

Welcome Juniors!

Class of 2020!

# Your counselors this year

Ms. DePaoli

Ms. Dominguez

Ms. Ibarra

Ms. Miller

Ms. Torres

Ms. Vernon

Mr. Yokomura



# Did you know?





KEEP  
CALM

A SCHOOL

COUNSELOR CAN

HELP

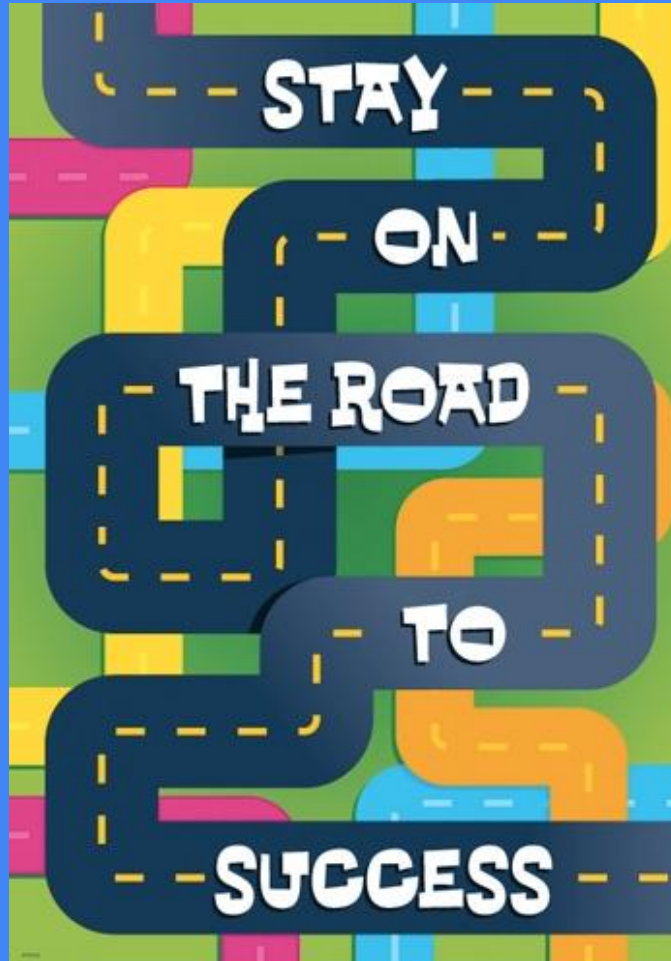
# Counseling Support Staff

- Ms. Rasor - College & Career Assistant
- Registrar - Ms. Abelt
- Guidance Information Specialists -
  - Ms. Chamorro
  - Ms. Gonzalez



NOW is the time to  
plan your future!  
Don't wait!

The first step is to enhance your communication skills!





Email is an important way to communicate with teachers, your counselor and college representatives.

Do you know how to write a proper email?



hi ms jones this is danny

i won't be at school today cuz i got the flu what is the  
english homework today

im really sorry i am not in class and need your help

danny

Dear Ms. Jones,

This is Danny Smith from your 2nd period English class. Unfortunately, I am home sick with the flu today. Could you please let me know what the homework is? I am sorry I can't be in class today. Thank you so much for helping me!

Sincerely,  
Danny Smith

Now you are going to write an email to  
your counselor.



# Your email should include

1. One thing you like about this semester
2. One thing you don't like about this semester
3. Something you like to do outside of school
4. How your counselor can help you best
5. Anything else you would like to tell us

The next step is to take the PSAT!



# After PSAT use KHAN Academy

- ★ **Free** Official SAT Practice on Khan Academy created in partnership with the College Board.
- ★ **Personalized practice** recommendations.
- ★ **Full-length practice tests** and thousands of sample questions.
- ★ **Accessible through any computer** with Internet access.
- ★ Materials also **available to print**.

A college readiness partnership



# Official SAT<sup>®</sup> Practice

More information on Khan  
Academy

will be available when you  
receive your scores! Read  
the announcements!

The next step is to look at your transcript!





# Step #1 Look At Your Transcript!

The screenshot shows the Infinite Campus login interface. At the top left is the Infinite Campus logo, and at the top right is the text "Transforming K12 Education®". A red banner in the top right corner says "Campus Portal". Below this, the school name "Sequoia Union High" is displayed. The login section contains a "Username" field with a cursor, a "Password" field, and a "Sign In >>" button. To the right of the login fields, blue text reads "Use your Canvas User name and password!". Below the login section is a "District Notices" area. A notice dated "2014-10-04" states that students can now reset passwords for Google Apps, School Loop, and the Infinite Campus portal, and that their user IDs will remain their student number. It provides a link to <https://pwm.seq.org/pwm>. A "HELP" button with a dropdown arrow is located to the right of the notice. At the bottom right, there is a small red square button with a white downward arrow.

Infinite Campus

Transforming K12 Education®

Campus Portal

Sequoia Union High

Username

Password

Sign In >>

Use your Canvas User name and password!

HELP ▾

**District Notices**

**2014-10-04**

Students now have the ability to reset their passwords for Google Apps, School Loop, and the Infinite Campus portal. Students' user ids will remain their student number; they now have the ability to choose their own password. The same password will work for all three services.

Please follow this link:  
<https://pwm.seq.org/pwm>

Calendar >

Schedule >

Attendance >

Grades >

Behavior >

Fees >

Reports >

Detention Tracking >

Proficiency >

Family

Messages

Fees >

Payments >

Food Service >

Applications/Forms >

User Account

Account Management >

Access Log >

[ 10/04/2014 ]

Students now have the ability to reset their passwords for Google Apps, School Loop, and the Infinite Campus portal. Students' user ids will remain their student number; they now have the ability to choose their own password. The same password will work for all three services.

Please follow this link:  
<https://pwm.seq.org/pwm>

School Notices - 0 messages

Go Mobile - Need Your District ID?

Available on the App Store

GET IT ON Google play

Available at amazon appstore for Android

Get Your District ID


Click on the “Reports” Tab

- 📄 Student Schedule
- 📄 Progress Report Card Q1
- 📄 Progress Report Card Q2
- 📄 Progress Report Card Q3
- 📄 Progress Report Card Q4
- 📄 Quarter Report Card Q1
- 📄 Quarter Report Card Q2
- 📄 Quarter Report Card Q3
- 📄 Quarter Report Card Q4
- 📄 UNOFFICIAL TRANSCRIPT




# GPA's

GPA Summary	
Cumulative GPA (Weighted)	3.054
Cumulative GPA (Unweighted)	3.054
CA Cal Grant GPA	3.048
Weighted 10-12 A-G GPA	2.913



Private and out of  
state schools



UC's and CSU's

# Repeat Tags

#4130993 Carlmont High School			
Course	Mark	Weight	Credit
<b>2015-2016 Grade 10 Term 2</b>			
174000 Chemistry-P	C-	5.0000	5
052000 English II-P	B	5.0000	5
<sup>R</sup> 133000 Geometry-P	D+		0
196800 Mod Euro Hist-P	B	5.0000	5
160021 PE-2	A	2.5000	2.5
076100 Spanish I-P	C+	5.0000	5
Credit: 22.500 GPA: 2.667 U/W GPA: 2.667			
<b>2015-2016 Grade 10 Term 3</b>			
160021 PE-2	B+	2.5000	2.5
Credit: 2.500 GPA: 3.000 U/W GPA: 3.000			
<b>2015-2016 Grade 10 Term 4</b>			
174000 Chemistry-P	D+	5.0000	5
052000 English II-P	B	5.0000	5
<sup>R</sup> 133000 Geometry-P	D+		0
196800 Mod Euro Hist-P	B	5.0000	5
160021 PE-2	A-	2.5000	2.5
076100 Spanish I-P	C	5.0000	5
Credit: 22.500 GPA: 2.444 U/W GPA: 2.444			

#4130993 Carlmont High School-Cyber High			
Course	Mark	Weight	Credit
<b>2015-2016 Grade 10 Term 4</b>			
133000 Geometry A CP	B	5.0000	5
Credit: 5.000 GPA: 3.000 U/W GPA: 3.000			
#4130993 Carlmont High School - Cyber High			
Course	Mark	Weight	Credit
<b>2015-2016 Grade 11 Term 9</b>			
133000 Geometry B CP	C	5.0000	5
Credit: 5.000 GPA: 2.000 U/W GPA: 2.000			

# Credit Summary

## **SUHSD**

### **Requirements   Earned   Required   Remaining**

CTE/World

Language III

and above      0.000      10.000      10.000

Electives      42.500      62.500      20.000

English      20.000      40.000      20.000

Life Skills      2.500      2.500      0.000

Math      20.000      20.000      0.000

Physical

Education      20.000      20.000      0.000

Science      20.000      20.000      0.000

Social Studies      15.000      35.000      20.000

Visual and

Performing Arts

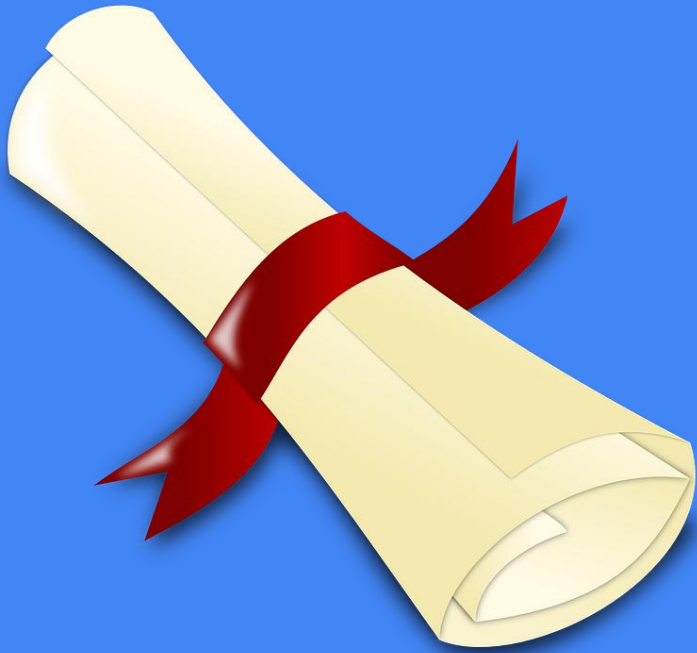
(Fine Arts)      0.000      10.000      10.000

**Total      140.000      220.000      80.000**

## **Comments**

UNOFFICIAL TRANSCRIPT

# Graduation vs. College Requirements



# Carlmont High School



	<b>CHS Graduation Requirements</b> (passing with a D- or better)	<b>A-G Requirements</b> (passing with a C- or better)
<b>English</b>	40 credits	4 Years
<b>Math</b>	20 credits (10 credits of Algebra 1 or equivalent)	3 Years (4 years recommended) Algebra I Geometry Algebra II
<b>Science</b>	20 credits (10 credits of a lab Science)	2 Years** (3 years recommended) 1 year life science 1 year physical science
<b>Social Studies</b>	35 credits 15 credits Social Science 10 credits U.S. History 5 credits Government 5 credits Economics	2 Years World History U.S. History Government
<b>Fine Arts</b>	10 credits	1 Year (visual or performing arts)



<b>C.T.E.</b>	10 credits	No Requirement
<b>P. E.</b>	20 credits	No Requirement
<b>Life Skills</b>	2.5 credits	No Requirement
<b>World Language</b>	No Requirement	2 Years In the same Language (3 years recommended)
<b>Electives</b>	<b>62.5 credits</b>	1 Year of a college preparatory elective
<b>Total Credits</b>	220 Credits	

The next step is to research colleges!



# NAVIANCE Can Help You Decide!

## Interest Inventories

- Help you match interests and personality types with careers

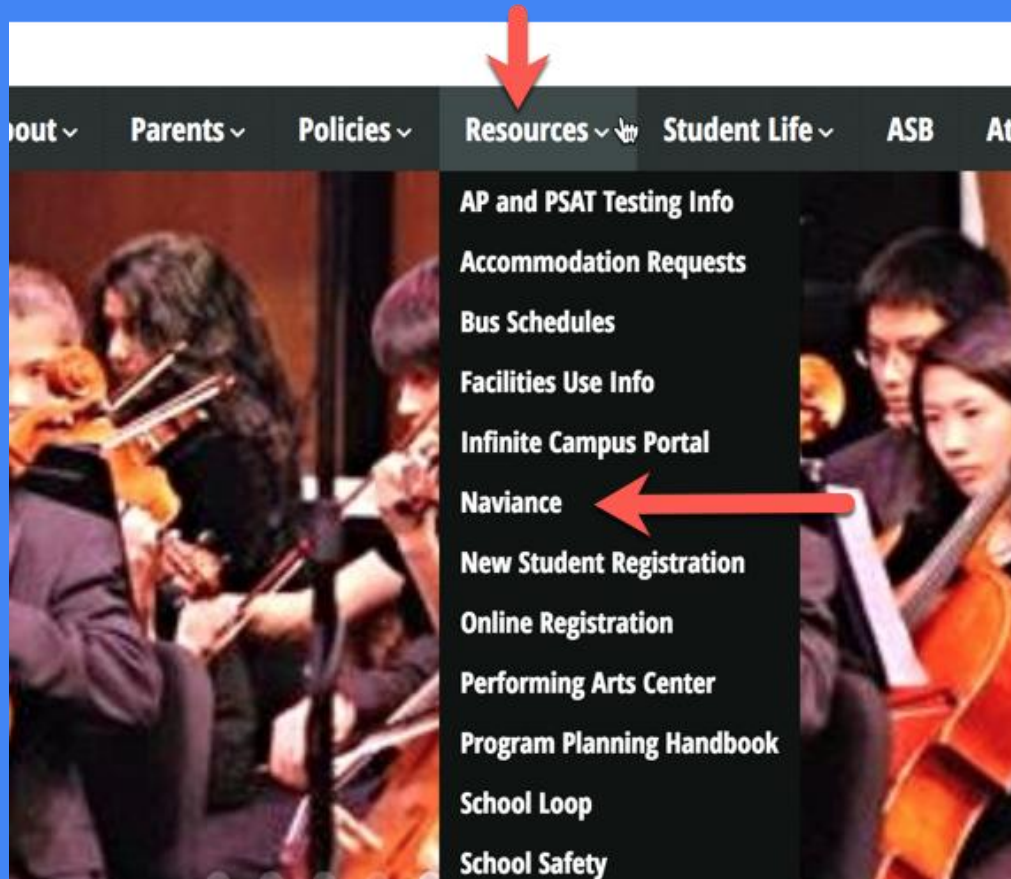
## Career Searches

- Link to College Majors


## College Searches

- Helps you find colleges with these majors

# carlmonths.org



Secure | <https://student.naviance.com/Carlmont>



## Welcome to Naviance Student

To log in: Students use your Carlmont ID number as your username and your School Loop password. Parents new to Naviance should register on the right using the registration code provided by Carlmont.

**Email or Username**

**Password**

☐ Remember me

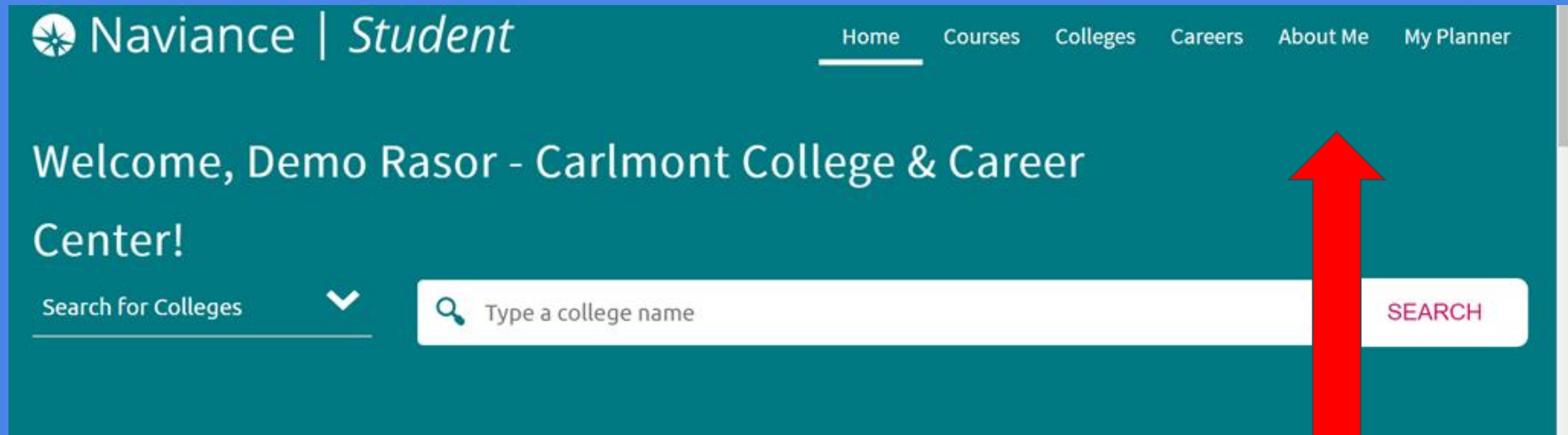
[Login](#)

### Are you new here?

[I need to register](#)

**Carlmont High School**  
1400 Alameda De Las Pulgas  
Belmont, CA 94002-3585  
p: (650) 595-0210  
[carlmonths.org](http://carlmonths.org)  
[Privacy Policy](#)

Go to About Me Home



Now we will verify your email address is correct

Inbox (152) - nrasor@... Sequoia Union High Sch... Presentations - Team D... Class of 2019 Naviance... Copy of Junior class of... Access Denied... Naviance... My Surveys - Naviance... Infinite Campus

https://student.naviance.com/about-me

Naviance | Student

Home Courses Colleges Careers About Me My Planner

About Me

DRCCCC

mo Razor - Carlmont College & Career Center

Class of 2019

[Account](#) [Resume](#) [Test Scores](#) [Portfolio](#)

**My Surveys**


Surveys Progress

You haven't started any Surveys yet.

**My Assessments**

Assessments in Progress

You haven't started any assessments yet.



Click on Account

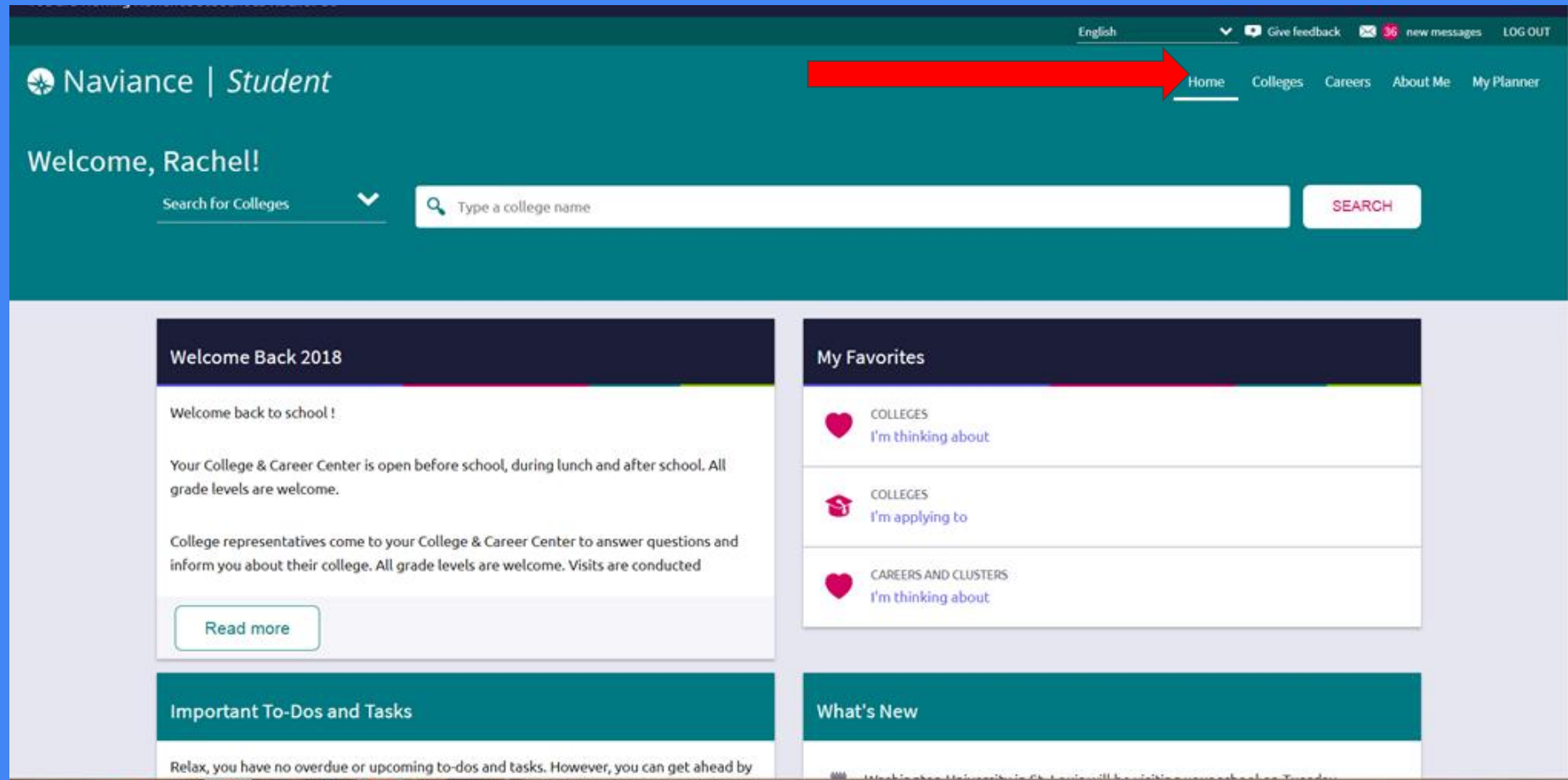
The screenshot shows the Naviance Student interface. At the top, there's a navigation bar with 'Home', 'Courses', 'Colleges', 'Careers', 'About Me', and 'My Planner'. Below this, the user's account is identified as 'Demo Rasor - Carlmont College & Career Center'. The 'General Information' tab is selected, showing two main sections: 'Personal' and 'Contact'. The 'Personal' section includes fields for Nickname, Counselor (Nina Rasor), Year of Graduation (2019), ID #, State ID, Ethnicity (N/A), and Citizenship. The 'Contact' section includes Home Phone, Mobile Phone, Address, and Email. Each section has an 'EDIT' link with a pencil icon. A red arrow points to the 'Email' field in the 'Contact' section.

Section	Field	Value	Action
Personal	Nickname	-	EDIT
	Counselor	Nina Rasor - Carlmont College & Career Center	
	Year of Graduation	2019	
	ID #	-	
	State ID	-	
	Ethnicity	N/A	
	Citizenship 1	-	
Contact	Home Phone	-	EDIT
	Mobile Phone	-	
	Address	-	
	Email	-	
Academic	GPA	N/A	

View your email address. If it is incorrect, click the EDIT pencil and input your updated email address



# College Visits are listed on the College home page



The screenshot shows the Naviance Student home page. At the top, there is a dark green header with the Naviance logo and 'Student' text on the left. On the right, there are links for 'English', 'Give feedback', 'new messages', and 'LOG OUT'. Below this, a navigation bar contains links for 'Home', 'Colleges', 'Careers', 'About Me', and 'My Planner'. A red arrow points to the 'Home' link. Below the navigation bar, there is a welcome message 'Welcome, Rachel!' and a search bar with the placeholder text 'Type a college name' and a 'SEARCH' button. The main content area is divided into several sections: 'Welcome Back 2018' with a message about the College & Career Center, 'My Favorites' with a list of favorite colleges and careers, 'Important To-Dos and Tasks' with a message about overdue tasks, and 'What's New' with a list of new updates.

English Give feedback new messages LOG OUT

Naviance | Student

Home Colleges Careers About Me My Planner

Welcome, Rachel!

Search for Colleges

Type a college name SEARCH

**Welcome Back 2018**

Welcome back to school !

Your College & Career Center is open before school, during lunch and after school. All grade levels are welcome.

College representatives come to your College & Career Center to answer questions and inform you about their college. All grade levels are welcome. Visits are conducted

Read more

**My Favorites**

COLLEGES I'm thinking about

COLLEGES I'm applying to

CAREERS AND CLUSTERS I'm thinking about

**Important To-Dos and Tasks**

Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by

**What's New**

Scroll down to the bottom, click on Show More, and view all the colleges coming til the end of November

Test scores

Show less

College Visits

SEPTEMBER

Tue 25

10:51AM

University of Puget Sound

SEPTEMBER

Tue 25

12:31PM

Washington University in St. Louis

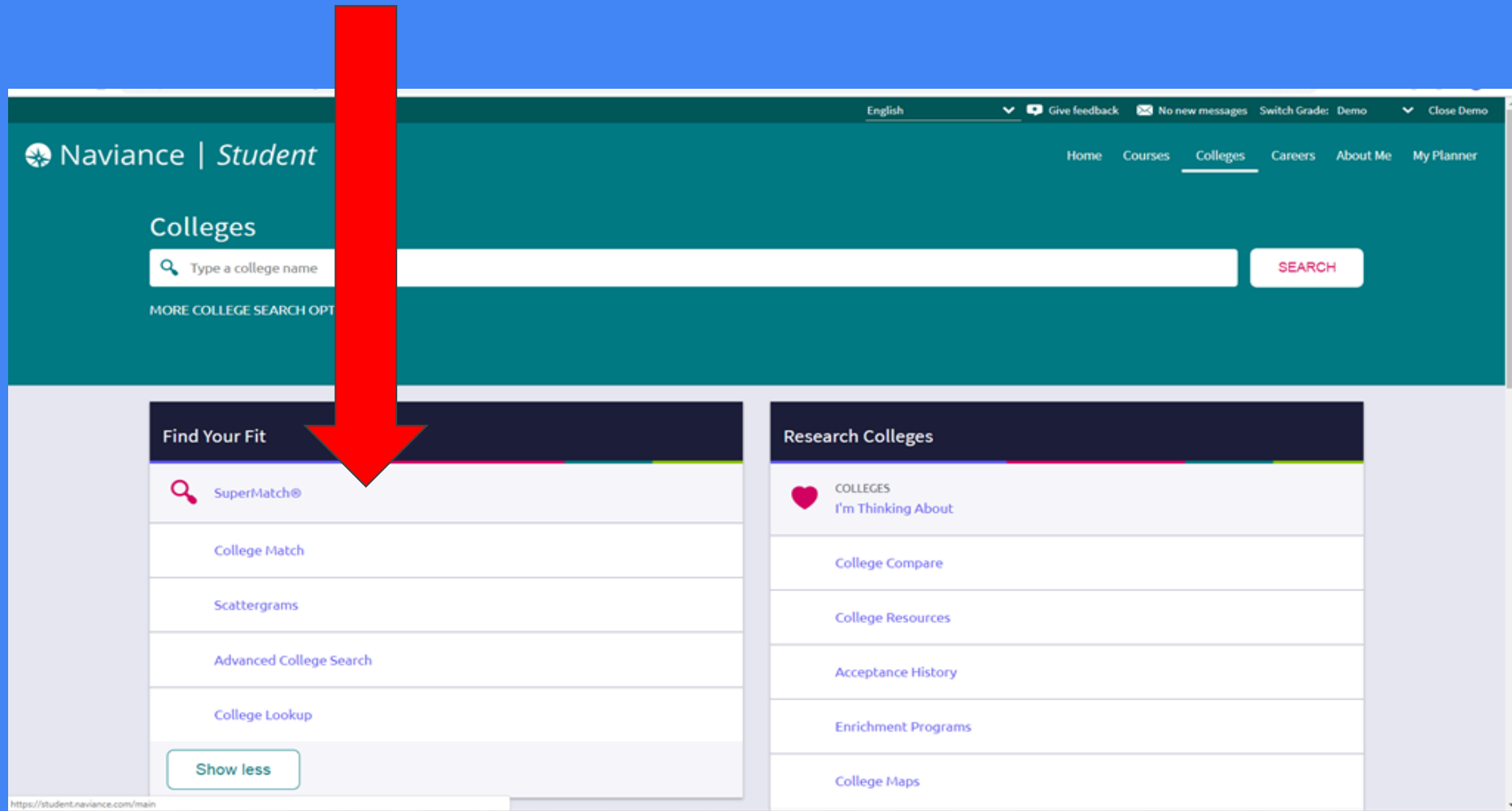
Show more

**Carlmont High School**  
1400 Alameda De Las Pulgas  
Belmont, CA 94002-3585  
p: (650) 595-0210  
carlmonths.org  
Contact Counselor



Copyright 2018, Hobsons Inc  
[Privacy Policy](#)  
logged in as **Rachel Gu**  
[LOG OUT](#)

There are many ways to search for colleges in Naviance. Super Match is one.



The screenshot displays the Naviance Student interface. At the top, the header includes the Naviance logo, the word "Student", and navigation links for Home, Courses, Colleges (which is the active tab), Careers, About Me, and My Planner. Below the header, the "Colleges" section features a search bar with the placeholder text "Type a college name" and a "SEARCH" button. A large red arrow points from the top of the page down to the "SuperMatch" option in the "Find Your Fit" section. This section is a list of search tools: SuperMatch®, College Match, Scattergrams, Advanced College Search, and College Lookup. A "Show less" button is located at the bottom of this list. To the right of the "Find Your Fit" section is the "Research Colleges" section, which includes a heart icon, the text "COLLEGES I'm Thinking About", and a list of links: College Compare, College Resources, Acceptance History, Enrichment Programs, and College Maps. The URL "https://student.naviance.com/main" is visible in the bottom left corner.

# SUPER MATCH

English ▼ Give feedback No new messages Switch Grade: Demo ▼ Close Demo

Naviance | Student Home Courses Colleges Careers About Me My Planner

We want your feedback! What do you think about the new SuperMatch? [Provide Feedback](#)

SuperMatch College Search [About SuperMatch ?](#)

III Choose Fit Criteria Location Academics Admissions Diversity Institution Characteristics Cost Student Life Athletics Resources

Your Fit Criteria

6 selected criteria  
To refine your results, use the arrows to move your criteria into the "Must Have" and "Nice to Have" boxes.

Must Have

- ✕ Location [1] →
- ✕ Major [1] →
- ✕ Minor [1] →
- ✕ Institution Type →
- ✕ Student Body Size [1] →
- ✕ On-campus Housing →

Nice to Have

A *Nice to Have* is anything that's important to you, but isn't an absolute must have.

Saved Searches Choose one ▼ [Save Search](#) [Start Over](#)

Your Results Your results include **5 institutions** with a fit score of 90% or above.

Fit Score ? Academic Match ? Highlights ▼ Cost ▼ Pick what to show ▼

Clicking on the heart will add that college to  
“Colleges I am thinking about list”

## Your Results

Your results include **325 institutions** with a fit score of 90% or above.

Fit Score ⓘ

Academic  
Match ⓘ

Highlights ▼

Cost ▼

Pick what to show ▼

Lynn University

Boca Raton, FL, Suburban Small  
City

4 year, Private non-profit

★ PIN TO COMPARE

♡ FAVORITE

100%

Why?

Average

You

GPA 3.03 N/A

SAT 967 N/A

ACT 22 N/A

To determine if you're an  
academic match for this  
institution, enter your GPA  
and/or standardized test scores.

Photos/Videos on Profile

Tuition & Fees

\$34,400

Room & Board \$11,640

Customize what you see here—

Choose a category above

Clayton State University

Morrow, GA

4 year, Public

★ PIN TO COMPARE

♡ FAVORITE

100%

Why?

Average

You

GPA 3 N/A

SAT N/A N/A

ACT N/A N/A

To determine if you're an  
academic match for this  
institution, enter your GPA  
and/or standardized test scores.

No Highlights Available

Tuition & Fees

\$3,886 In State (GA)

\$14,142 Out of State

Room & Board \$10,222

Customize what you see here—

Choose a category above



Search by College Name

0

PINNED ▼

INTERESTED IN YOU

26

THINKING ABOUT

0

APPLYING TO

5

MORE !

# Another search offered in Naviance Advanced College Search - it is located on the College home page

The screenshot displays the Naviance Student interface. At the top, there's a navigation bar with the Naviance logo and 'Student' text. To the right, there are links for 'Home', 'Courses', 'Colleges' (which is underlined), 'Careers', 'About Me', and 'My Planner'. Below the navigation bar, the 'Colleges' section is highlighted. It features a search bar with the placeholder text 'Type a college' and a 'SEARCH' button. Below the search bar, there's a link for 'MORE COLLEGE SEARCH OPTIONS'. A large red arrow points from the search bar area down to the 'Advanced College Search' option in the 'Find Your Fit' section. The 'Find Your Fit' section lists several options: 'SuperMatch', 'College Match', 'Scatterplot', 'Advanced College Search', and 'College Lookup'. The 'Research Colleges' section on the right lists various tools: 'COLLEGES I'm Thinking About', 'College Compare', 'College Resources', 'Acceptance History', 'Enrichment Programs', and 'College Maps'.

English Give feedback No new messages Switch Grade: Demo Close Demo

Naviance | Student Home Courses Colleges Careers About Me My Planner

Colleges

Type a college SEARCH

MORE COLLEGE SEARCH OPTIONS

Find Your Fit

SuperMatch

College Match

Scatterplot

Advanced College Search

College Lookup

Show less

Research Colleges

COLLEGES I'm Thinking About

College Compare

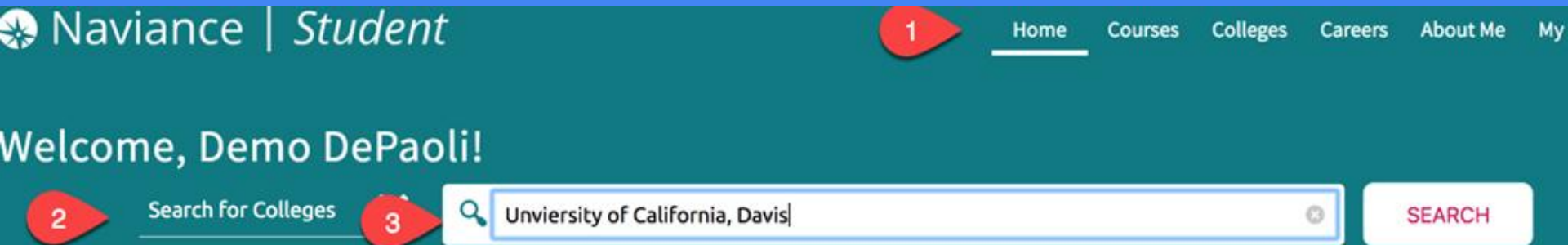
College Resources

Acceptance History

Enrichment Programs

College Maps

Or you can search for a college on the home page



# Colleges can directly be added to “Colleges I’m thinking about”

The screenshot shows the Naviance Student interface. The top navigation bar includes the Naviance logo, the word 'Student', and links for Home, Courses, Colleges (selected), Careers, About Me, and My Planner. The main content area is divided into two sections: 'Quick Links' on the left and 'Colleges I'm thinking about' on the right. The 'Quick Links' section includes 'MORE SEARCH OPTIONS' (SuperMatch®, Advance college search, College lookup) and 'MY COLLEGES' (Upcoming college events, Colleges match, Colleges Visits, Colleges I'm thinking about, Colleges I'm applying to, Letters of recommendation). The 'Colleges I'm thinking about' section features a search bar, a '+ Add Colleges to List' button, and a table of colleges. A red arrow points to the '+ Add Colleges to List' button.

**Colleges I'm thinking about**

+ Add Colleges to List Compare Me

UPDATE INTEREST MOVE TO APPLICATION LIST REMOVE + = extended profile available

	College	Delivery type	Added By	Expected Difficulty*	Application Deadlines	Interest		
<input type="checkbox"/>	Academy of Art University		Student	N/A	N/A	N/A	▼	MORE
<input type="checkbox"/>	Alabama State University		Student	N/A	Regular Decision July 30	N/A	▼	MORE
<input type="checkbox"/>	California State University, Chico		Student	N/A	Regular Decision November 30	N/A	▼	MORE
<input type="checkbox"/>	Colorado State University		Student	N/A	Early Action December 1	N/A	▼	MORE
<input type="checkbox"/>	Governors State		Student	N/A	N/A	N/A	▼	MORE



# Another way to Research Colleges is Through assist.org

FROM MY SCHOOL

LINKS

- 2yr Comm College App
- CSU application
- UC Application
- Common Application

View all from my school

Go to the home page and scroll to the bottom.

nont High School

The image is a screenshot of a web page titled 'FROM MY SCHOOL'. It features a 'LINKS' section with four items: '2yr Comm College App', 'CSU application', 'UC Application', and 'Common Application'. Below these links is a button labeled 'View all from my school'. A red callout box with a red border contains the text 'Go to the home page and scroll to the bottom.' A red arrow points from this box down towards the 'View all from my school' button. At the bottom left of the page, the text 'nont High School' is visible.

# Scroll down to assist.org

[Fastweb/Scholarships](#) 

[GoodCall Scholarship](#) 

[CB Scholarship](#) 

[FinAid Scholarships](#) 

[Check Cal Grant](#) 

[UC/CSU A-G](#) 

[Assist.org](#) 



[After you apply](#) 

[18-19 School Profile](#) 

[Com App/ Nav Link](#) 

# Transfer Opportunity Programs

If you are thinking about starting at a community college to transfer to a four-year college, be sure to check out Transfer Admission Guarantee programs (also known as TAG).

It is really important to start researching NOW!

1. Transfer requirements you will need to take at the community college
1. What college you plan to transfer to (UC, CSU, private)
1. What major you are transferring into (transfer students have to complete both general education and pre-major requirements)


**TO BEGIN YOUR SEARCH, go to [ASSIST.ORG](https://assist.org) and click “EXPLORE MAJORS”**

## Exploring Majors

[ASSIST Home](#) • [Exploring Majors Home](#) • [Majors](#) • [UC Campuses](#) • [CSU Campuses](#) • [Community Colleges](#) • [Course Articulation](#)

### Exploring Majors

st describes the path you'd like to take to learn more about one or more university majors. Each path includes detailed information that identifies which community college courses fulfill lower-division degree requirements for university majors.




#### Majors

Click here to find information about a specific major, search for majors that interest you, or explore all of the majors at UC and CSU campuses.




#### University of California Campuses

Click here to see all of the University of California campuses and view the majors offered at each campus.



#### California State University Campuses

Click here to see all of the California State University campuses and view the majors offered at each campus.



#### California Community College Campuses

Click here to see all of the community colleges in an area and which courses can be taken to prepare for UC and CSU majors.



#### Course Articulation

Click here to display course transfer information (articulation) between a specific community college and UC or CSU campus.



Click "Majors" if you know what you want to major in

OR

Click on a UC or CSU campuses if you want to see the majors they offer

This site is best viewed at screen resolution 1024 x 768 with Internet Explorer 5 or later or Netscape 6 or later.

[ASSIST Home](#) | [Exploring Majors Home](#) | [Majors](#) | [UC Campuses](#) | [CSU Campuses](#) | [Community Colleges](#) | [Course Articulation](#)

## Purpose of “DO What You Are”

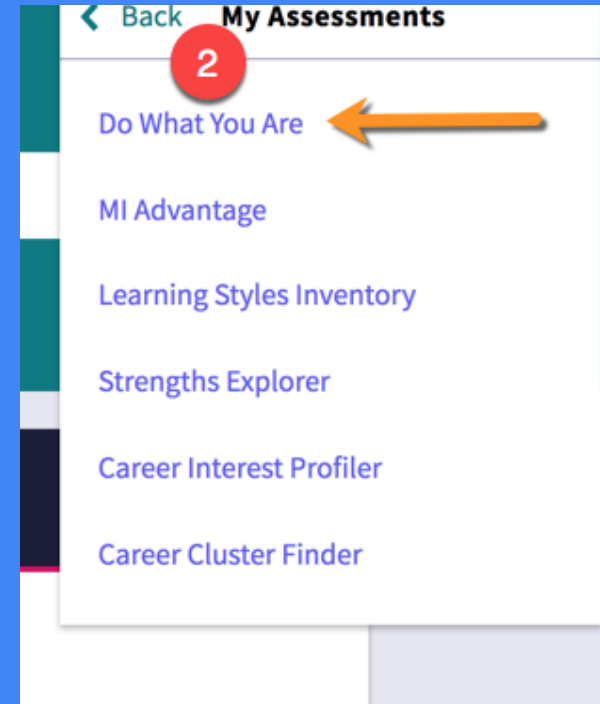
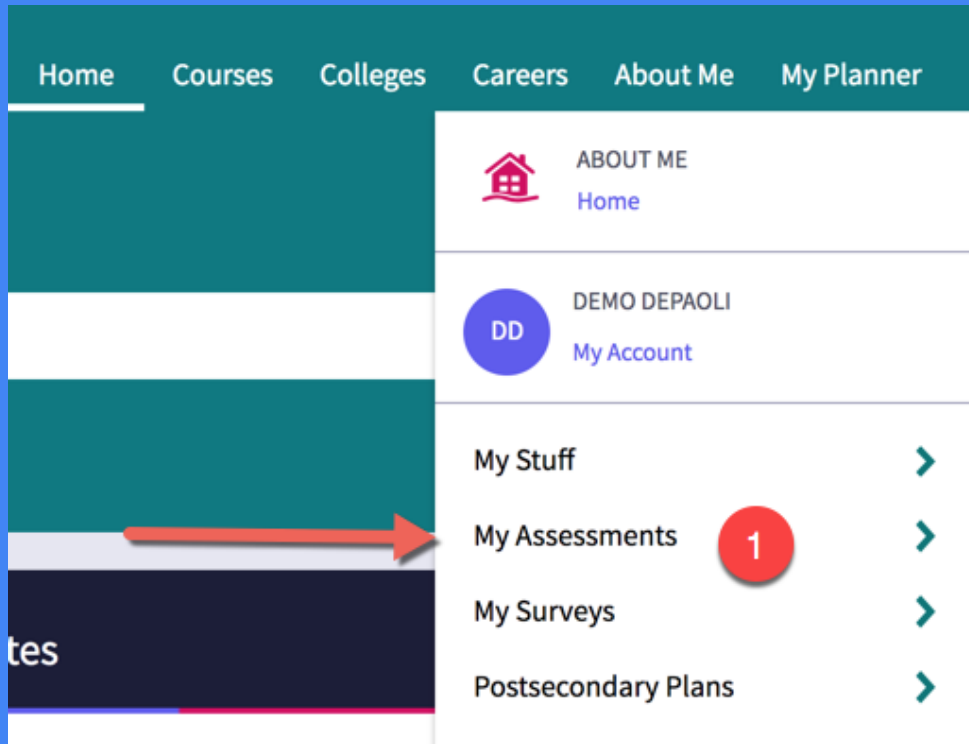
1. Discover your strengths and blindspots
2. Discover careers that are linked to your personality traits
3. Find majors in those career areas
4. Find colleges that have those careers

# Tips

## Quick Tips

- You will see two descriptions side by side.
- The descriptions may not be exact or you may relate to both.
- Choose the description that's *most like you right now*.
- There are no right or wrong, or better or worse answers.

# Go to About Me home and click on “Do What You Are”



## To Do Junior Year

1. Research Colleges and have a list in your “colleges I’m applying to” list
2. Review PSAT result
3. Study for SAT and ACT
4. Sign up for second semester SAT and/ or ACT tests



# How do I get help?

- See your counselor!
- Visit the College Center!

