on track to clear by the end of senior year
- Complete the A-G requirements with grades of C or higher by the end of senior year
- Maintain the Compact required GPA for your graduating class (see chart below) by the time of your SDSU application submission
- GPA Requirement and Residency Requirement Based on High School Graduation Year

***Class of 2024 GPA: 3.30**



COMPACT FOR SUCCESS CONT.

- Take the SAT or ACT exams by November of 12th grade
- Meet all SDSU admission/enrollment deadlines including submitting a freshman application to San Diego State University
 - Cal State Apply application must be submitted between October 1 and November 30
 - Must not have any D or F grades during 12th grade
 - Admitted students interested in enrollment must submit their Intent to Enroll by May 1

The Compact for Success does not guarantee admission to majors with additional qualifications required for admissions.

Currently, those majors include:

- **Nursing**
- **Music**
- **Dance**
- **Theater: Performance**



HONORS DIPLOMA

- Students will receive an honors diploma if they have earned 13-semester credits, A or B, in AP, honors, and/or accelerated classes by the end of the 1st semester of their senior year.
- At least 2 of the 13-semester credits must be completed in the 1st semester of their senior year.



CSF LIFE MEMBER

- 4 semesters (from 10th – 12th) including 1-semester senior year.
- Spring semester (fall grades)
- If a student does not make grades in semester 1, they still have a chance 2nd semester.
- Contact Ms. Wolfe in Room 505



CALIFORNIA'S HIGHER EDUCATION SYSTEM

- UC: 10 campuses. Top 12.5% of high school grads
- CSU: 23 campuses. Top 33% of high school grads
- Private Universities: over 100 schools
- Community colleges: over 100 schools. Open to High School graduates
 - Units can be transferred to a 4-year university






COLLEGE ENTRANCE REQUIREMENTS

- There are 3 main academic admissions requirements
 - GPA: Grade Point Average
 - SAT/ACT Scores
 - A-G Course Requirements

HOW TO SATISFY *College Readiness*

- 
- Score a 550 on English and/or a 570 on the Math portions of the SAT
 - Score 22 or higher on English and/or a 23 on the Math portions of the ACT
 - Score 3 or higher on AP English/Math exams
 - Score Standard Exceeded in Math & English on SBAC (11th)

****CSU Mentor Code 3594****

Listing this number will send your score to all CSU campuses for one price!

SAT: collegeboard.com | ACT: act.org

SAN DIEGO COMMUNITY COLLEGES

- California Community Colleges have no specific requirements for admission but rigorous classes help to prepare students. SAT/ACT exams are NOT required.
- Students can earn professional certificates, associate degrees and/or participate in transfer programs.
- The benefit of community college include smaller class size and lower costs. It may be a good fit for students who aren't sure what they want to study or who want to prepare for a career like culinary arts, cosmetology or audio tech
- Students who aren't admitted to their top choice university may opt to attend a community college and then transfer to that University



SAN DIEGO
CITY COLLEGE



G R O S S M O N T
C O L L E G E



SAN DIEGO COMMUNITY COLLEGES

- Cuyamaca College – www.cuyamaca.edu
- Grossmont College – www.grossmont.edu
- Mesa College – www.mesacc.edu
- Mira Costa College – www.miracosta.edu
- Miramar College – www.sdmiramar.edu
- Palomar College – www.palomar.edu
- San Diego City College – www.sdcity.edu
- Southwestern College – www.swccd.edu



Out of State/Private University Admission Requirements

- Student should check with each college individually as requirements vary by institution
- Admission is often determined by a “Committee” type process
- Many Campuses use the Common Application
 - One application used by over 350 colleges and universities
 - Accepted in place of the school’s own application and students can apply to many colleges using this application
 - Colleges that use the Common Application also require:
 - An essay (some schools require additional supplemental essays)
 - Letters of recommendation from your counselor and teachers



OPTIONS AFTER HIGH SCHOOL

Job Training

- **Regional Occupational Program** (ROP) sdcoe.net/rop/
- Vocational/Trade Schools
- Apprenticeships dir.ca.gov/das/das.html
- **Adult School** adulthoodeducation.sweetwaterschools.org
 - Building and construction trades
 - Business and finance
 - Education, Child Development, and Family Services
 - Health Science and Medical Technology
 - Hospitality, Tourism, and Recreation
 - Information and Communication Technologies
 - Manufacturing and Product Development
 - Marketing Sales and Services
 - Public Services
 - Transportation





**Chula Vista
Adult School
(CVA)**

**Montgomery
Adult School
(MOA)**



Fast Forward



*to Your Future
@SUHSDAdultEd*

ADULT EDUCATION

SWEETWATER UNION HIGH SCHOOL DISTRICT



**National City
Adult School
(NCA)**

**San Ysidro
Adult School
(SYA)**



WEBSITE QR CODE

REQUIREMENTS

**MUST be
18 years old or older**

Fast Forward



*to Your Future
@SUHSDAdultEd*

CAREER TECHNICAL EDUCATION

SWEETWATER UNION HIGH SCHOOL DISTRICT



<https://adulthoodeducation.sweetwaterschools.org/cte>

CAREER TECHNICAL TRAINING (CTE)

REGISTER for courses at the beginning of each semester.

FREE courses until May 2024

What Careers Does Adult Education Offer?

Administrative
Professional & Keyboarding



Advanced Manufacturing



Certified Nurse Assistant

Medical Assistant
Administrative & Clinical



Medical Billing & Coding

Pastry Chef



Cafeteria Assistant



Drone Operator



Computer Applications



Security Officer



Welding



IET/VABE SUPPORT

Improve your
ENGLISH and
learn a CAREER
at the same
time.



Improve your English and learn a career at the same time. The *Integrated Education and Training (IET)* program helps you to reach career goals faster!

ENGLISH LANGUAGE SUPPORT FOR ALL CAREER COURSES

Administrative Medical Assistant
Advanced Manufacturing
Administrative Professional
Cafeteria Assistant/Nutritional Services
Certified Nurse Assistance
Clinical Medical Assistant
Computer Applications
Drone Operator

Health Care Essentials
Keyboarding
Medical Billing and Coding
Medical Terminology
Pastry Chef/Culinary Arts/Baking
Roofer-Waterproofing Apprenticeship
Security Guard



Mejora tu inglés mientras obtienes capacitación para tu carrera.

Pakikibaka sa pag-unawa ng materyal sa klase?

مهارت های گفتاری در محل کار را تمرین کنید



Chula Vista Adult School (CVA)
1034 Fourth Ave
Chula Vista 91911
619-796-7000



Montgomery Adult School (MOA)
3420 Palm Ave
San Diego, CA 92154
619-600-3800



San Ysidro Adult School (SYA)
4220 Otay Mesa Rd.
San Ysidro, CA 92173
619-428-7200



National City Adult School (NCA)
517 Mile of Cars Way
National City, CA 91950
619-336-9400

For more information go to:

<http://adulthoodeducation.sweetwaterschools.org/iet/>
or scan the QR Code



ENGLISH AS A SECOND LANGUAGE (ESL)



LEARN HOW
TO SPEAK
ENGLISH!

ESL Pathways: Why do you want to learn English?

Academic



GED or HiSET

College

Workplace



**Career Training &
English Support (IET)**

**Work
Jobs**

Community



**Citizenship,
Community
Involvement,
Volunteer
Opportunities**

CITIZENSHIP CLASSES

Become an U.S. Citizen



ADULT EDUCATION

SWEETWATER UNION HIGH SCHOOL DISTRICT



FREE CITIZENSHIP CLASSES

Chula Vista Adult School (CVA)

1034 Fourth Ave, Chula Vista, CA 91911
(619) 796-7000

Montgomery Adult School (MOA)

3240 Palm Ave, San Diego, CA 92154
(619) 600-3800

San Ysidro Adult School (SYA)

4220 Otay Mesa Road, San Ysidro, CA 92173
(619) 428-7200

National City Adult School (NCA)

517 Mile of Cars Way, National City, CA 91950
(619) 336-9400

- ♦ Improve your English skills
- ♦ Learn: Civics, U.S. History, Geography, and the 100 Questions asked on the Citizenship test
- ♦ Practice listening and speaking skills
- ♦ Practice interviewing
- ♦ Help for those **ELIGIBLE** to take the Citizenship test and interview in Spanish
- ♦ Get help filling out the N400 application (DO NOT send your application before starting the class!)

CALL ANY SCHOOL TO GET MORE INFORMATION
or GO TO OUR WEBSITE or SCAN THE QR CODE.
<http://adulthoodeducation.sweetwaterschools.org/es/>



ESL Distance Learning

Learn English at Home



Learn English using



BURLINGTON ENGLISH®
THE PUBLISHER THAT CARES

- Learn online during the week.
- Meet with the teacher once a week for 15 minutes.
- Use a computer, laptop or smart device.

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(619) 336-9400

DIGITAL LITERACY

LEARN:

- Computer Skills
- E-Mail
- Internet Safety
- Google Apps



DIGITAL LITERACY CLASS

LEARN:

COMPUTER SKILLS
E-MAIL
INTERNET SAFETY
GOOGLE APPLICATIONS

MON – THURS

IN THE AFTERNOON

**Call & Register
TODAY!!**

CHULA VISTA ADULT
619-796-7000



MONTGOMERY ADULT
619-600-3800

NATIONAL CITY ADULT
619-336-9400



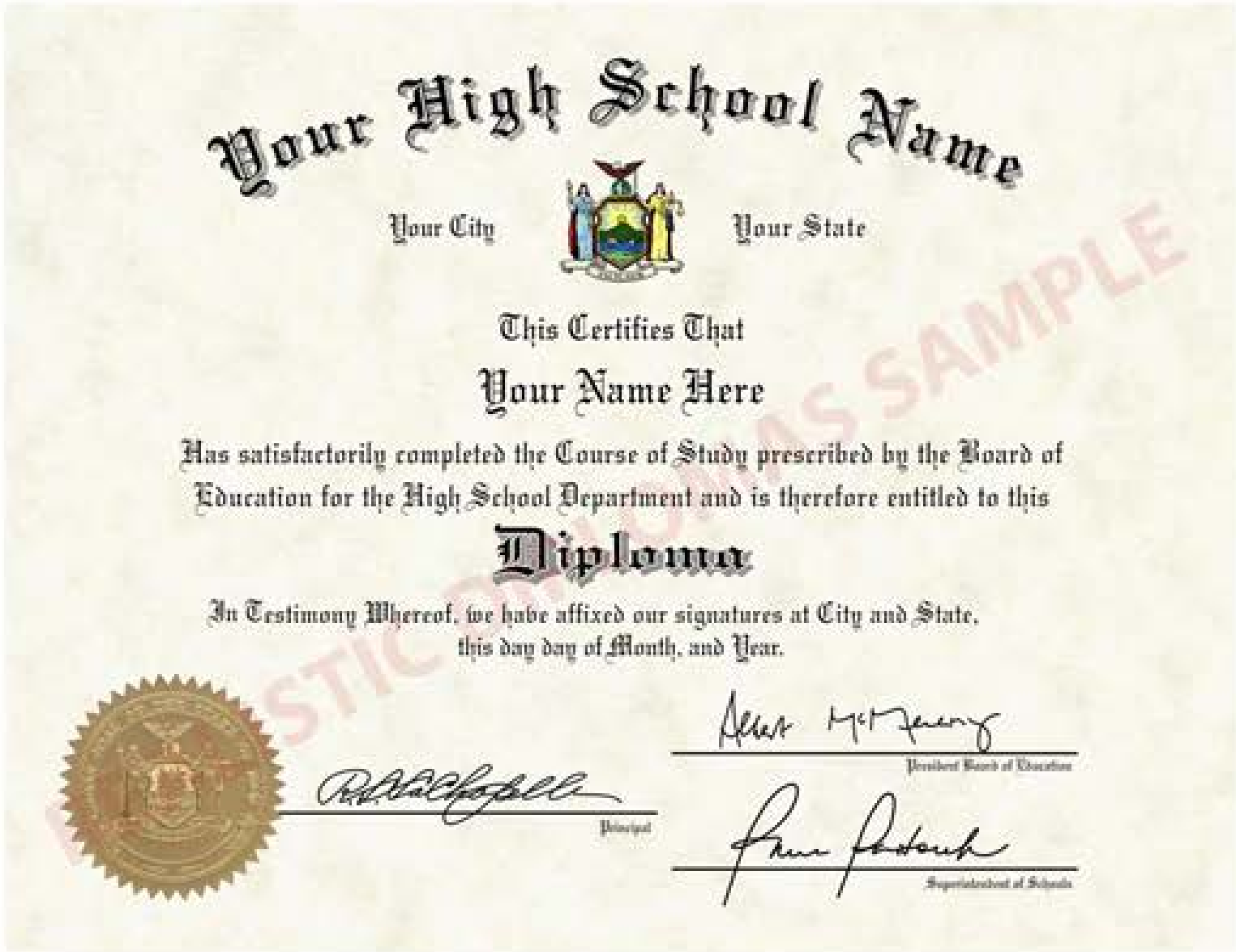
SAN YSIDRO ADULT
619-428-7200

Office Hours: M-TH, 8:45 a.m. to 6:45 p.m.

HIGH SCHOOL DIPLOMA (HSD)



GET A HIGH
SCHOOL
DIPLOMA!



HIGH SCHOOL EQUIVALENCY (HSE)

GET YOUR
GED

OR
HiSET



HiSET®

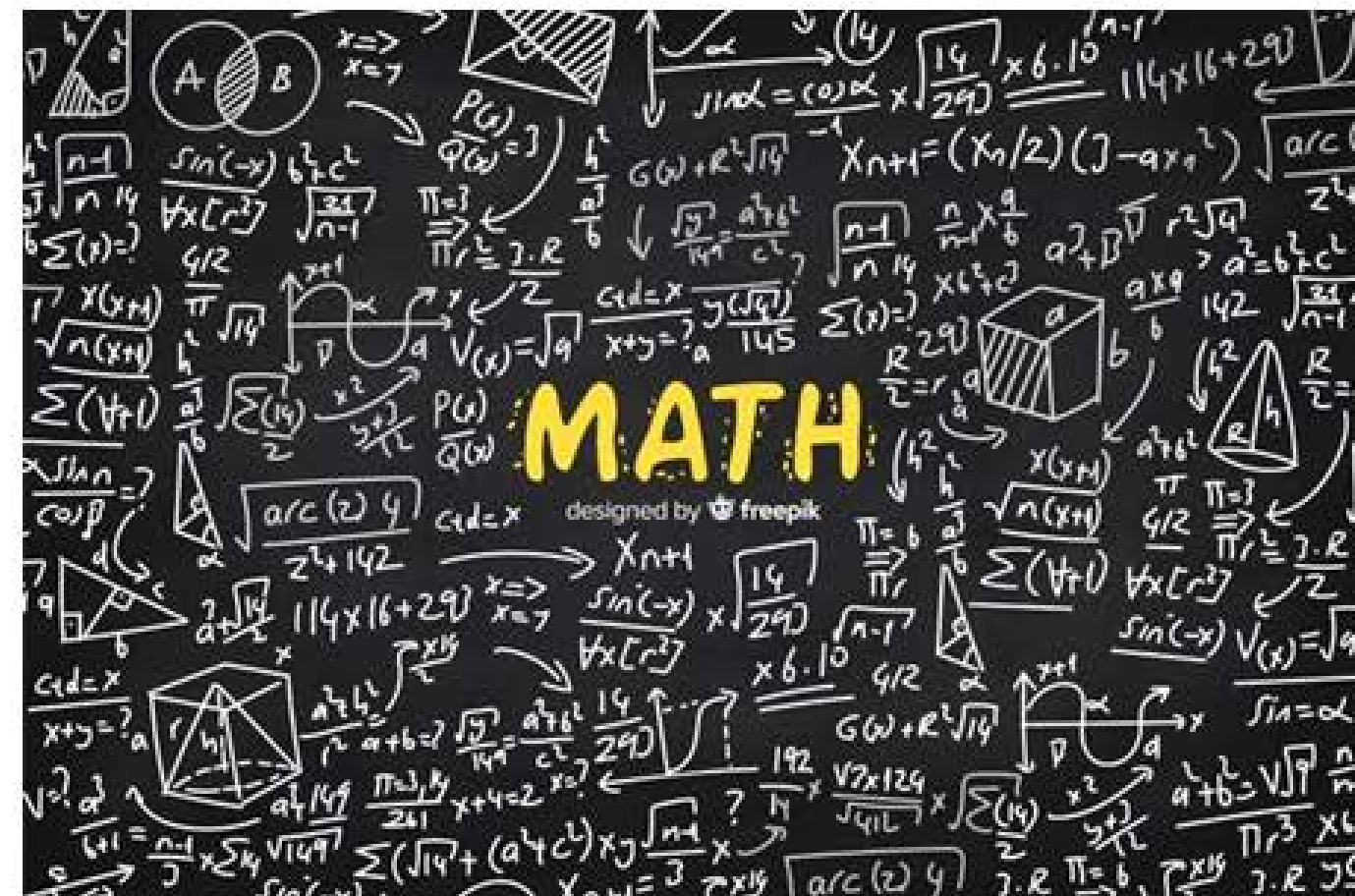
ADULT BASIC EDUCATION (ABE)



LEARN HOW TO
READ & WRITE



LEARN
MATHEMATICS



DISABILITY AND ACCESS RESOURCE CENTER (DARC)



DARC



SUPPORT SERVICES INCLUDE:

- Adult learners with disabilities
- Learning Strategies
- Accommodations
- Employment Preparation
- Achieving your academic and educational goals

ADULT EDUCATION WEBSITE/ SOCIAL MEDIA



GO TO THE WEBSITE FOR CLASSES, TIMES and
SCHOOLS:

<https://adulthoodeducation.sweetwaterschools.org/programs>



FOLLOW US ON :

Facebook

Instagram

Twitter



CAREER VOCATIONAL SCHOOLS

San Diego County EDD and Adult Schools offer certificate programs at minimal or no costs:

www.sdce.edu for San Diego Continuing Education

- Welding
- Informational technology
- Child development
- Auto Mechanic
- Auto Body Technicians
- Medical Assistants
- Plumbing
- Culinary Arts

Sweetwater Adult Schools:

<http://www.sweetwaterschools.org/adult-schools/>



California Career Zone

➤ A tool to look at careers and different colleges

<https://www.cacareerzone.org>

<https://bigfuture.collegeboard.org>



Military Contact Information



Marcos A. Rodriguez
Cell: (619) 209-1283
Office: (619) 575-7569
marcos.a.rodriguez51.mil@mail.mil



Richelle "Rich" Ownbey
Cell: (619) 629-6288
Office: (619) 628-1540
richelle.m.ownbey@navy.mil



Sgt. Irma J. Meza-Orozco
Cell: (619) 509-4299
Office: (619) 426-5220
irma.mezaorozco.2@us.af.mil



DVC David Bradbury
Cell: (619) 346-0049
Office: (619) 226-8222
david.a.bradbury@uscg.mil



Sgt. Cristian Navarro
Cell: (619) 865-1810
Office: (619) 424-2000
cristian.navarro@marines.usmc.mil



Sgt. Roberto Cartmill
Cell: (619) 510-0243
Office: (619) 726-9007
roberto.c.cartmill.mil@mail.mil

Military Families/Student Support:

Active Duty, Retired, Reserves, & National Guard



SAN DIEGO/SOUTH BAY RECOURCES FOR MILITARY FAMILIES/STUDENTS

- **School Liaison Officer for Military Families (SLO): Mindy Hayes**

Office: Silver Strand Youth Center

1302 Leyte Road

Coronado, CA 92118

Mindy.Hayes@navy.mil

Work Cell: (619) 991-2509

Monday-Friday (Business Hours)

School Liaison Officers (SLOs) across the United States support, assist, and creates connections between school districts, military installations, and military families. Ms. Hayes assists K-12 certain schools in the following districts: Coronado Unified, South Bay Unified, San Ysidro, and Sweetwater Union High School Districts. School Liaisons offer help year-round/12 months of the calendar year.

Services SLO's in our area of San Diego County can assist with:

- Referrals to Exceptional Family Member Program (EFMP)/Special Education Services
- Help "level the playing field" for military children and youth.
- Connect families with military deployment issues/concerns.
- Assist with resources to provide graduating students/HS with career/college resources.
- Home Schooling, Volunteer Networks, Food Insecurity Assistance, Financial Resources



****Click the image for more information
regarding Military Support**



FINANCIAL AID



Did you know:

- FAFSA stands for Free Application for Federal Student Aid
- FAFSA unlocks over \$122 billion in aid a year
- Most financial aid is awarded on a first-come, first-serve basis, so submitting your FAFSA as soon as possible provides you with an early estimate of how much federal aid you may qualify for.



What you need to apply:

- Parents 2022 income tax & W-2's
- Students and Parents Social Security number (if you don't have one, that's okay)
- Students driver's license (if applicable)
- Students and Parents dates of births
- Student and Parents email address
- Date Parents were married, separated, divorced, or widowed
- Student Alien Registration Number /USCIS Number for eligible non-citizens

***Application opens December 1, 2023**

SCHOLARSHIPS

Scholarships **DO NOT** have to be repaid!

You can receive a scholarship for:

- Athletic talent
- Special factors, ie: ethnicity, gender, religious affiliation
- Academic achievements
- Personal achievements

Websites:

www.fastweb.com

www.sdfoundation.org/scholarships

www.hsf.net

www.sdsu.edu/scholarshipsearch



SCHOLARSHIPS CONT.



- Application fees – there should be none
- Loan fees – paying a fee in advance
 - ie: “guarantee fee,” “default fee,” “insurance fee”
- Guaranteed winnings – there is no such thing
- Everybody is eligible
- The unclaimed aid myth
- We apply on your behalf
- Unusual requests for personal information
- Maildrop for a return address
- Masquerading as a federal agency – Washington DC
- Notification by phone

Letter of Recommendation

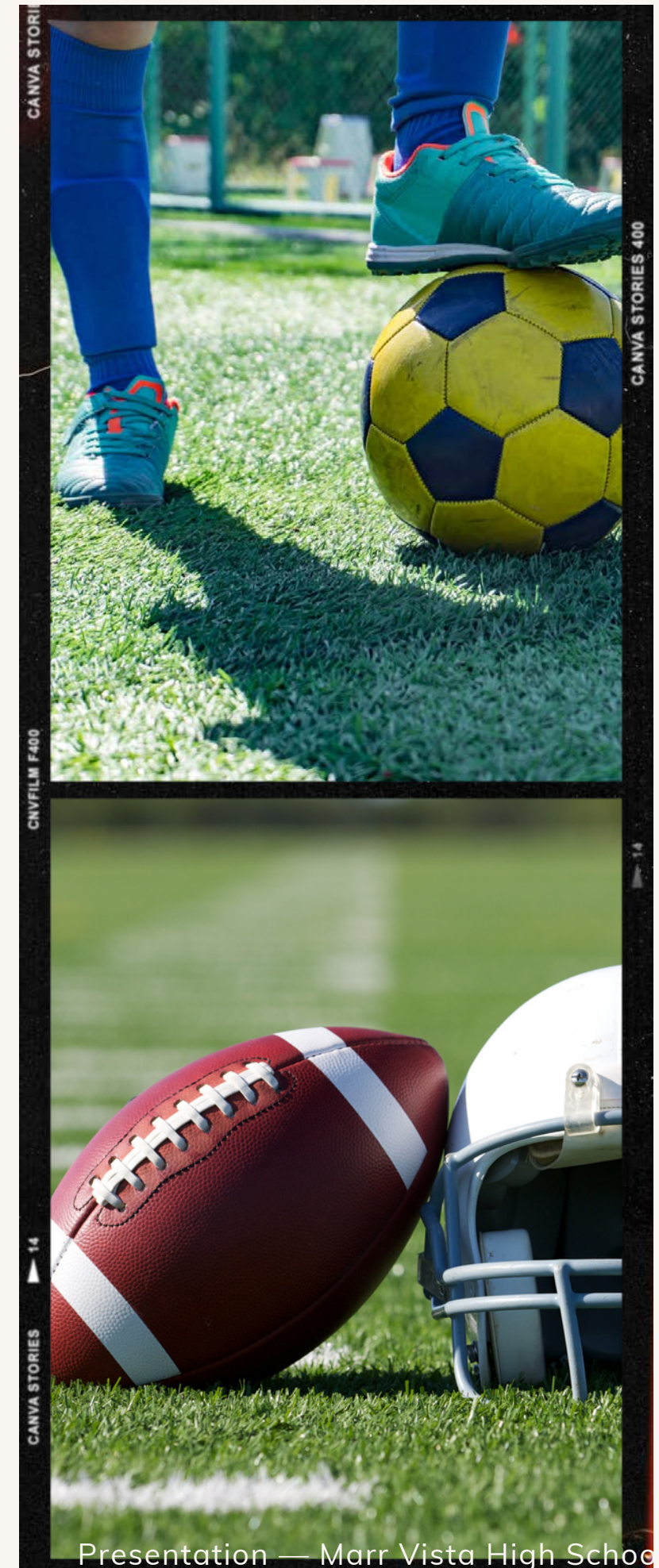
- Forms available in the Counseling Office
- Used for scholarships, jobs, and private schools
- Provides insights into what you are like as a student and person
- Please allow 2-3 weeks for Counselor to complete



****Click the image for a fillable PDF form****

STUDENT ATHLETES

- If you are planning on playing a sport in college, go to:
 - www.ncaaclearinghouse.net to register and to make sure you meet the academic requirements that you need to be eligible to play.
- For fee waivers, contact Ms. Wolfe, Room 505
 - gisela.villareal@sweetwaterschools.org



CREDIT RECOVERY/ TUTORING OPPORTUNITIES



APEX

Before and during school to
recover credits

AFTER SCHOOL TUTORING

Monday-Thursday @ Library

Friday @ Student Center

3:35 - 4:35

ONLINE TUTORING

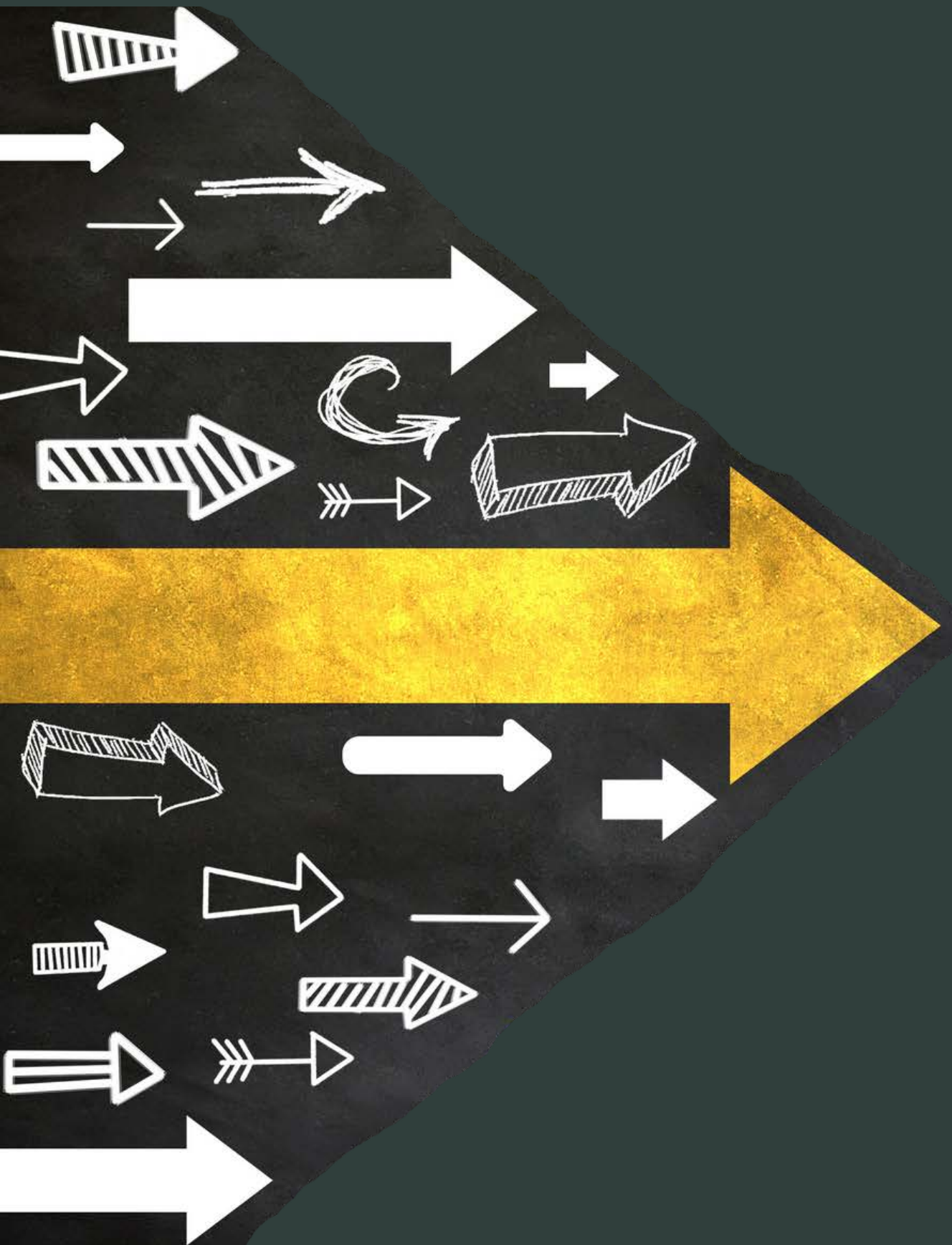
FREE - led by state libraries, 24/7
online tutoring and homework help
in every K-12 subject

COUNSELING IMPORTANT DATES

<u>SEPTEMBER</u>	<u>OCTOBER</u>	<u>NOVEMBER</u>	<u>DECEMBER</u>
1: Progress Report 1 6: College/Career Fair @ MOH 25-Oct. 6: FALL BREAK	1: College Apps 27: Progress Report 2	9: Financial Aide Presentation @ SOH	1: FAFSA Opens 15: Sem 1 Final Grades



TIPS FOR SUCCESS



- Check Jupiter Grades often, look out for progress reports
- Communicate with teachers any concerns or questions.
- Make sure students take advantage of Tutoring after school
- Discuss opportunities with the teachers to improve grades. (Examples: Saturday School, extra credit, etc.)
- Feel stuck? communicate with your student's counselor. We are here to support you!

THANK YOU

QUESTIONS?