

Welcome Juniors!

Class of 2019!



# Your counselors this year

Ms. DePaoli

Ms. Dominguez

Ms. Ibarra (Mr. Muramoto)

Ms. Miller

Ms. Torres

Ms. Vernon

Mr. Yokomura



Did you know?





**KEEP  
CALM**

A SCHOOL

COUNSELOR CAN

**HELP**

## Counseling Support Staff

- Ms. Rasor - College and Career Assistant
- Registrar - Ms. Abelt
- Guidance Information Specialists -
  - Ms. Chamorro
  - Ms. Barreto



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

The first 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 in  
December!

The next step is to look at your transcript!



# Step #1 Look At Your Transcript!



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 >

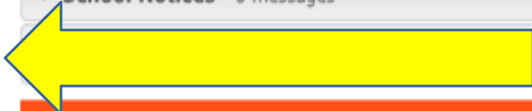
[ 10/04/2014 ]

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?**



**Get Your District ID**

Click on the “Reports” Tab

Schedule	>
Attendance	>
Grades	>
Behavior	>
Fees	>
<b>Reports</b>	
Detention Tracking	>
Proficiency	>
<b>Family</b>	
Messages	>
Fees	>
Payments	>
Food Service	>
Applications/Forms	>
<b>User Account</b>	
Account Management	>


- 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
- Transcript
- Transcript no Progress/Summ
- Transcript w/o Summary




Reports on this page require the Adobe Acrobat Reader (free). 

# 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

<b>Credit Summary</b>			
<b>Curriculum Program: SUHSD Grad Requirements</b>			
<b><u>SUHSD</u></b>			
<b><u>Requirements</u></b>	<b>Earned</b>	<b>Required</b>	<b>Remaining</b>
Social Studies	15.000	35.000	20.000
English	20.000	40.000	20.000
Math	20.000	20.000	0.000
Science	20.000	20.000	0.000
Visual and Performing Arts (Fine Arts)	10.000	10.000	0.000
Life Skills	2.500	2.500	0.000
Physical Education	10.000	20.000	10.000
Electives	19.500	62.500	43.000
CTE	10.000	10.000	0.000
<b>Total</b>	<b>127.000</b>	<b>220.000</b>	<b>93.000</b>



# 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	<b>2 Years</b> <b>In the same Language</b> (3 years recommended)
<b>Electives</b>	<b>62.5 credits</b>	<b>1 Year</b> of a college preparatory elective
<b>Total Credits</b>	220 Credits	

The third step is to research colleges!



# NAVIANCE Can Help You Decide!

## Interest Inventories

- Help you match interests and personality types with careers

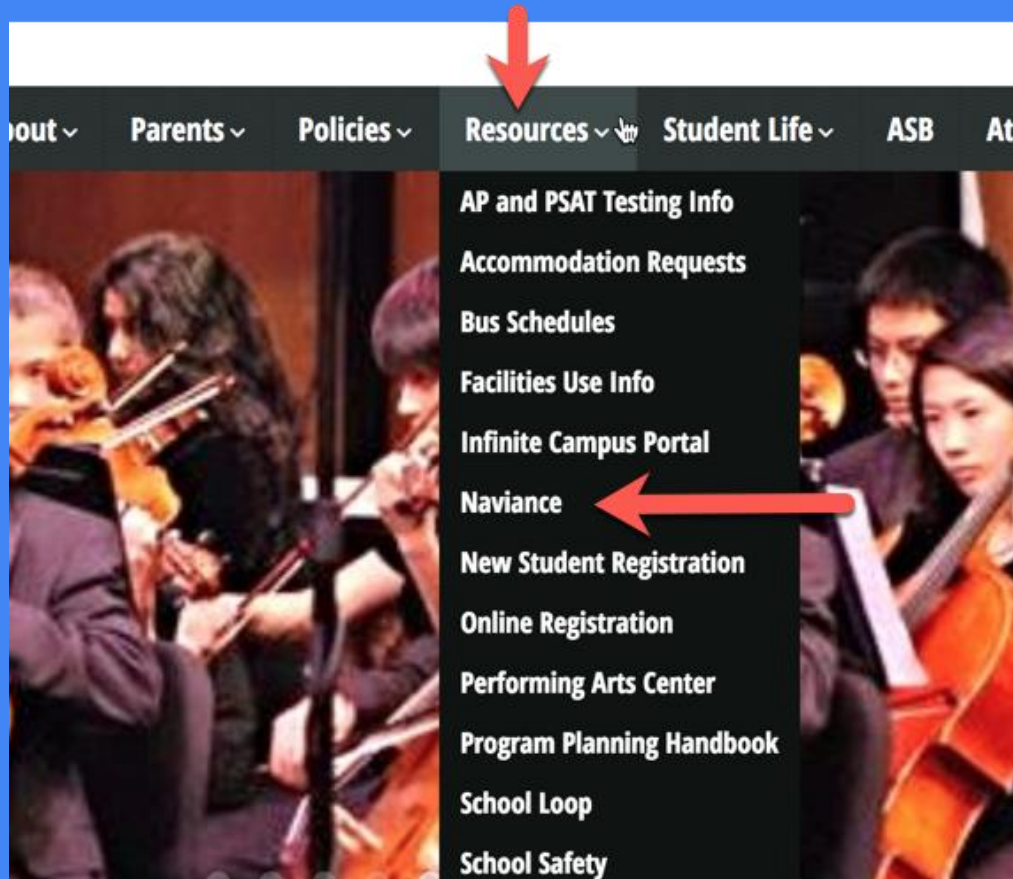
## Career Searches

- Link to College Majors

## College Searches

- Helps you find colleges with these majors

# carlmonths.org



# Welcome to Family Connection

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.

username

password

remember me

Log In

[forgot your password?](#)

[need additional help?](#)

are you new here?

[I need to register](#)

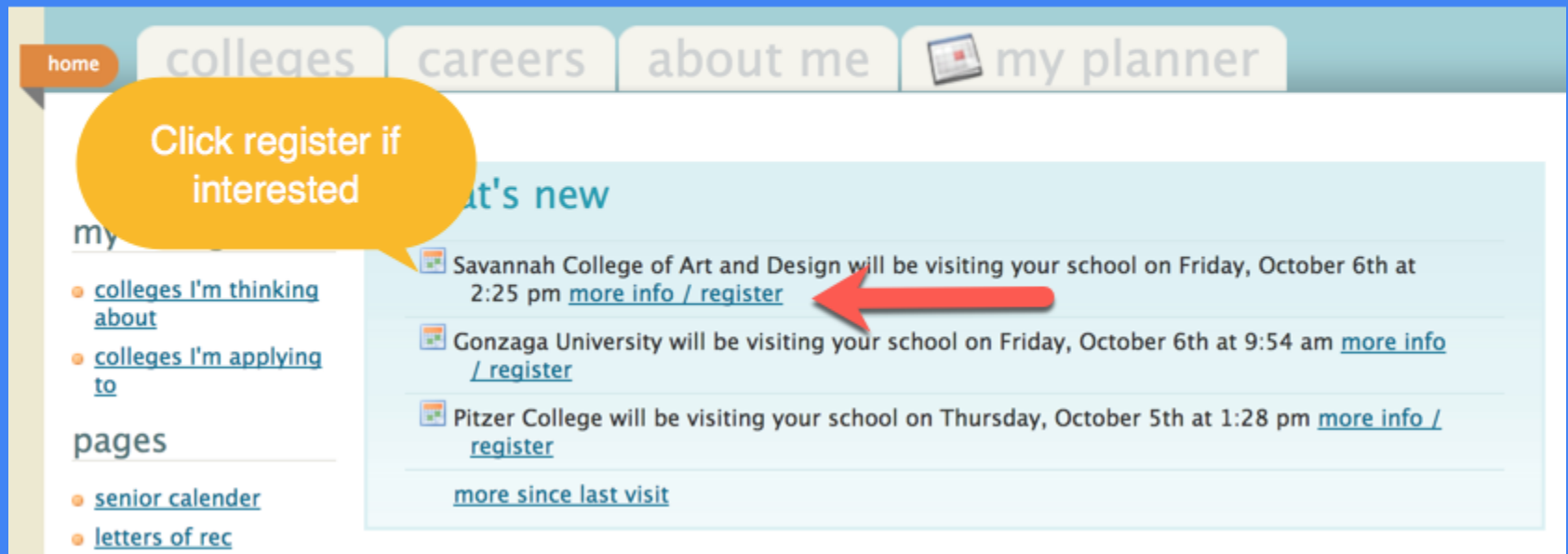
Use your student  
number and Canvas  
password.



## Carlmont High School

1400 Alameda De Las Pulgas  
Belmont CA 94002-3585  
p: (650) 595-0210

# College Visits are listed on the Home Page



The screenshot shows a website interface with a navigation bar at the top containing links for 'home', 'colleges', 'careers', 'about me', and 'my planner'. Below the navigation bar, there is a section titled 'What's new' which lists upcoming college visits. A yellow callout bubble with the text 'Click register if interested' points to the 'register' link in the first entry. A red arrow also points to the same 'register' link. The left sidebar contains links for 'colleges I'm thinking about', 'colleges I'm applying to', 'senior calender', and 'letters of rec'.

home colleges careers about me my planner

Click register if interested

What's new

- Savannah College of Art and Design will be visiting your school on Friday, October 6th at 2:25 pm [more info / register](#)
- Gonzaga University will be visiting your school on Friday, October 6th at 9:54 am [more info / register](#)
- Pitzer College will be visiting your school on Thursday, October 5th at 1:28 pm [more info / register](#)

[more since last visit](#)

my

- colleges I'm thinking about
- colleges I'm applying to

pages

- senior calender
- letters of rec





On the top right corner of the home page click manage my account.

Logged in as: Jose Student ([log out](#))

[Manage my account](#)

out me



my planner

 [English](#) ▼

pages

careers

about me

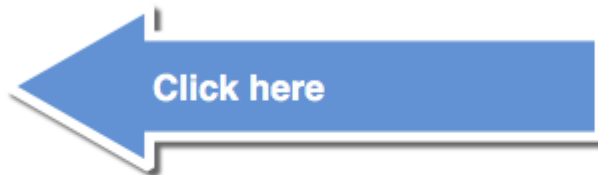


my planner

things

account

:: [manage my profile](#)


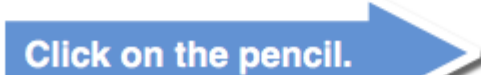



Username

Password

Please contact the counseling office for assistance with your password.

## Personal Profile

<b>Nickname</b>	-	<b>Year of Graduation</b>	2018
<b>Counselor</b>	Tammy DePaoli	<b>ID Number</b>	
<b>Gender</b>	Male	<b>State ID Number</b>	
<b>Home Phone</b>	-	<b>Date of birth</b>	
<b>Citizenship 1</b>	-	<b>Mobile Phone</b>	
<b>Ethnicity</b>	N/A	<b>Citizenship 2</b>	
<b>Address</b>		<b>Email</b>	- 

# Email

1. Your email address should be appropriate
2. Your email address should be one you check often
3. Ms. Razor will be sending a huge amount of information to juniors through your email address

# Enter your email and click update

## edit personal data

:: [cancel](#)

▲ Any updates made by school personnel will automatically populate the fields below.

**Important:** Your e-mail address is used by the counseling office to contact you, so please enter a valid address.

Email

1

tdepaoli@seq.org

Confirm

2

tdepaoli@seq.org

3

[Cancel](#)

[Update](#)



## 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 the “about me” tab and click on “Do What You Are”

The screenshot shows a navigation bar with four tabs: 'colleges', 'careers', 'about me', and 'my planner'. The 'about me' tab is selected. Below the navigation bar, the 'DO WHAT YOU ARE' assessment is featured. It includes a progress indicator with three steps: '1. intro' (highlighted), '2. take assessment', and '3. view results'. The main heading is 'Discover your personality', followed by a paragraph: 'This will help you learn about your personality, your strengths, your blindspots and more! You will also see suitable careers and majors. Be as honest as you can with your answers, because this is all about you!'. A yellow arrow points to a button labeled 'Okay, let's get started'. To the right, a 'Quick Tips' section contains five bullet points: 'You will see two descriptions side by side.', 'The descriptions may not be exact, but 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.', and 'Your answers will be saved as you progress, but we recommend finishing it in one sitting.'



# Once you have your results

1. Explore Careers
2. Explore Majors
3. Explore Colleges





home

courses

colleges

careers

about me



my planner



search for colleges:

Go

[MORE SEARCH OPTIONS >>](#)

resources:

[test scores](#)

### my colleges

[colleges I'm thinking about](#)

[colleges I'm applying to](#)

#### Upcoming college visits

- 10/21/14 University of the Pacific [details »](#)
- 10/21/14 Northwestern University [details »](#)
- 10/22/14 University of Washington [details »](#)

[view all upcoming college visits](#)

### college research

[SuperMatch™ college search](#)

[college match](#)

[college compare](#)

[college lookup](#)

[college search](#)

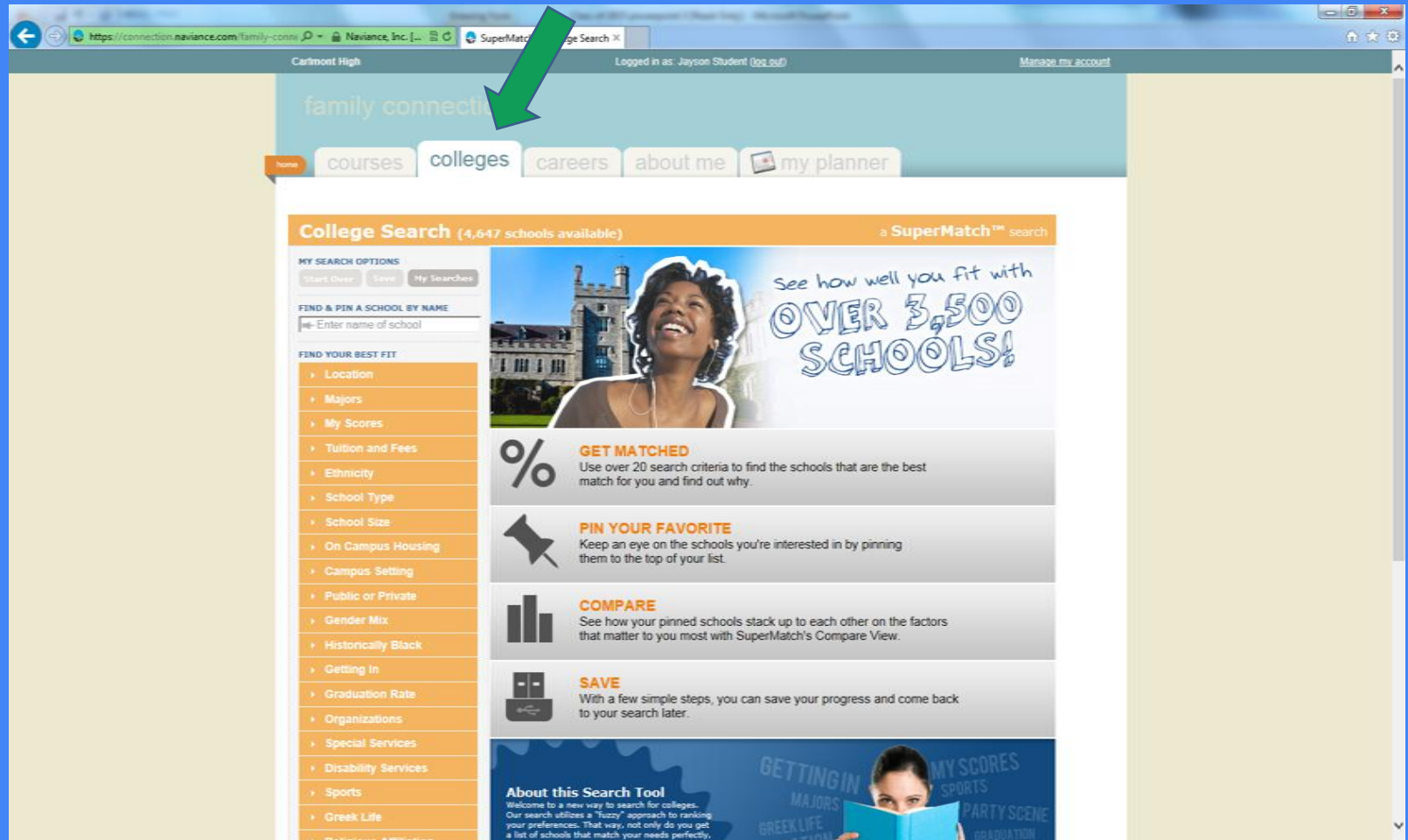
[college resources](#)

[college maps](#)

[enrichment programs](#)



# SUPER MATCH



The screenshot shows a web browser window with the URL <https://connection.naviance.com/family-connect>. The page is titled "family connect" and has a navigation bar with tabs for "home", "courses", "colleges", "careers", "about me", and "my planner". A green arrow points to the "colleges" tab. Below the navigation bar, the "College Search" section is active, displaying "4,647 schools available" and "a SuperMatch™ search".

**MY SEARCH OPTIONS**  
Start Over Save My Searches

**FIND & PIN A SCHOOL BY NAME**  
Enter name of school

**FIND YOUR BEST FIT**

- Location
- Majors
- My Scores
- Tuition and Fees
- Ethnicity
- School Type
- School Size
- On Campus Housing
- Campus Setting
- Public or Private
- Gender Mix
- Historically Black
- Getting In
- Graduation Rate
- Organizations
- Special Services
- Disability Services
- Sports
- Greek Life
- Religious Affiliation

**See how well you fit with OVER 3,500 SCHOOLS!**

**GET MATCHED**  
Use over 20 search criteria to find the schools that are the best match for you and find out why.

**PIN YOUR FAVORITE**  
Keep an eye on the schools you're interested in by pinning them to the top of your list.

**COMPARE**  
See how your pinned schools stack up to each other on the factors that matter to you most with SuperMatch's Compare View.

**SAVE**  
With a few simple steps, you can save your progress and come back to your search later.

**About this Search Tool**  
Welcome to a new way to search for colleges. Our search utilizes a "fuzzy" approach to ranking your preferences. That way, not only do you get a list of schools that match your needs perfectly,

GETTING IN MAJORS SPORTS MY SCORES  
GREEK LIFE PARTY SCENE GRADUATION

# SUPER MATCH - Results

The screenshot displays the SuperMatch College Search interface. At the top, there are navigation tabs for 'courses', 'colleges', 'careers', 'about me', and 'my planner'. The main heading is 'College Search (4,647 schools available) a SuperMatch™ search'. Below this, there are sections for 'MY SEARCH OPTIONS' (including 'Start Over', 'Save', and 'My Searches'), 'FIND & PIN A SCHOOL BY NAME' (with an input field), and 'FIND YOUR BEST FIT' (a list of filters such as Location, Majors, My Scores, Tuition and Fees, Ethnicity, School Type, School Size, On Campus Housing, Campus Setting, Public or Private, Gender Mix, Historically Black, Getting In, Graduation Rate, Organizations, Special Services, Disability Services, and Sports). A 'My Choices' section allows users to drag and drop filters into 'Kinda', 'Very', and 'Must-Have' categories. The 'Very' category includes Location, Majors, School Type, School Size, and Sports. The 'Must-Have' category includes On Campus Housing. Below the filters, there are options to 'Expand Results' or 'Collapse Results', and a 'MY PINNED SCHOOLS' section with a 'I WANT TO...' dropdown. The main results area shows four university listings, each with a '100% WHY?' badge, a 'Pin It' button, and links for 'Request Information', 'Web Tour', and 'Apply Online':

- Cal Poly, San Luis Obispo (San Luis Obispo, California)
- University of Montana (Missoula, Montana)
- University of Northern Colorado (Greeley, Colorado)
- Montana State University (Bozeman, Montana)

On the right side, there are sections for 'Help Topics' (Get Matched, Pin Your Favorite, Compare, Save), 'Feedback' (Tell us what you think of Supermatch!), 'SuperMatch™ Patent Pending', and 'List of colleges by state or province'. The browser address bar shows the URL 'https://connection.naviance.com/family-conn...' and the page title 'SuperMatch™ College Search'.



search for colleges:

[MORE SEARCH OPTIONS >>](#)

resources:

[test scores](#)

## my colleges

[colleges I'm thinking about](#)

[colleges I'm applying to](#)

### Upcoming college visits

- 10/21/14 University of the Pacific [details >](#)
- 10/21/14 Northwestern University [details >](#)
- 10/22/14 University of Washington [details >](#)

[view all upcoming college visits](#)

## college research

[SuperMatch™ college search](#)

[college match](#)

[college compare](#)

[college lookup](#)

[college search](#)

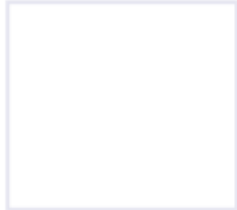
[college resources](#)


[college maps](#)

[enrichment programs](#)

What do you think of our college profiles?

Rate us!



University of California, Davis   
Davis, CA, US | [ucdavis.edu](http://ucdavis.edu)

Communicate

If you are interested in a school you should "heart" it.

What do you think of our college profiles?

Rate us!



University of California, Davis   
Davis, CA, US | [ucdavis.edu](http://ucdavis.edu)





Communicate



## colleges I'm thinking about

[+ add colleges to this list](#) | [compare me](#)

It will be added to your "colleges I'm think about" tab.

College	Delivery type	Added By	Expected Difficulty*	My Interest	Application Deadlines†			Actions		
					Early Decision	Early Action	Priority	Regular Decision	Manage Communication	Graph
<input type="checkbox"/> <a href="#">UC Davis</a>		counselor	N/A	N/A 	-	-	-	Nov 30		

Update Interest

Move to Application List

Remove from List

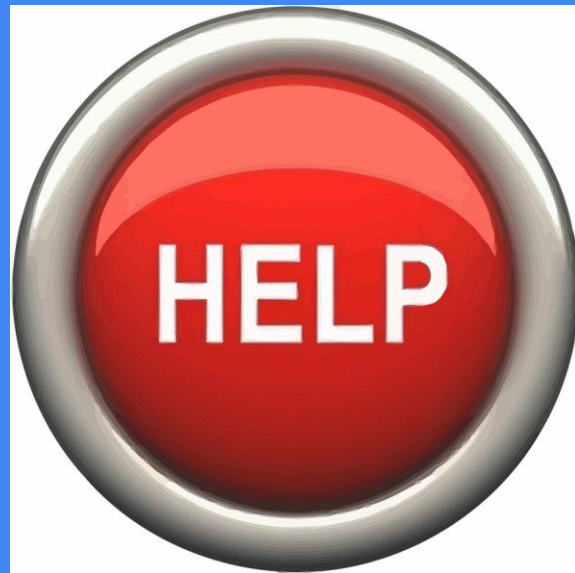
## To Do Junior Year

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!



# QUESTIONS??

