

**Class of 2021 & 2022**

**WELCOME SOPHOMORE & JUNIOR PARENTS**



# ORHS College and Career

## Planning Overview

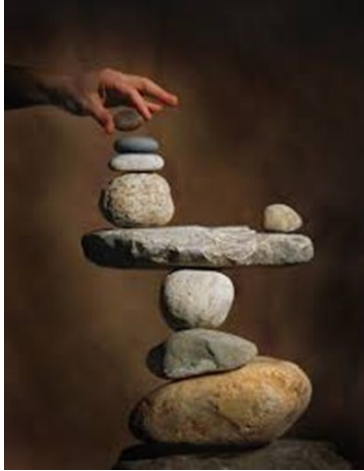
- Importance of Balance and Connection
- Grades/Academic Performance
- Post High School Options
- Upcoming Opportunities & Events



*Be Real, Dare to Question, Care for Others, Find Balance*

# Helpful tips to keep in mind during the presentation...

1. The Importance of "Balance"
2. Keeping the "Big Picture" in mind
3. Everyone's pathway is unique



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# 240 Credits are Required to Graduate

<u>Course Requirements</u>	<u>Credits</u>
English	40
Social Studies	30
Math (minimum Alg. 1)	30
Science (1 Life and 1 Physical Science)	20
Health	5
Computer Technology	5
Fine Arts / World Language / CTE	10
Physical Education	20
Electives	80



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# POST SECONDARY OPTIONS

Employment

Career College

College (2 year and/or 4 year)

Military or Military Academy



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# Begin with the END in mind...

- 1) Career Interests
- 2) Major/Required Training
- 3) Education



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# Start Exploring Options While In High School!!!!!!

**ROP**  
**Advanced Education**  
**Summer Programs**  
**Volunteering**  
**Internships**



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# ORHS ELECTIVE FAIR JANUARY 14

More course info can be found online:

<http://orhs.eduhsd.k12.ca.us/Counseling--Career-Center/Counseling-Info>

Faculty and students from every ORHS department will be available to answer questions about course offerings. Learn more about electives such as Computer Science, Art, Digital Imaging, 3D Design, Culinary, Manufacturing, Engineering Design, Auto, Psychology, Film, Leadership, Yearbook, Dance, Band, Choir, Contemporary Literature, Science Fiction, ROP Classes and more!



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# CAREER EXPO

**MARCH 19, 2020 at UNION MINE at 6:30 PM**



Talk to local professional to learn more about different careers, practice interviewing, get feedback on a resume, and talk to local employers who are currently hiring!

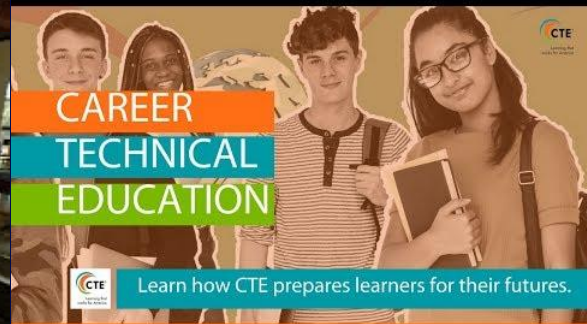


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# EDHUSD Regional Occupational Programs (ROP)

## Junior & Senior Year

- Animal Health
- Automotive Engines
- \*Cosmetology
- Culinary Arts
- Database Design and SQL Programming (@ORHS)
- Dental Careers
- Diesel Engine
- Fire Control Technician
- Health Careers
- Law Enforcement
- Metal Fabrication



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# Advanced Education at the Community College

Get a head start on college by earning college credit while you are still in high school - pay no enrollment fees!

- Qualified high school students are invited to take classes and earn college credit at any California Community College through the Advanced Education Program. The grades earned in Advanced Education courses will be reflected on a student's permanent college transcript
- Advanced Education students may enroll in up to two (2) courses during any semester

To participate, a student must:

- Be at least 16 years old OR have already completed the 10th grade by the first day of the college class, and be currently enrolled in high school
- Have a high school GPA of 2.7 or higher.\*

\*There are classes available that do not have a GPA requirement



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# BENEFITS OF ADVANCED EDUCATION

- Earn transferable college credits while in high school
- Earn elective high school credits
  - 3 college credits = 10 high school credits
- Opportunities to explore electives ORHS doesn't offer
  - (Examples: Kinesiology, Business, Sociology, Astronomy, Geology, Criminal Justice, Sign Language)
- Career Technical Education classes
  - (Examples: Emergency Medical Technician, Early Childhood Education, Real Estate)
- Take college classes for FREE!



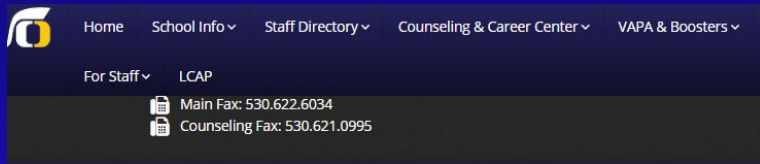
*See your counselor to discuss the application process to obtain the Off-Campus Pre-Approval form!*



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# Teenlife.org for Summer Programs, Community Service, and more!



- ▶ Counseling
- ▶ PSAT
- ▶ Finding the Right Fit

## Volunteer Opportunities

You Are Here: [Home](#) » [Career Center](#) » [Volunteer Opportunities](#)

**A list of local organizations for students to consider:**

[Western Slope Volunteer Opportunities](#)

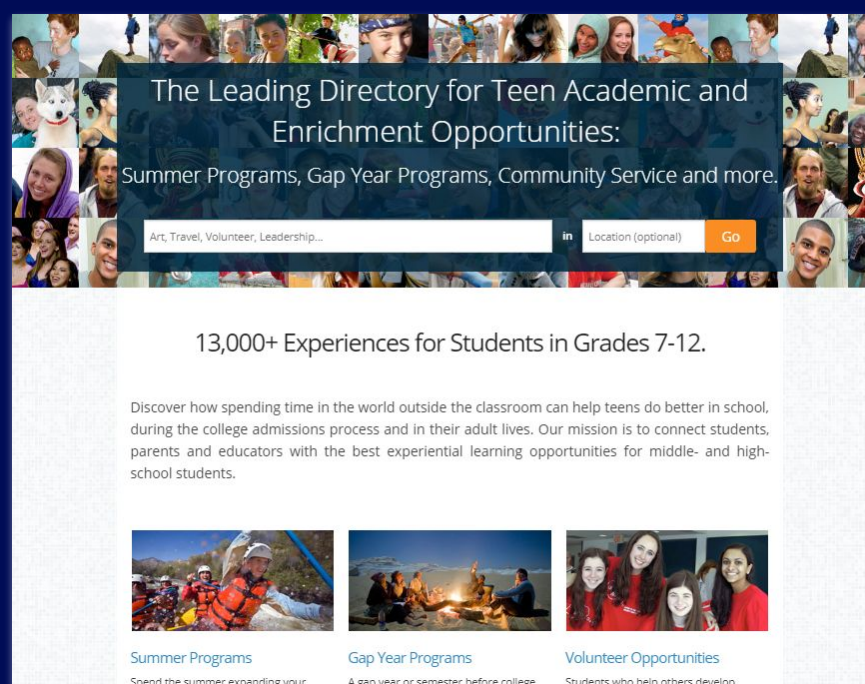
**Search for local opportunities:**

[justserve.org](#)

[volunteermatch.org](#)

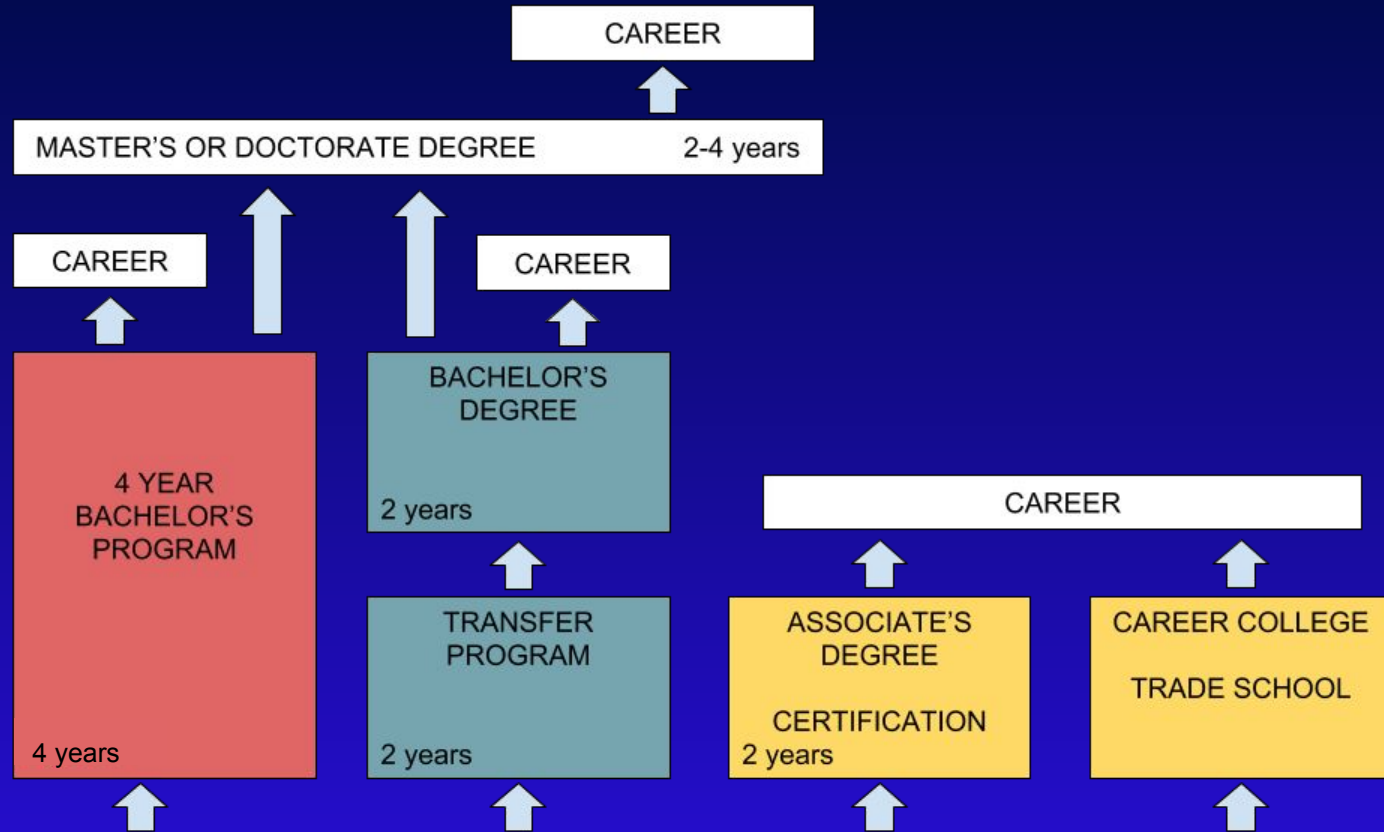
Stop by the Career Center for more information

[Community Service Verification Form](#)



## ORHS Career Center Website for info on Western Slope Volunteer Opportunities!

# Multiple Ways to Gain Post-Secondary Skills



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# CHALLENGE SUCCESS RESOURCES

The screenshot shows the top navigation bar of the Challenge Success website with links: Home, School Info, Staff Directory, Counseling & Career Center, VAPA & Boosters, Athletics, Parents, and Students. Below this is a sub-navigation bar with 'For Staff' and 'LCAP'. On the left is a sidebar menu for the 'Counseling & Career Center' with options like Counseling, Advanced Placement, Career & College Grade Level Planning Guides, Counseling Staff Directory, Counseling, Registration, and Enrollment Documents, Course Information, Graduation Requirements & College Planning, Parenting Resources (highlighted with a red arrow), Teen Wellness, Tutoring, Transcript Request, and Career Center. The main content area is titled 'Parenting Resources' and includes a breadcrumb trail: 'You Are Here: Home » Counseling & Career Center » Counseling » Parenting Resources'. Below this is a paragraph about Challenge Success and a video thumbnail titled 'Strategies for Healthy, Engaged Kids and Strong Schools' (with a red arrow pointing to it). At the bottom of the main content area is a link: 'Kids in the House Videos - Segments based on current research and offer practical strategies to parents.'

The screenshot shows the 'Kids in the House Videos' page. It features a title 'Kids in the House Videos' and a paragraph: 'Denise Pope and Madeline Levine were invited to share their expertise with Kids in the House. These segments are based on current research and offer practical strategies to parents.' Below this is a list of video titles, each with a 'Watch' button (indicated by a red arrow from the top right): AP and Honors Classes, Calming College Fears, Cheating in School, Choosing a Middle School or High School, Choosing a Preschool or Elementary School, Engaging Kids in Learning, Getting Caught Cheating in School, Homework During the Elementary School Years, How Being Over-Scheduled Affects Kids, How Parents and Kids Define Success Differently, and How to Get Kids to Reach Their Full Potential.



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# CHALLENGE SUCCESS

## CALMING COLLEGE FEARS

Denise Pope, Ph.D.

Senior Lecturer at Stanford University

Author & Co-Founder of Challenge Success\*

\*A project of the Stanford Graduate School of  
Education



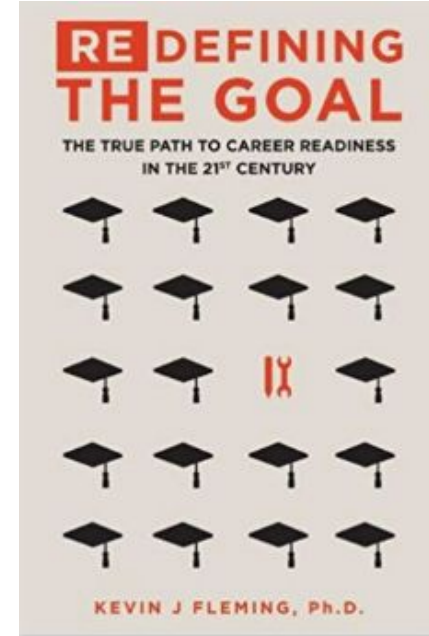
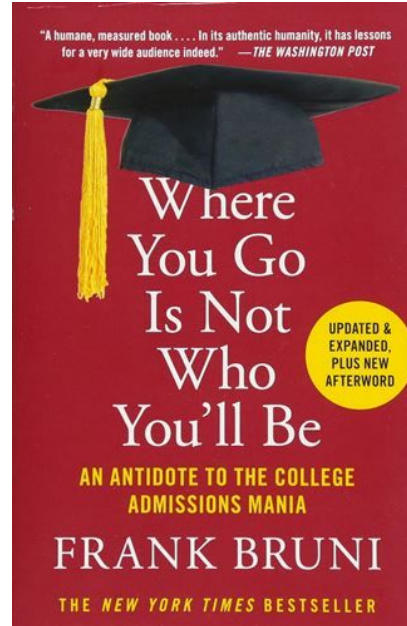
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# Where You Go is Not Who You'll Be!

## A "FIT" OVER RANKINGS

Why College Engagement Matters More Than Selectivity



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# COMMUNITY AND CAREER COLLEGES



# CAREER COLLEGES/PROGRAMS

- California Culinary Academy
- Academy of Art
- Art Institute
- FIDM (Fashion Institute of Design & Merchandising)
- Carrington College (Formerly Western Career College)
- Universal Technical Institute (UTI)
- Wyotech



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# COMMUNITY COLLEGE

- 112 California Community Colleges
- Transfer to a 4-year college
  - Guarantee Transfer Program
- Associate Degree for Transfer (CSU)
- AA or AS Degree (2 years)
- Certificate Degree Program



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# Certificate Programs

## LOS RIOS CC DISTRICT

- Accounting
- Admin. Of Justice
- Aeronautics
- Agriculture
- Architecture
- Art New Media
- Automotive Technology
- Biotechnology
- Building Inspection Tech
- Business
- Chemical Dependency Studies
- Communication
- Television Production
- Construction Management
- Cosmetology
- Culinary Arts
- Dental Assisting
- Design Technology
- Desktop Publishing
- Diesel Mechanics
- Digital Media
- Drafting Technology
- Early Childhood Ed.
- Electronics Technology
- Electric Vehicles
- Emergency Medical Tech
- Environmental Design
- Environmental Technology
- Fashion/Fashion Merchandising
- Fire Technology
- Geographic Information Systems
- Gerontology
- Graphic Communication
- Health Info Technology
- Horticulture
- Hospitality Management
- Interior Design
- Journalism
- Landscape Design
- Library Technology
- Management
- Marketing
- Mechanical Engineer Tech
- Medical Assisting
- Motorcycle Maintenance
- Music Production
- Nursing, LVN
- Nutrition
- Paramedic
- Phlebotomy
- Photography
- Railroad Operations
- Real Estate
- Restaurant Management
- Vet Tech
- Web Page
- Welding



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# LEARN MORE...



Folsom Lake College  
Information Night for Parents &  
Students

Tuesday, February 11th  
Folsom Lake College  
Campus @ 6:30 PM



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# MILITARY OPTIONS

- Enlist
- Recruiters on campus 1st & 3rd Tuesdays
- ROTC (programs in college)
- Military Academies



- ASVAB is offered at ORHS  
October 7, 2019  
February 3, 2020  
Sign up at Career Center

\*\*ASVAB = Armed Vocational Aptitude Battery  
Aptitude Test, Interest Self-Assessment, Career  
Exploration Tools  
More info: <https://www.asvabprogram.com/>

- Military Academy Information Night
  - Ponderosa High School
  - Thursday, April 23, 2020



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# **CALIFORNIA 4-YEAR PUBLIC COLLEGES**





# CSU & UC ELIGIBILITY

## Minimum Coursework (Pass with C or better)

- A. 2 years - Social Science
- B. 4 years - English
- C. 3 years - Math-through Alg. 2.  
(4 years recommended)
- D. 2 years - Science with a Lab  
(3 years recommended)
- E. 2 years - World Language  
(3 years recommended)
- F. 1 year - Visual and Performing Arts
- G. 1 year - Elective

Completed with "C" or better

CSUs and UCs use 10th & 11th grade year grades in academic courses  
GPA selection may be different



University of California, Merced



San Diego State University



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# California State Universities



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# CSU Admissions Based on:

- College Prep coursework grades
- SAT Reasoning and/or ACT Scores
- Eligibility Index
- CAASPP Results - EAP (early assessment program) ready for college-level work in English and Mathematics
- Early Start Program



California State University, Maritime



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# University of California

Davis

Berkeley

Santa Cruz

Santa Barbara

Irvine

Riverside

San Diego

Los Angeles



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# UC Admissions

- Coursework other than A-G
- Educational Preparation Programs
- Volunteer and Community Service
- Work Experience
- Awards and Honors
- Extracurricular Activities
- 3.0 minimum GPA
- Personal Insight Questions
- SAT or ACT with Writing
  - UC uses the student's best score from one test date



UC Berkeley



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# UC/CSU ADMISSIONS

## University of California

9 Campuses

Tuition: \$13,900 per year

Tuition, Room & Board, etc.: \$35,300

SAT w/ Reasoning or ACT Plus Writing

Possible SAT subject Test (by campus & major)

4 Personal Insight Questions

No Letters or Recommendation

Online Application

\$70 application fee per campus

## California State University

23 Campuses

Tuition: \$5,742 per year

Tuition, Room & Board, etc.:

approx. \$25,000

SAT Reasoning or ACT

No Personal Statement/Essay

No Letters of Recommendation

Online Application

\$70 application fee per campus

Subject to change

\*Refer to Senior Scoop



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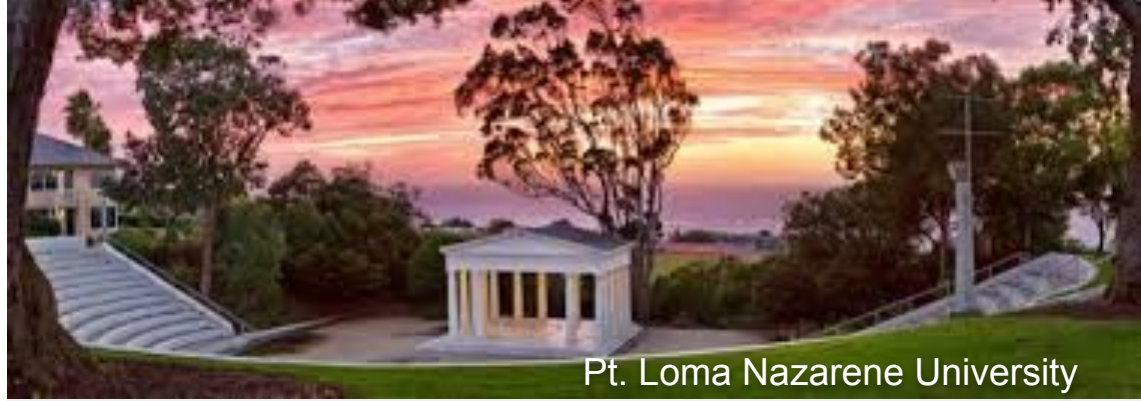
# PRIVATE COLLEGES



# Private Colleges

## Examples

St. Mary's College  
University of So. California  
Santa Clara University  
University of the Pacific  
William Jessup University



**Each private college may have their own admission requirements. Check with each campus for more info!**

*Many private colleges have large endowments to help students finance their education*



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# PARTIAL LIST OF PRIVATE COLLEGES

**OAK RIDGE STUDENTS HAVE ATTENDED**

Amherst

Azusa Pacific University

Babson

Brigham Young University

Brown

Columbia

Duke

Harvard

Harvey Mudd

Menlo College

MIT

North Carolina

Northwestern

Notre Dame De Namur

NYU

Occidental

Pepperdine

Pt. Loma Nazarene

Santa Clara University

Sarah Lawrence

St. Mary's College

Stanford University

University of Chicago

University of Pennsylvania

University of San Diego

University of San Francisco

University of Southern CA

University of the Pacific

Vassar

Westmont College

William Jessup University

Yale



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# OUT-Of-STATE COLLEGES



# Out-of-State Colleges

- Out-of-state tuition (usually more \$\$\$)
- Residency requirements vary
- Admission requirements and deadlines vary
- WUE (Western Undergraduate Exchange) - [www.wiche.edu](http://www.wiche.edu)
  - Tuition Reduction!  
Some restrictions may apply - check with the college



Utah State University



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# Examples of Colleges that Offer WUE Scholarships

- Boise State University
- Montana State University
- Northern Arizona University
- Southern Oregon University
- University of Colorado, Colorado Springs
- University of Nevada, Reno
- University of Utah

The screenshot displays the WICHE (Western Interstate Commission for Higher Education) website. At the top, the WICHE logo and name are visible. Below the navigation bar, a featured banner for Lewis-Clark State College highlights a student's success with the WUE program. The banner includes a photo of Jacob, an Oregon resident, and a quote: "WUE allowed me to attend school without racking up extreme student loans." The background of the banner shows the Lewis-Clark State College Activity Center. To the right of the banner, a search bar and social media links are present. Below the banner, the "WUE Quick Links" section lists various resources such as WUE HOME, WUE FAQ, and WUE Schools. The "WESTERN UNDERGRADUATE EXCHANGE (WUE)" section provides statistics for the 2017-18 academic year, stating that 40,000+ students saved over \$365.4 million on out-of-state tuition. It also includes a list of benefits and a call to action to find a school today. On the far right, a section titled "WICHE Student Exchange Program By the Numbers, Feb. 2018" features a photo of students in graduation caps and gowns.

WICHE  
WESTERN INTERSTATE COMMISSION FOR HIGHER EDUCATION

BROWSE INITIATIVES WICHE REGION NEWSROOM RESOURCES ABOUT US

"WUE allowed me to attend school without racking up extreme student loans."  
Jacob, Oregon resident  
Lewis-Clark State College, Elementary Education

LEWIS-CLARK STATE COLLEGE  
ACTIVITY CENTER

Image courtesy of Lewis-Clark State College

WUE Quick Links

- WUE HOME
- WUE FAQ
- WUE Schools: A-Z
- WUE Schools: By major/state
- Downloadable PDF/WUE Schools
- WUE Savings Finder
- Read Student Exchange: By the Numbers
- Graduate Studies (WRGP)
- Healthcare Professional Studies (PSEP)
- Read What Program Administrators Are Saying
- Read What Students Are Saying

**WESTERN UNDERGRADUATE EXCHANGE (WUE)**

**WUE** In 2017-18, 40,000+ students saved over \$365.4 million on out-of-state tuition.

WESTERN UNDERGRADUATE EXCHANGE

Next year, be one of them!

**Through the Western Undergraduate Exchange:**

- Reap steep nonresident tuition discounts—averaging \$9,000/year!
- Choose from hundreds of majors at 160 two-/four-year schools in 16 Western states/U.S. territories (CNMI and Guam).
- Graduate with more options, less debt.

**Find your school today!**

With WUE, out-of-state students pay no more than 150% of in-state tuition at participating schools, compared with nonresident rates that can exceed 300% of in-state rates.

Eligible students must be from a WICHE member state.

**WICHE Student Exchange Program By the Numbers, Feb. 2018**

WICHE Student Exchange Programs: By The Numbers 2017-18



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# Visit Colleges!



Check on the college websites for

- Open House
- Preview Days
- Overnight Visit Options
- Regional Information Sessions



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# COLLEGE FAIR

**Tuesday,  
September 24th**  
Union Mine High School  
6:30-8:15 pm

## Breakout Sessions

5:30 pm - Financial Aid/FAFSA Info  
*(note: start time is BEFORE event start time)*

7:00 pm - Career Education Explained

7:45 pm - UC & CSU Admissions



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# College Reps to Visit ORHS

60+ Colleges visiting us this Fall!

- Check the list at Career Center
- Sign up for Student Square
- Check Career Center webpage

## College Rep Visits

Learn more about college options by visiting with friendly & knowledgeable representatives from different schools! No appointment necessary. Just show up! Most reps visit the Career Center during break or lunch, but if you need a pass to leave class, just ask at the Career Center. **THIS SCHEDULE IS SUBJECT TO CHANGE. Updated 8/30/19**

Johns Hopkins University	Tuesday, September 3, 2019	12:25 PM
University of Pittsburgh-Pittsburgh Campus	Tuesday, September 3, 2019	12:25 PM
Verito Education (Study Abroad Programs)	Monday, September 9, 2019	11:50 AM
The University of Alabama	Thursday, September 12, 2019	10:20 AM
William Jessup University	Tuesday, September 17, 2019	10:20 AM
William Jessup University	Tuesday, September 17, 2019	12:25 PM
Northern Arizona University	Tuesday, September 17, 2019	2:20 PM
Hawaii Pacific University	Wednesday, September 18, 2019	10:20 AM
Illinois Institute of Technology	Thursday, September 19, 2019	12:25 PM
Point Loma Nazarene University	Monday, September 23, 2019	10:00 AM
University of California-Santa Barbara	Monday, September 23, 2019	10:00 AM
Seattle University	Monday, September 23, 2019	11:45 AM
Seton Hall University	Tuesday, September 24, 2019	1:10 PM
Willamette University	Tuesday, September 24, 2019	10:20 AM
Whitworth University	Tuesday, September 24, 2019	10:20 AM
California Lutheran University	Tuesday, September 24, 2019	12:25 PM
University of California-Santa Cruz	Tuesday, September 24, 2019	12:25 PM
Texas Christian University - TCU	Wednesday, September 25, 2019	2:20 PM
Embry Riddle	Wednesday, September 25, 2019	10:20 AM
University of Hawaii at Manoa	Wednesday, September 25, 2019	10:20 AM
University of Idaho	Wednesday, September 25, 2019	12:25 PM
University of Southern California	Wednesday, September 25, 2019	12:25 PM
Portland State University	Wednesday, September 25, 2019	12:25 PM
The University of Tennessee-Knoxville	Thursday, September 26, 2019	10:20 AM
New York Film Academy - Los Angeles	Thursday, September 26, 2019	10:20 AM
Westmont College	Thursday, September 26, 2019	12:25 PM
Salve Regina University	Thursday, September 26, 2019	12:25 PM
Linfield College	Thursday, September 26, 2019	12:25 PM
The University of Arizona	Thursday, September 26, 2019	12:25 PM
Purdue University-Main Campus	Thursday, September 26, 2019	12:25 PM
Saint Mary's College of California	Thursday, September 26, 2019	12:25 PM
Azusa Pacific University	Thursday, September 26, 2019	12:25 PM
Oregon State University	Thursday, September 26, 2019	12:25 PM
Drexel University	Thursday, September 26, 2019	12:25 PM



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# Attention Athletes!

Please be mindful of all requirements of the NCAA and/or NAIA Eligibility Center, such as:

- Core Course Requirements
- Transcripts and Test Scores

NCAA - [www.ncaa.org](http://www.ncaa.org)

To submit test scores - 9999

NAIA - [www.playnaia.org](http://www.playnaia.org)

To submit test scores - 9876



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# National Honor Society

- For 10th & 11th graders- Induction Spring 2020
- Advisor: Mr. Larsen at [elarsen@eduhsd.net](mailto:elarsen@eduhsd.net) - Room F-4
- Applications available mid-December 2019



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# COLLEGE ENTRANCE TESTS

## SPRING/SUMMER **ACT** TEST DATES

- February 8th
- April 4th
- June 13th
- July 18th

Register: [act.org](https://act.org)

## SPRING/SUMMER **SAT** TEST DATES

- March 14th
- May 2nd
- June 6th

Register: [collegeboard.org](https://collegeboard.org)



For practice tips, study guides, test dates, & test info, stop by the Career Center or ask your Counselor!

**JUNIORS - TAKE IN SPRING 2020**



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# WHAT IS AN SAT SUBJECT TEST?

Subject Tests test you on your knowledge of subjects on a high school level

Check with individual colleges/majors to determine if a SAT Subject Test is Recommended

For Example...

**UC Davis:**

Not recommended for any area

**UC Los Angeles:**

Henry Samueli School of Engineering and Applied Sciences:

Math Level 2 and a science test (Biology E/M, Chemistry, or Physics) closely related to the applicant's intended major.



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# PSAT

*Practice SAT*

**FIND THE REGISTRATION LINK ON THE ORHS HOMEPAGE**

**Wednesday, October 16<sup>th</sup>**

**Oak Ridge High School 8:00am – 12:30pm**

**\$20**

*Reduced fee available  
for those who qualify*

**REGISTER ONLINE** Sept. 1<sup>st</sup> - Oct. 1<sup>st</sup>

The PSAT is recommended for 10<sup>th</sup> and 11<sup>th</sup> grade only.

If you are a 9<sup>th</sup> grader who wants to register, please inquire at the Career Center.



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# ACT PRACTICE OPPORTUNITY

- Hosted by Revolution Prep
- Full Length practice test
- Monday, January 27th
- 1:00pm in Multipurpose Room

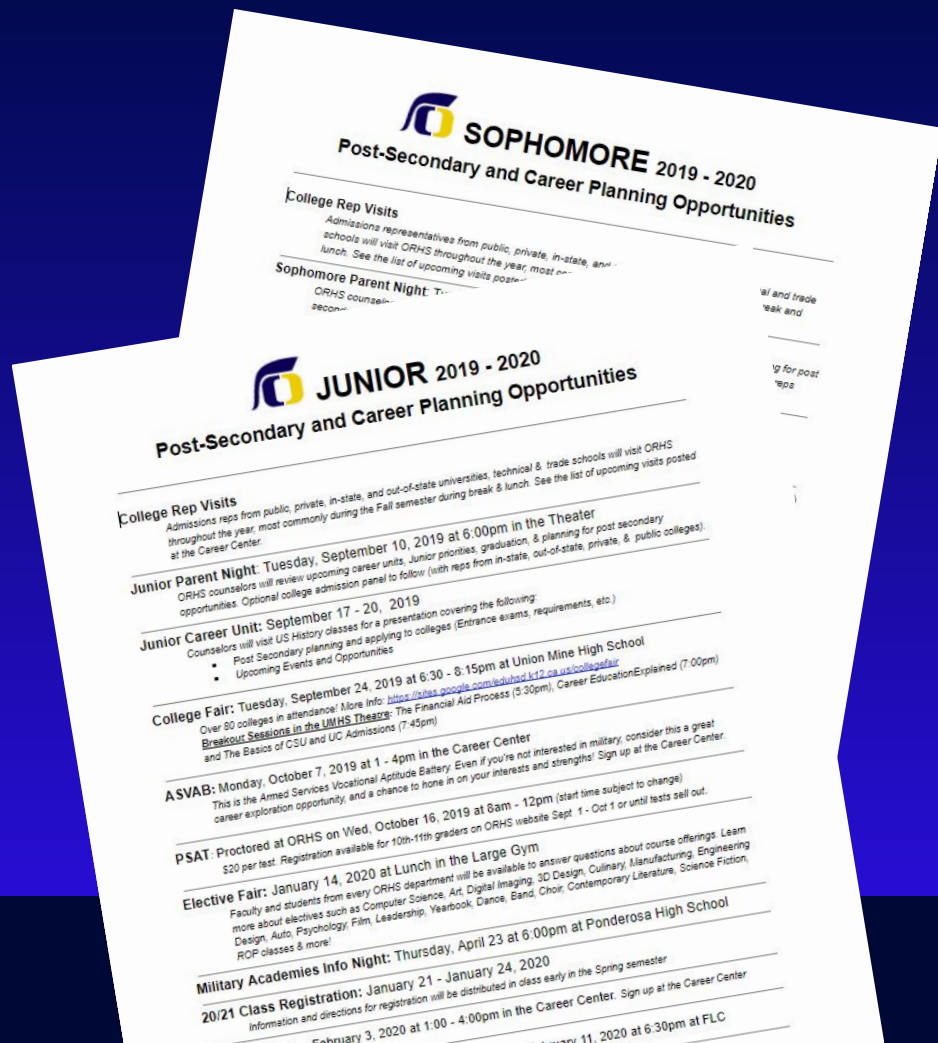
Sign up in the Career Center



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# GRADE LEVEL UPCOMING EVENTS/ OPPORTUNITIES

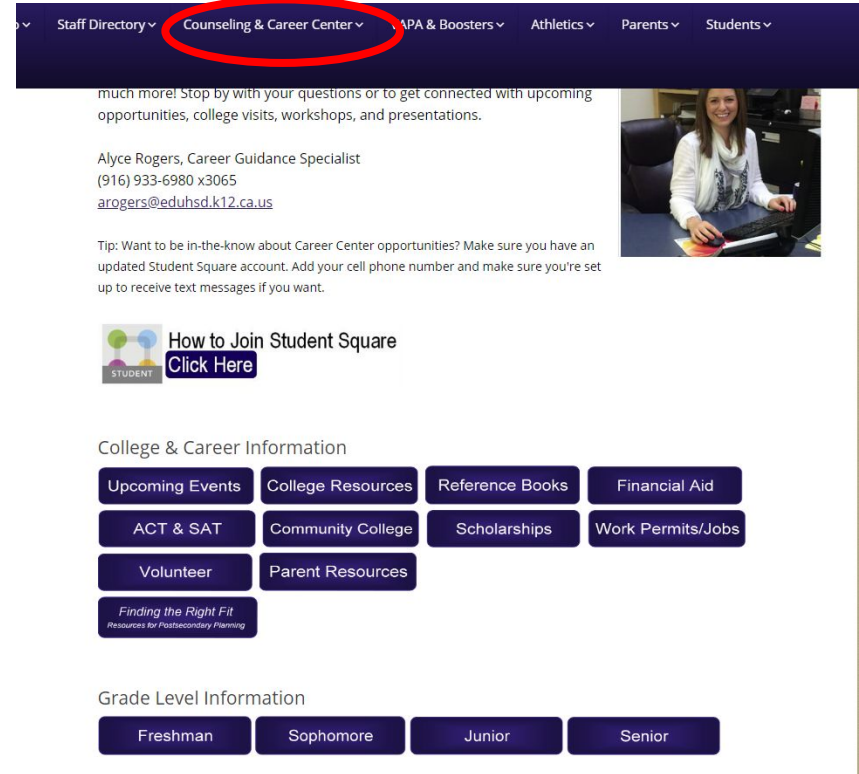
\*Available online, in the Counseling Office,  
and the Career Center





# College & Career Center Resources

- Volunteer Opportunities
- College information sessions
  - 60+ college rep visits in Fall
- Career exploration
- Post Secondary Planning Events
- Work Permits
- Resume assistance
- SAT and ACT prep study guides
- Spring Career Expo & Job Fair
- Scholarships & Financial Aid guidance




The screenshot shows the top navigation bar of the Counseling & Career Center website. The 'Counseling & Career Center' link is circled in red. Below the navigation bar, there is a section for Alyce Rogers, Career Guidance Specialist, with her contact information and a photo. A 'How to Join Student Square' section with a 'Click Here' button is also visible. Below that, there is a 'College & Career Information' section with buttons for 'Upcoming Events', 'College Resources', 'Reference Books', 'Financial Aid', 'ACT & SAT', 'Community College', 'Scholarships', 'Work Permits/Jobs', 'Volunteer', 'Parent Resources', and 'Finding the Right Fit'. At the bottom, there is a 'Grade Level Information' section with buttons for 'Freshman', 'Sophomore', 'Junior', and 'Senior'.

Staff Directory ▾ **Counseling & Career Center ▾** APA & Boosters ▾ Athletics ▾ Parents ▾ Students ▾

much more! Stop by with your questions or to get connected with upcoming opportunities, college visits, workshops, and presentations.

Alyce Rogers, Career Guidance Specialist  
(916) 933-6980 x3065  
[arogers@eduhsd.k12.ca.us](mailto:arogers@eduhsd.k12.ca.us)

Tip: Want to be in-the-know about Career Center opportunities? Make sure you have an updated Student Square account. Add your cell phone number and make sure you're set up to receive text messages if you want.

 **How to Join Student Square**  
[Click Here](#)

College & Career Information

[Upcoming Events](#) [College Resources](#) [Reference Books](#) [Financial Aid](#)  
[ACT & SAT](#) [Community College](#) [Scholarships](#) [Work Permits/Jobs](#)  
[Volunteer](#) [Parent Resources](#)  
[Finding the Right Fit](#)  
Resources for Postsecondary Planning

Grade Level Information

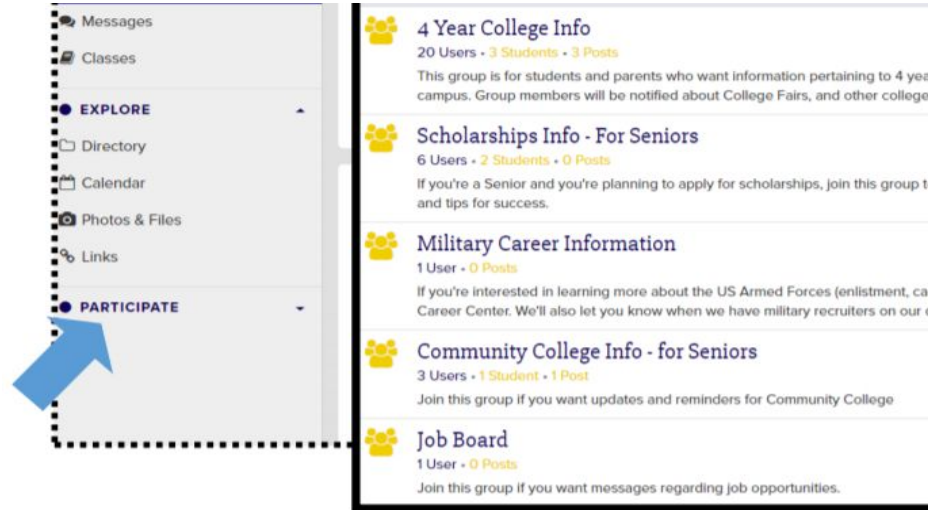
[Freshman](#) [Sophomore](#) [Junior](#) [Senior](#)



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# Join Parent/Student Square Groups to stay in-the-know

- Add your cell number
- Make sure you're set up to receive texts
- Join the groups that interest you



# COUNSELING OFFICE RESOURCES

- Graduation Requirements
- Course Selection
- Post Secondary Planning
- Tutoring Resources
- Student Wellness

To schedule an appointment, students may stop by the Counseling Office before school, after school, break, or lunch. You may also call to schedule. For quick questions, you may find your Counselor out on campus at Break or Lunch.



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# Counselor Assignments

<u>Last Name</u>	<u>Counselor Assignment</u>	<u>Extension</u>
➤ A – Ch	Jon Pratt	3051
➤ Ci - Gr	Jill Howard	3053
➤ Gu - K	Kim Cerutti	3310
➤ L– Per	Jenisse Bovo	3057
➤ Pet - Sn	Darsy Arburn	3052
➤ So - Z	Mandy Fiedler	3055

**Email or Call (916) 933-6980 X 3050**

**\_\_\_\_\_@eduhsd.net**



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# THE 4.0 THAT REALLY MATTERS

JULLIEN GORDON AT TEDxMIDWEST



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# Research Careers

**mynextmove.org**

<https://www.mynextmove.org/>

**Who do u want 2b.com**

<https://www.whodouwant2b.com/>

**California Career Zone**

<https://www.cacareerzone.org/>



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# Research Colleges

## College Navigator

<https://nces.ed.gov/collegenavigator/>

## College Scorecard

<https://collegescorecard.ed.gov/>

## CollegeBoard.org

<https://bigfuture.collegeboard.org/>



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**NEXT UP...**

**COLLEGE ADMISSION PANEL IN  
THE LARGE GYM**



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**THANK YOU**

