Freshmen Parent Night Presentation
How Can Counselors Help?

Academics:
- Graduation status checks
- Goal setting and post-secondary planning
- Scheduling and course recommendations
- Help facilitate conferences with parents, teachers and administrators
How Can Counselors Help?

College and career guidance:
- College and career exploration
- College applications and recommendations
- Scholarships and financial aid
- College & Career Center, A106
- Naviance

Social/emotional needs and development:
- Provide support for students with:
  - Family, relationship, friends and/or personal issues
  - Crisis intervention and support
  - Referrals for outside therapy and wellness programs
Counseling Focus by Grade Level

● Freshmen Year:
  ○ How to be successful in high school
  ○ Planning ahead
  ○ Understanding graduation and A-G requirements

● Sophomore Year:
  ○ How grades are calculated for college admissions
  ○ Practicing for college entrance exams - PreAct (temporarily on hold)
  ○ Exploring interests and career paths
Counseling Focus by Grade Level

- **Junior Year**
  - Post-secondary planning and preparation
  - How to choose a college
  - Preparation for college entrance exam(s)
  - Preparing for college applications
  - Compare and contrast colleges
  - Introduction to scholarship searches

- **Senior Year**
  - How to select a major
  - College applications, secondary school reports & letters of recommendations
  - El Camino matriculation
  - Financial aid & local scholarship program
High School vs Middle School

- Quarter grades vs. semester grades
  - Quarter 1 ends Friday, Oct. 30th
  - Quarter 2/Semester 1 ends Friday, Jan. 22nd
  - Quarter 3 ends Friday, April 2nd
  - Quarter 4/Semester 2 ends Thursday, June 10th
- Earning credits towards graduation
- Passing marks, math/LOTE advancement and repeats
- Transcripts
## THS Graduation & A-G Requirements

<table>
<thead>
<tr>
<th>SUBJECT</th>
<th>GRADUATION</th>
<th>A-G</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. History and Social Science</td>
<td>3 years:&lt;br&gt;1 year World History&lt;br&gt;1 year US History&lt;br&gt;1 sem US Govt, 1 sem Econ</td>
<td>2 years:&lt;br&gt;1 year World History&lt;br&gt;1 year US History or 1 sem US Hist and 1 sem US Govt</td>
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<tr>
<td>b. English</td>
<td>4 years</td>
<td>4 years</td>
</tr>
<tr>
<td>c. Math</td>
<td>2 years</td>
<td>3 years through Alg 2 (4 years are recommended)</td>
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<tr>
<td>d. Science</td>
<td>2 years:&lt;br&gt;1 year Biological Science&lt;br&gt;1 year Physical Science</td>
<td>2 years Laboratory Science&lt;br&gt;(3 yrs rec)&lt;br&gt;UC: 2 courses from Biology, Chemistry, Physics&lt;br&gt;CSU: 1 Biological, 1 Physical</td>
</tr>
<tr>
<td>e. World Language</td>
<td>1 year World Language OR 1 year Fine Art</td>
<td>2 years of the same World Language&lt;br&gt;(3 years recommended)</td>
</tr>
<tr>
<td>f. Visual / Performing Art</td>
<td>See above.</td>
<td>1 year in the same subject</td>
</tr>
<tr>
<td>g. Elective</td>
<td>75 Elective Credits&lt;br&gt;2 years Physical Education&lt;br&gt;1 semester Health</td>
<td>1 year of a College Prep Elective from the UC “a-g” approved list</td>
</tr>
</tbody>
</table>
## Differences Between Graduation and A-G Requirements

<table>
<thead>
<tr>
<th>GRADUATION</th>
<th>A-G</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passing grade is D or better</td>
<td>Passing grade of C or better</td>
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<tr>
<td>2 years of math</td>
<td>3 years of math up to Algebra 2</td>
</tr>
<tr>
<td>1 year of visual performing art OR world language</td>
<td>1 year of visual performing art AND 2 years of the same world language</td>
</tr>
<tr>
<td>1 year of life science (Biology) AND 1 year of physical science (Earth and Space Science, Chemistry or Physics)</td>
<td>1 year of life science (Biology) AND 1 year of physical science (Chemistry for UCs. Earth and Space Science or Chemistry for CSUs.)</td>
</tr>
</tbody>
</table>
College & Career Center

Mrs. Jenna Mendoza - mendoza.jenna@tusd.org

- College and career research
  - Naviance workshops once a semester for each grade level
  - College rep visits and career presentations
- Testing information and resources
  - SAT/ACT/AP prep
  - PSAT/Pre-ACT resources for College & Career Day
- Application Assistance
  - College applications
  - Financial aid applications (FAFSA and/or Dream ACT [DACA])
  - Job applications and resumes
  - Scholarships
- El Camino Resources -
  - ECC matriculation and support program presentations
  - Access to ECC Counselor
  - Educational planning assistance
Naviance for Freshmen

College and career readiness platform that enables self-discovery, career exploration, academic planning, and college preparation for students.

9th Grade

- Overall goal: Build a foundation for college and career exploration.
- Explore strengths and how they relate to careers.
- Explore career clusters that interest students.
Communication

- **THS School Website** - www.ths.tusd.org
- **Counseling Website** - www.thscounseling.com
- **Student Wellness Instagram**
  - @thsstudentwellness
- **Classroom Teacher**
  - Faculty Directory
- **PowerSchool Parent/Student Portal**
  - Download the phone app and set up notifications
- **Etusd** - students should check their Etusd email everyday
- **Google Classrooms**
  - Download the app and sign up for email summaries
Student Strategies for SUCCESS

Time management

Complete and turn in homework on time

Develop good study habits

Sit down with your child weekly and Check PS/Google Classroom and keep track of grades

Communicate with teachers & attend their office hours

Ask for help when you need it

Balance coursework and extra-curricular activities
Tips for 9th Grade Parents

- Stick close
  - Be interested on what is going on at school
  - Discuss daily activities with your child
  - Offer to help as needed. Allow them to make some mistakes
  - Monitor social media

- Talk about the hard stuff
  - Alcohol
  - Drugs/Vaping
  - Romantic relationships

- Find the one thing
  - Encourage involvement in and out of class
  - Start (or continue) an activity that will carry your child through high school (newspaper, drama, a sport, art activity, etc.)
  - Join a club: THS Clubs

- Friendships change
  - New friendships grow
  - Social group expands and/or completely change
Free Tutoring/Homework Help

- THS Peer Tutoring Program
- HippoCampus.org
- Brightstorm: [www.brightstorm.com](http://www.brightstorm.com)
- Course Hero: [www.coursehero.com](http://www.coursehero.com)
- Khan Academy (students should have access to this resource through Clever)
- YouTube
- With a Torrance Public Library card: Brainfuse
  - home.brainfuse.com
- With an LA County Public Library card:
  - LearningExpress Library: [www.learningexpresshub.com](http://www.learningexpresshub.com)
# School Resources

<table>
<thead>
<tr>
<th>Department</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Activities Office</td>
<td>Mr. Nathan Jones</td>
</tr>
<tr>
<td>Athletics</td>
<td>Mr. George Tachibana OR THS Athletics Website</td>
</tr>
<tr>
<td>AP Coordinator</td>
<td>Mr. Don Glavich</td>
</tr>
<tr>
<td>Attendance Office</td>
<td>Mrs. Elaine Omoto &amp; Mrs. Eva Ziss-Patton / Ext. 7970</td>
</tr>
<tr>
<td>Dean</td>
<td>Ms. Michelle Kaloper</td>
</tr>
<tr>
<td>EL Coordinator</td>
<td>Ms. Jennifer Crawford</td>
</tr>
<tr>
<td>Free and Reduced Lunch Program</td>
<td><a href="http://www.tusd.org/nutrition-services">www.tusd.org/nutrition-services</a></td>
</tr>
<tr>
<td>Health Office</td>
<td>Ext. 7972 and 7983</td>
</tr>
<tr>
<td>Library</td>
<td>Ms. Paula Fox</td>
</tr>
<tr>
<td>Special Education/School Psych/</td>
<td>Please contact your student’s alpha counselor</td>
</tr>
<tr>
<td>Student Success Team (SST)</td>
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Mental Health Support

- Mental Health Therapist - Ms. Bri Angele
  - Full-time, by appointment only
  - thscounseling.com/requestform
  - Therapy services (individual and group)
  - Wellness services
  - Student and parent workshops
  - Outside referrals for support

Parenting Group
for parents of TUSD students

2020 Dates:
- Wednesday, November 18
- Wednesday, December 9
8:30 am - 9:30 am
Email your SAGE therapist to sign up!
Topics such as:
- stress management
- supporting distance learning
- power struggles
- boundaries, & more.

Hosted by two Associate Therapists from Sage, Karina Robles, AMFT & Brianna Angèle, APCC
We’re here to help!
Reach out to the THS Sage Therapist: Brianna Angèle, APCC angele.brianna@tusd.org
Additional Family & Student Resources

- TUSD Wellness Helpline
  - Phone - (424) 757-4190
  - Email - tusdwellness@tusd.org
- Torrance Juvenile Diversion - (310) 618-5555
- Care Solace - (888) 515-0595
- South Bay Families Connected
- National Parent Helpline - M-F 10am-7pm: (855) 427-2736
- Care for Caregivers
- Grief Supports
- California Surgeon General's Playbook for Caregivers & Kids During COVID-19
- Caregiver Advocacy Network - (877) 846-1602 or fosterfamilyhelp@dss.ca.gov
Contacting the Counseling Team

Christina Yun, Counselor
Last Names A-E
yun.christina@tusd.org
Virtual Office Hours for students
MWF 8AM-9AM

Adriana Ibanez, Counselor
Last Names F - Lon
ibanez.adriana@tusd.org
Virtual Office Hours for students
MWF 8AM - 9AM

Aisha Takesue, Counselor
Last Names Loo-Re
takesue.aisha@tusd.org
Virtual Office Hours for students
MWF 8AM - 9AM

Robert Young, Counselor
Last Names Ri-Z
young.robert@tusd.org
Virtual Office Hours for students
MWF 2PM - 3PM
Contacting the Counseling Team

Jenna Mendoza
College & Career Coordinator, A106
mendoza.jenna@tusd.org
Ext. 8003

Bri Angele
Mental Health Therapist
angele.brianna@tusd.org
Ext. 7921

Elizabeth Feltham
Senior Office Assistant, Records
feltham.elizabeth@tusd.org
Ext. 7967

Ludivina Samson
Senior Office Assistant, Registrar
samson.ludivina@tusd.org
Ext. 7968
Freshmen Parent Night Presentation