

High School Roadmap to College

May 1, 2024

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PASADENA EDUCATION NETWORK



Goal: *give you the tools to pursue a practical college game plan that takes your student from freshman year of high school through graduation and beyond.*

Agenda:

- **The Scholar Profile framework**
- **What it takes to graduate with college options**
- **Year by Year:**
 - key themes/focus for students
 - counselor services
 - parent pro tips
- **College Access Plan**

This is a TEAM EFFORT!

Support levels will vary by student and can come from:

- Parent | Family
- School | Teachers | Counselor | Advisors
- Community Support
- Coaches | Church Leaders | Mentors | Peers





Exploring College Options

There are a LOT of options, so do not limit your thinking to a handful of colleges. The key is to start exploring early!



CSU The California State University

COLLEGE NIGHT
Southern California
PASADENA CONVENTION
September 24, 2024
6 p.m. to 8 p.m.

Virtual College Fairs

NACAC ▶

WACAC

COLLEGE FAIRS

National College Fairs

NACAC ▶

SPRING 2024 Includes STEM / PVA Component

NACAC National College Fair
Greater Los Angeles

Tuesday, February 13
9 a.m. - 1 p.m. & 6 p.m. - 8:30 p.m.

Pasadena Convention Center
Pasadena, California

NACAC
National College Fairs



 **REGISTER NOW!**
nacacattend.org/fairs

* In addition to the traditional presenting general programs of study, this fair will include designated exhibit space for STEM and Restoring and Revitalizing our Visual Arts programs.

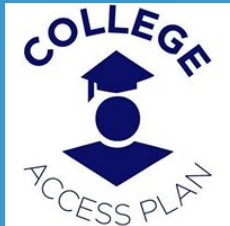




	CCCs (116)	CSUs (23)	UCs (9)	PRIVATES (85)
MINIMUM GPA	No	2.5	3.0	Varies
STUDENT CONTEXT	No	Yes**	Yes	Yes
ACTIVITIES & AWARDS LIST	No	No	Yes	Yes
PERSONAL INSIGHT QUESTIONS /ESSAYS	No	No	Yes	Usually
RECOMMENDATIONS	No	No	No	Usually

The Scholar Profile

*How to become a
well-rounded
college applicant*



What is your “Scholar Profile”?

In addition to academic requirements (course credits and grades), colleges are looking for well-rounded students who will contribute to the college and campus community.

The student’s scholar profile includes:

- Awards and honors
- Educational prep programs (e.g., tutoring, CAP)
- Extracurricular and leadership activities (music, sports, clubs, etc.)
- Volunteer or Community Service activities
- Other coursework
- Work experience

BRAG SHEET

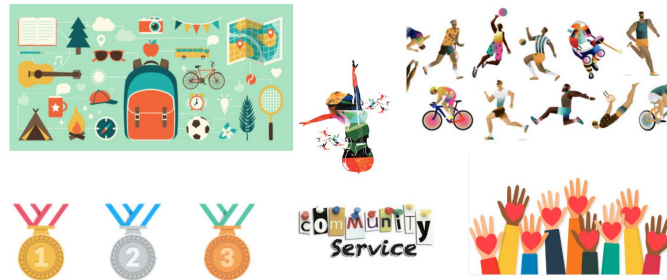
- Academic interests
- Career interests
- Personal passions
- Outside responsibilities
- Personality and character
- Contributions

What does “well-rounded” mean?

Well-rounded students demonstrate they are pursuing their learning and other interests not only through academic coursework but also through:

Community Service | Volunteering | Leadership Opportunities |
Extracurricular and Academics and more!

Well-rounded does NOT mean trying to do ALL THE THINGS!



Brag Sheet / Scholar Profile



- The Brag Sheet has many uses!
- When you apply to Pre-College or Summer Programs.
- It can be given to a recommender who will write a letter on your behalf.
- You will use it if you apply to the University of California (UC) and most private colleges & universities and even scholarships.
- Highlights how you choose to use your time outside the classroom.

College Resume - Example

EXTRACURRICULAR ACTIVITIES & COMMUNITY SERVICE

Include activities from school (e.g., clubs, student government, theater, sports) and outside of school (e.g. volunteer work, music lessons, club sports, youth groups, serious hobbies, babysitting).

Important: For activities categorized as volunteer/community service or educational preparation program in the UC application, make sure to add a description of the organization.

Activity: Example HS Varsity Marching Band	Activity: Example HS Varsity Basketball
Years Involved: 09/2019 – present	Years Involved: 01/2020 – present
Leadership/Roles: Section Leader	Leadership/Roles: Co-captain (junior & senior yr.)
Organization Description: N/A	Organization Description: N/A
Contributions: Play alto sax. Practice 3 days/week, 2 hrs/day in fall semester, and perform at football games and band competitions. Promoted to varsity band in 10th. Promoted to section leader for senior year. Teach new music to my section and help run band fundraisers.	Contributions: Attend 2-hour practice, 4x/week and games 1x/week, in spring semester. Contributed to first-place team finish at the CIF State Basketball Championship in 2021. Recognized as Most Improved Player by teammates and coaches in 2021. Promoted to Varsity for spring 2022.
Activity: Babysitting	Activity: College Access Plan (CAP)
Years Involved: 03/2020 – present	Years Involved: 09/2020 – present
Leadership/Roles: Babysitter	Leadership/Roles: Participant
Organization Description: N/A	Organization Description: CAP is a free college prep program offered at my high school.
Contributions: Watch my three younger siblings from 6-9 pm, 3 nights/week, when my mom is at work. Prepare dinner, assist with homework, and make sure they get to bed on time.	Contributions: Attend drop-in sessions 1x/month for college guidance and assistance with college applications. Completed 6-week College 101 for Juniors bootcamp in spring 2022.
Activity: Saint Elizabeth Parish	Activity: Example HS Filipino Club
Years Involved: 11/2020 – present	Years Involved: 2/2021 – present
Leadership/Roles: Peer Leader	Leadership/Roles: Vice President
Organization Description: Saint Elizabeth is a local Catholic church I have attended since childhood.	Organization Description: N/A
Contributions: Attend weekly youth group sessions. Lead bible study discussions for peers and guide 7th graders through the confirmation process.	Contributions: Organize social events for the school community and host a table during Asian American and Pacific Islander Heritage Month assembly. As VP, run bi-weekly meetings.

Brag Sheet / Scholar Profile



MENTION:

- **How often** you engage in the activity
- The **number of years** involved
- The **number** of individuals or events you are responsible for or participate in
- The **positions** you earned (if applicable)
- **Specific details** about how you contributed

Activity: Varsity Marching Band

Years Involved: **9th 10th 11th 12th**

Leadership Positions: Section Leader

Role & Contributions: Play alto sax. Practice three days/week, 2 hrs/day, in fall semester, and perform at football games and band competitions. Promoted to Varsity band in 10th. Promoted to section leader for senior year. I teach new music to my section and help run band fundraisers.

What it takes to Graduate with College Options



PASADENA EDUCATION NETWORK

PUSD Graduation Credit Chart (one semester = 5 credits)

Language	40	English I English II or AP Eng. Lang. IBWC or AP Eng. Lit.	50	English I, II, III, IV
Mathematics or approved PE	30	Math I & Math II (Math III, Statistics or College Prep Math recommended as 3rd year of math)	20	Math I & Math II
Other Social Sciences	30	World History or Social Science Elective U.S. History American Gov't/Economics	20	History/Social Science U.S. History American Gov't Economics
Science	30	Physics Chemistry Biology (Life Science)	20	Biology Physics/Chemistry
Foreign Language (4 year or more)	10	10 units of the same Language required for 4 year college admission	10	Fine Arts, World Language, or CTE
Admission	10	Required for UC/CSU admission	10	Fine Arts, World Language, or CTE
Physical Education	20	Must pass fitness exam or continue in P.E.	20	Must pass fitness exam or continue in P.E.
Community Service	30	CTE	5	CTE
Advanced Placement, IB, or AAS	20	AP, IB, and Honors courses, Choir, Band, Arts, Robotics, AAS	20	Courses with certification, dual enrollment or Junior College pathway programs
Community Service	20	Complete 200 hours of Must attend 1 service organization	20	Qualified students who have earned more than 120 minutes their first year

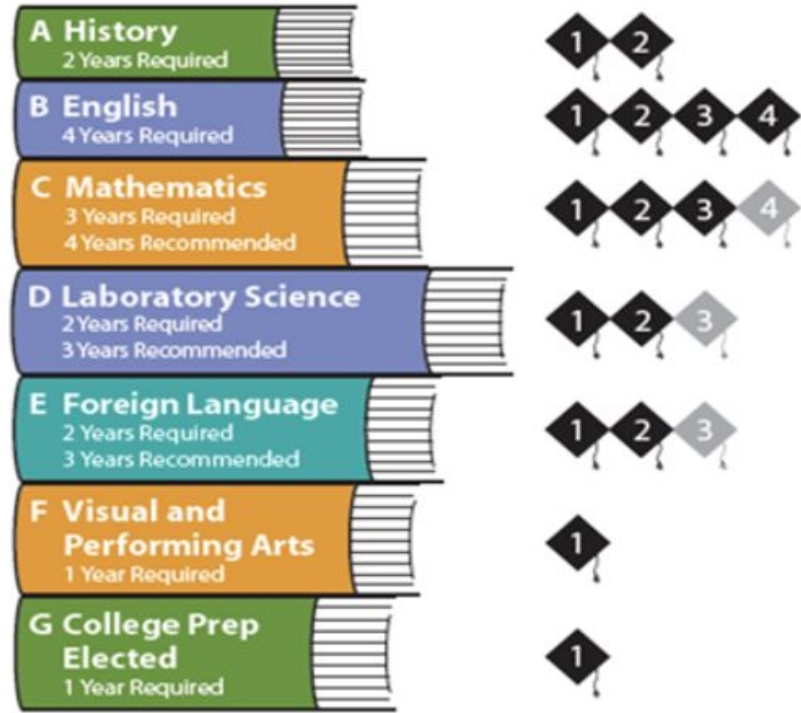
Requirements

1. 220 Credits of Required Coursework
2. 40 hours of Community Service or Work-Based Learning (WBL)
3. Graduate Portfolio and Defense

“A-G” Requirements with C or above

...Do as well as you can in the most rigorous courses you can successfully complete

A-G COURSE LIST



* Grades of C or better required.



PASADENA EDUCATION NETWORK

A-G

ELIGIBLE VS COMPETITIVE



GRADE	UNWEIGHTED GPA	WEIGHTED GPA
A	4.0	5.0
B	3.0	4.0
C	2.0	3.0
D	1.0	1.0
F	0	0

YOUR GRADES ALWAYS MATTER!

GPA = calculated average of all grades earned.

- Your MS GPA will determine your 9th grade class options.
- Your P.E. grade matters!
- Aim to earn as many A's & B's.
- Work towards having a **Competitive GPA**.

A-G

ELIGIBLE VS COMPETITIVE



BENEFITS OF RIGOR

- Earn Extra Points on your GPA.
- Helps you stand out to colleges and scholarships.
- Will help you achieve a competitive GPA.
- Prepares you for college rigor ensuring you will be successful!
- College courses can be taken through dual or concurrent enrollment - check with your high school.

YOUR OPTIONS



PUSD CAREER ACADEMIES



[CLICK HERE](#)

Students can also be academically competitive by taking advantage of 1 of 8 PUSD college and career academies, which represent these 6 industries:

- Arts, Entertainment, and Media
- Public Service
- Business
- Engineering and Design
- Information Technology
- Health Science & Medical Technology



Roadmaps by Year



PASADENA EDUCATION NETWORK

An Overview of the Territory

8th Grade: 1st meeting w/ high school counselor...

9th Grade: Establish routines adjust to HS, exploring interests, & attend college fair!

12th Grade: Attend CAP Drop-In. APPLY to colleges, financial aid, & scholarships. College Intent to Register!

10th Grade: Take challenging courses, attend CAP, enroll in summers programs, exploring college options

11th Grade: **Most challenging academic year!** Summer: start on personal essays, internship or college-oriented program. Balance your college list

Meet with your counselor every year

Grades Matter Every Year



PASADENA EDUCATION NETWORK

Zooming in: 9th Grade

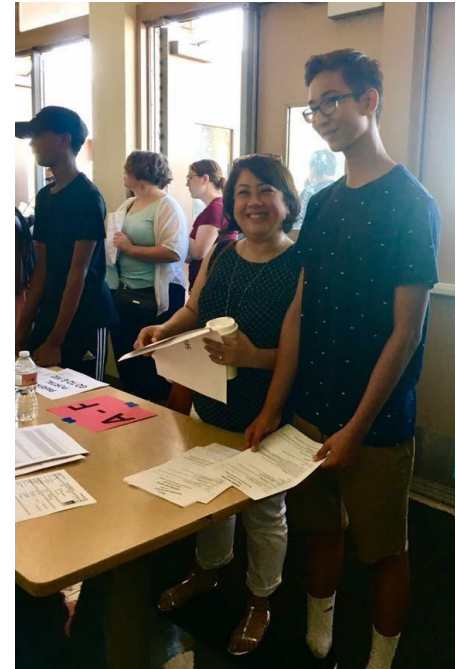
The beginning of high school is an exciting time. Your child may be adjusting to a new school, making new friends and becoming more independent. Many children struggle academically at the beginning of high school, so your child still needs your help and involvement.

9th Grade: Counselor-initiated activities

- Transcript Review/Graduation Requirement/A-G Lessons
- 4-year plan - individual counseling (x/year)
- Post-Secondary Planning
- PSAT Intro
- Interventions for Academic Gaps
- Transitions/Adjustments to High School

See also: PUSD's Orientation to High School Handbook:

<https://www.pusd.us/departments/secondary-education/high-schools/high-school-handbook>



Zooming in: 9th Grade, cont.

Opportunities & Support Programs

- [College Access Plan](#) (CAP)- offers a wide range of free college resources for students and families. Students can attend [CAP Drop-In Program](#) and participate in enrolled courses. Any student may take advantage of this program, whether to explore college options, discuss course (and other) requirements, learn about financial aid, work on college essays - anything college-related!
- [PCC Upward Bound Trio](#), [CSULA Upward Bound](#), [UCLA VIPS](#) and the [UCLA Early Academic Outreach Program EAOP](#) are designed to expand postsecondary education opportunities for California's educationally disadvantaged students, and are available to PUSD students.
- Check your high school counseling office webpage for other school-specific academic support programs.
- High Schools also offer [“Wellness”](#) services and mental health support. Check the school website or ask your [school’s community assistant!](#)



Zooming in: 9th Grade (cont.)

Pro-tips:

- Many students struggle a bit academically when they start high school.
- Get in the habit of using [Aeries Parent Portal](#) to view your student's Academic Plan and make sure they are on track with course requirements as well as grades.
- A-G counselors can help with credit recovery, including re-taking courses that require a C grade or higher to count towards college eligibility. Courses can be made up if necessary over summer* or in twilight school.
- Check weekly e-bulletins sent out by the school for reminders of important dates or announcements of special programs or opportunities. (See also social media.)
- Use the summer between 9th & 10th to explore interests.

****Setting students up for success from the beginning is key! No matter where your student is looking to go to college, all 4 years of high school grades matter!***

Your student's Academic Plan

High School Graduation View | UC College Requirements View | **CSU College Requirements View**

Subject Area	Credits Needed	8th Grade					9th Grade					10th Grade					11th Grade			
		Semester1		Semester2		Summer	Semester1		Semester2		Summer	Semester1		Semester2		Summer	Semester1		Semester2	
		Qtr 1	Qtr 2	Qtr 3	Qtr 4		Qtr 1	Qtr 2	Qtr 3	Qtr 4		Qtr 1	Qtr 2	Qtr 3	Qtr 4		Qtr 1	Qtr 2	Qtr 3	Qtr 4
A-History/SocScience	0/20											AP Euro Hist A (112511)	AP Euro Hist B (112512)		AP US Hist H A (112621)	AP US Hist H B (112622)				
B-English	0/40						English 1H A (211435)	English 1H B (211436)				English 2 H A (211539)	English 2 H B (211540)		AP Eng Lang A (212653)	AP Eng Lang B (212654)				
C-Mathematics	0/30	AP Calculus A (31235H)	AP Calculus B (31236H)				LinAlgMultVar A (311915)	LinAlgMultVar B (311925)				AbsAlg Discrt A (311935)	AbsAlg Discrt B (311945)		ProbStatMSGTA A (311955)	ProbStatMSGTB (311965)				
D-Lab Science	0/20						AP Physics C A (41291X)	AP Physics C B (41292X)							AP Chemistry A (412905)	AP Chemistry B (412906)				
E-Foreign Language	0/20						Spanish 1P A (510911)	Spanish 1P B (510912)	Spanish 2P A (510913)			Spanish 2P A (510913)	Spanish 2P B (510914)		Spanish 3P A (510941)	Spanish 3P B (510942)				
F-Visual and Perf Arts	0/10														Film Hist P A (610737)	Film Hist P B (610738)				
G-Electives	0/10						Web APP Dev 1HA (76297A)	Web APP Dev 1HB (76298A)				AdvComSciApp A (81071B)	AdvComSciApp B (81072B)							
		US History B A (110321)	US History B B (110322)				Phys Ed 9 A (810445)	Phys Ed 9 B (810446)				Basketball A (810915)	Basketball B (810916)							
		Phys Ed 678 A (810845)	Phys Ed 678 B (810846)																	
Not a Requirement		Science B A (410327)	Science B B (410328)																	

Zooming in: 10th Grade

Grades ALWAYS matter! Encourage your student to take challenging courses, especially in areas of interest. Start exploring college options, and make good use of the summer to round out your student's scholar profile.

10th Grade: Counselor-initiated activities

- Career Exploration
- College Readiness
- Visit local colleges and attend PUSD College Fair
- PSAT (optional)*
- Healthy Habits



Zooming in: 10th Grade, cont.

Resources for students and families:

[California College Guidance Initiative \(CCGI\)](#) - Students will be guided to create a CCGI account in 11th grade if they haven't already, but you can start exploring this resource sooner with your student. Parents can also create an account that allows you to track/monitor your child's planning and progress.

[College Board](#)- Create an account together with your student. Have the login information so that you can check it.

[College Board's "Big Future"](#) website also has a wealth of resources for exploring colleges and careers, learning about financial aid, and even year-by-year "action plans" for families.

Zooming in: 10th Grade, cont.

Pro-Tips

- **GRADES MATTER!** UC/CSUs begin calculating your GPA beginning with the A-G classes taken the summer before your sophomore year (10th grade)
- **Take rigorous courses in areas where student is interested and has potential to do well.**
- **Encourage student to explore interests** - clubs, sports, volunteer opportunities, summer programs - students who can tell a compelling story about who they are and how they are pursuing the things that interest them will be more attractive college candidates than those who are just randomly doing a lot of different kinds of activities.
- **Use your summers well!**



Zooming in: 11th Grade

Junior year marks a turning point, when academics and college planning activities kick into high gear.

11th Grade: Counselor-initiated activities

- PUSD students create **CCGI account** (if they have not already) & complete resource interest inventories; parents can also create an account to track/monitor college planning progress
- **College list** matched to careers
- **PSAT/National Merit Scholarship Qualifying Test*** (Fall)
- **SAT/ACT** (Spring) -
- **“Brag Sheet”** - students compile list of achievements and activities for teachers and counselors who will be writing letters of recommendation for them
- **Social Emotional Learning** - dealing with anxiety





California College Guidance Initiative (CCGI): <https://www.californiacolleges.edu>

Register Your Account



As parents, we can see information about the student's interests and strengths, and ask them questions. It lets us help them plan for their future.

Flor Navarro, Parent and Academic Counselor, Delhi USD

Parents

Your child is taking a big step toward their future. CaliforniaColleges.edu will empower you to help them along their journey.

- Support your child's college and career planning.
- Keep an eye on their academic progress.
- Learn about money that can help them pay for college.
- Help them navigate applying for college and financial aid.

Register Your Account

Parents also should check out:

<https://bigfuture.collegeboard.org/communities-events/for-parents>



62°F

Partly sunny

Zooming in: 11th grade, cont.

Opportunities and Resources:

- College Access Plan (CAP) sponsors a number of workshops for students and info sessions for parents. (More about this in a minute!)
- Summer programs - if there is a program of interest that requires an application to participate, that will look better than a program anyone can participate in by just paying a fee. UC COSMOS- a Math and Science Camp offered at [UC Davis](#), [UCI](#), [UCSC](#), [Academic Pre-College Program at UCLA](#), [Cal-TECH](#), [PCC](#) among others
- Students in [PUSD's College & Career Academies](#) can get a leg up on [internship](#) opportunities the summer after junior year.



Zooming in: 11th grade, cont.

Pro-tips for Junior Year

- Have your child make a College Board account using non-PUSD email, save the information, and share with you. (You should also be able to create a parent account to see your student's CCGI account activity.)
- It's not so much about doing ALL THE THINGS as it is about a student discovering her or his passions, strengths, and interests. Get involved with just a couple of clubs or activities and grow involvement and leadership in those areas rather than joining half a dozen clubs.
- Similarly - do not try to take ALL the AP classes! Match your child's interests, strengths, and possible major.
- Internships, jobs, or volunteer positions where a 3rd party can attest to the hours your student put in carries more weight than a family-based activity.



Zooming in: 12th Grade

12th Grade - Counselor-initiated activities

- College Applications (Fall - Oct. 1-Nov. 30 for UC/CSUs)
 - Ask for letters of recommendation early!
 - “PIQ”s - Personal Insight Questions - students choose 3 of 5 topics to respond to in preparation for writing college essays
- Financial Aid & Financial Literacy lessons (Oct 1- Mar 2) - go over difference between public & private colleges, loans vs. scholarships or grants, etc.
- 4-Year Plan - individual counseling (graduation requirement checks & A-G checks)



Zooming in: 12th grade, continued

Opportunities & Resources

- College Access Plan can help students research scholarships and grants, as well as complete financial aid forms and understand loan options. CAP also helps families evaluate financial aid offers once college acceptances arrive.
- College Board's "Big Future" Family Action Plan for Senior Year: [Family Action Plan 12th Grade](#)

Pro-tip:

- There is a lot going on Senior year, and for many students this is a time to enjoy the present rather than worry about the future. Having things organized so you can help your student keep track of what needs doing (and when) can help everyone have a better senior year!





College Access Plan

- *services available to all PUSD students*
- *focus on preparing underserved students to succeed in college*



COLLEGE ACCESS PLAN

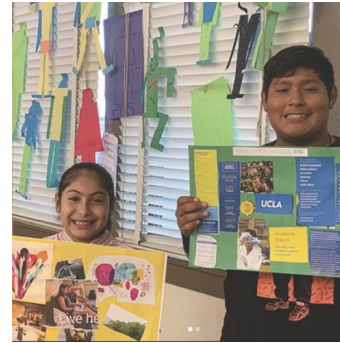


College Access Plan (CAP) offers **FREE** college readiness support for students and families.

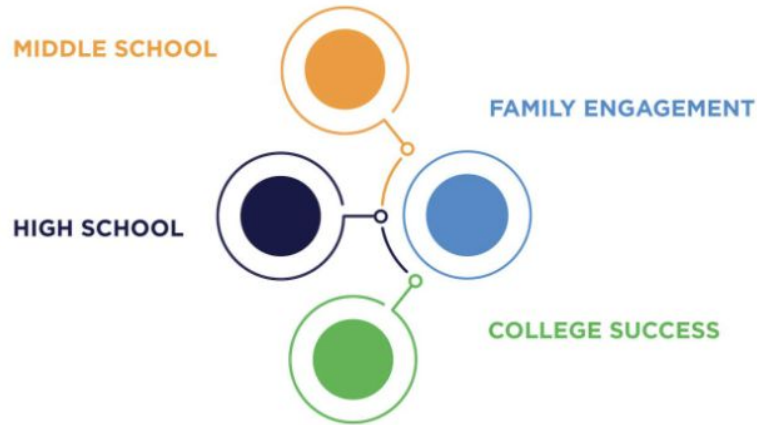
**Everyone is welcome.
There are no requirements
to attend.**



www.collegeaccessplan.org



Family Engagement



Fall Family Welcomes

- In person & virtual

Saturday Talks

- College workshops geared towards First generation families

Financial Aid Webinars

- Affording College & Understanding Financial Aid Offers

School Sites & District:

- AAPC | PTSA | ELAC | DELAC | FYC

Transition Workshops

- 5th grade, Middle School & College

Community Partner Collaborations

Middle School Programs



**CAP'S AFTER
SCHOOL PROGRAM**
AT YOUR MIDDLE SCHOOL

**PLANNING FOR COLLEGE STARTS IN
MIDDLE SCHOOL!**

- Prepare for high school success
- Explore colleges and careers
- Learn about yourself
- Participate in fun activities

SIGN UP NOW!
SPACE IS LIMITED
1 DAY A WEEK
FOR 9 WEEKS



Jada Tarvin-Abu-Bekr
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High School Programs



AFTER SCHOOL 2 HOURS TWICE A WEEK

- We help with college lists, college applications, essays, resumes, financial aid, scholarships, and career exploration.
- We are here to support your students with their goals.
- We also offer an enrolled fall and spring courses to help students with their college plans.

HIGH SCHOOL CAP DROP-IN

All PUSD students are welcome. There are no requirements to participate.



Cynthia Contreras
Program Coordinator
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Enrolled Classes- Registration Required




COLLEGE ESSAY WRITING (FALL | SEPT-OCT)

- Identify the essays you want to work on.
- Write great essays for college and/or scholarships.
- Receive feedback from peers and a CAP advisor.

Juniors are encouraged to register and will be accommodate if space permits.

COLLEGE 101 FOR JUNIORS (SPRING | MAR- APR)

- Types of colleges and universities.
- Application process and timelines for admission and financial aid.
- College fit and the college list
- Complete the interest form [HERE](#) 

Sophomores are encouraged to register and will be accommodate if space permits.

COLLEGE ACCESS PLAN DROP-IN HOURS



DROP IN ANYTIME!
3:30-5:30 PM

Monday/Wednesday
Blair - Library
PHS - G102

Tuesday/Thursday
John Muir - A136
Marshall - Library
collegeaccessplan.org/dropin



THANK YOU!

Please give us your
feedback with this
short survey:



Contact us with questions or comments

Wendy D. | Natasha M.
families@collegeaccessplan.org

Susan Schwartz
info@penfamilies.org

