



COUNSELOR CONNECTION

San Pasqual High School – Counseling Department

Counseling Department

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Class of 2020!

The Counseling Department is here to guide you through junior year, help you prepare for Senior year, and life after high school.

In order to graduate from San Pasqual High School, all students must meet the 230 credit Escondido Union High School District graduation requirements. These requirements, listed on your high school transcript and on the SPHS website, must be met before graduation.

Counselors are available to guide students to seek, identify, and achieve personal goals.

We work closely with administration, teachers, parents or guardians, and the community to help you gain access to knowledge and skills needed to reach your highest potential.

This newsletter is **for you!** It's full of great information to research, understand, and navigate through options available to you.

Please utilize the websites listed in this newsletter. If you have any questions and concerns, contact your counselor.



Q: When is it a good time to start looking into post-high school options?

A: NOW IS THE TIME. Speak to your counselor, visit the Career Center, do online research, visit college campuses, and/or interview professionals in the community.

Q: What is the Learning Center?

A: The learning center is a great program to recover credits for graduation, want to meet A-G eligibility, or academically accelerate. See your counselor for more information.

Q: How important are my grades in 11th grade?

A: 3.0 IS THE WAY TO GO!! Not only are your grades considered for admission into a 4-year college, but your grades from 10th, 11th and 12th grade are factors in consideration for Cal Grants (money for college). Keep up those grades!

Q: Why should I make an effort Do you know how to register for the SAT and ACT? Four year colleges and universities require the SAT or ACT tests as part of the admissions process. You may register for the SAT by visiting www.collegeboard.com and the ACT by visiting www.act.org. Come see your counselor first for a fee waiver (if you get free or reduced lunch) before registering online. Juniors start taking these tests spring of junior year, summer going into senior year and early fall of senior year.

Q: Why should I make an effort on the Smarter Balanced/EAP (CAASPP/EAP) exam in the Spring?

A: This assessment helps determine the readiness for college-level general English and Math courses at a CSU or community college. Doing well on this exam will increase your chances to demonstrate college readiness.

DID YOU KNOW?



The **College and Career Center** is open to all students for resources and assistance with anything College or Career related business. Services include career assessments, financial aid applications, college applications, and work permits just to name a few!

Want to meet with Ms. Villavicencio? Schedule an appointment for one-on-one career guidance! See Ms. V in the Career Center.



BE IN THE KNOW!!

Get reminders and information from the Counseling Office!

Remind: Text @speagles19 to 81010

Twitter: @sphs_counseling

You can go to COLLEGE

A-G Requirements*
California State University • University of California

A History 2 Years Required	1 2
B English 4 Years Required	1 2 3 4
C Mathematics 3 Years Required 4 Years Recommended	1 2 3 4
D Laboratory Science 2 Years Required 3 Years Recommended	1 2 3
E Foreign Language 2 Years Required 3 Years Recommended	1 2 3
F Visual and Performing Arts 1 Year Required	1
G College Prep Elected 1 Year Required	1

*Grades of C or better required



4-Colleges/Universities Systems

- University of California (UC)- 10 Campuses
- California State University (CSU)- 23 Campuses
- Private Colleges
- Out-of-State Public and Private Colleges

SAT & ACT College Admission Tests

The SAT and ACT are administered to test a student’s verbal and mathematical reasoning abilities and are used by colleges for admission. These scores show colleges what a student knows independent of grades in high school, which may vary from school to school. You should begin taking your exams in the Spring of your Junior year or Summer before Senior year.

SAT Registration: www.collegeboard.com

ACT Registration: www.act.org

No student should be excluded from taking the SAT or ACT due to the expense involved. **Fee waivers are available and students can consult with their counselor for eligibility information.*

2-Year California Community College

For many students, the community college offers a quality lower-division **academic or vocational college education** at value prices while living at home. The California Community College System is the largest system of higher education in the world serving 2.6 million students on 112 college campuses throughout California. Community colleges offer a smooth transition to a 4-year institution. There are several community colleges in the San Diego area and throughout California to choose from. Some have housing options. Each offers a variety of programs towards a degree and/or certificate, as well as information on transferring to a 4-year college. Visit cccapply.org for more information.

Vocational and Trade Programs:

The community college is generally the best choice for students who wish to enter one of the many occupations that require career preparation in two years or less that leads right to employment. High school graduates may qualify for the career programs even if college preparatory classes have not been taken. Please visit <http://myworkforceconnection.org/> for more details.

National Collegiate Athletic Association (NCAA)

Prospective student-athletes are strongly recommended to consult the NCAA Eligibility Center regarding eligibility issues at Division I and Division II Colleges. If you are considering playing athletics at the collegiate level, you must register on the student portal of the website.

4-yr College Rep Visits and Application Workshops

During the school year, the SPHS College & Career Center will be hosting several California and out-of-state college visits. Students can sign up to attend with Ms. Villavicencio in the Career Center.


Military Options

Thinking about a career in the military? There are plenty of options in the five branches of the U.S. Armed Forces, each with a unique mission. Those interested can take the **Armed Services Vocational Aptitude Battery (ASVAB)** at SPHS. For more information, visit the Career Center.

Community Service

Connect with community service opportunities to explore your interests and gain valuable experience. UC’s prefer to see time spent (100-200 hours) at one or two organizations that are related to fields that interest you rather than many hours spent at various, unrelated programs. The MAP program at CSUSM requires 100 hours of community service or school activity. Find opportunities at: <http://www.volunteermatch.org/>

**From Ms. O’Sullivan,
School Social Worker**



Beat the Stress!

- **Create a Balance-** Schedule study breaks, time to relax, and time to talk to friends.
- **Prioritize-**Tackle the most important things first.
- **Practice Deep Breathing-** taking slow deep breaths can help you stay calm and relaxed.
- **Relaxation Activity-** try listening to calming music, journaling, drawing, or singing to de-stress.

Eat, Sleep, Study, Repeat

- Make sure to get at least 8 hours of sleep per night.
- Eat healthy meals and snacks throughout the day- your body needs good nutrition!
- Exercise moderately throughout the week

