South San Francisco High School

10th 11th Grade Parent Night
Agenda

- Graduation Requirements
- A-G Requirements
- The College List
- What Do Colleges Want?
- Extracurricular Activities
- Applying to Colleges
- Concurrent Enrollment
- Academic Acceleration Programs
- Admissions Testing
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- Career and Technical Programs
- Apprenticeship Programs
- Military
- Financial Aid/Scholarships
## South San Francisco High School

### Graduation Requirements

- **4 Years English** .................................................. 40 credits
- **2 Years Math (Algebra 1/Geom– minimum)** ........... 20 credits
- **3 Years Social Studies** ........................................ 30 credits
  - 1 Year World History (grade 10)
  - 1 Year U.S. History (grade 11)
  - 1 Year Economics/Government (grade 12)
- **2 Years Science** .................................................. 20 credits
- **2 Years Physical Education*** .................................. 20 credits
  * based on passing the Physical Fitness Test
- **1 Semester Health (grade 9)** ................................. 5 credits
- **1 Year Fine Arts or 1 Year Foreign Language** ......... 10 credits
- **Elective Courses (minimum number of credits)** ....... 75 credits
- **Total (minimum requirements)** .............................. 220 credits
4 Year College Entrance Requirements
(A-G Requirements)

Grades of “C” or higher in the following:

- **A.** History..........................2 years
- **B.** English.........................4 years
- **C.** Math..............................3 years (4 Recommended)
- **D.** Lab Science......................2 years (3 Recommended)
- **E.** Foreign Language..............2 years same language
- **F.** Visual & Performing Arts.....1 year (same art)
- **G.** College prep elective.........1 year
The College List

- The college list should have some reach, target, and safety schools. (Use GPA and SAT scores to estimate.)
  - Ivy Leagues, UC Berkeley, UCLA, and Stanford should be considered reach schools for ALL students.
- Students should apply to 8-12 schools.
- Make sure to include financial safety schools.
- Don’t put any school on the list that the student wouldn’t be happy attending.
- Visit schools
- Try to finalize the list by September of senior year.
The College List

- It’s all about fit.
  - Academic programs
  - Weather
  - Rural/urban/suburban
  - Religious affiliation
  - School size
  - Social/recreation activities
  - Price
  - Liberal/conservative
  - Athletics
  - Distance from home
The College List

• How can you find schools that will be a good fit?

  Rankings/Lists
• *U.S. News and World Report* rankings
• *The College Finder* by Steven Antonoff
• *The Best 377 Colleges* (The Princeton Review College Rankings, 62 different categories)
• *Ruggs Recommendations on the Colleges*
• Kiplinger’s Best College Values
• Western Undergraduate Exchange schools (WUE)
The College List

- **Books**
  - *Fiske Guide to Colleges*
  - *U.S. News Ultimate College Guide*
  - *College Board College Handbook*
  - *Colleges That Change Lives* (www.ctcl.org)

- **Websites**
  - www.nces.ed.gov/collegenavigator
  - www.collegeportraits.org
  - www.bigfuture.collegeboard.org
  - www.californiacolleges.edu
  - www.collegeweeklive.com
  - www.collegedata.com
  - www.cappex.com
What Do Colleges Want?

Top Ten Strengths and Experiences Colleges look for in High School Students

(Courtesy of IECA, 2010 Survey)

1. Success with a rigorous and challenging high school curriculum.

2. Solid scores on standardized tests (SAT, ACT) that are consistent with high school performance.

3. Demonstrated passion, involvement, initiative, and leadership in extracurricular activities.
Extracurricular Activities

- There is no magic number for volunteer hours, extracurricular activities, sports, etc... Students should be participating in activities they enjoy and can be involved with throughout high school (sustained involvement).
- Students don’t need to do research, have an internship, or do volunteer work in another country in order to get admitted to college.
- Students shouldn’t do an activity just because “it looks good” on college applications.
- Leadership is important.
Extracurricular Activities at SSFHS

- **Global Glimpse** – Study abroad program to Dominican Republic or Nicaragua [Requirements: Nominated 11\textsuperscript{th} Graders]
- **Rotary Sister Cities Trip to Japan**
- **Sojourn to the Past** – Trip to visit Civil Rights landmarks
- **Youth Leadership Institute**
- **Community Service**
- **Clubs**
- **Sports**
- **ASB**
- **Peer Leaders**
Applying to Colleges

- Out-of-State and Private Schools
  - Total cost: $40,000-$60,000+
    - Private schools typically have more money to award in merit and need based aid
  - Western Undergraduate Exchange (WUE)
  - Common Application is frequently used, opens August 1
  - Common App has one required essay
  - Many schools have supplements that have additional questions/essays
  - Deadline for each school varies, can be as early as Nov. 1
  - For private schools, or any school that requires letters of recommendation, students will need to complete a packet of materials and submit them to their counselor at least two weeks before deadline.
Applying to Colleges

- UCs
  - Total cost: $31,000-$36,000
  - One application for all 9 UCs
    (www.universityofcalifornia.edu/apply)
  - Opens Aug. 1 for viewing
  - Submitting window is Nov. 1-Nov. 30
  - 2 required essays
  - Use top SAT/ACT at one sitting
  - Use A-G courses from 10th and 11th grades
  - Holistic admissions process (14 points)
University of California

- Berkeley
- Davis
- Irvine
- Los Angeles
- Merced
- Riverside
- San Diego
- Santa Barbara
- Santa Cruz
Applying to Colleges

- CSUs
  - Total cost: $21,000 - $25,000 per year
  - One application for all 23 CSUs
  - Window for submitting is Oct. 1-Nov. 30
    (www.csumentor.edu)
  - No essay required
  - SAT or ACT required but not SAT Subject Exams
  - 10th and 11th grade A-G courses
  - Use top reading and math regardless of sitting (super score)
California State University

- Cal Maritime
- Cal Poly Pomona
- Cal Poly San Luis Obispo
- CSU Bakersfield
- CSU Channel Islands
- CSU Chico
- CSU Dominguez Hills
- CSU East Bay
- CSU Fresno
- CSU Fullerton
- CSU Long Beach
- CSU Los Angeles

- CSU Monterey Bay
- CSU Northridge
- CSU Sacramento
- CSU San Bernardino
- CSU San Marcus
- CSU Stanislaus
- Humboldt State University
- San Diego State University
- San Francisco State University
- San Jose State University
- Sonoma State University
Applying to Colleges

- Community College
  - Total cost: $4000-$6000 (no room and board)
  - No SATs/ACTs/high school grades/essays
  - Open door policy
  - Students can earn a certificate, AA/AS degree, and/or transfer to a 4 year institution.
  - Vocational programs offering certificates and/or diplomas (6months to 2 years)
  - Transfer Admission Guarantees (TAGs) with all UCs except UCLA, Berkeley, and UCSD
  - TAGs with local CSUs and some private colleges
Local Community Colleges

San Mateo County

- Cañada College
- College of San Mateo
- Skyline College

Adjoining Counties

- City College of San Francisco
- Foothill College
Concurrent Enrollment

- Take classes at any community college for high school credit and earn college credit.
- Must have a 2.0 GPA or higher
- Cannot take classes that are offered at South San Francisco High School.
- Classes are free, but you will need to buy the textbooks & supplies.
- Approval of parent, counselor, and assistant principal.
Academic Acceleration Programs

- Academic Talent Development Program [atdp.berkeley.edu]
- Stanford – Pre-Collegiate Summer Institutes [summerinstitutes.stanford.edu/high-school]
- Concurrent Enrollment – Skyline College/College of San Mateo [smccd.edu/collegeconnection]
- Middle College – Skyline College
Admissions Testing

➢ For a list of what test scores colleges require:

• PSAT
  • Practice test for SAT (National Merit Qualifier for JUNIORS)
  • Given in October at SSFHS
  • Can be taken fall of sophomore and/or junior year.

• SAT (www.collegeboard.org)
  • Reasoning (Math, Critical Reading, Essay)
  • Subject Tests (Some Privates; Recommended by some UC Programs)
  • Can be taken spring of junior year and/or fall of senior year

• ACT (www.actstudent.org)
  • Reasoning (Math, Critical Reading, Essay)
  • English, Math, Reading, Science, Writing (optional)
  • Writing (required for UC/not required for CSU)
  • Can be taken spring of junior year and/or fall of senior year

• AP Exams
  • Given in May at SSFHS-Dates pre-determined by College Board
Admissions Testing

- Schools will accept either the SAT or the ACT
- UCs require all test scores sent and will only take the best score from one sitting
- CSUs accept super scoring. (Taking the best score from multiple sittings)
  - For a list of test optional schools:
    - (www.fairtest.org/university/optional)
Freshmen Year Time Line

Grade 9 – Freshmen Year

- Pay attention to course selection.
- Keep grades up.
- Get involved (clubs, sports, community service, etc.).
- Begin discussing college plans & visiting campuses.
- Attend college fairs.
Sophomore Year Time Line

Grade 10 – Sophomore Year

- Pay attention to course selection.
- Keep grades up.
- Repeat courses w/ grades lower than C.
- Maintain involvement (clubs, sports, community service, etc.)
- Continue discussing college plans & visiting campuses.
- Attend college fairs.
- Take the PSAT in October for practice.
- AP Exams in May
Junior Year Time Line

Grade 11 – Junior Year

- Pay attention to course selection
- Repeat courses w/ grades lower than “C”
- Take the PSAT (October) to qualify for National Merit
- Maintain involvement (clubs, sports, community service, etc.)
- Individual meetings with counselor
- Attend college fairs
- Make preliminary list of colleges and visiting campuses
- Take test prep classes
- Take SAT, ACT, SAT Subject Tests in spring
- AP exams in May
- See College Reps in Career Center
Senior Year Time Line

Grade 12 – Senior Year

- Pay attention to course selection (maintain rigor)
- Attend the College Fair in the fall
- Take SAT/ACT tests prior to required deadline (college specific)
- Maintain involvement (clubs, sports, community service, etc.)
- Check your graduation status with your counselor and obtain your transcript. Request letter of recommendations from your counselor and teacher (for private schools only - info on website)
- Prioritize college selections (apply broadly)
- Pay attention to application deadlines (CSU/UC applications are due November 30th)
- Some colleges request a mid-year transcript after the first semester
- Complete FAFSA and Cal Grant information by March 2nd
  - FAFSA application window opens on January 1st
- Community College (i.e. Skyline, CSU) placement tests are offered in the spring – Check with your counselor.
Career Planning

- **Research – California Career Zone** (on SSFHS website)
  - Career Interest Profile
    - Test, Career Information
  - **Career Books**
    - Career Information for all levels
  - **Internet**
    - Career Information – Job Information
- **Preparing**
  - Learn what the requirements are for a career
  - Where to study? What to study?
Career and Technical Programs

Skyline, as well as other community colleges, offer Career and Technical Programs.

- Examples of courses offered:
  - Dental Assisting
  - Automotive Technology
  - Early Childhood Education
  - Real Estate
  - Cosmetology

- For more information
  - Go to www.skylinecollege.edu
Apprenticeship Programs

- Apprenticeship is a work force training concept, which is designed to prepare an individual, generally a high school graduate, for occupations in the skilled trades and crafts.

- An apprentice is an employee who receives an hourly wage and other benefits while learning a craft or trade.
- The majority of training occurs on-the-job, and is supplemented by classroom instruction.
- The apprentice works with an experienced craft person or journey person.
- Training may take 1–7 years depending on the program.
San Mateo County Apprenticeship Program Examples

- Air Conditioning & Repair
- Butcher
- Cabinetmaker
- Carpenter
- Cement Mason
- Drywall / Lather
- Electrician
- Glazer
- Ironworker

- Landscaper / Irrigation
- Operating Engineer
- Plumber
- Roofer
- Sheet Metal Worker
- Steam Fitter
- Teamster
- Tile Layer
Military

- The armed forces offer many training programs which can prepare young men and women for civilian jobs.
- Enlistment options include Regular or Reserve Enlistment.
- College options include the Reserve Officer Training Corps (ROTC) and military academies.
Military & College

- Academies
  - Army
  - Navy
  - Air Force
  - Coast Guard
  - California Maritime Academy - CSU

- R.O.T.C. – Reserved Officer Training Corps
  - Scholarships to attend college
  - Military training & active duty commitment after college
  - Graduate college as an officer
Military

- **Branches of service:**
  - Air Force
    - Air Force Reserves
    - Air National Guard
  - Army
    - Army Reserves
    - Army National Guard
  - Coast Guard
    - Coast Guard Reserves
  - Marines
    - Marine Reserves
  - Navy
    - Naval Reserves
Financial Aid

- In order to qualify for federal aid, students must complete the FAFSA (Free Application for Federal Student Aid, [www.fafsa.gov](http://www.fafsa.gov))
- The FAFSA is available to fill out starting January 1 of their senior year.
  - You can estimate taxes based on previous year’s taxes and then update the information when taxes are finished.
- Students should be searching and applying for scholarships as early as possible!
  - Merit scholarships: Awarded to students by individual schools, typically based upon GPA and test scores. No additional application is usually required.
  - Private organizations: Some companies and non-profits offer scholarships to students. Check the career center for list of scholarships.
- The Cal Grant deadline is March 2 for completing the FAFSA. Be careful because some schools have an earlier deadline than March 2 for their school’s scholarships.
- Deadlines will be changing to October through November beginning October 2016!
  - Workshops will be held at school
Upcoming Events

- **Career Week**
  - Week of February 8\(^{th}\)-11\(^{th}\)

- **12\(^{th}\) Grade Fall Scheduling (Current Juniors)**
  - Tuesday, February 23\(^{rd}\) 4:00pm-6:15pm

- **11\(^{th}\) Grade Fall Scheduling (Current Sophomores)**
  - Tuesday, March 1\(^{st}\) 4:00pm-6:15pm

- **10\(^{th}\) Grade Fall Scheduling (Current Freshmen)**
  - Tuesday, March 8\(^{th}\) 4:00pm-6:15pm

- **AP/Honors Night**
  - Tuesday, February 2 – 6:00pm-7:00pm
    - **Mandatory** for students planning to take an AP or Honors class next academic year.
Questions?

Counseling Department

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Career Center

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