



# **LHHS Class of 2025**



**How much do you know?**

**[bit.ly/LHHSpre10](https://bit.ly/LHHSpre10)**

# Laguna Hills High School

## Class of 2024

### **1 Guidance Team**

- Guidance Techs
- School Counselors

### **2 Academics**

- Graduation requirements
- Credit Recovery
- A-G requirement
- ROP Courses

### **3 Post High School**

- Community College
- 4-year University
- Trade School
- Military

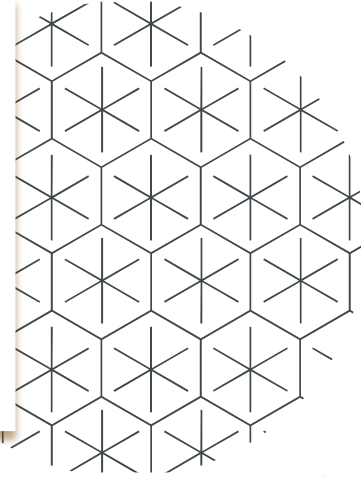
### **4 Recipe for success**

- Positive Habits
- Attendance
- Self Care

# Guidance Technicians help with:

- Registration and scheduling
- Graduation reviews
- Course changes and requests
- Address verification

Mrs. Kennedy  
A-La



Mrs. Breshears  
LE-Z



# School Counselors help with:

- Social/emotional support
- College planning
- Career planning
- Letters of recommendation
- At-risk meetings
- Course placement

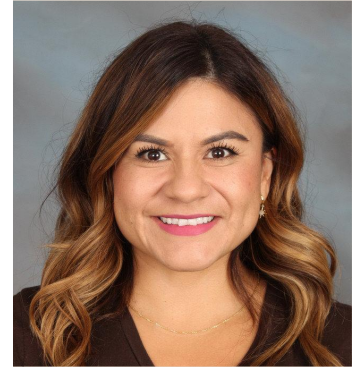
Mr. Sango  
A-D



Mrs. McClure  
Le-Ra



Ms. Rivas  
E-La



Mr. Van Dyke  
Re-Z



# Let's Talk Graduation

- 4 years English
- 3 years Math (to include Algebra I)
- 3 years Science (Biology, Chemistry, Physics)
- 3 years History (World History, US History, Civics/Economics)
- 1 year World Language or Visual/Performing Art or Career Tech Education (CTE)
- 2 years PE/Athletics
- 1 semester Health
- 55 elective credits

**Total: 220 credits**

**\*Passing grades: A, B, C, D (F is not a passing grade)**

**\*Every passing grade = 5 credits**

**\* 8 hours of community service**

# What happens if you fail a class?

Math - Science - History - English








Credit Recovery Options		
<b>Summer School</b>	SVUSD, PCHS, Access	
<b>Night School</b>	Once a week after school	
<b>Extra Class</b>	Attending 1st – 7th period	
<b>Fuel- Ed</b>	Online course– extra class in schedule	
<b>Silverado High</b>	Severely credit deficient	

# What is A-G Requirements?

## Must pass these courses with a "C" or better

### A – G Requirements

University of California and Cal State University

<b>A</b>	<b>HISTORY</b> 2 years required	
<b>B</b>	<b>ENGLISH</b> 4 years required	
<b>C</b>	<b>MATHEMATICS</b> 3 years required through Algebra 2	
<b>D</b>	<b>LAB SCIENCES</b> 2 years required/ 3 recommended	
<b>E</b>	<b>WORLD LANGUAGES</b> 2 years required/ 3 recommended	
<b>F</b>	<b>VISUAL/PERFORM ARTS</b> 1 year required	
<b>G</b>	<b>COLLEGE PREP ELECTIVE</b> 1 year required	

Grades of "C" or higher are required for all A – G courses

### CSU

- 2.5 GPA
- 10-11 grades

### UC

- 3.0 GPA
- 10-11 grades
- Comprehensive review



# ROP Courses

Hands-on in a wide range of topics to get you started on a career and inspire you to think about what's possible.



- Hands-on learning and experience
- Earn credits towards high school diploma
- Internship opportunities
- Free to high school students
- Courses held at different locations
- Most courses are college prep courses

## Course offerings:

- EMT
- Crime Scene Investigation
- Administration of Justice
- Baking and Pastry
- Automotive Technology
- Fire Academy
- Dental Assistant
- Medical Nursing Career
- Child Development
- Film & Digital Media
- Costume Design
- Animal Health Care
- Construction Technology

# POP Quiz

## Graduation

Total amount of credits needed to graduate?

## Credit Recovery

Name 2 forms of credit recovery options?



## A-G Requirement

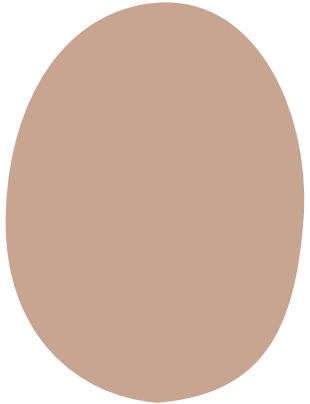
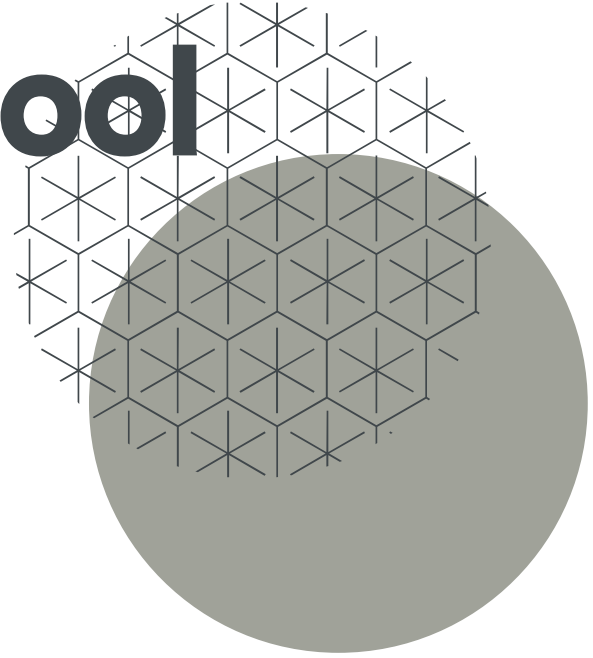
What is the minimum passing grade for an A-G requirement?

## Guidance Office

Who is your Counselor?



# Post High School Options



For students

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# Post-Secondary Options

## Community College

- Certification
- Associate's Degree
- Transfer to 4-Year university

## 4-Year University

- Bachelor's Degree & Beyond

## Trade School

- Certification Options
- Specialized Training

# Post-Secondary Options

## Community College

Anyone Can attend

- High school diploma
- Or must be 18 years old

## 4-Year University

- Must be accepted
- C grades or higher (A-G)
- UC – 3.0 GPA
- CSU– 2.5 GPA
- Private
- WUE: Tuition fee reduction program  
[wue.wiche.edu](http://wue.wiche.edu)

## Trade School

- Check specific requirements
- Specific career training
- Ex: plumbing, electrician, cosmetology

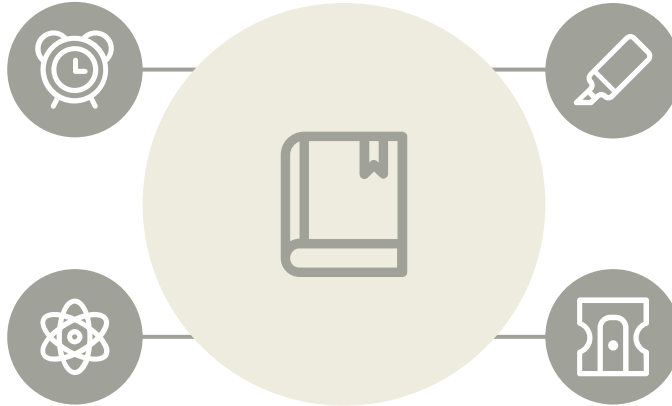
# Military Options

## Army

National Guard or Reserves. Main area of service is the ground. Serve in a foreign country

## Marines

Ground Fighting Force. Physical and mental toughness



## Navy

Defender of the Sea. Protectors of various coasts

## Air Force

Protects in Air & Space. Provide air support in critical missions



# How to be a Successful Student



Tips to avoid the  
Sophomore Slump

# Plan for Success

- Use a planner: write in assignments, plan free time, & schedule in study sessions

- Study 30 min per night/ per academic class

- Eliminate distractions (tv, phone, etc.) during homework/study time

- Communicate with your teachers

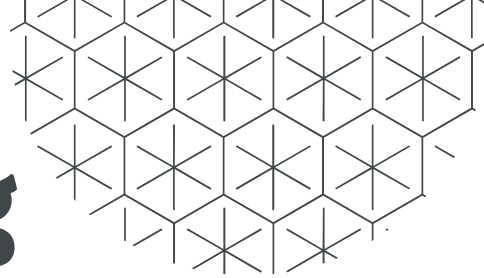
\*Take advantage of Tutorial – get work done!

- Set goals
- Do the basics: Eat & Sleep well

- Seek HELP when needed! It's okay to ask your teachers and counselor for help



# Tutoring



- Peer Tutoring is available every Tuesday and Thursday during tutorial in P-33. Ask your teacher or counselor for a referral.
- Free Tutoring 24/7 through the [State of California/Brainfuse](#)

## Includes:

- ❖ Homework Help Interact with live tutors in math, science, reading/writing, social studies, PSAT/SAT, ACT, AP and state standardized tests.
- ❖ Skills-Building Choose your topic to receive real-time help.
- ❖ Personalized eLearning Tools My File Sharing, My Session Replay, My Tutoring Archive, My Tests Archive, and more!
- ❖ 24-Hour Writing Lab Submit essays and other forms of writing for constructive feedback.
- ❖ Homework Send Question Submit homework questions for expert guidance.
- ❖ Foreign Language Lab /Spanish-Speaking Support

# Attendance Matters

Students who attend class regularly are more likely to:

- Earn passing grades
- Have strong academic skills
- Earn a high school diploma and graduate from high school

All absences are reported to Mrs. Weber in the attendance clerk:

[LHHSAttendance@svusd.org](mailto:LHHSAttendance@svusd.org)

Or hand written note from parent

- 3 days to submit absence notes or Saturday school is assigned
- 10 unexcused/ truants can result in a SARB hearing with the District Attorney

Research shows that missing 10 % of the school year, or about 18 days, negatively affects a student's academic performance. That's just two days a month (and that's known as chronic absence)

# Self Care

- Positive self talk – be nice to yourself!
- Exercise
- Eat healthy
- Sleep 8–9 hours
- Regulate breathing: take a few deep breaths, close your eyes
- Volunteer: give back to your community

**\*Reminder: Use Text-a-tip or speak with a trusted adult to get you or your friend help!**

Set time aside for you:

- Hang out with friends
- Take a hot bath or shower
- Listen to music/sing
- Journal or write poetry



**Mindshift:** Designed specifically for teens and adults with anxiety. This app can help you cope with life stress.



**Lifesum:** A resource for all things healthy living. Set personal goals from eating healthier, getting more steps and increasing water intake.



**My3:** Designed to help those who are depressed and suicidal and trains users to recognize suicide warning signs. Create your own safety plan so you can react when you recognize your warning signs.

# Important Information

## Summer School

- Applications will be available in the Guidance Office (April)
- If you failed a core class you **MUST** attend summer school
- Meet with your Guidance Tech ASAP
- Online and in-person options are available

**Stay Connected!** Make sure you are receiving the LHHS Counselor Corner & Hawk Happenings Newsletters for important updated information.

Always contact your School Counselor for questions. Call, email, or schedule appointments.

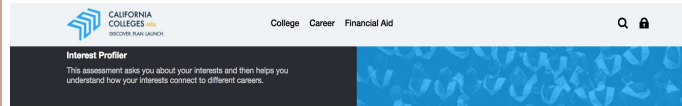
- LHHS Guidance page for contact info!

# CaliforniaColleges.edu Interest Profiler

- Career Interest Profiler
  - Create Account- see how your interest match careers
- Career Assessment
  - learn about your Interest, strengths, skills, values
- Career search tool
  - education level
  - salary
- Review a profile of your interests based on your responses
- Review Interest and click “Show Careers”

# Let's Explore

Find out what your interest are and how they relate to the world of work

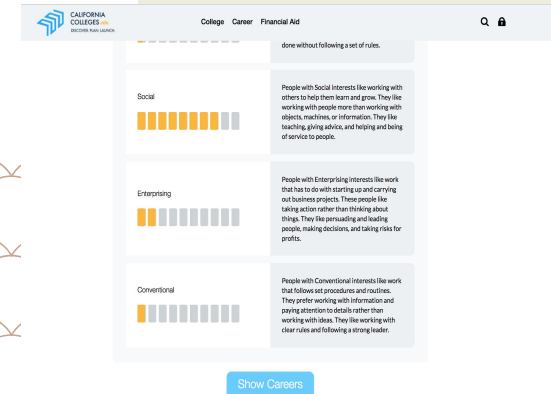


See how Your Interests  
**MATCH CAREERS**



- 1 Decide how much you'd like or dislike each task
- 2 Review a profile of your interests based on your responses
- 3 Explore careers that match your interests

Get Started





CALIFORNIA  
COLLEGES .edu  
DISCOVER. PLAN. LAUNCH.

## Register

1 — 2 — 3

Tell us who you are

I am a Student

What is the name of your School District ?

Saddleback Valley Unified

What is the name of your School ?

Laguna Hills High

\* All fields required

CANCEL

NEXT

## Register

1 — 2 — 3

### Student Information

First Name

Happy

Last Name

Hawk

Student ID

123456

Date of Birth

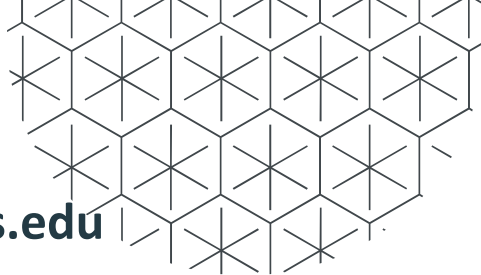
05/05/2005

Grade

12th

This is the first time I have used  
CaliforniaColleges.edu.

I have used CaliforniaColleges.edu before at a  
different school.



CaliforniaColleges.edu

## Interest Profiler



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CALIFORNIA  
COLLEGES .edu  
DISCOVER. PLAN. LAUNCH.

Educator Dashboard

College

Career

Financial Aid

### Career

What do you want to do when you grow up? Begin your career exploration now to find careers that match your skills, academic and other interests.

#### Career Interests

Interest Profiler

Work Values

Learning & Productivity

Intelligences

Personality

Learn about Career

Assessments

#### Career Options

Career Search Tool

Choosing a Career



**How much did you learn?**

**[bit.ly/LHHSpost10](https://bit.ly/LHHSpost10)**