JUNIOR PARENT NIGHT



Counseling Department

Ryan Carter Jenny Dumas Jacob Larin Deanna Mistele-Ali

Jeamice Parker Ariel Rojas Tamesha Wise





College & Career Center



RECAP: 10TH GRADE

Last spring, counselors met with sophomores in small group workshops, classroom lesson workshops, and individual appointments focused on:

- Personal narrative activity
- Career exploration
- Graduation status and transcript check-in in Aeries
- Comprehensive review of A-G subject area requirements
- Course selection for upcoming school year

JUNIOR INTERVIEW WITH SCHOOL COUNSELOR

- Student/counselor relationship building
- Skill building for the future, including college application process
- More personalized & effective advising and counselor letters of recommendation for college
- Graduation & 'A-G' requirements progress
- Connect juniors to the College & Career Center

11th Grade Counseling Support Overview

The LAHS Counseling and College & Career Center Team support 11th Graders throughout the year with:

- Academic success
- Meeting graduation requirements
- Meeting college requirements
- 21st Century Skill development
- Extracurricular involvement
- Overall well-being
- Post-secondary planning
- Career exploration



Graduation Status

- Grad Status Report
- Grade Thresholds
 - Passing class to earn credits toward graduation requirements: D- or higher
 - Grade required for a course to count toward UC/CSU a-g requirements: Cor higher

2023-2024	Los Altos High School HIGH SCHOOL GRADUATION STATUS REPORT						Page 1	
ID#:	Studer	nt Name: Eagle, Eddi	e	Grade: 11	Ge	nder:		
Subject Area	Req.	Courses Completed	Comp.	Currently Enrolled	Enrol. Credit	Courses Planned	Plan. Credit	Need. Credit
English	40.00	Survey Comp/Lit Wrld Literature	10.00 10.00	Amer Lit Survey	5.00			
				Amer Lit Survey	5.00	NOT COMPLETED		15.00
Sci Life & Physical	20.00	Biology H Chemistry	10.00			.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		10.00
Mathematics	20.00	Algebra II Geometry H	10.00					
Physical Ed	20.00	Gr 9 PE	10.00	JV Boys Soccer Var Track Coed	5.00 5.00			
Health	5.00			Vai Track Coed	5.00	NOT COMPLETED		5.00
Global Studies	15055	AP Eur Hist World Studies	10.00 5.00					
U.S. History	10.00			US History	5.00	NOT COMPLETED		5.00
Civics	5.00					NOT COMPLETED		5.00
Economics	5.00					NOT COMPLETED		5.00
Fine Art-PA-WL	20.00	Spanish I Spanish II	10.00 10.00					
Electives	60.00	IntroCompProg World Studies	10.00 5.00					
				ACT Tutorial	-			
				AP Comp Sci A	5.00			
				Physics Counselor	5.00			
				Spanish III	5.00			
				Trig/Math Ana	5.00			
						NOT COMPLETED		25.00
* TOTALS *	220.00		120.00		40.00			60.00 *
6		1		1		1		1

COUNSELOR AVAILABILITY



- Counselors are available to students on a drop-in basis during brunch, lunch, and A.C.T.
- Students can reach out to counselors for additional availability
- Counselors are also available to students via email
- Counselors available to parents by email, phone, and by request

ADDITIONAL EDUCATIONAL OPPORTUNITIES AT MVLA



MIDDLE COLLEGE

Students take both high school and college classes on campus at Foothill. A cohort of high school students take classes together daily, and receive individualized counseling from their Middle College teachers to meet their graduation requirements.



COLLEGE NOW!

An academic opportunity for self-motivated learners. Qualifying juniors and seniors can start college early and graduation from high school with a year or more of transferable college credit.



FREESTYLE ACADEMY

Provides students with a unique and fun opportunity to find or enhance an artistic or technical passion and develop the communication skills applicable to almost any field of study or work.



ALTA VISTA HIGH

An alternative for students who prefer a smaller school setting or credit acceleration to support their personal and academic progress. Students have the opportunity to enroll in college preparatory courses at AVHS.

STAYING IN TOUCH

Website

- Presentations
- Calendar
- Course selection info
- Resources

Eagle News

Sent weekly from Dr. Runeare

ParentSquare

Announcements for events from the counseling dept. and CCC

Emails

Contact info for each counselor is available on the school website

STUDENT SUPPORT SERVICES

- School Counselors
- Teachers
- Administrators
- College & Career Center
- Tutorial Center
- Library
- Wellness Center
- School-Based Mental Health Counseling
- LAHS Connect Poster (throughout campus)



MONDAY Schedule A All Periods	TUESDAY B 1-3-5-7	C 2-4-6	THURSDAY B 1-3-5-7	FRIDAY C 2-4-6	ASSEMBLY SCHEDULE G All Periods	
Period 1 8:30-9:20	Period 1	Period 2 8:30-10:00	Period 1 8:30-10:00	Period 1	Period 2 8:30-10:00	Period 1 8:30-9:13
Period 2 9:27-10:17	8:30-10:00	ACT 10:07-11:00		ACT 10:07-11:00	Assembly Group 1: 9:20-10:03 Group 2: 10:10-10:53	
Brunch 10:17-10:25	Brunch 10:00-10:08	Brunch 11:00-11:08	Brunch 10:00-10:08	Brunch 11:00-11:08	Brunch 10:53-11:01	
Period 3 10:32-11:22	Period 3 Period 4 Period 3	Period 3	Period 4	Period 3 11:08-11:51		
Period 4 11:29-12:19	10:15-11:45	11:15-12:45	10:15-11:45	11:15-12:45	Period 4 11:58-12:41	
Lunch 12:19-12:54	Lunch 11:45-12:25	Lunch 12:45-1:25	Lunch 11:45-12:25	Lunch 12:45-1:25	Lunch 12:41-1:16	
Period 5 1:01-1:51	Period 5		Period 5		Period 5 1:23-2:06	
Period 6 1:58-2:48	12:32-2:02	Period 6 1:32-3:02	12:32-2:02	Period 6 1:32-3:02	Period 6 2:13-2:56	
Period 7 2:55-3:45	Period 7 2:09-3:39		Period 7 2:09-3:39		Period 7 3:03-3:46	















Counselor & Admin	istrator Assignments
CLASS OF 2027 - 9 [™] GRADE	CLASS OF 2026 - 10 [™] G
Assistant Principal: Mr. Derek Miyahara	Assistant Principal: Ms. Kristin C

Assistant Principal: Mr. D	erek Miyahara	Assistant Principal: Ms.	Kristin Castillo	
A - Cha	Ms. Adler	A - Ci	Ms. Adler	
Chat - Gua	Dr. Carter	Co - He	Dr. Carter	
Gue - Lai	Ms. Parker Mr. Rojas Ms. Wise Mrs. Mistele-Ali	Her - Le	Ms. Parker Mr. Rojas Ms. Wise Mrs. Mistele-Al	
Lam - Na		U - Pe		
Nav - Sha		Ph - Su		
She - Z		Suf - Z		
Academy / as assigned	Mr. Larin Academy / as assigned		Mr. Larin	
CLASS OF 2025 -		CLASS OF 2024 —		
A - Chu	Ms. Adler	A - Co	Ms. Adler	
Chun - Ga	Dr. Carter	Cor - Ha	Dr. Carter	
Ge - Le	Ms. Parker	He - Li	Ms. Parker	
Lee - Mo	Mr. Roias	LI - Po	Mr. Roias	
Moo - Sc	Ms. Wise	Pop - St	Ms. Wise Mrs. Mistele-Al	
Sch - Z	Mrs. Mistele-Ali	Su - Z		
Academy / as assigned	Mr. Larin	Academy / As Assigned	Mr. Larin	
Adler Carte	Student Service	NSELORS as Building and Floor ker Rojas Mistele-Ali	Wise	

INFORMATION & RESOURCES



	FREQUENTLY (JSED LINKS		
ClassLink (Gmail, Canvas, AER AERIES Request Technol Clubs Lis TeachMo Make a Sugg	ogy Help t re	Daily Announcements Gmail Weekly News Slide Naviance Bells Schedules Report Bathroom Maintenance Issue New		
COUNSELING	TECH	TECH Cont.'d	Health Resources	
Set up a Counseling Appt. Weekly Counseling Bulletin Counseling Homepage Naviance Counselor Assignments by Last Name Out-of-District Course Guidelines Out-of-District Approval Form Course Catalog Course Information Sheets School Counseling Calendar Graduation & A-G Requirements Alternative Programs Adding Outside Courses to Transcript	Request Technology Help Help for all things technology is just an email away. ClassLink Use to get to Canvas, AERIES, StudentSquare, and other frequently used apps Naviance Use for college + career-related research and activities.	Wifi How-To Connect Sign Up for StudentSquare Email Templates Not sure what to write in an email? Look here. Bell Plus	Referral for Student Support Only for non-emergencies List of Community Resources Eagle Escape Information LAHS'S Wellness Center Report Sexual Assault / Sexual Violence	
CAMPUS RESOURCES	ACTIVITIES	CALENDARS	MISCELLANEOUS	
Testing Center Tutorial Center College & Career Center Health Service Click to see when the Stanford health van will be on campus	ASB Website Info about Clubs, Events, and more Clubs List Send Feedback to ASB	Yearly Calendar Activities Calendar Assessment Calendar Athletics Calendar School Counseling Calendar	Bells Schedules Student Handbook Suggestion Form Campus Map Staff Directory Webstore	

Student Frequently Used Links document available on the LAHS website

PARENT INFORMATION

Ongoing school-wide (and counseling-specific) information via, Eagle News newsletter, Parent Square, Naviance, & email.







COLLEGE & CAREER CENTER



COLLEGE/CAREER CENTER RESOURCES

ONLINE & IN PERSON

- Naviance
- College admission rep visits
- Scholarship info
- Volunteering, internships, jobs
- MVLA College Counseling Handbook
- YouTube Channel
- Instagram

ACT WORKSHOPS

- College essays
- UC & CSU applications
- Common App
- Community College
- International options
- Career focus
- UC PIQs
- Building a College List
- Paying for college
- SAT/ACT

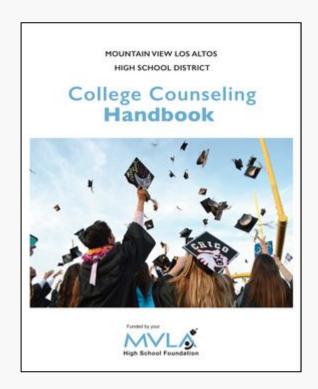
AVAILABLE TO SUPPORT STUDENTS

Please encourage your students to...

- Visit before school, during brunch, lunch, open-period, or by appointment
- Reserve a seat in the Minga App for ACT workshops
- Use Naviance & the LAHS College & Career website for college & career exploration/research

MVLA COLLEGE COUNSELING HANDBOOK

- Discover different types of colleges and universities
- Timeline for students



COLLEGE/CAREER CENTER EVENTS

Click on any event to view additional information

Los Altos C&CC Events Calendar Today Tuesday, October 1 ▼ Tuesday, October 1 11:45am Bryn Mawr College [In-person Visit] Purdue University-Main Campus [In-person Visit] Wednesday, October 2 Boston University [In-person Visit] Lehigh University [In-person Visit] Thursday, October 3 Trinity College [In-person Visit] 11:45am University of California-Merced [In-person Visit] Friday, October 4 Oregon State University [In-person Visit] Monday, October 7 Bucknell University [In-person Visit] 12:19pm Rice University [In-person Visit] Tuesday, October 8 10:10am Colgate University [In-person Visit] University of Portland [In-person Visit] Saint Mary's College of California [In-person Visit] Wednesday, October 9 Haverford College [In-person Visit] University of Michigan-Ann Arbor [In-person Visit] Monday, October 14 St Olaf College [In-person Visit] University of Washington-Seattle Campus [In-person Visit] 12:30pm Vassar College [In-person Visit] Tuesday, October 15 10:10am Texas Christian University [In-person Visit] 11:45am University of Miami [In-person Visit] St Olaf College [In-person Visit] Wednesday, October 16 9:30am University of Toronto [In-person Visit]

COLLEGE & CAREER COMMUNICATION

- Weekly CCC bulletin and school announcements
- Check emails, follow CCC Instagram
- CCC + LAHS Counseling websites
- Countdown to College event in spring

NAVIANCE & BEGINNING THE COLLEGE SEARCH

- Researching and "favoriting" colleges
- Organizing college list and application deadlines
- Identifying and researching careers/majors
- Building and updating a professional-looking resume/activities list
- Registering to attend college representative list
- Understanding what is required for college applications (varies by schools on list)

PREPARING FOR THE COLLEGE APPLICATION PROCESS

- Personal and Academic information
- Extracurricular and Volunteer activities
 - Clubs, sports, leadership, music employment, etc.
 - Checking the LAHS website for the list of clubs and activities under Student Activities
 - Viewing the CCC weekly bulletin for jobs and volunteer opportunities
 - Ensuring that students are exploring areas of interest, gaining experience-based learning



PREPARING FOR THE COLLEGE APPLICATION PROCESS

- Ask teachers for letters of recommendation (11th grade academic classes) in the spring semester. Students at most will need two academic letters & a counselor recommendation
- Work on essays and personal statements/short response questions in spring and summer.

 Participate in the summer college advising and application bootcamp(s)! Join ACT workshops focused on components of this process.



PSAT, SAT, AP

PSAT/SAT - all Juniors were opted into PSAT unless they chose the SAT

• <u>AP Tests Registration</u> - Please go to the LAHS website, the deadline is **November 1, 2025** by 11:59 PM. Must register (no late registrations).

Lorena Rodriguez-Daniel is our wonderful LAHS testing coordinator.



COLLEGE TESTING

Current Landscape

- Test-Free: UC/CSU & other private and public out-of-state institutions
- Test-Optional & Test Flexible: Includes public and private schools
- Testing Required: Includes public and private schools

Preparation & Timeline

- Student Self-Reflection & family discussion: Colleges on list, PSAT scores, testing preferences
- LAHS academic courses are SAT/ACT prep
- Use available data: PSAT(10), PSAT(11), other standardized tests
- If testing, pick a date & register early:
 Take an official exam in 11th grade, can retest in early summer/late summer/fall.



FINANCIAL AID

- FAFSA (Free Application for Federal Student Aid)/OR CADAA (California Dream Act Application)
- CSS Profile (Some -mostly private- schools require this for institutional aid)

Other types of financial aid:

- Loans
- Grants
- Scholarships



FAFSA OR CADAA? (based on the student's status)

Which Financial Aid Application to Submit?



High School Foundation

COLLEGE COUNSELING



COLLEGE ADVISING

OPEN starting November and into Spring Semester

Topics to be covered in College Advising Appointments:

- Naviance
- Transcript
- College List
 - Academic fit
 - Social fit
 - Financial fit
- College Admissions Tests
 - Test optional/Test blind
 - Merit Aid

- Timeline
- Essays
- Letters of Rec
- Financial Aid
 - FAFSA/CSS Profile
 - Scholarships



COLLEGE OPPORTUNITIES

Community College (113)
California State University "CSUs" (22)
University of California "UCs" (9)
Private Colleges
Out-of-State Colleges

Over 4,000 Colleges and Universities across the United States





CALIFORNIA STATE UNIVERSITIES (CSU)



- 1 application for all 22 CSU campuses
- Application opens on October 1st
- Baseline GPA of 2.5 (10th and 11th grade weighted)
- Coursework based on A-G completed
- Test-Free
- Apply between 10/1-11/30



UC APPLICATIONS



- 1 application for all 9 undergraduate
 UC campuses
- Application opens on August 1
- Four x 350 word PIQs
- Freshman Admission Eligibility
 - GPA: Minimum 3.0 weighted
 - Coursework
 - Test-Free
- Coursework baked on "A-G" courses completed in 10th or 11th grade
- Apply between 10/1–11/30



PRIVATE COLLEGES

- The Common Application
 - 900+ schools
 - Students can create an account now with personal/academic information
- Admission Criteria
 - Unweighted GPA
 - Letter of Recommendation
 - Supplemental Essays
 - SAT/ACT visit individual college websites for exam information



The MVLA Foundation supports the college process at LAHS through funding the College Adviser & College/Career Center



Questions