

**San Gabriel  
High School  
CLASS OF 2016**

**Presentation for 4-Year Bound  
Seniors**

# SGHS Counseling Team



Jacqueline  
Herrera,  
MA, PPS

A-F



Devin Vergo,  
MS, PPS

G- Le



Elaine Jong,  
MA, PPS

Li - O



John Scanlan, MS  
Assistant Principal of School Counseling



Janette Chow,  
MS, PPS\*

P - Sn



Solinet Wong,  
MS, PPS

So - Z

*\*Ms. Chow is available on  
Mondays, Tuesdays, and Thursdays  
only.*

# SGHS Counseling Office... here for YOU!

- Phone: 943-6830
- Hours: Monday through Friday, 7:30 AM to 3:30 PM
- Drop-in help: At lunch and after school
- Appointments: Send a message to your counselor at:

[www.sghsmatadors.com/about\\_us/guidance.jsp](http://www.sghsmatadors.com/about_us/guidance.jsp)



**Barbie Gomez**  
English



**Patti Ong**  
Mandarin/Cantonese  
Vietnamese



**Beda Ramirez**  
Spanish



**Perla Alpas**  
Tagalog

# Gateway To Success



Denise Fernandez,  
M.Ed, PPS



Our Gateway to Success counselors are here to provide support for students who need additional intervention!

*Please contact Ms. Fernandez if you feel you are in need of extra support!*

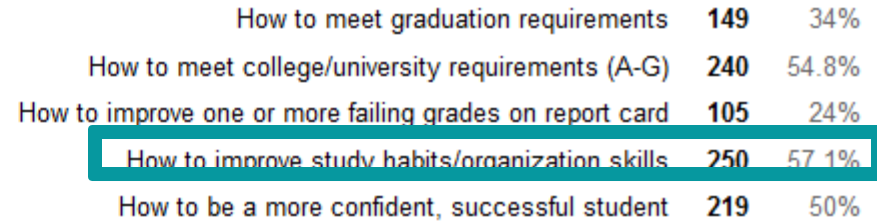
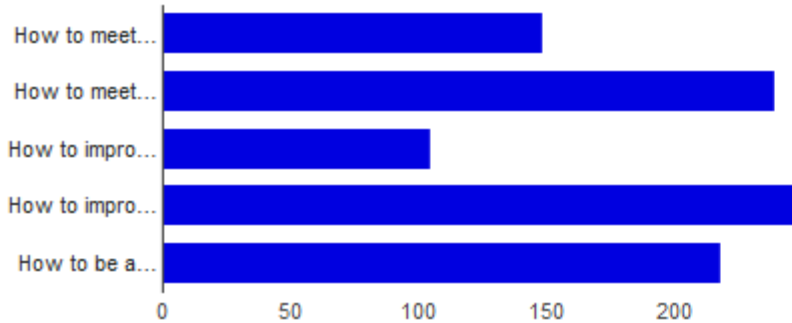
*[fernandez\\_denise@ausd.us](mailto:fernandez_denise@ausd.us)*



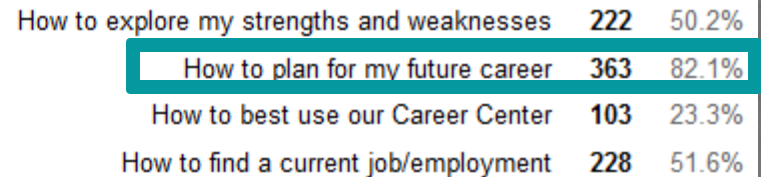
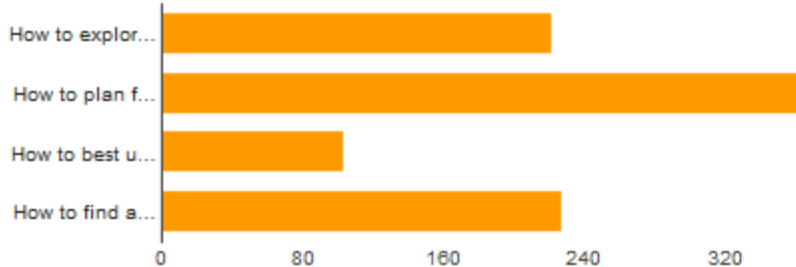
Martina Lai,  
MS, PPS

# What does the Class of 2016 want to know?

## Academic:



## Career Development:



*See your counselor ASAP if you think you need credit recovery!*

# Continued...

## Social/Emotional:



How to handle problems with alcohol/drugs/addiction	33	7.3%
How to handle divorce/separation or death in my family	36	8%
<b>How to cope with stress</b>	<b>256</b>	<b>56.6%</b>
How to handle rumors and gossip	54	11.9%
Feeling sad or depressed often	87	19.2%
Exploring sexual identity	16	3.5%
Sex and pregnancy	18	4%
Struggling with positive self-image	74	16.4%
Struggling with an eating disorder	14	3.1%
Skipping school or dropping out of school	17	3.8%
Bullying/harassment at school or online	20	4.4%
Feeling unsafe at school	25	5.5%
Not having at least one adult in my life I can talk to if I have a problem	30	6.6%
How to develop healthy relationships with my parents/siblings/friends/girlfriend/boyfriend	96	21.2%
How to manage anger and resolve conflict	82	18.1%

What you  
say in here  
STAYS in here.

### EXCEPTIONS:

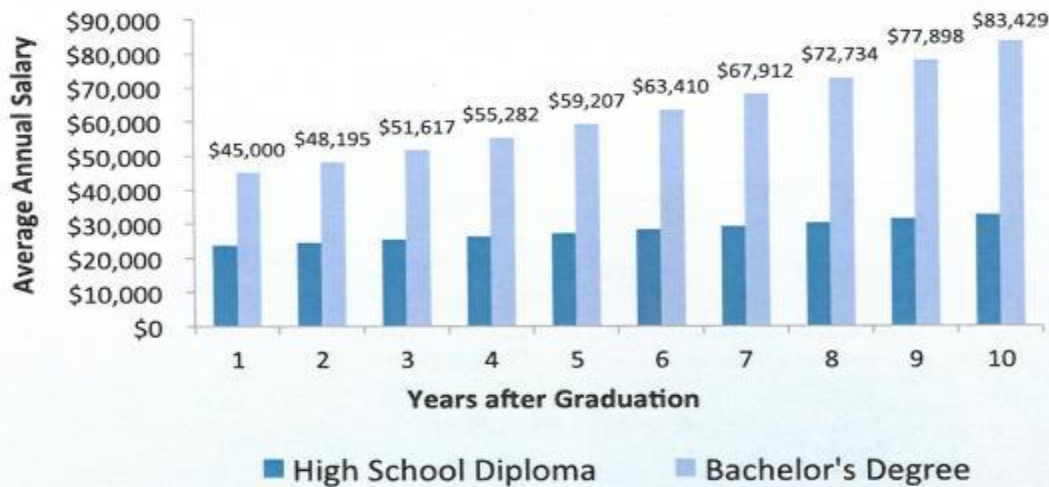
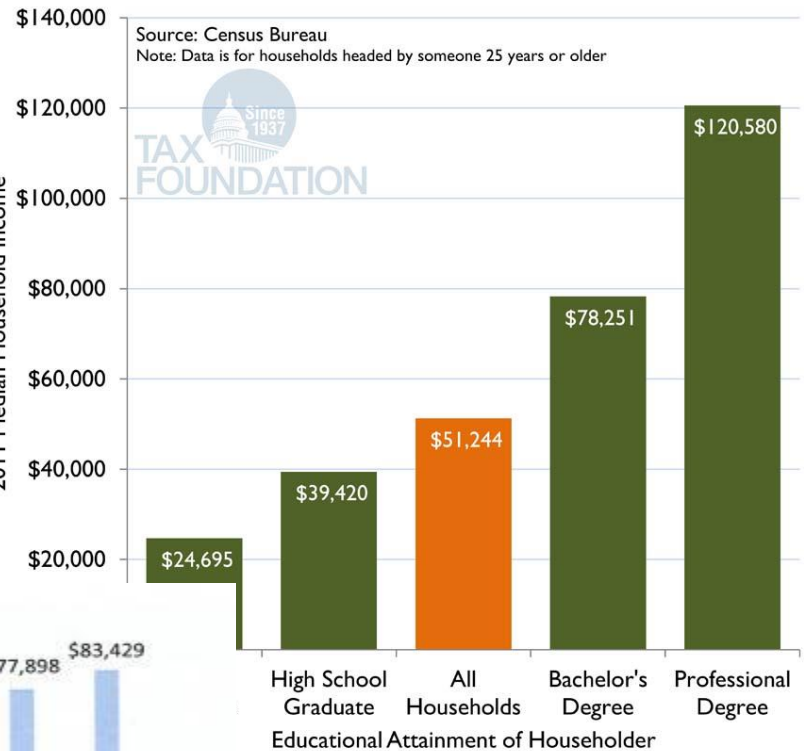
- Someone is hurting you.
- You want to hurt someone.
- You want to hurt yourself.

# What we will cover today:

1. Choosing a College and Major
2. UC & CSU Requirements
3. UC Personal Statement
4. UC/CSU EOP
5. Private School Recommendation Letters
6. Financial Aid/Scholarships/Scams
7. Important Dates
8. Questions?

# Why Complete a College Degree?

## Median Incomes Vary Greatly by Educational Attainment



Source: Sandy Baum & Jennifer Ma, Education Pays



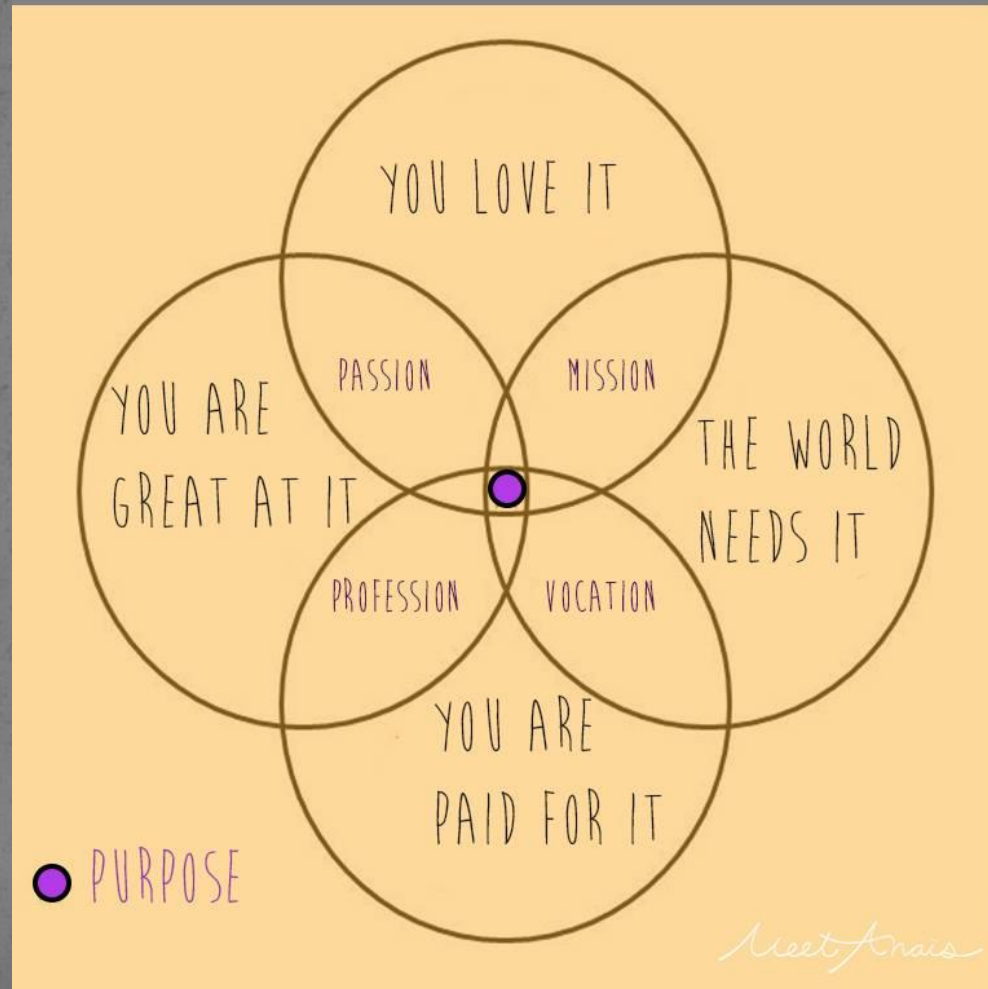
# Choosing a College...there are many factors to consider!

- Location
- Size
- Major
- Admission Requirements
- Academics
- College Expenses
- Financial Aid
- Housing
- Facilities
- Activities
- Campus visits
- Environment

# Choosing A Major...

## What do you want to DO?

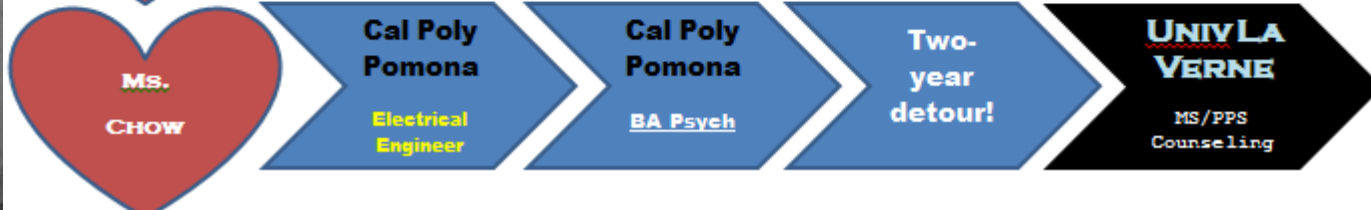
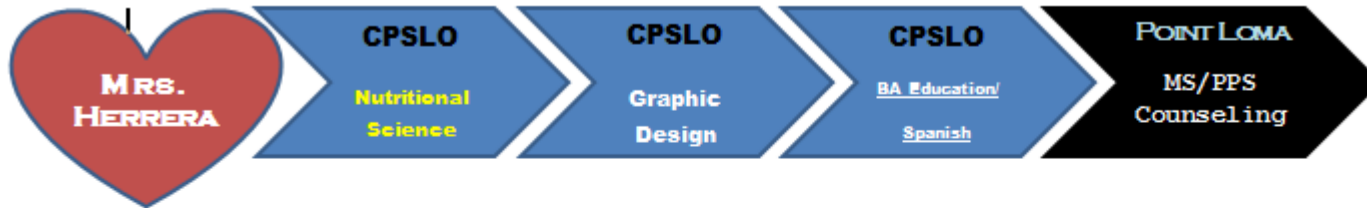
(not necessarily BE)



# Five Reasons Why Your Major Doesn't Matter

1. Employers aren't interested in what you THINK they're interested in.
2. Medical schools and law schools (grad schools) don't really care about your major.
3. Majors don't necessarily lead to careers.
4. Your job may not exist yet.
5. Your major won't always define your pay.

# Various majors can lead to the same career...there are many paths!



# Various Paths Continued...



# UC/CSU A-G Requirements

**\*Must pass all courses with C or better**

The A-G Subject Requirements	1 YEAR	2 YEARS	3 YEARS	4 YEARS
<b>Social Science – 2 years</b> One year of US History or US History and American Government, and one year of social science				
<b>English – 4 years</b> Composition and literature designated as college preparatory				
<b>Mathematics – 3 years</b> Algebra I, Geometry, Algebra II, integrated math, and advanced mathematics. Courses taken in 7 <sup>th</sup> and 8 <sup>th</sup> grade may be considered				
<b>Laboratory Science – 2 years</b> At least one biological science and one physical science				
<b>Language Other Than English – 2 years</b> Subject to waiver for applicants demonstrating equivalent competency. College prep language courses taken in the 8 <sup>th</sup> and 9 <sup>th</sup> grade may be included.				
<b>Visual and Performing Arts – 1 year</b> One year sequence course. Art, dance, theater/drama, music.				
<b>College-Preparatory Electives – 1 year</b> Any additional courses (not previously listed) that are included in the UC “A-G” list.				

**11 OF 15 MUST BE COMPLETED by end of 11<sup>th</sup> grade**

# Minimum Requirements

(refer to pages 3 & 4 of handout)

UC	CSU
<b>3.0 GPA minimum</b> (A-G courses only from grades 10 and 11)	<b>2.0 GPA minimum</b> (A-G courses only from grades 10 and 11)
SAT or ACT w/ writing*	SAT or ACT*

Students may earn up to **eight semesters** of honors points.  
No honors points awarded for D or F grades.

**\*Many campuses will still accept scores through December 2015**  
**CSU code: #3594**

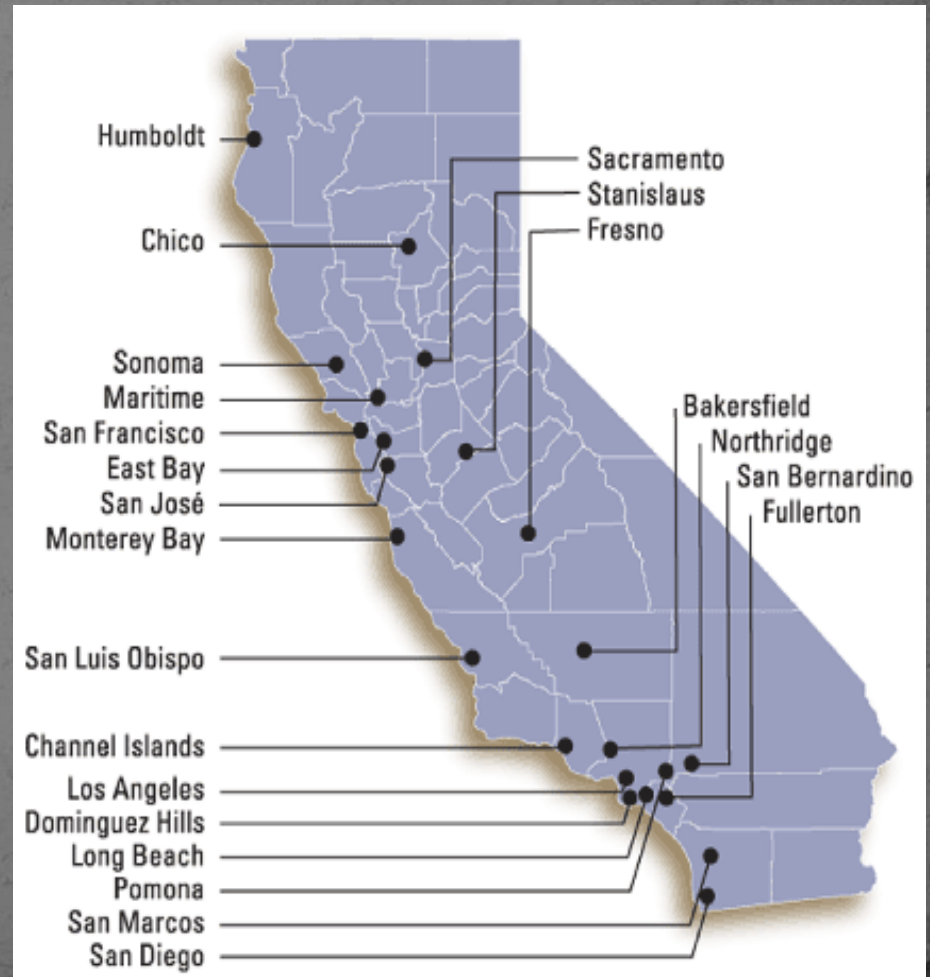
# California State Universities (CSU)

(refer to pages 5 and 6 of handout)

1) Application is open October 1 – November 30.

2) See eligibility index and impacted majors matrix

3) Start account today at [www.csumentor.edu](http://www.csumentor.edu).





# CSU Eligibility Index

- You must meet minimum eligibility requirements to apply to a UC or a CSU. Please refer to [csumentor.edu](http://csumentor.edu) so you can calculate your GPA and SAT scores to determine eligibility.
- Remember that meeting eligibility *does not* guarantee you a spot in the college of your choice.
- Remember to apply to a “safe” or backup school!

# University of California (UC)



- Admission is extremely competitive
- Application is now open at [universityofcalifornia.edu](http://universityofcalifornia.edu)
- Submit November 1 – November 30!



# How are UC applications evaluated?

## 14 Factors Considered:

- **Academic grade point average** in all completed "a-g" courses, including additional points for completed UC-certified honors courses.
- **Scores** on the following tests: ACT Plus Writing or the SAT Reasoning Test.
- Number of, content of and performance in **academic courses** beyond the minimum "a-g" requirements.
- Number of and performance in **UC-approved honors, Advanced Placement**, International Baccalaureate Higher Level and transferable college courses.
- Identification by UC as being ranked in the **top 9 percent** of your high school class at the end of your junior year (Eligible in the Local Context, or ELC).
- **Quality of your senior-year program** as measured by the type and number of academic courses in progress or planned.
- **Quality of your academic performance** relative to the educational opportunities available in your high school.
- **Outstanding performance** in one or more specific subject areas.
- **Outstanding work** in one or more special projects in any academic field of study.

# How are UC applications evaluated?

- Recent, marked **improvement** in academic performance as demonstrated by academic GPA and the quality of coursework completed or in progress.
- **Special talents, achievements and awards** in a particular field, special skills, special interests, experiences that demonstrate unusual promise for leadership or other significant experiences or achievements that demonstrate the student's promise for contributing to the intellectual vitality of a campus.
- Completion of **special projects** undertaken in the context of your high school curriculum or in conjunction with special school events, projects or programs.
- **Academic accomplishments in light of your life experiences and special circumstances**, including but not limited to: disabilities, low family income, first generation to attend college, need to work, disadvantaged social or educational environment, difficult personal and family situations or circumstances, refugee status or veteran status.
- **Location** of your secondary school and residence.

# The Personal Statement

The personal statement is part of the UC application.

Goal: To elicit information from you (students) that is helpful in the comprehensive review process.

## Personal Statement Prompts:

- 1) Describe the world you come from – for example, your family, community or school - and tell us how your world has shaped your dreams and aspirations.
- 2) Tell us about a personal quality, talent, accomplishment, contribution or experience that is important to you.

# Recommendation Letters

Must fill out a blue student information packet.  
(available in the Counseling Office)

November 6<sup>th</sup> is the deadline to give your  
student information packet to your counselor.

Ask for a recommendation letter only if you are  
serious about attending a  
private school.

# Activities Tips for UC/Private App

See handout before describing your activities!

## Tip #2: Emphasize tangible, measurable impact.

*Whom did your activity help? How many people? How much money did you raise?*

### Instead of:

Raised money for children in Africa.

Try: Raised \$3,000 to provide three uniforms and scholarships for students attending the Joseph Waweru Home School in Kenya



# Application Fee Waivers



## UC/CSU

- Fee Waivers eligibility is determined within the online application
- It is crucial that the financial information you provide is accurate as the system does not allow you to “go back” once it has registered your financial information
- A supplemental application is available for fee waivers that cannot be determined within the online application

## Private Schools

- College Board Fee Waivers are sent to you digitally once you have used an SAT Fee Waiver.



# Important Reminders:

(refer to page 2 of handout)

- You should have/create an appropriate email address for all your college-related correspondences
  - Examples:                    jsmith815@yahoo.com (appropriate)  
                                      luvs2party@yahoo.com (inappropriate)
- Check your email and college web portal on a weekly basis
- Send your SAT/ACT scores directly to your university (CSU Mentor Code: #3594)
- Know & calendar all deadlines!





# Costs of Attending CSU and UC 2013-2014

California State University			
2013-14	At Home	On Campus	Off Campus
Fees	\$6,633	\$6,633	\$6,633
Books & Supplies	1,682	1,682	1,682
Room & Board	4,453	11,648	11,798
Transp.	1,353	1,188	1,390
Personal	1,338	1,338	1,338
<b>TOTAL</b>	<b>\$15,458</b>	<b>\$22,488</b>	<b>\$22,840</b>

University of California			
2013-14	At Home	On Campus	Off Campus
Fees	\$13,222	\$13,222	\$13,222
Books & Supplies	1,505	1,505	1,505
Room & Board	4,470	13,788	9,661
Personal & Transp.	3,517	2,223	2,999
Health Ins.	1,435	1,667	1,728
<b>TOTAL</b>	<b>\$24,149</b>	<b>\$32,405</b>	<b>\$29,115</b>

**Most families do not pay the “sticker price”**

# How Will I Pay For College?

- Free Application for Federal Student Aid (**FAFSA**)- Application opens January 1, 2016.

**Cal Grants- Cal Grant A, Cal Grant B, & Cal Grant C**

- Loans
- Work-Study
- Scholarship
- CSS Profile



Counselors will present about Financial Aid in detail in  
December/January!

# Scholarship Scams

**CAUTION**

## Scam-Spotting Rules:

- Don't pay money to get money.
- Too good to be true? It probably is.
- Spend time applying, not money.
- Legitimate scholarships are never guaranteed.
- Feel suspicious? Trust your instinct.

# EOP

## Educational Opportunity Program

EOP is a support program for undergraduate students who need admission assistance and support services to succeed in college.

### Who may be eligible?

- Low-income or educationally disadvantaged students (meet income guidelines)
- First generation students
- California residents
- Must be approved by the EOP selection committee based on educational background

**For UC Schools:** Short answer space is within the main UC application.

**For CSU:** You must complete a separate application with short answers and two recommendation forms from two non-family adults who know you best.

# EOP continued.....

**"EOP Application Booklet" available on CSU Mentor website**

EOP can provide:

- Special admission consideration
- Financial aid assistance
- Orientation to college
- Academic advising, counseling, and peer advising
- Writing and college transition course (EOP 100)
- Career counseling
- Tutoring
- Graduate placement information

**CSU EOP application deadlines vary by campus!**

Check & calendar your school-specific EOP deadlines as you complete your CSU application throughout October and November.

# Are you a Dreamer?

## AB540 and DACA

- The DREAM Act (acronym for Development, Relief, and Education for Alien Minors) is an American legislative proposal for a multi-phase process for undocumented immigrants in the United States that would first grant *conditional residency* and upon meeting further qualifications, *permanent residency*.
- **Deferred Action for Childhood Arrivals (DACA)** is an American immigration policy that allows certain undocumented immigrants who entered the country *before their 16th birthday* and *before June 2007* to receive a *renewable two-year work permit and exemption from deportation*.
- See your counselor if you are an undocumented student!  
**Deadline to apply is March 2, 2016.**
- For more information:
  - [dream.csac.ca.gov](http://dream.csac.ca.gov)
  - [www.e4fc.org](http://www.e4fc.org)
  - [undoc.universityofcalifornia.edu](http://undoc.universityofcalifornia.edu)



# EPT and ELM exams

(refer to pages 7 and 8 of packet)

- These are tests that determine where you will be placed for English and Math classes.
  - EPT website:  
[csuenglishsuccess.org](http://csuenglishsuccess.org)  
(can take only once, \$18)
  - ELM website:  
[csumathsuccess.org](http://csumathsuccess.org)  
(can take as much as you like, \$18)
- Some students may be required to take “Early Start” summer program for extra support.
- See your counselor to check if you need to register for these exams.
  - Register to take tests at CSULA (but can take at any CSU campus)



# Important Dates and College Application Help

Please refer to page ONE of your packet!



# SGHS Career Center

## MEET THE STAFF

*WHO WE ARE...*



Elizabeth An,  
Career Technical  
Education Advisor



Monica Marquez,  
Career Education Technician



Monica Ochoa,  
Career Education Technician

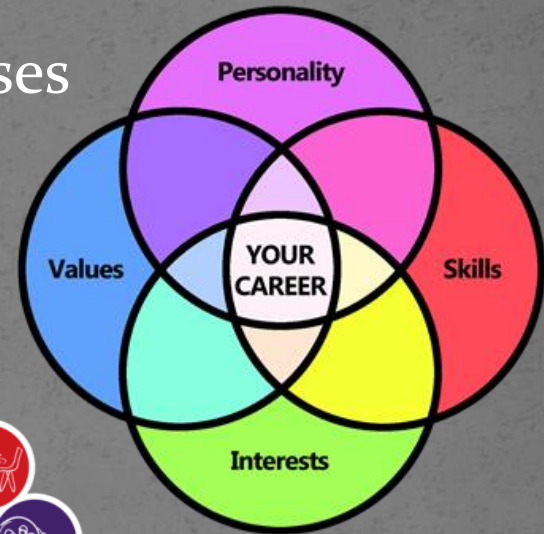
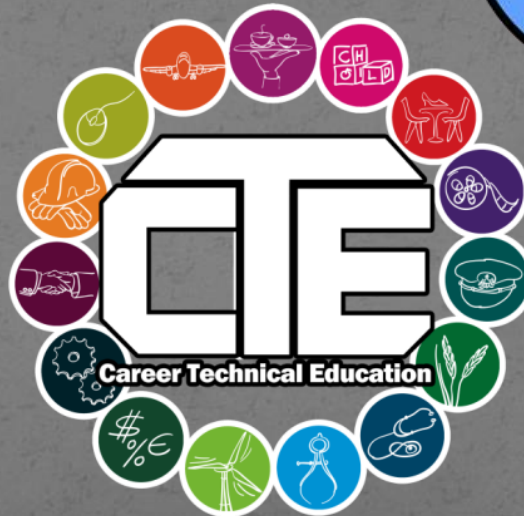
**Visit our new website at: [www.tinyurl.com/SGHS-CC](http://www.tinyurl.com/SGHS-CC)**

# The Career Center provides you with the following services:

- College and Career Speakers
- College Readiness Information
- Career Technical Education (CTE) Classes
- Career Guidance Information
- Work Permits

## Some of our CTE classes are:

- Wood Tech
- Auto Tech
- Foods
- Digital Media
- Web Page Design
- Video Game Design
- Computer Accounting



**CAL STATE LA**

**Our Student Ambassador:  
Joselyn Diaz**

**Visit the SGHS Career Center  
any Thursday between 8am-2pm**

**Get help and learn about your local CSU!**

# Upcoming Events



Mon Sep 21,  
UC Santa  
Barbara -  
Period 6



Wed Sep 23,  
University of  
La Verne -  
Per. 4



Fri Sep 25,  
University of  
Connecticut -  
Per.1



Wed Sep 30,  
University of  
Redlands - Per.1



Wed Sep  
30, Seton  
Hall  
University  
Per 4



Tue Oct 20,  
Saint Mary's  
College - Per.  
3

**NOT SURE WHAT  
TO MAJOR IN?  
SIGN UP FOR THE  
college major**

**workshop**

**OCT. 6**

**PERIOD 4 & 5**

**CAREER CENTER**



**8th Annual District College  
Fair 2015**

Thursday, October 15, 2015  
6:00 PM - 8:00 PM @ SGHS

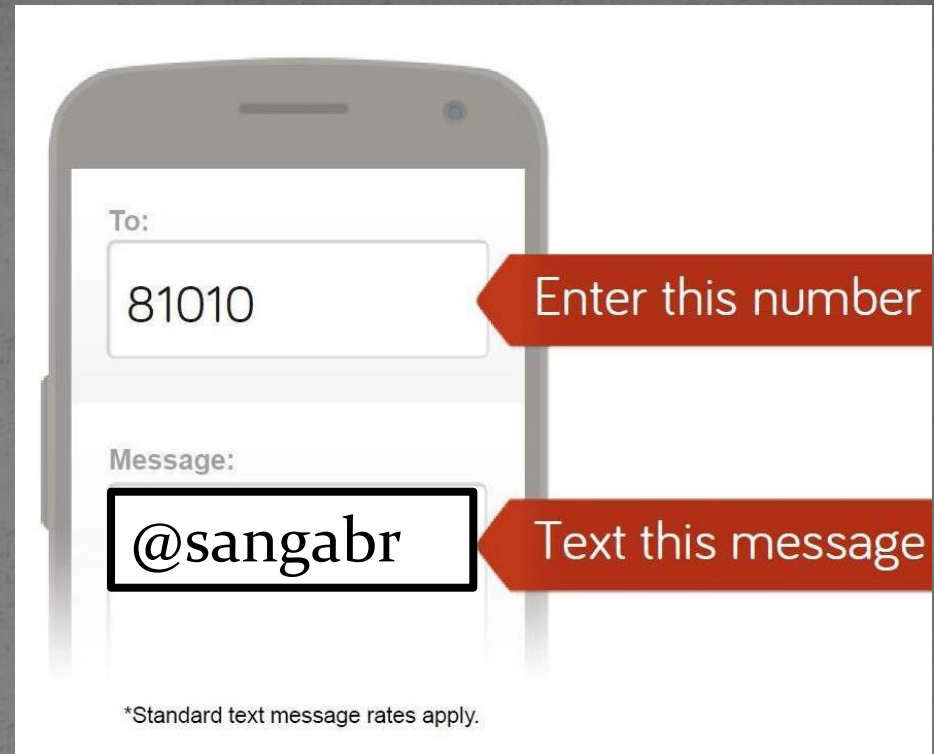


Thu Oct 29,  
2015 - Field Trip:  
Occidental  
College

# Sign up for....



Or to receive messages via email, send an email to:  
[sangabr@mail.remind.com](mailto:sangabr@mail.remind.com)



# Packet To Take With You:

1. Important Dates & Application Workshops
2. Helpful Suggestions
3. UC Application Data
4. CSU Application Data
5. CSU Eligibility Index
6. CSU Impaction Matrix
7. EAP
8. EPT/ELM Flowchart
9. Acronyms
10. Acronyms
11. SGHS A-G Course List
12. Websites for College Planning

## Optional Handouts:

1. EOP Handout
2. UC Packet
3. Counselor Recommendation Packet

**Questions?**

**Powerpoint available soon at:**

**[www.sghsmatadors.com/about\\_us/guidance.jsp](http://www.sghsmatadors.com/about_us/guidance.jsp)**