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Junior Counseling

OHS GRADUATION REQUIREMENTS

<p>___ 260 Credits</p> <p>___ CAHSEE</p> <p>___ English.....40 credits</p> <p>___ Math.....20 credits</p> <p>___ Social Studies.....30 credits</p> <p style="padding-left: 20px;">World Studies.....10 credits</p> <p style="padding-left: 20px;">U.S. History.....10 credits</p> <p style="padding-left: 20px;">Gov/Econ.....10 credits</p> <p>___ Electives.....110 credits</p>	<p>___ Science.....20 credits</p> <p style="padding-left: 20px;">Biological.....10 credits</p> <p style="padding-left: 20px;">Physical10 credits</p> <p>___ PE.....20 credits (grade 9 & 10)</p> <p>___ Health & Safety.....10 credits</p> <p>___ Fine Art or Foreign Lang...10 credits</p>
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TIPS FOR SUCCESS AND HOW TO GET HELP!

- Do your best in every class.
- Communicate with teachers and seek out help when needed
 - Teachers
 - Tutors
 - Math Center
 - Etc
- Keep up with Home Link
- Allow yourself enough time to study. Creating a schedule is a great way to accomplish this.
- Credit Recovery and A-G Credit Recovery

GET INVOLVED!

- Join clubs
- Participate in Sports
- Run for Student Government

PREPARE FOR COLLEGE EARLY!

<u>College Entrance Exams Plan</u>			
	Sophomore	Junior	Senior
PSAT	_____	_____	_____
SAT	___N/A___	_____	_____
ACT	___N/A___	_____	_____
Subject	___N/A___	_____	_____
Test (UC)			

SAT – registration and info: www.collegeboard.com ACT – registration and info: www.ACT.org

PREPARE FOR COLLEGE EARLY! (cont.)

- Visit colleges and their websites
 - Make sure they have the major you are interested in.
 - Is it an atmosphere you are comfortable with?
- Register with CSUMentor now! (www.csumentor.edu)
- University of California bound? Check out www.universityofcalifornia.edu
- SAVE YOUR LOGIN INFORMATION!!!

UC/CSU REQUIREMENTS

A-G SUBJECT AREAS	California State University	University of California
a) History/Social Science	2 years	2 years
b) English	4 years	4 years
c) Math	3 years (through Algebra 2)	3 years (through Algebra 2) (4 years recommended)
d) Lab Science	2 years	2 years (3 recommended)
e) Foreign Language	2 years	2 years (3 recommended)
f) Visual and Performing Arts	1 year	1 year
g) Elective Courses	1 year Complete 10 unites of college prep courses with a grade of 'C' or better	1 year

*** All grades must be a 'C' or better to meet college admission standards. Also, the more math, science and foreign language the better.

WHAT DO COLLEGES LOOK FOR?

- **CSU**
 - GPA and test scores
- **UC**
 - GPA, test scores, community service, part-time employment, club involvement, etc
 - Personal Statement Essay
- **PRIVATE COLLEGES**
 - Same as UC's plus Letters of Recommendations
- **Keep a High School PORTFOLIO (the Brag Sheet)**
 - Keep track of your activities such as sports and other clubs, your community service hours, and your awards. Remember to keep it updated. This will help you when you fill out college applications and allow the colleges you want to attend to see your accomplishments and credentials.
- **HELPFUL WEBSITES**
 - www.ncaa.org – Athletes register at the end of junior year.
 - www.csumentor – California State University
 - www.californiacolleges.edu – Colleges in California
 - www.ucop.edu – California State University
 - www.sierracollege.edu – Sierra Community College
 - www.oakmont.org – Oakmont High School
 - Check out our *Counseling* link!
 - www.collegeweeklive.com – Virtual tours, college info, live chat, etc!