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# New Families Night -LAHS Counseling

August 29, 2024

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# Welcome 9th Grade/New Families!

01

## Counseling

Who we are, what we do, how we can help your student

03

## Balance + Fun

Help your student find a healthy balance & get involved

02

## Academics

Grades, credits, requirements, support

01

# Counselors

Dr. Carter  
Ms. Dumas  
Mr. Larin  
Ms. Mistele-Ali  
Ms. Parker  
Mr. Rojas  
Ms. Wise  
Ms. Vallado - Counseling Secretary

We're looking forward  
to getting to know you!





# Counseling Website



**LOS ALTOS HIGH SCHOOL**  
Home of the Eagles

Translate ▾

District Sites ▾



[Home](#)

[About Us](#) ▾

[Academics](#) ▾

[Athletics](#) ▾

[Parents/Students](#) ▾

[Student Activities](#) ▾

[Student Services](#) ▲

## STUDENT SERVICES

- › Library
- › Mental Health & Wellness
- › MTC Mentor Program
- › Testing Center
- › Transcripts
- › Academic Collaboration Time
- › Tutorial Center

## COUNSELING

- › About Us
- › Out-of-District Coursework
- › Helpful Resources
- › Course Selection
- › Frequently Asked Questions
- › Presentations & Workshops
- › Letters of Recommendation

## COLLEGE & CAREER CENTER

- › Class of 2025: College Counseling
- › Events Calendar
- › Explore Pathways after High School
- › Helpful Resources
- › Naviance
- › Scholarships



# Connecting with Counselors

## **Who is my student's counselor?**

Every student is assigned a counselor based on the 1st letter of their last name

## **How do students contact their counselor?**

Students can see their counselor in person or send them an email

## **Where can students find their counselor?**

All counselor offices are located in the new Student Services Building on the 2nd floor

## **When can students see their counselor?**

Students may drop in at their counselor's office during brunch or lunch, or can make an appointment during ACT



# What do school counselors do?

School counselors are part of your student's support "village" during their 4 years @ LAHS

- Help them make a plan for graduation and postsecondary plans (college, work, etc)
- Assist them in selecting classes every year
- Meet with them every year to talk about how to achieve their goals & prepare for the future
- Connect them with resources on & off campus
- Listen when they're having a tough day



# Counseling Services by Grade Level

## 9TH GRADE

- BTSN Parent Welcome
- 9th grade Student Check-ins
- Course selection

Curriculum: Naviance/SIS, SEL, academic advising and 4-Year Plan

## 12TH GRADE

- Senior Parent Night
- Class Presentations
- 12th Grade Student Check-ins
- CCC College Counseling

Curriculum: Naviance, post-secondary planning, college application process & academic advising

## 10TH GRADE

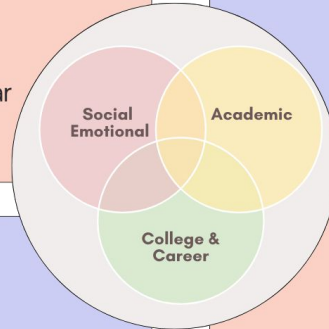
- 10th Grade Parent Night
- Course selection
- Small-Group Workshops

Curriculum: Naviance, SEL, academic advising & career exploration

## 11TH GRADE

- 11th Grade Parent Night
- Class presentations
- Junior Interview
- CCC College Counseling
- Letter of Rec Workshop

Curriculum: Naviance, SEL, academic advising & post-secondary planning





# 9th Grade Counseling Check-Ins

9th Grade Counselor  
**Check-Ins**  
Individual  
student-counselor  
appointment



**Course Selection +  
4-Year Plan**  
Counselors visit 9th  
grade English classes

**Summer Resources**  
Counselors will reach  
out about summer  
school if needed

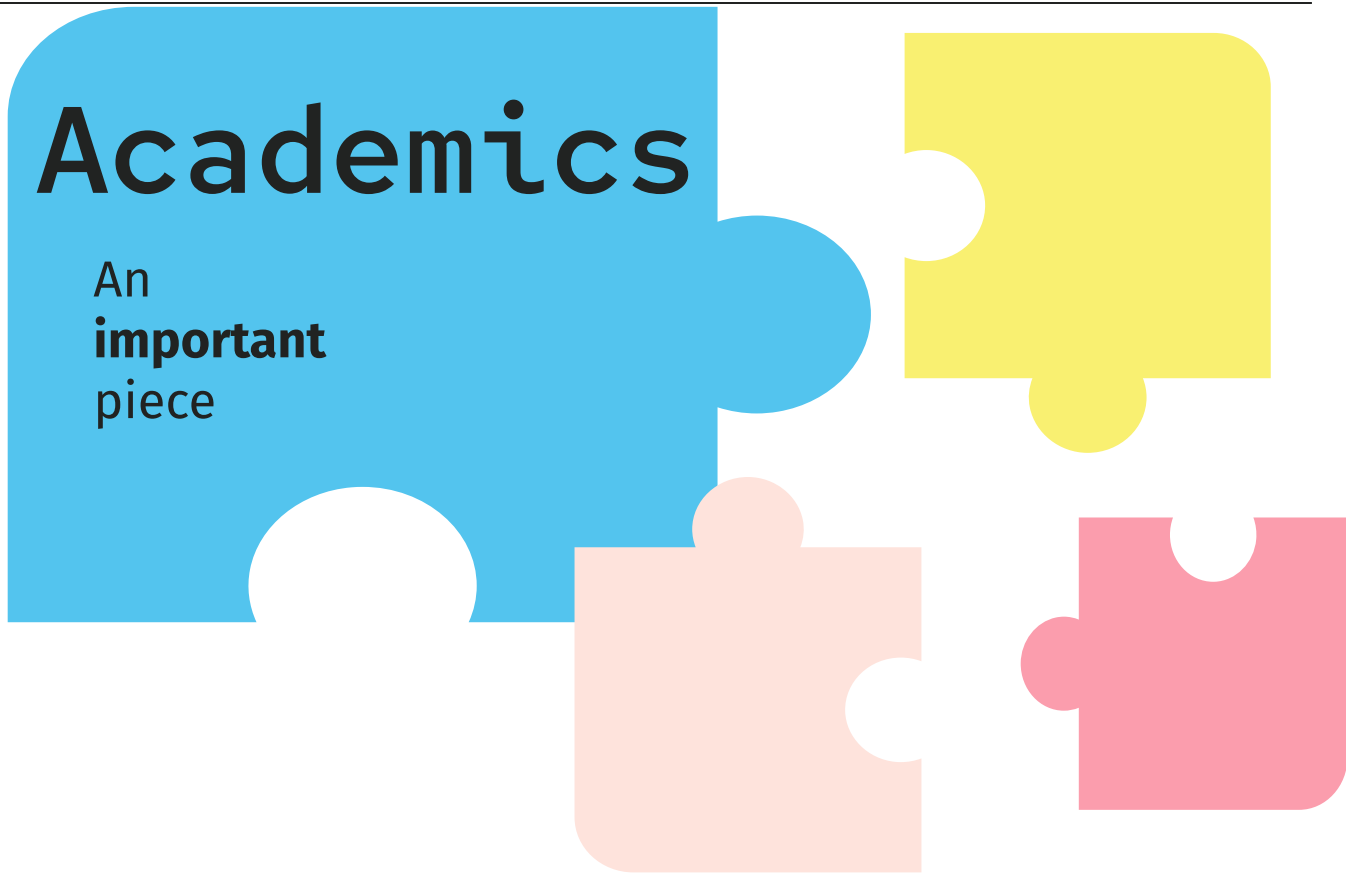




02

# Academics

An  
**important**  
piece



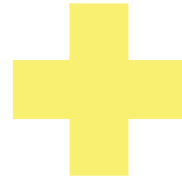


# Getting off to a Strong Start



## Grades + Credits

Impact & importance



## Transcripts

How to read them & what they mean



## Graduation + College

Requirements & comparison



## Support + Resources

Student support on campus



# Impact of Grades

**Credits & graduation** status

**Eligibility** for LAHS athletics

**Future** goal/opportunities  
(College admission, scholarships,  
programs)

*Grades are important, but  
remember to encourage a  
focus on **effort** & building  
strong **academic habits**/skills*



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# What are credits?

- Units earned for passing a course
- Every class earns 5 credits each class per semester
- Required for graduation
- This is new for most students coming from middle school



# LAHS Graduation Requirements

<b>English</b>	40 credits (4 years)
<b>Social Studies</b>	40 credits (4 years)
<b>Mathematics</b>	20 credits (2 years)
<b>Science</b>	20 credits (2 years)
<b>World Language/Fine Arts/CTE</b>	20 credits (2 years)
<b>Physical Education</b>	20 credits (2 years)
<b>Health</b>	5 credits (one semester)
<b>Electives</b>	55 credits

**Total credits = 220**

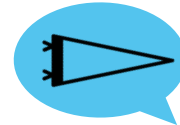


# LAHS Graduation Requirements vs. A-G Requirements



## Graduation

- Requirements to earn LAHS diploma
- D- or higher required



## A-G

- Requirements to be eligible for admission to UC/CSU (and similar for other 4-year colleges/universities)
- C- or higher required

# Transcript

Student Name	Student ID	Grade	Birthdate	Counselor	Transcript of Student Progress			
Parent/guardian name, address, telephone					<b>October 2, 2020</b> <b>Los Altos High School</b> <b>201 Almond Ave</b> <b>Los Altos, CA 94022</b> <b>(650) 960-8811</b>			
<b>Crs-ID</b>	<b>Course Title</b>	<b>Mark Att/Cmp</b>	<b>Crs-ID</b>	<b>Course Title</b>	<b>Mark Att/Cmp</b>	<b>Crs-ID</b>	<b>Course Title</b>	<b>Mark Att/Cmp</b>
<b>Grade 9 Fall</b>								
p	EA4030 AP Psychology	B 5.00 5.00	p	FC2013 Spanish III	B- 5.00 5.00			
<b>Los Altos High School</b>								
p	AC2010 Geometry 9	A 5.00 5.00	p	KC1010 Culinary Art I	A+ 5.00 5.00	p	AA5010 AP Calc AB	B 5.00 5.00
p	CB1010 Biology H	B 5.00 5.00	*	QO2021 JV Boys Soccer	A 5.00 5.00	p	CA4010 AP Env Sci	B 5.00 5.00
p	DC1010 Survey Comp/Lit	B+ 5.00 5.00	*	QO3081 JV Track Coed	A 5.00 5.00	p	CC1050 BioTech	B+ 5.00 5.00
p	EC1010 World Studies	A- 5.00 5.00	Credit Att: 40.00 Cmp: 40.00 AGPA: 3.86			p	DC4010 Eng Lit Survey	B 5.00 5.00
p	FC2011 Spanish II	B 5.00 5.00	<b>Grade 11 Fall</b>					
p	PO1010 Gr 9 PE	A 5.00 5.00	<b>Los Altos High School</b>					
Credit Att: 30.00 Cmp: 30.00 AGPA: 3.60								
<b>Grade 9 Spring</b>								
<b>Los Altos High School</b>								
p	AC2010 Geometry 9	A 5.00 5.00	p	AB4010 Trig/Math Ana H	B 5.00 5.00	p	CA3010 AP Physics I	A- 5.00 5.00
p	CB1010 Biology H	B 5.00 5.00	p	DC3010 Amer Lit Survey	A 5.00 5.00	p	DC3010 Amer Lit Survey	A- 5.00 5.00
p	DC1010 Survey Comp/Lit	A- 5.00 5.00	p	EC3010 US History	A 5.00 5.00	p	EC3010 US History	A 5.00 5.00
p	EC1010 World Studies	A- 5.00 5.00	p	FC3010 Latin I	A 5.00 5.00	p	EC1010 Drawing I	A+ 5.00 5.00
p	FC2011 Spanish II	B 5.00 5.00	Credit Att: 30.00 Cmp: 30.00 AGPA: 4.17					
p	PO1010 Gr 9 PE	A 5.00 5.00	<b>Grade 11 Spring</b>					
*	QO2020 Fresh B Soccer	A 5.00 5.00	<b>Los Altos High School</b>					
Credit Att: 35.00 Cmp: 35.00 AGPA: 3.80								
<b>Grade 10 Fall</b>								
<b>Los Altos High School</b>								
p	AC3010 Algebra II	A 5.00 5.00	p	AB4010 Trig/Math Ana H	B 5.00 5.00	p	CA3010 AP Physics I	A- 5.00 5.00
p	CC2010 Chemistry	A 5.00 5.00	p	DC3010 Amer Lit Survey	B+ 5.00 5.00	p	DC3010 Amer Lit Survey	B+ 5.00 5.00
p	DC2015 Wld Literature	A- 5.00 5.00	p	EC3010 US History	A 5.00 5.00	p	EC3010 US History	A 5.00 5.00
p	EC1110 Cont Wld Issues	B 5.00 5.00	p	FC2010 Latin I	A 5.00 5.00	p	FC2010 Latin I	A 5.00 5.00
p	FC2013 Spanish III	B 5.00 5.00	p	IC1010 Drawing I	A 5.00 5.00	p	IC1010 Drawing I	A 5.00 5.00
			Credit Att: 40.00 Cmp: 40.00 AGPA: 4.00					
<b>Brigham Young Univ On-Line</b>								
<b>Grade 12 Fall</b>								
<b>Los Altos High School</b>								
*	LO1020 Health Trans	B+ 5.00 5.00	p	AA5010 AP Calc AB	B 5.00 5.00	p	AA5010 AP Calc AB	B 5.00 5.00
Credit Att: 30.00 Cmp: 30.00 AGPA: 3.60								
<b>Grade 10 Spring</b>								
<b>Los Altos High School</b>								
p	AC3010 Algebra II	A 5.00 5.00	p	CA4010 AP Env Sci	A- 5.00 5.00	p	CC1050 BioTech	A- 5.00 5.00
p	CC2010 Chemistry	A 5.00 5.00	p	DC4010 Eng Lit Survey	B 5.00 5.00	p	DC4010 Eng Lit Survey	B 5.00 5.00
p	DC2015 Wld Literature	A 5.00 5.00	p	EA4030 AP Psych	A- 5.00 5.00			
			Credit Att: 25.00 Cmp: 25.00 AGPA: 4.20					
Course Tags: * = Non Academic    + = Honors (weighted)    p = College Prep    r = Repeated								
<b>Weighted Non-Weighted</b> Acad GPA (9-12) <b>3.86</b> <b>3.87</b> Acad GPA (10-12) <b>3.91</b> <b>3.98</b> Total GPA (9-12) <b>3.87</b> <b>3.84</b> Credit Attempted: <b>265.00</b> Credit Completed: <b>265.00</b>				<b>CREDIT SUMMARY</b> Subject Area    Credit    Req'd    Compl    Needed English    40.00    40.00    - Sci Life & Physical    20.00    20.00    - Mathematics    20.00    20.00    - Physical Ed    20.00    20.00    - Health    5.00    5.00    - Global Studies    15.00    15.00    - U.S. History    10.00    10.00    - Civics    5.00    5.00    - Economics    5.00    5.00    - Fine Art-PA-WL    20.00    20.00    - Electives    60.00    105.00    - * TOTALS *    220.00    265.00    -				
District Enter: School Enter: <b>Standard HS Diploma:</b> State ID#								

This transcript is unofficial unless signed by a school official.      Signature: \_\_\_\_\_      Date: \_\_\_\_\_

# Grad Status

2014-2015		HIGH SCHOOL GRADUATION STATUS REPORT				Page 1	
ID#:	Student Name:	Grade:	Gender:				
Subject Area	Req. Credit	Courses Completed	Comp. Credit	Currently Enrolled	Enroll. Credit	Courses Planned	Plan. Credit
English	40.00	Amer Lit Survey Survey Comp/Lit Wld Literature	10.00 10.00 10.00				
					--NOT COMPLETED--		<b>10.00 *</b>
Life Sci Minimum	10.00	Biology H	10.00				
Phys Sci Minimum	10.00	AP Physics I	10.00				
Mathematics	20.00	Algebra II Geometry 9	10.00 10.00				
Physical Ed	20.00	Gr 9 PE JV Boys Soccer JV Track Coed	10.00 5.00 5.00				
Health	5.00	Health Trans	5.00				
Global Studies	15.00	Cont Wld Issues World Studies	5.00 10.00				
U.S. History	10.00	US History	10.00				
Civics	5.00				--NOT COMPLETED--		<b>5.00 *</b>
Economics	5.00				--NOT COMPLETED--		<b>5.00 *</b>
Fine Art-PA-WL	20.00	Culinary Art I Drawing I Latin I	5.00 5.00 10.00				
Electives	60.00	AP Psychology Chemistry Drawing I Fresh B Soccer Spanish II Spanish III Trig/Math Ana H Var Boys Soccer Var Track Coed	5.00 10.00 5.00 5.00 10.00 10.00 10.00 5.00 5.00				
<b>* TOTALS *</b>	<b>220.00</b>		<b>205.00</b>				<b>20.00 **</b>



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# Student Support + Services

- **School Counseling Office:** 7 school counselors who meet with students on their caseload all 4 years
- **Tutorial Center:** Peer tutors available to help with nearly all academic subjects
- **College/Career Center:** Assistance and information with college planning, career exploration, summer activities, etc.
- **CHAC (Community Health Awareness Council):** Mental health counselors available to help students with personal/social/emotional needs
- **Spanish translation:** Maria Hoerni - Bilingual Community Liaison





03

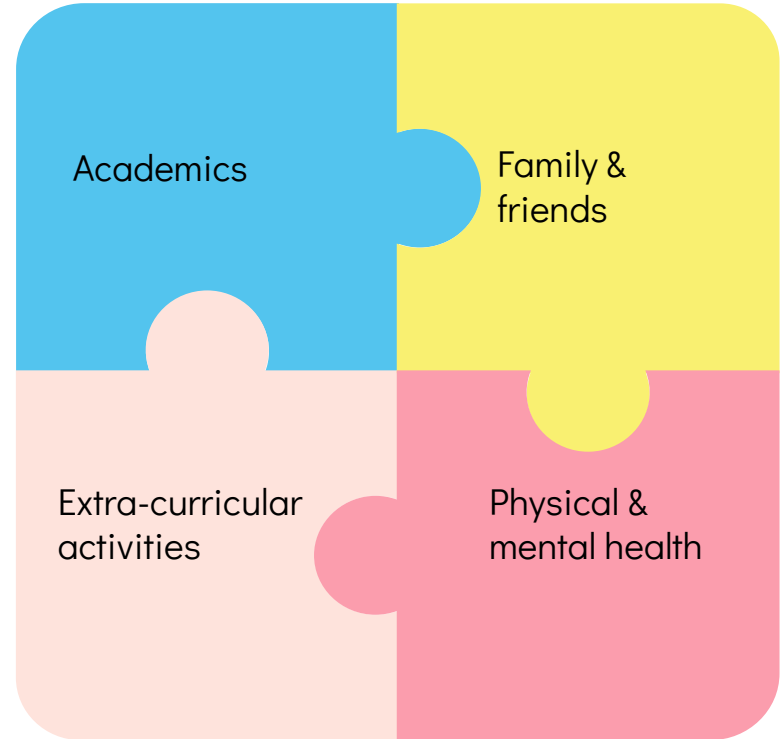
# Balance + Fun

Promoting Wellness & Involvement

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# Healthy Balance

One of the most important skills for students to learn in high school, is how to create & maintain a healthy balance between all the different parts of their lives.





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# Extracurricular Activities

- Connect & make new friends
- Learn to manage their time effectively
- Develop important “real world” skills
- Explore personal, academic, & career interests
- Contribute to life balance & reduce stress
- Factored into college admissions



# Getting Involved at LAHS?

## ***Club Fair Days 9/12-9/13 @ lunch***

Latino Student Union

Black Student Union

Mock Trial

Model UN

Genders & Sexualities Alliance

One Dollar For Life (ODFL)

Athletics

9th Grade Class Council

Performing Arts

French Club

FBLA

Robotics



# LAHS Athletics

## Fall

Cross-Country

Football

Water Polo

Field Hockey

Girls' Tennis

Girls' Volleyball

Girls' Golf

## Winter

Soccer

Basketball

Wrestling

## Spring

Track & Field Lacrosse

Swimming Gymnastics

Diving Boys' Tennis

Badminton Boys' Volleyball

Softball Boys' Golf

Baseball



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**Thank you!**