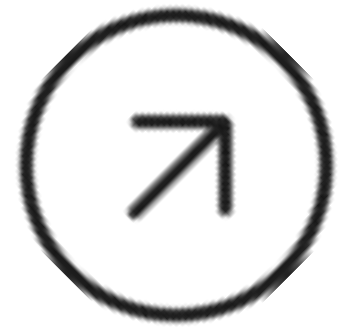




 **THHS  
GUIDANCE**

# NAVIGATING YOUR FUTURE



**JUNIOR PARENT  
NIGHT**

**HEATHER BERKNESS &  
LINDSEY GONZALEZ,  
COUNSELOR**





# WHAT WE'LL COVER TODAY:



- Review of Guidance Department
- Finding your fit
- Grad Requirements
- A-G Requirements
- Post High School Options
- Setting a Timeline
- NCAA

# THHS COUNSELORS



## **SOCIAL EMOTIONAL SUPPORT**

*Notice tasks that make you feel proud, excited, or curious. Lean in to your assets.*

## **ACADEMIC COLLEGE & CAREER PLANNING**

*Choose the right classes, programs, or opportunities.*

## **LETTERS OF REC COURSE PLACEMENT & AT RISK**

*Break down big dreams into small, doable tasks.*

**GRANT NYQYUIST**  
A-CL

**HEATHER  
BERKNESS**  
CO-GO

**LINDSEY GONZALEZ**  
GR-LEI

**SHANTI LUNSFORD**  
LI-OZ

**JAMI ORLOSKI**  
PA-SH

**CHRISTA SCHULTZ**  
SI-Z

**MICHELE  
MCCANN**  
A-GO

**SARAH CREASON**  
GR-OZ

**AIRA TORRES**  
PA-Z

# THHS GUIDANCE TECHNICIANS

## ENROLLMENTS

*Our Guidance Technicians are here to help you and your child get enrolled at THHS and provide you with support during the enrollment process.*

## SCHEDULING AND RECORDS

*Monitors grades, assists in intervention referrals. Completes records requests.*

## GRAD STATUS AERIES DATA CHANGES

*Scheduling and graduation status review.*

# WHERE TO START: WHAT IS THE RIGHT FIT

Here's how to start planning your future with confidence.



**STEP 1:** \*

*Know yourself*

**STEP 2:** \*

*Research your  
options*

**STEP 3:** \*

*Set realistic goals*

**STEP 4:** \*

*Make a plan*

# CALIFORNIA COLLEGES

Californiacolleges.edu provides comprehensive career development support for 6th - 12th grade students through self-discovery, academic planning and college/career exploration.

Students can use a variety of resources to identify interests, personality traits and learning styles, helping them match passions to potential careers.



# ACTIVITY: WHAT'S YOUR DREAM JOB?

In one minute, write down your dream job and interests. Then, turn to the person next to you and share what excites you most about it.

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# SUPPORTING YOUR STUDENTS

**Junior year is a big one.** Students are juggling rigorous academics, extracurricular commitments, and the growing pressure of planning for life after high school. While time management often centers on grades and deadlines, it's just as important to schedule mental check-ins and real breaks. Many juniors carry heavy time commitments outside the classroom, which can quietly lead to stress. Let's explore a few simple, practical ways families can support their students at home—so junior year feels challenging, but not overwhelming.

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**WHAT IS MY STUDENT'S CAPACITY ?**



**WHERE CAN I FIND SUPPORT?**



**WHAT VALUES MATTER TO ME?**  
*(e.g. creating, helping others)*



# THHS GUIDANCE WEBSITE

As your student moves through this important year, questions about academics, college planning, testing, and student support naturally come up. To help you navigate it all, **we encourage you to visit the Trabuco Hills High School website and select Guidance**, where you'll find a wide variety of resources designed to answer common questions and provide clear, up-to-date information. It's a great first stop for support as you partner with us during this pivotal year.

GUIDANCE HOME  
Community Service

GUIDANCE HOME  
Transcript Request

GUIDANCE STAFF  
Guidance Counselors  
Extensions & Appts

ACADEMIC PLANNING  
SUPPORT  
Important Dates

COLLEGE & CAREER  
PLANNING  
19 Dropdowns

COLLEGE & CAREER  
PLANNING  
Letter of Recommendation  
Packet

WORK PERMITS

TESTING  
AP Testing, PSAT, CAASPP  
SAT & ACT

# GRADUATION Requirements

- 220 Credits to Graduate
- 8 hours of Community Service

## ENGLISH: 4 YEARS

- English 1
- English 2
- English 3
- English 4

## MATHEMATICS: 3 YEARS

- Algebra 1 Required
- 2 additional years of Math

## SOCIAL STUDIES: 3 YEARS

- World History
- US History
- Civics/Econ

## SCIENCE: 3 YEARS

- Biology
- Chemistry
- 1 Additional year

## OTHER

- 2 years of PE
- 55 Elective credits
- 1 Semester of Health

All classes MUST be passed with a “D” or higher

# HOW TO CALCULATE THHS GPA

There are MANY different GPA's for high school students and every one is calculated differently and used for different things. It is important to remember that while a GPA is a good snapshot, the actual grades are more important.

## **Academic Weighted GPA:**

## **Total Weighted GPA:**

**Courses designated as weighted grade courses will be assigned a bonus point of .20 for each course for the SVUSD grade point average.**

## **Academic Non-Weighted**

## **Total Non-Weighted GPA:**

Compute the regular GPA as if there were no weighted grades (A=4, B=3, C=2, D=1, F=0).

## **GPA:**

## **UC/CSU GPA**

The UC/CSU GPA calculation uses grades from specific college preparatory (a-g) courses, taken mostly in 10th and 11th grade (after 9th grade for UC, all after 9th for CSU), excluding some non-college prep classes and Pass/No Pass grades, and includes weighted honors/AP/IB courses for extra points, unlike a standard high school GPA which often includes everything

# How to Calculate GPA

There are MANY different GPA's for high school students and every one is calculated differently and used for different things. It is important to remember that while a GPA is a good snapshot, the actual grades are more important.

## **Non-Weighted GPAs**

- Academic
- Total

Compute the regular GPA as if there were no weighted grades (A=4), B=3, C=2, D=1, F=0

## **Weighted GPAs**

- Academic
- Total

Courses designated as weighted grade courses will be assigned a bonus point of .20 for each course for the SVUSD grade point average.

## **UC/CSU GPA**

The UC/CSU GPA calculation uses grades from specific college preparatory (a-g) courses, taken mostly in 10th and 11th grade (after 9th grade for UC, all after 9th for CSU) and includes weighted honors/AP/IB courses for extra points, unlike a standard high school GPA.

# POST HIGH SCHOOL OPTIONS

Which pathway fits you most?

**2 YEAR COMMUNITY  
COLLEGE**

**4 YEAR COLLEGES  
AND UNIVERSITIES**

**CAL STATE  
UNIVERSITY**

**UNIVERSITY OF  
CALIFORNIA**

**MILITARY**

**GAP YEAR**

**WORK**

**VOCATIONAL/TRADE  
SCHOOL**

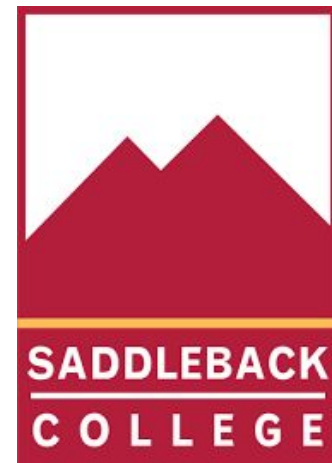
**CERTIFICATE  
PROGRAMS**

**SERVICE PROGRAMS**

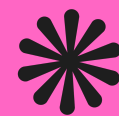
**ENTREPRENEURSHIP**

**APPRENTICESHIPS**

# COMMUNITY COLLEGES



## MORE TIME TO EXPLORE OPTIONS



*Find out which careers match your interests. Take the time to explore these pathways.*

## TRANSFER PATHWAYS



*Allow students to complete lower-division coursework and transfer to a four-year university to earn a bachelor's degree, often at a lower cost and with greater flexibility.*

## CALIFORNIA PROMISE



*Supports on-time completion and can significantly reduce the cost of earning a degree.*



# **4 YEAR UNIVERSITY AFTER HIGH SCHOOL**

**Applying to a four-year university directly after high school means students complete a specific sequence of courses, commonly referred to as the “A–G” requirements, to ensure they are academically prepared. Four-year college options include the California State University (CSU) and University of California (UC) systems, as well as private and out-of-state colleges. Because these schools have different admission criteria and limited space, students must apply, and acceptance rates can vary from campus to campus.**

# A-G

## UC/CSU REQQS

All classes MUST be passed with a "C" or higher

**A**

**SOCIAL STUDIES:**  
**2 YEARS**

- World History
- US History

**B**

**ENGLISH:**  
**4 YEARS**

**C**

**MATH:**  
**3 YEARS**

- Algebra 1
- Geometry
- Algebra 2

**D**

**SCIENCE:**  
**2 YEARS**

- Biology
- Physical Science

**E**

**LOTE:**  
**2 YEARS**

- 2 years of a Language other than English

**F**

**VISUAL AND PERFORMING ARTS**  
**1 year**

**G**

**COLLEGE PREP ELECTIVE:**  
**1 year**

- Complete all required A-G
- Earn a grade of C or better
- Take courses that are approved on the A-G List

- Follow the recommended sequence
- Maintain a strong academic record
- Plan early and review progress regularly

# California State University (CSU)

[www.calstate.edu/](http://www.calstate.edu/)

apply

- 23 campuses
- Minimum 2.0 GPA
- Our local campuses are CSU Fullerton & CSU San Marcos
- No SAT or ACT
- No letters of recommendation



# The University of California (UC)



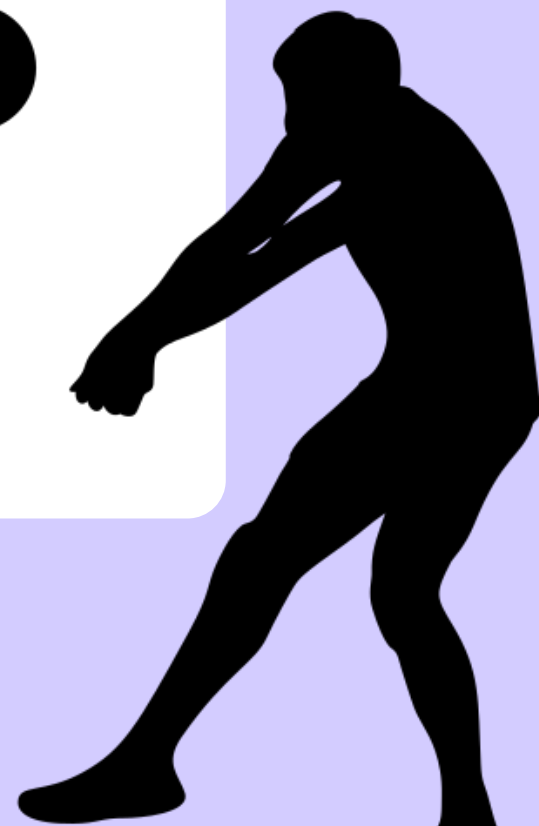
- **Strong Academic Performance:** A minimum 3.0 GPA is required for California residents, with emphasis on grades earned in A–G coursework.
- **Challenging Coursework:** The UC system values academic rigor, including honors, AP, IB, or college-level classes when available.
- **Activities & Involvement:** Participation in extracurricular activities, leadership, honors, employment, and community service helps show depth of commitment and personal growth.
- **Personal Insight Questions:** Students respond to 4 of 8 short-answer questions, allowing them to share their experiences, goals, and voice.
- **Good to know:**
  - Letters of recommendation are not required
  - SAT and ACT scores are not considered
  - For more information, visit [admissions.universityofcalifornia.edu](https://admissions.universityofcalifornia.edu).



# **PLAN TO COMPETE IN NCAA SPORTS?**

**CREATE THE ELIGIBILITY CENTER  
ACCOUNT THAT'S RIGHT FOR YOU!**

**ALL STUDENTS WHO WANT TO PLAY  
SPORTS AT THE COLLEGIATE LEVEL MUST  
CREATE AN ACCOUNT**



# MILITARY

The mission of the service academies is to provide the instruction and experience necessary to produce graduates with knowledge, character and leadership abilities to become career



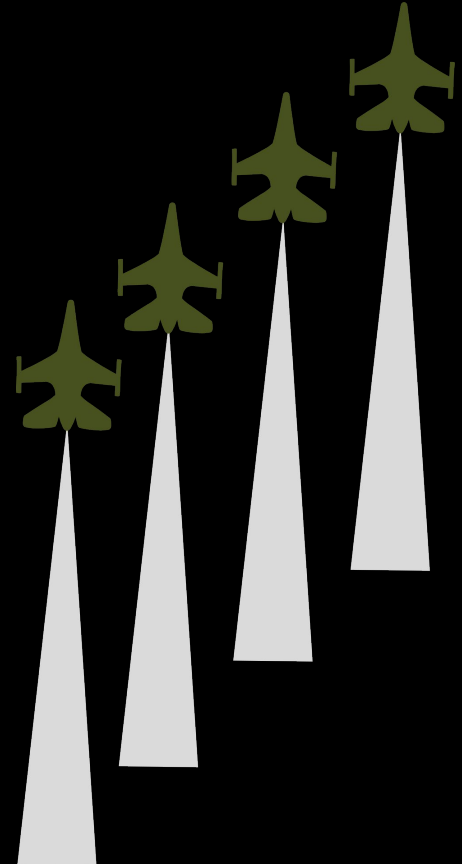
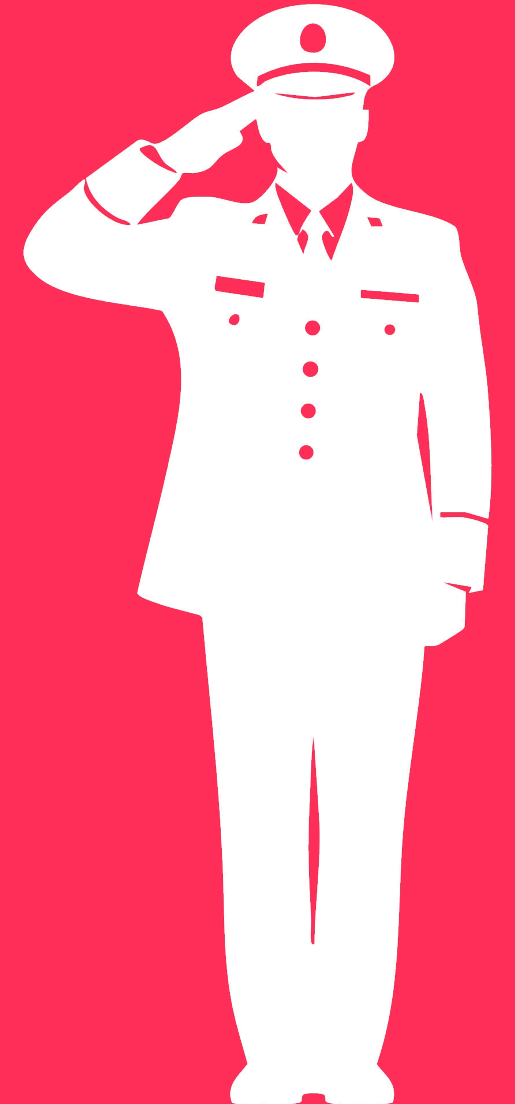
US Military Academy at West Point - [www.usma.edu](http://www.usma.edu)

US Naval Academy at Annapolis - [www.usna.edu](http://www.usna.edu)

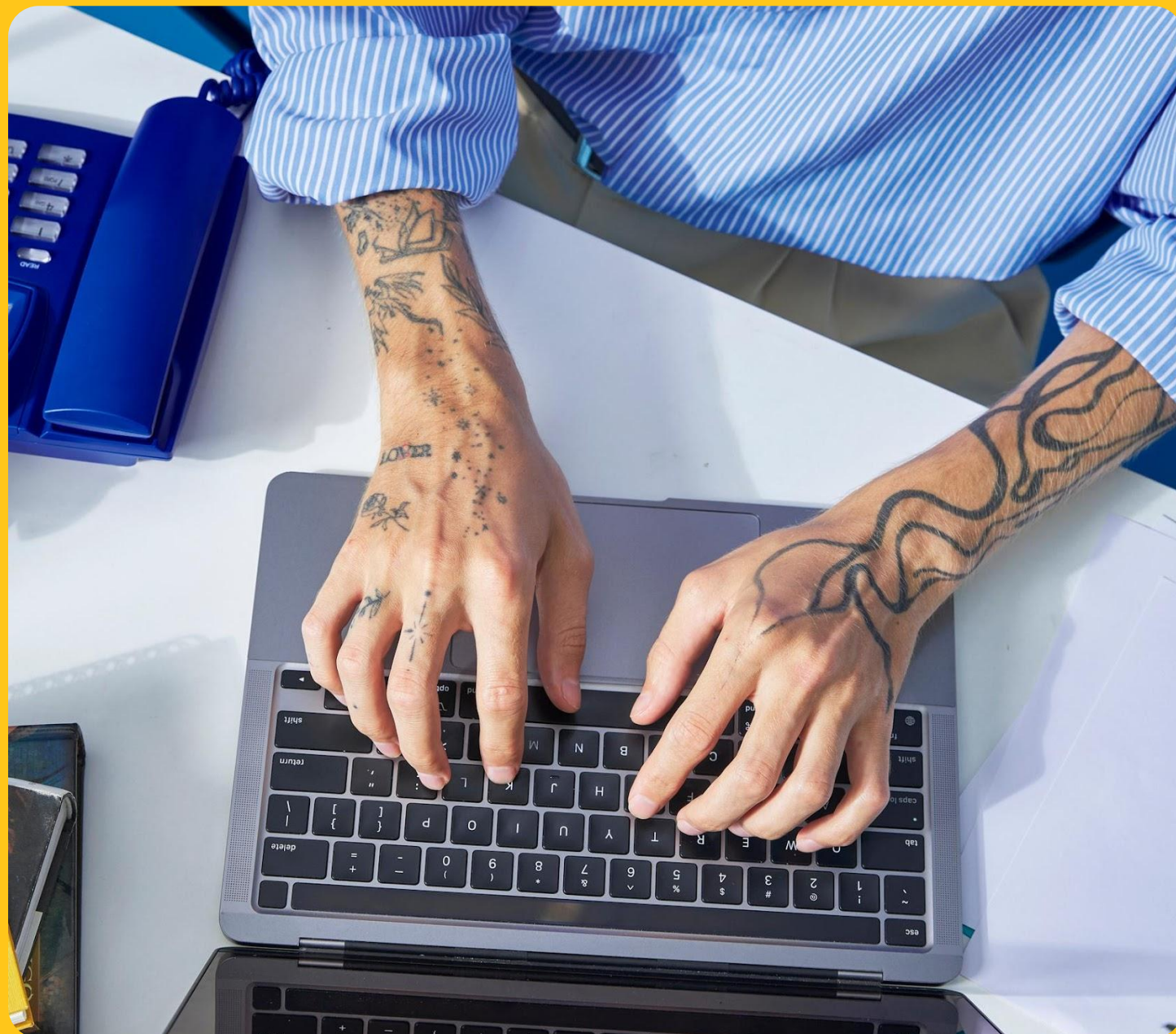
US Air Force at Colorado Springs - [www.usafa.edu](http://www.usafa.edu)

US Coast Guard at New London, Conn - [www.cga.edu](http://www.cga.edu)

US Merchant Marines at Kings Point, NY - [www.usmma.edu](http://www.usmma.edu)



# QUESTIONS?



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