Sophomore Guide

HOW TO BECOME COLLEGE AND CAREER READY AS A SOPHOMORE AT CENTRAL HIGH SCHOOL

Central High School Counseling Department
PREPARED FOR 2018-2019 SCHOOL YEAR
EAST CAMPUS – 559-276-0280
WEST CAMPUS – 559-276-5276
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The Governing Board is committed to providing equal opportunity for all individuals in education. District programs, activities, and practices shall be free from unlawful discrimination, including discrimination against an individual or group based on race, color, ancestry, nationality, national origin, ethnic group identification, age, religion, marital, pregnancy, or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity or expression, or genetic information; a perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics.
A message from the principals:

Central Families,

Central High School has been defined by its unwavering commitment to our students’ academic and personal development. We offer students a welcoming learning environment where we celebrate our diversity and prepare our students for college, career, and community. At CHS, you will be afforded many opportunities to grow and expand your knowledge base, connect with dedicated staff, and achieve the goals you’ve set for yourself. We encourage you to use the information in this packet to help guide your educational journey for the next four years. We invite you to explore these pages carefully and discover for yourselves the great opportunities found at Central High School. We look forward to meeting you and know that you are much more than a student to us; you are now a member of the grizzly family.

Sincerely,

Robert Perez (East) / Dave Holtermann (West)
Principals
Central High School

Important Contacts:

- Central East - 559-276-0280
- Central West - 559-276-5276
- West Arts Center - 559-274-4700 ext. 81010
- Attendance East - 559-275-8051
- Attendance West - 559-276-5299
- Activities Director East - Shawna Sousa
- Activities Director West - Tom Marschall
- District Athletic Director - Darren Pittman
- High School Athletic Director - Rayshawn Hightower
- Intervention Counselor East - Paul Mirmingos
- Intervention Counselor West - Michelle Marquez
- Registrars East - Judee Stagnoli and Herlinda Trejo
- Registrar West - Rebecca Labbee
- Finance Secretary East - Debbie Minatta
- Finance Secretary West - Kerrie Kezirian
- Teacher Librarian East - Christine Flores
- Teacher Librarian West - Ramona Cheek
- School Psychologists East - Monica Monroy & Laura Sanchez
- School Psychologist West - Latrice Green
- College and Career Teacher East - Jill Brooks
- College and Career Teacher West - Kathleen Williams
- School Nurse East - Mary Kaprielian
- School Nurse West - Dana Anderson

*Administration Contact
Information on next page.

Helpful Websites for College and Career Readiness:

- Central Unified - www.centralunified.org
- College Board - www.collegeboard.org (information and registration for SAT/PSAT/AP tests)
- ACT - www.act.org (information and registration for ACT)
- Federal Student Aid - www.studentaid.ed.gov (information about different financial aid options)
- FSA ID - www.fsaid.ed.gov (website for creating FSA ID)
- FAFSA - www.fafsa.ed.gov (website for completing the FAFSA)
- Khan Academy - www.khanacademy.org (study and practice for AP tests and SAT)
- CA Career Zone - www.cacareerzone.org (interest surveys and resources for helping you research a career)
- California Colleges - www.californiacolleges.edu (research tool for information about all colleges but particularly schools in CA)
- Fresno City - www.fresnocitycollege.edu
- Fresno State - www.gotofresnostate.com (student recruitment for Fresno State)
- California State Universities - www2.calstate.edu
- Universities of California - www.universityofcalifornia.edu
- ASSIST - www.assist.org (provides information about how to transfer classes from a community college to a CSU or UC)
Central High School Universities

Each student is assigned to a University alphabetically. Students remain in this University for the duration of their time at Central. This allows students to become more familiar with the office and develop a relationship with their counselor and office staff.

### EAST CAMPUS UNIVERSITIES

<table>
<thead>
<tr>
<th>(A-F &amp; W-Z)</th>
<th>(G-N)</th>
<th>(O-V)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STANFORD</strong></td>
<td><strong>NOTRE DAME</strong></td>
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<tr>
<td><img src="image1" alt="UCLA Logo" /></td>
<td><img src="image2" alt="S Logo" /></td>
<td><img src="image3" alt="ND Logo" /></td>
</tr>
</tbody>
</table>

**Secretary**
- Belinda Hulsey ext. 50148
- Sharon Mitchell ext. 50144
- Denise Cha ext. 50122

**VP**
- Renee Lynd ext. 50153
- Erin English ext. 50141
- Ezequiel Gutierrez ext. 50121

**GIA**
- CR – F & W-Z
  - Michelle Vargas ext. 50152
- G - H
  - Mark Beyer ext. 50139
- SINGH - V
  - Harman Dhillon ext. 50120

**Counselor**
- A - CO
  - Angela Kelly ext. 50150
- I - N
  - Jasdip Boyal ext. 50140
- O - SIN
  - Shimeka Conway ext. 50119

### WEST CAMPUS UNIVERSITIES

<table>
<thead>
<tr>
<th>(A-L)</th>
<th>(M-Z)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CAL BERKELY</strong></td>
<td><strong>USC</strong></td>
</tr>
<tr>
<td><img src="image4" alt="Cal Logo" /></td>
<td><img src="image5" alt="USC Logo" /></td>
</tr>
</tbody>
</table>

**Secretary**
- Joann Bosquez ext. 51129
- Michelle Piedra ext. 51104

**VP**
- Brent Dettman ext. 51127
- Jamie Prieto ext. 51108

**GIA**
- Melody Burriss ext. 51124
- Melissa Hernandez ext. 51106

**Counselor**
- Danny Teevens ext. 51133
- Gurpreet Dhillon ext. 51103

**Special Populations Counselor**
- Rosalinda Gutierrez ext. 51121
What can the Career Center do for you?

- **Scholarship Opportunities**
- **Financial Aid Information**
- **Jobs Available**
- **Military Visits**
- **Volunteer Options**

**Career Planning & Information**

Please visit the Career Center website for announcements and updates. The most important information is the Career Center Calendar with all upcoming events.

- **http://bit.ly/2koURFe**

**Text @CEcareer to 81010**

Sign up for Remind to receive reminders about appointments and passes to attend events you have signed up for.

**East**

Mrs. Brooks

jbrooks@centralusd.k12.ca.us

559-276-0280 ext. 50102

**West**

Ms. Williams

kwilliams2@centralusd.k12.ca.us

559-276-5276 ext. 51140
Creating a Parent Portal Account

1. You will need the following to create a Parent Portal Account
   a. A valid email address
   b. A computer or mobile device with Internet access

2. Open your internet browser and go to the Central Unified home page
   @ http://www.centralunified.org
   From the menu list at the top of the page, select ‘Parents → Parent Portal’

3. Click on the ‘Create new account’ link at the bottom of the login window to

Step 1 - Account Type
Please select the appropriate account type. Unless you are a CUSD Student, you should select ‘Parent’, then click ‘Next’

Step 2 - Account Information
Enter and confirm your Email Address and select an account Password, then click ‘Next’

Step 3 - Email Verification
The Parent Portal system will send you a confirmation email. To activate your Parent Portal account, you must do one of the following:

1. Click the ‘Confirm This Email Address’ link in the confirmation email you receive
2. Enter the Email Code from the confirmation email into the Email Verification form.

Final Step - Login to Portal
Once you have confirmed your email address, return to the Parent Portal login page and log in to the system using the same email address and password from Step 2 above.

Linking a Parent Portal Account to a Student

If you have never linked your Parent Portal account with student data, you will be prompted to do so at first login.

If you already have a student on your account, and need to add another student select ‘Change Student -> Add New Student to Your Account’ from the Parent Portal menu bar.

Step 1 - Student Verification
You will need to enter the following information which can be found on your student’s Parent Portal Letter:
- Student’s Permanent ID Number
- Student’s Home Telephone Number
- Parent Verification Code (PLEASE NOTE, this is not the EMAIL CODE you used to verify your email address)
If you need a new copy of your student’s Parent Portal Letter, you can obtain a copy at the school office, or request that the site mail a new copy to the student’s verified mailing address. For student safety and per district policy information from the Parent Portal Letter cannot be faxed, emailed, or given out over the phone.

Step 2 - Emergency Contact Verification
Once you have verified your data, you will be show a list of your student’s contacts. If you name is on the list, please select it, so that we can update the email address field for that contact. Otherwise, select ‘None of the above’

Step 3 - Process Complete
You have now successfully linked your Parent Portal account to your Student’s Data. If you have another student you wish to link to, click the ‘Add Another Student to Your Account’ button.
Research career, college, and military options.
- www.cacareerzone.org
- www.californiacolleges.edu
- Check out acceptance rates and average GPA and test scores.

Educate yourself on the differences between schools.
- 4 year universities, Community Colleges, or trade/vocational schools.
- Consider Cost, Location, Admissions Requirements, Programs/Majors offered

Know your high school graduation requirements.
- Under "grades" tab in Aeries.

Know your A-G requirements.
- Make sure you are enrolled in the right classes.
- Nothing below a C in an A-G class.
- Check your status in Aeries under under "Student Info" and "Profile"

Take the PSAT to prepare for college entrance exams.
- Take the PSAT as a sophomore and/or junior.

Understand your college readiness.
- If you have dreams of attending a competitive college, make sure your academic profile is strong.
- Know how to read your transcript.

Challenge yourself with a rigorous schedule.
- Sophomore and Junior year grades are the most important.
- Consider taking AP or Honors classes.
- Go above and beyond the minimum requirements - take zoology, journalism, or a 3rd year of World Language.

Take classes that appeal to your interests.
- Consider ROP Medical Careers or ROP Athletic Training if you have an interest in the medical field.
- As a junior you will have more space in your schedule, take a music, art or cooking class to expand your interests.
- If you are considering playing collegiate athletics, talk to Ms. Conway to ensure you are NCAA Eligible.

Keep your grades up!
- Check Aeries regularly and communicate with your teachers.
- Aim for a 3.0 or higher to maximize opportunities. (3.5 or higher if you're thinking about a UC)

Get involved in extra-curricular activities and clubs. Colleges look for well-rounded students.

Look for volunteer and community service opportunities.

Create a professional email address and keep your social media accounts clean.
# Sophomore “Preparing for College” Calendar

Here’s breakdown of many important dates and deadlines you need to meet for community college, 4-year College and military. I recommend you highlight what is important to you and keep this somewhere safe!

<table>
<thead>
<tr>
<th>August/September</th>
<th>October</th>
<th>November/December</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Begin researching your college and/or military options by using sites such as o <a href="http://www.Californiacolleges.edu">www.Californiacolleges.edu</a> o <a href="http://www.Cacareerzone.org">www.Cacareerzone.org</a> o <a href="http://www.careersinthemilitary.com">www.careersinthemilitary.com</a></td>
<td>• Your first progress report will arrive in early October. • Become familiar with graduation requirements and credits. Your sophomore classes and grades are some of the most important for college admissions. • Make sure you are staying organized. o Keep an agenda with due dates and homework assignments. o Keep folders or binders for each class so you don’t lose papers or notes. • PSAT will be offered to sophomores and juniors.</td>
<td>• Prepare for and take your final exams. • Do NOT fail any classes with a D or F. o F grades must be retaken in order for you to graduate. o D grades must be retaken if you plan on going to college. • The grades you receive at the end of each semester go on your official transcript…the same transcript that will go to colleges and scholarship organizations when you are senior. • Seek out opportunities to volunteer during the holidays.</td>
</tr>
<tr>
<td>• Get involved on campus! o Join Clubs o Pay attention to CTV to hear about activities and events. • Encourage your parents to attend “Back to School Night” so they are familiar with your schedule and teachers’ expectations. • Consider attending College Night at the Fresno Convention Center on September 12.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>January/February</th>
<th>March/April</th>
<th>May/June</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Start the semester strong with good grades. • You will register for your 11th grade classes during this time. o Select your classes carefully. You need to make sure you are completing high school graduation requirements and meeting college admission requirements. o Choose challenging classes (including Honors and AP) if you have long-term goals of attending college. o Your Junior year should be your most academically challenging year of school.</td>
<td>• You should have your PSAT results by now. You can use your PSAT results to identify your areas of improvement for the SAT. • Focus most of your energy on doing well this semester in school! • Consider getting a summer job or seek out opportunities to get involved in your community through volunteering. o Sign up for summer school</td>
<td>• Prepare for and take your final exams. • Do NOT fail any classes with a D or F. o F grades must be retaken in order for you to graduate. o D grades must be retaken if you plan on going to college. • Take summer school if necessary. • Use your summer to research college options and career requirements.</td>
</tr>
</tbody>
</table>
HIGH SCHOOL GRADUATION REQUIREMENTS

Credits are only earned if the student receives a passing grade of A, B, C, D, or P.
No credits are earned when a student earns a grade of "F".

One must pass these required classes to graduate. Failed core classes must be repeated.

- **40 credits in Language Arts**
  - English 1
  - English 2
  - English 3
  - English 4

- **50 credits in Social Science**
  - World Geography
  - Modern World History
  - U.S. History
  - American Government
  - Economics

- **10 credits in Freshman Requirements/ Ag Science 1**
  - (Includes Health and Computers or Health and Agriculture)

- **30 credits in Mathematics**
  - (Must pass three separate courses in Math, one of which must be Math 1. Placement credit will be granted for Math 1 in middle school but a minimum of 20 credits of math must be taken in high school)

- **30 credits in Science**
  - (Introductory Science Course, Life, Physical)

- **30 credits in Physical Education**
  - *A student’s third year of Physical Education may be waived for students participating in the high school Band program, (10-12 grade)

- **10 credits in Fine Arts**
  - (Including World Language)

- **80 credits in elective classes**

<table>
<thead>
<tr>
<th>Required 9th Grade Courses</th>
<th>Required 10th Grade Courses</th>
<th>Required 11th Grade Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>World Geography</td>
<td>Modern World History</td>
<td>U.S. History</td>
</tr>
<tr>
<td>English 1</td>
<td>English 1</td>
<td>English 3</td>
</tr>
<tr>
<td>English 2</td>
<td>P.E.</td>
<td>P.E.</td>
</tr>
<tr>
<td>English 3</td>
<td>Science</td>
<td>Science</td>
</tr>
<tr>
<td>English 4</td>
<td>Mathematics</td>
<td>Mathematics</td>
</tr>
<tr>
<td>Freshman Requirements</td>
<td>2 electives</td>
<td>3 electives (Fine Art</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Recommended)</td>
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</tbody>
</table>

280 TOTAL CREDITS ARE REQUIRED FOR GRADUATION.

Central High functions on an eight period alternating block. Over the course of a school year students take eight classes, earning 5 credits per semester. Students take four 85 minute classes every other day for an entire school year. Students have the opportunity to earn 80 credits per school year.

**Credits/Grading:** Credit is earned at the rate of 5 units per class per semester. The grading system is as follows:

A = Excellent  B = Above Average  C = Average  D = Below Average  F = Failure  R = Class Repeated  I = Incomplete

**Waivers**

Any 10th - 12th grade student enrolling from outside the district may have the following credits waived: 10 credits in World Geography, 10 credits in Freshman Requirements (if Health requirement has been met), and 20 credits in electives for a maximum of 40 credits. (BP 6146.1)

**English Learners**

In an effort to meet the specific needs of English Learners involved in an accelerated ELD program and who may have limited access to the core while attaining adequate language proficiency, 10 credits of World Geography and 10 credits Freshman Requirements may be waived (Health requirement must be completed prior to graduation and may be taken in summer school).
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<table>
<thead>
<tr>
<th>A-G SUBJECT AREA</th>
<th>CENTRAL HIGH SCHOOL CLASSES OFFERED</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>History</strong> (2 years/4 semesters)</td>
<td>US History, Modern World History, World Geography, American Government, Ag Government (also includes AP, Accelerated and SDAIE Courses)</td>
</tr>
<tr>
<td>1 Year World History</td>
<td>English 1, 2, 3, 4, ERWC, Composition &amp; Literature, Fiction F, AP Language &amp; Composition, AP Literature &amp; Composition and all Accelerated and SDAIE Courses</td>
</tr>
<tr>
<td>1 Year US History (World)</td>
<td>Math 1, Math 1E, Math 2, Math 2E, Math 3, Math 3E, Math 3/Trig H, Trigonometry, Trig Elem Functions, AP Calculus AB, AP Calculus BC, AP Statistics and all SDAIE Courses</td>
</tr>
<tr>
<td></td>
<td>Life Sciences Biology, Ag Biology, Anatomy, Zoology, Plant &amp; Animal Physiology (all AP/SDAIE)</td>
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<tr>
<td><strong>Mathematics</strong> 3 years minimum</td>
<td>Physical Sciences Chemistry, Ag Chemistry, AP Chemistry Conceptual Physics, AP Physics (all AP/SDAIE)</td>
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<tr>
<td>(Finishing at least Math 3)</td>
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<tr>
<td><strong>Science</strong> 2 years with Laboratory (Life) (Physical)</td>
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<tr>
<td><strong>World Language</strong> 2 Years same Lang.</td>
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</tr>
<tr>
<td><strong>Elective</strong> 1 Year of Academic Elective</td>
<td>Economics, Ag Economics, AP Economics, Ag Science 1, Science 1, Psychology/Sociology, Philosophy H, American Justice, Principals of Technology, ROP Sports Medicine, ROP Veterinary Science, Environmental Science, Food Science, AP Psychology, Parent/Childcare, Social Living and specific other courses listed above.</td>
</tr>
<tr>
<td>Subject</td>
<td>Central Unified Graduation</td>
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</tr>
<tr>
<td><strong>History</strong></td>
<td>World Geography</td>
</tr>
<tr>
<td></td>
<td>Modern World History</td>
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<tr>
<td></td>
<td>U.S. History</td>
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<td></td>
<td>American Government</td>
</tr>
<tr>
<td></td>
<td>Economics</td>
</tr>
<tr>
<td><strong>English</strong></td>
<td>4 years of English</td>
</tr>
<tr>
<td><strong>Math</strong></td>
<td>3 years of math – 1 must be Math 1</td>
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<tr>
<td></td>
<td>*10 credits of Math 1 in middle school will be counted</td>
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<tr>
<td><strong>Science</strong></td>
<td>3 years – 1 yr introductory, 1 year Life Science, 1 year Physical Science</td>
</tr>
<tr>
<td></td>
<td>1 year Life Science</td>
</tr>
<tr>
<td></td>
<td>1 year Physical Science</td>
</tr>
<tr>
<td><strong>World Language</strong></td>
<td>1 year (includes World Language)</td>
</tr>
<tr>
<td></td>
<td>2 years of the same language</td>
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<tr>
<td><strong>Visual or Performing Arts</strong></td>
<td>1 year of A-G approved Visual or Performing Art</td>
</tr>
<tr>
<td><strong>Electives/Other</strong></td>
<td>3 years P.E.</td>
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<tr>
<td></td>
<td>1 yr freshman req.</td>
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<tr>
<td></td>
<td>80 other elective credits</td>
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<tr>
<td><strong>Tests</strong></td>
<td>SBAC testing as Juniors</td>
</tr>
<tr>
<td><strong>GPA &amp;/or Credits</strong></td>
<td>280 credits with D or higher required to graduate</td>
</tr>
<tr>
<td></td>
<td>requires higher SAT or ACT score</td>
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<tr>
<td>Course Title</td>
<td>Mark Att/Cmp</td>
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<td>--------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>English 1</td>
<td>C</td>
</tr>
<tr>
<td>World Geography</td>
<td>D</td>
</tr>
<tr>
<td>Math 1CC</td>
<td>C</td>
</tr>
<tr>
<td>PE 9-10</td>
<td>A</td>
</tr>
<tr>
<td>Fresh Require.</td>
<td>A</td>
</tr>
<tr>
<td>Conc Physics</td>
<td>C</td>
</tr>
<tr>
<td>Intro to Tech</td>
<td>A</td>
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<tr>
<td>Journalism 1</td>
<td>B</td>
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Credit Att: 40.00 Cmp: 40.00 TGPA: 2.88

<table>
<thead>
<tr>
<th>Course Title</th>
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<th>Crs-ID</th>
<th>Course Title</th>
<th>Mark Att/Cmp</th>
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<tbody>
<tr>
<td>English 1</td>
<td>D</td>
<td>p E101</td>
<td>English 1</td>
<td>A</td>
</tr>
<tr>
<td>World Geography</td>
<td>A</td>
<td>p H101</td>
<td>World Geography</td>
<td>B</td>
</tr>
<tr>
<td>Math 1CC</td>
<td>C</td>
<td>p M171</td>
<td>Math 1CC</td>
<td>B</td>
</tr>
<tr>
<td>PE 9-10</td>
<td>B</td>
<td>p P102</td>
<td>PE 9-10</td>
<td>A</td>
</tr>
<tr>
<td>Fresh Require.</td>
<td>C</td>
<td>p S100</td>
<td>Fresh Require.</td>
<td>A</td>
</tr>
<tr>
<td>Conc Physics</td>
<td>C</td>
<td>p S112</td>
<td>Conc Physics</td>
<td>B</td>
</tr>
<tr>
<td>Intro to Tech</td>
<td>A</td>
<td>p T104</td>
<td>Intro to Tech</td>
<td>A</td>
</tr>
<tr>
<td>Journalism 1</td>
<td>B</td>
<td>p Z103</td>
<td>Journalism 1</td>
<td>B</td>
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Credit Att: 40.00 Cmp: 40.00 TGPA: 2.63

<table>
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<tr>
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<th>Crs-ID</th>
<th>Course Title</th>
<th>Mark Att/Cmp</th>
</tr>
</thead>
<tbody>
<tr>
<td>English 1</td>
<td>C</td>
<td>p E101</td>
<td>English 1</td>
<td>A</td>
</tr>
<tr>
<td>World Geography</td>
<td>A</td>
<td>p H101</td>
<td>World Geography</td>
<td>B</td>
</tr>
<tr>
<td>Spanish 1</td>
<td>C</td>
<td>p F101</td>
<td>Spanish 1</td>
<td>A</td>
</tr>
<tr>
<td>Mod. World Hist</td>
<td>C</td>
<td>p H102</td>
<td>Mod. World Hist</td>
<td>B</td>
</tr>
<tr>
<td>Math 2CC</td>
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Credit Att: 40.00 Cmp: 40.00 TGPA: 2.00

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Credit Att: 40.00 Cmp: 40.00 TGPA: 3.50

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Total GPA: 3.00

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Class of 2018

State ID: 6145627724

This transcript is unofficial unless signed by a school official.

Signature: ____________________________ Date: ____________

Central East High

3535 N Cornelia Ave
Fresno, CA 93722
(559) 276-0280

Transcript of Student Progress

April 20, 2018
Central High - East Campus
3535 N Cornelia Ave
Fresno, CA 93722
(559) 276-0280

Student Name: Jane Doe
Student ID: 0008040034
Counselor: Rios, G.

Birthdate: 10/20/1999
Grade: 11
Sex: F
Parent/guardian name, address, telephone
Mary Doe
321 First Street
Fresno, CA 93722
559-222-1111

Central High - East Campus
3535 N Cornelia Ave
Fresno, CA 93722
(559) 276-0280

Central issued ID#
Central High School Career Academies

Mission Statement
To provide a personalized high school experience within a small community, integrating academic and vocational instruction with real world relevance to prepare students for post-secondary education and employment in the fields of Agriculture, Applied Technology, Business and Health Science.

Applied Technology (East Campus) – This academy is targeted for students interested in the career fields of technology, engineering, architecture, digital design, woodworking, and automotive technology. It will offer a chance to participate in classroom as well as hands on instruction in these fields. (All students will have Intro to Technology as an elective course)
Sample Career Opportunities: Architect, Carpenter/Cabinet Maker, Fabricator, Engineer, Graphic Designer

Consumer Family Services (East Campus) – This academy is targeted for students interested in the career fields of Interior and Fashion Design, Culinary Arts, Hospitality, tourism & Recreation (All students will have Consumer Family Services 1 as an elective course)
Sample Career Opportunities: Fashion Designer, Food Science/Nutritionist, Chef, Interior Designer

Health Careers (West Campus), Sports Medicine (East Campus) – This academy offers students interested in a health career a chance to participate in classroom as well as hands on instruction in this area. (Freshmen Requirement will be replaced with a yearlong Health course)
Sample Career Opportunities: Nurse, Physical Therapist, Dental Hygienist, Athletic Trainer, Certified Nursing Assistant

Mechanics Academy (West Campus) - There are many different post-secondary opportunities available in all aspects of Construction/ Mechanical Technology. Students at Central High School West Campus are provided with the opportunity for both classroom and hands-on instruction. We offer a unique facility for our students with a metal fabrication shop and a small engine laboratory.
Sample Career Opportunities: Welder, Equipment Operator, Researcher/Developer, Contractor, Engine Mechanic

Agricultural Science Academy (West Campus) - The Agriculture Science Academy is designed to meet all state mandated learning essentials in the areas of Biology and Chemistry while using agricultural concepts as themes. These courses provide a foundation to those students interested in pursuing a career in agriculture while offering the opportunity to place an emphasis on agriculture within their academic required courses.
Sample Career Opportunities: Bio-Chemist, Food Scientist, Veterinarian, Nutritionist, Land Surveyor, Entomologist

Business/Entrepreneurship (West Campus) – This academy offers students interested in the career field of business a chance to participate in classroom as well as hands on instruction in related fields. (All students will have Intro to Business as an elective course)
Sample Career Opportunities: Customer Service, Financial Services, Accountant, Marketing Analysis, Human Resources

Criminology Academy (West Campus) - This academy offers students interested in the field of criminology to participate in a classroom as well as hands on experience in the fields related to criminology.
Sample Career Opportunities: Law, Corrections, Law Enforcement, Private Investigator

Education and Teaching Academy (West Campus) - This academy offers students interested in the career field of education a chance to participate in classroom as well as hands on instruction in related fields. All students will have Intro to Teaching, as an elective course available starting in the 10th grade. Students will then be encouraged to take ROP Careers in Education.
Sample Career Opportunities: Teacher’s Aide, Teacher, Preschool Teacher, Librarian
Dual Enrollment
Central High School provides dual enrollment classes that enable high school students to take high school classes and earn college credits. See Counselor for a list of available classes.

College Classes Available to Central Students
Current high school 11th and 12th graders may be admitted to college through the FCC High School Enrichment Program. High school students can obtain information from their high school counselor or contact College Relations at (559) 442-8225 for details. Students need to get a recommendation and a transcript from their school counselor and are fully responsible for checking deadlines and enrolling at the college. Currently, these classes are limited and based on availability when the class begins. More info can be found at www.fresnocitycollege.edu

Tutoring
After-School Tutoring is offered twice a week throughout the year. Students who are behind on credits or struggling to pass classes may be assigned tutoring. All students may attend at-will. See your University Secretary or Counselor for more information. Tutoring is available in:
- Math
- English
- Science
- History
- Spanish

COURSES REPEATED
With the approval of the principal or designee, a student may repeat a course in order to raise his or her grade. Both grades shall be entered on the student’s transcript, but the student shall receive credit only once for taking the course. The grade from the second attempt shall be used in determining the student’s overall grade point average. (AR 5121)

EARLY RELEASE/HALF-DAY (If students work or attend classes at a local college)
All students who are released early will be released at the conclusion of 5th or 6th period. This does not allow students with early release to go off campus for lunch on special schedules. If an employed junior or senior attending FCC, CSUF, he/she must provide written verification from employer or educational institution for early release. This verification must also be on file at the school site. Only students who are on track for graduation will be allowed early release schedule.

WORK PERMITS
Students under the age of 18 who are employed in California must have a work permit. Applications and work permits are located in the Career Center. During summer and vacations, work permits are issued at the district office.

WORK EXPERIENCE
Work experience provides juniors and seniors an opportunity to earn credit while working part-time. Students must find their own employment. Requirements for the program are as follows:
- Student must be at least 16 years of age.
- Student must be at least a junior in high school
- Student must have an approved job
- Student must have own transportation to job
- Student must have met the requirements for graduation to date
- Students must have a valid work permit
Advanced Placement Classes

Four-year colleges and universities give special consideration to students who enroll in AP classes during their sophomore, junior and senior years. CHS offers augmented credits toward the student’s overall GPA.

The following AP courses and exams may be offered at CHS:

- Comparative Government
- American Government
- Micro-Economics
- Macro-Economics
- U.S. History
- World History
- English Literature
- English Language Composition
- Psychology
- Biology
- Calculus AB/BC
- Physics
- Chemistry
- Music Theory
- Spanish Literature
- Studio Art
- Statistics
- Computer Science A
- Human Geography

Students are expected to take the exam for the courses in which they enroll. The cost of the exam is approximately $93 per test. Fee waivers are available to students who meet the income requirements. Tests are given in early-mid May.

The following are the recommendations for students to be successful in Advanced Placement Courses at CHS:

- B or higher in the prerequisite class
- Successfully taken an accelerated class in the subject area (if applicable)
- Interest in the subject matter
- Willingness to work hard
- Critical Thinking Skills
- Writing Skills Requirements of the Course:
  - Completing summer assignment (if applicable)
  - Rigorous out of class independent work with a minimum of 7-10 hours a week
  - Completion of all reading and homework
  - Commitment to study sessions outside of the regular scheduled day
  - Willingness to complete all weekend and holiday work
Taking the PSAT is a great way to start preparing yourself for college. Central offers the PSAT twice each year. 10th and 11th graders can take the PSAT in the Fall, and 9th graders can take it in the Spring. You can find more information about the PSAT by visiting www.collegeboard.org.

The next PSAT will be offered at Central on October 13, 2018.

F.A.Q.

When should sophomores take tests?
Sophomores should take the PSAT in the Fall of their Sophomore and Junior years. They should take the SAT or ACT in the Spring of their Junior year.

How do I register?
Registration information for the PSAT will be provided by counselors in the Fall. The test is free to students. Registration and more detailed information can be found at www.collegeboard.org (SAT) or www.act.org (ACT).

Do I need to take the SAT or ACT?
SAT and ACT are both used in the admission process for all public and most private 4 year colleges. Community Colleges do not require test scores.

How do I get a fee waiver?
The SAT and ACT both have a fee of $46 or $60 for a test w/essay. Fee Waivers are available for students who qualify for free and/or reduced lunch. Students can use a fee waiver for 2 of each test. Fee Waivers are available in the Career Center.

Which test should I take?
Both tests are widely accepted by universities although the SAT is more common. Please see the chart on the next page for a comparison.

Do I need to take a subject test?
Subject tests are only required by certain colleges and often only for certain majors. Contact your college or interest or check the College Board website for a complete list.
The 3.0 Difference

Having a 3.0 GPA increases your college opportunities with admissions and financial aid.

### 2.0 GPA (C Average)
- qualifies you to play high school sports and participate in activities
- makes you eligible for Cal Grant B (usable at community college)

### 2.2 GPA
- minimum GPA for DII sports*

### 2.3 GPA
- minimum GPA for DI sports*

### 2.5 - 2.9 GPA
- students in this range can apply to a CSU but must score higher on the SAT or ACT to be eligible for admission

### 3.0 GPA (B Average)
- increases your chances of being admitted to a CSU.
- minimum GPA to apply to a UC
- makes you eligible for Cal Grant A (the only Cal Grant that can be used at a 4 year school)
- minimum GPA for Honors Academic Award

### 3.5 GPA
- minimum GPA for SCCCD Honors Programs*
- minimum GPA to qualify for CSF

### 3.75 - 4.0 + GPA
- High Honors Academic Award
- Smittcamp applicants must have a minimum 3.8 GPA
- 4.0 students = Valedictorians
- increased admission at major universities*
- a higher GPA lowers your required SAT or ACT score

#### Average GPA of Accepted Students in 2017
- Cal State LA - 3.21
- Sacramento State - 3.27
- Fresno State - 3.33
- CSU Long Beach - 3.5
- UC Merced - 3.56
- Cal Poly - 3.92
- UC Davis - 4.0
- UC San Diego - 4.10
- UCLA - 4.13
- Stanford - 4.18

*must also meet other requirements*
### College Options

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<th>Description</th>
<th>Degree</th>
<th>Qualifications</th>
<th>Cost</th>
<th>Pros/Cons</th>
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<td><strong>Vocational/ Tech Schools</strong></td>
<td>Certificate qualifying a graduate to work in a specific trade.</td>
<td>• High school diploma. • Application and all follow-up steps.</td>
<td>Costs vary depending on the school and length of program. Typically these programs are more than CC.</td>
<td>Pros: short programs, quicker entry into workforce. Cons: higher cost, limited to a specific trade.</td>
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<tr>
<td><strong>Community College</strong></td>
<td>Certificate, Associates Degree or Associates Degree for Transfer to a 4-year college.</td>
<td>• High school diploma. • Application and all follow-up steps. • A placement test may be required.</td>
<td>$46 per unit plus additional fees and books. (*in 2018)</td>
<td>Pros: affordable, option to transfer, fresh start for struggling students. Cons: may take longer to graduate.</td>
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<td><strong>Cal State University</strong></td>
<td>Bachelor's Degree.</td>
<td>• Complete A-G requirements in high school (pg. 6) • SAT or ACT scores. • Application • Meet eligibility index (pg.)</td>
<td>Tuition - $5,970 for year (*in 2018) Room &amp; Board, Student Fees and Books vary</td>
<td>Pros: excellent institutions, opportunities for advanced degrees and research. Cons: more expensive, competitive admission process.</td>
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<tr>
<td><strong>University of California</strong></td>
<td>Bachelor's Degree.</td>
<td>• Minimum 3.0 GPA • Complete A-G requirements in high school (pg. 6) • SAT or ACT scores. • 4 short essays on application</td>
<td>Tuition - $12,630 for year (*in 2018) Room &amp; Board, Student Fees and Books vary</td>
<td>Pros: smaller school and class sizes, environment conducive to learning. Cons: most expensive option.</td>
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<td><strong>Private Colleges</strong></td>
<td>Bachelor's Degree for 4-year colleges or universities</td>
<td>Private schools can each set their own qualifications. Most require A-G and SAT or ACT scores.</td>
<td>Costs vary but are generally much more than public schools. Average is about $30,000 per year</td>
<td>Pros: new experience, school you’ve always wanted to attend. Cons: likely more expensive, distance from home.</td>
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<tr>
<td><strong>Out of State</strong></td>
<td>All 4-year schools offer Bachelor's Degrees</td>
<td>Out of state schools can each set their own qualifications. Most require that certain courses have been completed and SAT or ACT scores.</td>
<td>Costs vary but you will typically spend more. You cannot use Cal Grant in another state.</td>
<td>Pros: affordable education options, job opportunities. Cons: potentially a long-term commitment, possibly far from home.</td>
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<tr>
<td><strong>Military</strong></td>
<td>Options vary.</td>
<td>Take the ASVAB to determine your military qualifications.</td>
<td>Speak to your recruiter.</td>
<td>Pros: small school and class sizes, environment conducive to learning. Cons: may take longer to graduate.</td>
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College Application Overview

Here is an overview of the application process for each of the 3 major college systems in California. Private and out-of-state schools each have their own processes and deadlines.

**Community College**
- Priority application period is September - November.
- All other steps and deadlines will be announced through Career Center.
- $0 application fee and only requirement is high school graduation.
- Students who complete all Reg-To-Go steps on time and meet deadlines will have earlier access to class registration.

**CSU System**
- Application is online using a website called "Cal State Apply".
- There is one application for all 23 schools.
- Students are expected to supply grades for all A-G classes and SAT or ACT scores.
- $55 application fee for each university that you apply to.
- Application is open from October 1 - November 30.
- The CSU uses a calculation of GPA and SAT or ACT scores to determine eligibility for admission. Students are notified starting in March.

**UC System**
- Application is available August 1 - November 30.
- UC Applications are read and reviewed by admissions officers before a decision is made. Students are notified starting late March.
- $70 application fee for each university that you apply to.
- Students will be expected to supply grades for all A-G classes, SAT or ACT scores, list extracurricular activities, awards, and write responses to 4 UC Insight Questions.

Start Here for each system.
Understanding Scholarships & Financial Aid

Paying for college can be overwhelming. College can be affordable, but understanding the options available and meeting deadlines is important.

START with FAFSA

Grants
- Free Money (renews every year)
- You're eligible just by filling out FAFSA
- Pell Grants, Cal Grants, and Middle Class Scholarships
- Amount based on financial need and GPA.
- Deadline for FAFSA is March 2.
- You and your parents must create a FSA ID before filling out the FAFSA.

School Financial Aid
- Free Money (renewal depends on source)
- This money comes from your college.
- Schools may give money for academics, sports, music, course of study.
- Think about all the costs related to school - tuition, housing, books, food, a computer, etc.

The largest amounts of money you receive will most likely come from the sources above. Plenty of students still need additional money to pay for school.

Private and Organization Scholarships
- Usually 1 time money
- Usually merit based (grades, extracurriculars, community involvement, etc)
- Check National Searches:
  - Fastweb.com
  - Cappex.com
  - Bigfuture.org
  - Careeronestop.org
- Check the Central Career Center and website for local scholarships.

Loans
- If your financial aid does not cover the full cost of school, loans might be an option. Loans are money you borrow and pay back with interest.
  - Federal Student loans have lower interest rates and flexible repayment.
  - Private and bank loans might cost you more in interest and fees. (be careful with these)

Work Study - on campus jobs that help pay for school.

ASK QUESTIONS! DO RESEARCH! MEET DEADLINES!

The Governing Board is committed to providing equal opportunity for all individuals in education. District programs, activities, and practices shall be free from unlawful discrimination, including discrimination against an individual or group based on race, color, ancestry, nationality, national origin, ethnic group identification, age, religion, marital, pregnancy, or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity or expression, or genetic information; a perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics.
GET INVOLVED!
Well-rounded students often do better in school and provide themselves more opportunities to go to college.

Activities
There are multiple ways to get involved on campus!
- join a club
- attend rallies
- participate in lunchtime activities
- attend school dances
- participate in dress up days
- join leadership
- participate in community events
- join Unified Sports
- volunteer

@centralgrizzly @centralgrizzly

Sports We Offer
*see next page for a directory of Head Coaches

In order to be eligible to attend any Central High School dances and events (including sports), students must:

1. maintain a 2.0 or better G.P.A. (based on the previous 6 week grading period prior to ticket sales)
2. not be on the non-privilege list for discipline including tardies, truancies, and suspensions
3. follow district dress code (A special consideration dress code will be given for Winter Formal/Prom)
4. obtain a guest pass if you wish to bring a non CHS student
   a. All guests must be 20 years old or younger and must bring proper verification (driver’s license) of age. Guest passes are required.

****Any student who has been suspended will not be able to participate in any school sponsored activity or event for 10 (ten) school days after the return to school. No refunds will be given for dances or any other activity while suspended

@centralhighball @centralhighathletics
@grizzlyathletes

Athletics
We are excited about new and upcoming events for the 2018-2019 school year. We as Central Grizzlies believe and live out our mission every day, to create and support our athletic programs which require academic excellence, work to build character, promote teamwork, provide motivation and develop players’ sport specific skills. Win or lose, our programs will be innovative while setting and accomplishing goals that benefit the students and supporting the overall mission of our district. We believe that this is what makes a great champion both academically and athletically.

How to participate in sports?
- Complete the online registration
- complete the athletic packet and sports physical and return them to the athletic office
*students will not be allowed to try-out or participate in sports until the above is completed.
## Athletics Department Directory

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone #</th>
<th>Email</th>
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<tr>
<td>Coord. District Athletics</td>
<td>Daren Pittman</td>
<td>559 276 0280 Ext 50138</td>
<td><a href="mailto:dpittman@centralusd.k12.ca.us">dpittman@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Athletic Director</td>
<td>Ray Hightower</td>
<td>559 276 0280 Ext 50135</td>
<td><a href="mailto:rhightower@centralusd.k12.ca.us">rhightower@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Athletics Secretary</td>
<td>Julie Lopez</td>
<td>559 276 0280 Ext 50136</td>
<td><a href="mailto:ilopez@centralusd.k12.ca.us">ilopez@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Finance Secretary</td>
<td>Debbie Minatta</td>
<td>559 276 0280 Ext 50123</td>
<td><a href="mailto:dminatta@centralusd.k12.ca.us">dminatta@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>ROP Sports Med.</td>
<td>Cortney Avery</td>
<td>559 905 5150</td>
<td><a href="mailto:cavalry@centralusd.k12.ca.us">cavalry@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Athletic Trainer</td>
<td>Brian Rand</td>
<td>559 306 9700</td>
<td><a href="mailto:brianrand@centralusd.k12.ca.us">brianrand@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Equipment Specialist</td>
<td>Steve Craig</td>
<td>559 999 6651</td>
<td><a href="mailto:scraig@centralusd.k12.ca.us">scraig@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Activities Director</td>
<td>Shawna Sousa</td>
<td>559 276 0280 Ext 50119</td>
<td><a href="mailto:ssousa@centralusd.k12.ca.us">ssousa@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td><strong>Sport</strong></td>
<td><strong>Head Coach</strong></td>
<td><strong>Phone #</strong></td>
<td><strong>Email</strong></td>
</tr>
<tr>
<td>Football</td>
<td>Kyle Biggs</td>
<td>559 276 0280 Ext 50107</td>
<td><a href="mailto:kbiggs@centralusd.k12.ca.us">kbiggs@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Girls Golf</td>
<td>Andres Reyes</td>
<td>559 276 5276 (West Campus)</td>
<td><a href="mailto:areyes@centralusd.k12.ca.us">areyes@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Girls Volleyball</td>
<td>Randy Burris</td>
<td>559 276 0280 Ext 50303</td>
<td><a href="mailto:rburriss@centralusd.k12.ca.us">rburriss@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Girls Tennis</td>
<td>Carolyn Kilpack</td>
<td>559 276 0280 Ext 50471</td>
<td><a href="mailto:ckilpack@centralusd.k12.ca.us">ckilpack@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Girls Track</td>
<td>Kristie Johnston</td>
<td>559 276 0280 Ext 50472</td>
<td><a href="mailto:kross@centralusd.k12.ca.us">kross@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Girls Water Polo</td>
<td>Yessenia Lopez</td>
<td>559 970 1324</td>
<td><a href="mailto:ylopezzirate@centralusd.k12.ca.us">ylopezzirate@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Boys Water Polo</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boys Basketball</td>
<td>Greg Streets</td>
<td>559 276 0280 Ext 50422</td>
<td><a href="mailto:gstreets@centralusd.k12.ca.us">gstreets@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Girls Basketball</td>
<td>Geoffrey Clayton</td>
<td>559 301 7715</td>
<td><a href="mailto:gclayton@centralusd.k12.ca.us">gclayton@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Boys Soccer</td>
<td>Raul Martin</td>
<td>559 276 0280 Ext 50905</td>
<td><a href="mailto:rmartin@centralusd.k12.ca.us">rmartin@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Girls Soccer</td>
<td>Brandon Kwock</td>
<td>559 276 0280 Ext 50804</td>
<td><a href="mailto:blwock@centralusd.k12.ca.us">blwock@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Wrestling</td>
<td>Victor Breceda</td>
<td>559 276 3105(Glacier Point)</td>
<td><a href="mailto:vbreceda@centralusd.k12.ca.us">vbreceda@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Baseball</td>
<td>Brad Fontes</td>
<td>559 276 0280 Ext 50462</td>
<td><a href="mailto:bfontes@centralusd.k12.ca.us">bfontes@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Softball</td>
<td>Scott Gorton</td>
<td>559 276 0280 Ext 50465</td>
<td><a href="mailto:sgorton@centralusd.k12.ca.us">sgorton@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Boys Track</td>
<td>Gary Davis</td>
<td>559 276 5276 (West Campus)</td>
<td><a href="mailto:gdavis@centralusd.k12.ca.us">gdavis@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Boys Tennis</td>
<td>Larry Hotz</td>
<td>559 276 5276 (West Campus)</td>
<td><a href="mailto:lhotz@centralusd.k12.ca.us">lhotz@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Boys Volleyball</td>
<td>Darin Williams</td>
<td>559 593 3741</td>
<td><a href="mailto:darinwilliams@centralusd.k12.ca.us">darinwilliams@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Boys Golf</td>
<td>Joel Ferdinandsen</td>
<td>559 276 0280 Ext 41405</td>
<td><a href="mailto:jferdinandsen@centralusd.k12.ca.us">jferdinandsen@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Pep/Cheer</td>
<td>Tina Tompkins</td>
<td>559 276 0280 Ext 50701</td>
<td><a href="mailto:ttompkins@centralusd.k12.ca.us">ttompkins@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Boys Swimming</td>
<td>Kevin Tatro</td>
<td>559 276 0280 Ext 42101</td>
<td><a href="mailto:ktatro@centralusd.k12.ca.us">ktatro@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Girls Swimming</td>
<td>Yessenia Lopez</td>
<td>559 970 1324</td>
<td><a href="mailto:ylopezzirate@centralusd.k12.ca.us">ylopezzirate@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Badminton</td>
<td>Tom Clark/Erika Bargas</td>
<td>559 276 5276 (West Campus)</td>
<td><a href="mailto:tclark@centralusd.k12.ca.us">tclark@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Cross-Country</td>
<td>Kristie Johnston</td>
<td>559 276 0280 Ext 50472</td>
<td><a href="mailto:tclark@centralusd.k12.ca.us">tclark@centralusd.k12.ca.us</a> /</td>
</tr>
<tr>
<td>Unified Soccer</td>
<td>Pam Dietz</td>
<td>559 276 0280 Ext 50474</td>
<td><a href="mailto:ebargass@centralusd.k12.ca.us">ebargass@centralusd.k12.ca.us</a></td>
</tr>
<tr>
<td>Unified Basketball</td>
<td>Isabel Ortega</td>
<td>559 276 0280 Ext 41210</td>
<td><a href="mailto:kross@centralusd.k12.ca.us">kross@centralusd.k12.ca.us</a> /</td>
</tr>
<tr>
<td></td>
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<td><a href="mailto:ylopezzirate@centralusd.k12.ca.us">ylopezzirate@centralusd.k12.ca.us</a></td>
</tr>
</tbody>
</table>
ONE OPPORTUNITY. LIMITLESS POSSIBILITIES.

If you want to play sports at an NCAA Division I or II school, start by registering for a Certification Account with the NCAA Eligibility Center at eligibilitycenter.org. If you want to play Division III sports or you aren’t sure where you want to compete, start by creating a Profile Page at eligibilitycenter.org.

ACADEMIC REQUIREMENTS
To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA, and earn an ACT or SAT score that matches your core-course GPA.

CORE COURSES
Visit eligibilitycenter.org/courselist for a full list of your high school’s approved core courses. Complete 16 core courses in the following areas:

DIVISION I
Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.

<table>
<thead>
<tr>
<th>ENGLISH</th>
<th>NATURAL/PHYSICAL SCIENCE</th>
<th>MATH</th>
<th>SOCIAL SCIENCE</th>
<th>ADDITIONAL</th>
<th>ADDITIONAL</th>
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<tbody>
<tr>
<td>4 years</td>
<td>2 years</td>
<td>3 years</td>
<td>2 years</td>
<td>1 year</td>
<td>4 years</td>
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DIVISION II

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<th>ENGLISH</th>
<th>NATURAL/PHYSICAL SCIENCE</th>
<th>MATH</th>
<th>SOCIAL SCIENCE</th>
<th>ADDITIONAL</th>
<th>ADDITIONAL</th>
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<tbody>
<tr>
<td>3 years</td>
<td>2 years</td>
<td>2 years</td>
<td>2 years</td>
<td>3 years</td>
<td>4 years</td>
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</tbody>
</table>

GRADE-POINT AVERAGE
The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core courses.
- DI requires a minimum 2.3 GPA
- DII requires a minimum 2.2 GPA

SLIDING SCALE
Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. Find more information about sliding scales at ncaa.org/playcollegesports.

TEST SCORES
Take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code 9999) as a score recipient whenever you register to take a test. If you take a test more than once, send us all your scores and we will choose the best scores from each test section to create your sum score. We accept official scores only from the ACT or SAT, and won’t use scores shown on your high school transcript. Remember to apply the College Board concordance table for SAT tests taken in March 2016 and after.
HIGH SCHOOL TIMELINE

GRADE 9
Plan
• Start planning now! Take the right courses and earn the best grades you can.
• Ask your counselor for a list of your high school’s NCAA core courses to make sure you take the right classes. Or, find your high school’s list of NCAA core courses at eligibilitycenter.org/courselist.

GRADE 10
Register
• Register for a Certification Account or Profile Page with the NCAA Eligibility Center at eligibilitycenter.org.
• If you fall behind on courses, don’t take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

GRADE 11
Study
• Check with your counselor to make sure you are on track to graduate on time.
• Take the ACT or SAT, and make sure we get your scores by using code 9999.
• At the end of the year, ask your counselor to upload your official transcript.

GRADE 12
Graduate
• Take the ACT or SAT again, if necessary, and make sure we get your scores by using code 9999.
• Request your final amateurism certification after April 1.
• After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

Core Courses
This simple formula will help you meet Division I and II core-course requirements.
4x4=16
+ 4 English courses (one per year)
+ 4 math courses (one per year)
+ 4 science courses (one per year)
+ 4 social science courses (one per year)
= 16 NCAA CORE COURSES

For more information:
ncaa.org/playcollegesports eligibilitycenter.org

Search Frequently Asked Questions
ncaa.org/studentfaq

Follow us on Twitter:
@NCAAEC

NCAA is a trademark of the National Collegiate Athletic Association.
Volunteering is a great way to connect with the community and gain life experience. While colleges and scholarship committees do like to see well-rounded students, they are more interested in how the experience affected you so choose an organization with a cause that you believe in.

Below is a list of organizations in our area that accept teenage volunteers. Requirements and qualifications are going to vary so always contact an organization first to get their most current information.

Animal Rescue of Fresno - email - volunteer@arf-fresno.com
Boys and Girls Club - Form online - www.bcgfresno.org/volunteer-opportunities
Fresno Chaffee Zoo - email - volunteer@fresnochaffeezoo.org or call 559-498-5945
Arte Américas - email - help@arteamericas.org
Catholic Charities - Form Online - www.ccdof.org/volunteer
Central CA Blood Center - Form Online - www.donateblood.org/volunteer
Light the Night Walk - Form Online - www.lightthenight.org/ways/volunteer
Valley Children's Hospital - Form Online - www.valleychildrens.org/volunteers
Community Food Bank - Form Online - www.communityfoodbank.net/get-involved/volunteer
Fresno County Library - Call - 559-600-9230
Fresno Rescue Mission - Form Online - www.fresnorm.org/get-involved
Ronald McDonald House - Form Online - www.rmhccv.org/volunteer
Hinds Hospice - Email - volunteer@hindshospice.org
Poverello House - Email - info@poverellohouse.org or call 559-498-6988
St. Agnes Hospital - Email - volunteers@samc.com or call 559-450-3521
San Joaquin River Parkway - www.riverparkway.org/index.php/ways-to-give/volunteer
# Activities 2018-2019

Mark your calendars!

<table>
<thead>
<tr>
<th>August</th>
<th>January</th>
<th>February</th>
</tr>
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<tbody>
<tr>
<td>15  Fall Semester begins</td>
<td>14  Spring Semester begins</td>
<td>1-25 Pennies for Patients Drive</td>
</tr>
<tr>
<td>15-17 Week of Welcome</td>
<td></td>
<td>4-8 Battle Week</td>
</tr>
<tr>
<td>17  Senior Sunrise</td>
<td></td>
<td>8  Winter Sports Rally</td>
</tr>
<tr>
<td>17  Welcome Back Rally</td>
<td></td>
<td>9  Formal</td>
</tr>
<tr>
<td>23/24 Yearbook pictures – West (underclass and staff)</td>
<td></td>
<td>18-22 FFA Week</td>
</tr>
<tr>
<td>21  Club Advisor/New Club Meeting</td>
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<td>22  Donkey Basketball</td>
</tr>
<tr>
<td>29  Club Day</td>
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<tr>
<td>30/31 Yearbook pictures – East (underclass and staff)</td>
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<tr>
<td>31  Last day for in-studio Senior Portraits</td>
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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>5  Senior yearbook make-ups – West</td>
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<tr>
<td>5  Back to School Night - West</td>
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</tr>
<tr>
<td>6  Senior yearbook make-ups – East</td>
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</tr>
<tr>
<td>6  Back to School Night - East</td>
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<tr>
<td><strong>10-14 Homecoming Week</strong></td>
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</tr>
<tr>
<td>14  Homecoming Rally/Football Game</td>
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<tr>
<td>18  Last day for on-campus Senior Portraits (East)</td>
<td></td>
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<tr>
<td>19  Last day for on-campus Senior Portraits (West)</td>
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</tr>
<tr>
<td>25  Picture make-ups – East</td>
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</tr>
<tr>
<td>26  Picture make-ups – West</td>
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</table>

<table>
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</thead>
<tbody>
<tr>
<td>18  Senior Spread</td>
<td></td>
</tr>
<tr>
<td>20  Sadie Hawkins Dance (7-11PM)</td>
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<tr>
<td>19  Thanksgiving Break begins</td>
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</tr>
<tr>
<td>26  Start of Holiday Joy Project</td>
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</table>

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>18  Holiday Joy Project Ends</td>
<td></td>
</tr>
<tr>
<td>24  Winter Break begins</td>
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*Dates subject to change*