# Student Guide

2012-2013

What QUSD students need to know to be SUCCESSFUL in high school and beyond.





"All students will graduate. As a result, they are caring, competent, and critical thinkers, fully-informed, engaged and contributing citizens, and prepared to succeed in college and career."

-OUSD Mission Statement

Dear Student,

Welcome to High School! You're about to begin the most exciting four years of your life, and we want you to be ready for it all. This guide has lots of important information about how to make the most of your four years in high school.

High school is going to be more challenging than middle school **and** more fun! You don't have to do it alone! There are lots of people at your school and in your community who can help you be successful in high school.

This guide has a list of resources — websites, community organizations, activities and additional programs — to help you, too.

Take advantage of these resources as much as possible – they are here for **YOU** and your family!

This guide will help you understand what high school's all about, and help you plan for your journey. We are all excited to see what unique experiences and talents **YOU** will bring to your school.

# GOOD LUCK!

OUSD prohibits unlawful discrimination against any protected group as identified under Education Code 200 and 220 and Government Code 11135, and Title IX, including actual or perceived sex, sexual orientation, gender, ethnic group identification, race, ancestry, national origin, religion, color, mental or physical disability, age, or on the basis of a person's association with a person or group with one or more of these actual or perceived characteristics in any District program or activity that received or benefits from state financial assistance, including athletic programs. Complaint forms are available at school sites and at the Office of the Ombudsperson, located in the District's Paul Robeson Administrative Building, 1025 Second Avenue, Room 316. For further information, call 879-8685.

BOARD POLICY 0410, 5145.3

# Course Information

In high school, you will have **required classes** each year. You will also have the chance to choose some courses you take (**"electives"**). In the spring of each year, you will meet with your counselor or an advisor to select the courses you'll take next year. It's important to think about what you need to graduate, and also what classes you'd like to take for college and career prep. If you plan to enroll in a career academy or pathway, this will also help you decide which courses to choose.

Note: Coursework decisions for Special Education and Section 504 students will also be determined by their teams.

Here are some sample four-year plans for high school students.

Note: Some students may take 5 years to complete all the requirements.

# Example 1:

	9th	10th	11th	12th
A- Social Studies		World History	US History	Government/ Economics
B- English	English 1	English 2	English 3	English 4
C- Math	Algebra	Geometry	Advanced Algebra	
D- Lab Science	Biology	Chemistry	Additional Science course	
E- World Language	Spanish 1	Spanish 2	Elective	Elective
F- Visual/Performing Arts	Art			Elective
G- College-Prep Elective*				Elective
Other Courses	Physical Education	Physical Education	Elective	Elective

a-g" requirements

a-g:

The 15 courses students must complete to be eligible for admission to UC/CSU

OUSD requirements

<sup>\*</sup> University of California Office of the President (UCOP) approves certain courses as "college-prep" level. See OUSD Doorways list for additional information: www.ucop.edu/doorways/

# Example 2:

	9th	10th	11th	12th
A- Social Studies		World History	AP US History	Government/ Economics
B- English	English 1	English 2	English 3	English 4
C- Math	Algebra	Geometry	Advanced Algebra	Elective
D- Lab Science	Biology	Chemistry	Additional Science course	Elective
E- World Language	French 1	French 2		
F- Visual/Performing Arts	Drawing			Elective
G- College-Prep Elective*			Elective	Elective
Other Courses	Physical Education	Physical Education	Elective	

"a-g" requirements

OUSD requirements

AP courses are offered in the following subject areas: Social Studies, English, Math, Science, World Language, and Visual/Performing Arts.

Offerings vary by school – ask your teachers for more information!

# **Examples of Electives:**

Ceramics Educational Psychology Graphic Design

Journalism Video Production Yearbook

# Example 3:

Student who mastered° Algebra in 8th Grade	9th	10th	11th	12th
A- Social Studies		World History	US History	Government/ Economics
B- English	English 1	English 2	English 3	English 4
C- Math	Geometry	Advanced Algebra	Additional Math course	Elective
D- Lab Science	Biology	Chemistry	Additional Science course	Elective
E- World Language	French 1	French 2		
F- Visual/Performing Arts	Drawing			Elective
G- College-Prep Elective*			Elective	Elective
Other Courses	Physical Education	Physical Education	Elective	
■ "a-g" requirements ■ OUSD requirements				

# Example 4:

Career Academy/ Pathway student	9th	10th	11th	12th
A- Social Studies		World History	US History	Government/ Economics
B- English	English 1	English 2	English 3	English 4
C- Math	Algebra	Geometry	Advanced Algebra	Elective
D- Lab Science	Biology	Chemistry		Additional Science course
E- World Language		Spanish 1	Spanish 2	
F- Visual/Performing Arts	Art			Elective
G- College-Prep Elective*	Pre-Academy Course		Academy Course	Academy Course
Other Courses	Physical Education	Academy Course	Physical Education	

<sup>&</sup>quot;a-g" requirements

# Example 5:

English Learner Student	9th	10th	11th	12th
A- Social Studies		World History	US History	Government/ Economics
B- English	ELD 3 / 4 (2 periods)	ELD 5	English 3	English 4
C- Math	Algebra	Geometry	Advanced Algebra	Elective
D- Lab Science	Biology	AP Chemistry	Additional Science course	
E- World Language <sup>a</sup>	EPH (Spanish for Spanish Speakers) 1	EPH (Spanish for Spanish Speakers) 2		
F- Visual/Performing Arts				Art
G – College-Prep Elective*		English 2	Elective	Elective
Other Courses	Physical Education		Physical Education	Elective

<sup>&</sup>quot;a-g" requirements

OUSD requirements

OUSD requirements

<sup>9 9</sup>th grade math placement determined by school criteria.

 $<sup>^{\</sup>mathrm{a}}$  Student may demonstrate proficiency in World Language to earn equivalency credit.

<sup>\*</sup> University of California Office of the President (UCOP) approves certain courses as "college-prep" level. See OUSD Doorways list for additional information: www.ucop.edu/doorways/

Talk to your counselor/advisor/principal for more information.

# HONORS/AP COURSES

All students can take courses that are more challenging than the college-preparatory courses offered at their school. You can prepare for college courses, and even earn college credit while you're still in high school by taking Honors or Advanced Placement (AP) courses. Different courses are offered at different schools – talk to your teachers or counselors for more information.

AP tests are offered in May, and students who earn a 3, 4, or 5 on the 5-point tests can earn college credit! Some students may be eligible to

take an AP test for free. Talk to your AP teacher or counselor for more information.

# Make sure you're ''on track'' each year!

9th grade/Freshman Year: Take at least 3 "a-g" courses & earn at least 50 credits.

10th grade/Sophomore Year: Take at least 4 "a-g" courses, take the PSAT, and take the CAHSEE (Year-end total: 110+ credits).

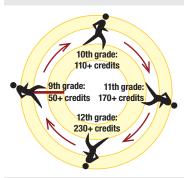
iith grade/junior Year: Take at least 4 "a-g" courses, take the SAT, and the CAHSEE (if needed) (Year-end total: 170+ credits).

12th grade/Senior Year: Take remaining 4 "a-g" courses & earn remaining credits to reach 230 total credits & complete all requirements for graduation.

If you are not on track, you must makeup credits, through one of the credit recovery options at your school. A: "On track" means that you are taking the right amount of courses and credits to graduate on time.

ready for college & career!

WHAT DOES IT MEAN



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FACT: Students applying to UC must have successfully completed 11 or more of UC's "a-g" subject requirements with grades of C or higher by the 11th grade.

# Graduation Requirements

- 1. Course Requirements
- 2. 2.0 GPA
- 3. Senior Project
- 4. Pass CAHSEE ELA & Math

# FACT:

Your diploma means that you're READY to apply to COLLEGE. OUSD graduation requirements include all the courses necessary for "a-g" — the course sequence required for admission to the University of California and California State University (UC/CSU).

# 1. COURSE REQUIREMENTS

OUSD GRADUATION REQUIREMENTS – THROUGH JUNE 2014	OUSD GRADUATION REQUIREMENTS – 2015 AND BEYOND (INCLUDES "a-g" REQUIREMENTS FOR UC/CSU ADMISSION)
<b>a HISTORY / SOCIAL SCIENCE:</b> 30 credits (3 years): 1 year U.S. History, 1 year world cultures, ½ year American Government, ½ year Economics.	a HISTORY / SOCIAL SCIENCE: 30 credits (3 years): 1 year U.S. History, 1 year world cultures, ½ year American Government, ½ year Economics.
<b>ENGLISH:</b> 40 Credits (4 years).	<b>ENGLISH:</b> 40 credits (4 years) of college-prep English (English 1, 2, 3, & 4).  May include ELD 5 for 10 credits.
© MATHEMATICS: 30 credits (3 years): including Algebra, Geometry, and Advanced Algebra, or a higher course.	MATHEMATICS: 30 credits (3 years): including Algebra, Geometry, and Advanced Algebra, or a higher course.
② LABORATORY SCIENCE: 30 credits (3 years), including 10 credits of a biological science, 10 credits of Physics OR Chemistry, plus 10 credits of an additional science course.	② LABORATORY SCIENCE: 30 credits (3 years), including 10 credits of a biological science, 10 credits of Physics OR Chemistry, plus 10 credits of an additional science course.
② LANGUAGE OTHER THAN ENGLISH: 10 credits (1 year).	② LANGUAGE OTHER THAN ENGLISH: 20 credits (2 years) of the same language.
VISUAL AND PERFORMING ARTS: 10 credits (1 year).	VISUAL AND PERFORMING ARTS (VPA): 10 credits (1 year) of a year-long course
<b>9 ELECTIVES:</b> 60 credits	<b>© ELECTIVES:</b> 50 credits, including 10 credits of "g" college-prep elective
PHYSICAL EDUCATION: 20 credits (2 years): P.E. or JROTC except where nonparticipation is authorized by the Education Code or Board of Education.	PHYSICAL EDUCATION: 20 credits (2 years): P.E. or JROTC except where nonparticipation is authorized by the Education Code or Board of Education.

OUSD Graduates must also pass the California High School Exit Exam (CAHSEE), earn a 2.0 Grade Point Average (GPA), and complete a Senior Project.

# 2. 2.0 GRADE POINT AVERAGE (GPA)

Grade Point Average is calculated based on each grade you earn, on a four-point scale.

**2.0 = "C" average** 



# 3. SENIOR PROJECT

Every senior in OUSD must complete a senior project in order to earn a diploma and participate in the graduation ceremony. Each high school has its own set of requirements. Talk to your teachers or counselor to find out more.

# 4. PASS CAHSEE ELA & MATH

By law, every high school graduate must pass the California High School Exit Exam (**CAHSEE**). The CAHSEE has two parts: English-language arts (ELA) and mathematics. A score of at least 350 is required to pass each section. Starting in spring of your 10th grade year, you will have a chance to take the CAHSEE. If you do not pass the first time, you can take it again in 11th and/or 12th grade. If you have trouble passing the CAHSEE, your school will provide you with help, to make sure you will pass the test by the time you are ready to graduate.



# Life After Graduation ... COLLEGE PREPARATION — SEARCH, APPLY, ATTEND!

# > SEARCH: COLLEGE EXPLORATION IDEAS <

- Request information by writing, calling, or emailing the Admissions offices of all the colleges you are interested in learning more about they may send you FREE materials in the mail or direct you to their website.
- Interview a family member or friend who has been to college, or is currently in college, to get a first-hand experience of what college is like.
- **Visit** local colleges in your hometown and in nearby cities there are many public and private schools in the Bay Area

# > PUBLIC COLLEGES & UNIVERSITIES <

# California Community Colleges - 109 Campuses

Many California Community Colleges offer students an opportunity to build their career skills, prepare for transfer to a four year college, or simply offer enrichment through learning. Many colleges provide both an associate's degree as well as certification in a wide variety of industries, such as high-demand jobs in the growing fields of Green Jobs, Welding, Nursing, and Cosmetology.

# CSU - California State University - 23 Campuses

Attend the largest and most diverse university systems in the world at CSU! With over 23 campuses state-wide, CSU prepares students for the 21st century by playing a vital role in California's growth and development in the community and economy. Opportunities for athletics, study abroad, specialized support for foster youth and Honors programs.

# UC - University of California - 9 Campuses

The campuses of the University of California open their doors to all who work hard and dream big. Through its teaching, research, and public service, UC drives California's economy and leads the world in new directions.

There are also many private colleges & universities, Historically Black Colleges & Universities (HBCUs), and Hispanic-Serving Institutions (HSIs).

# > COLLEGE ADMISSIONS TESTS <

# Visit www.collegeboard.org or www.actstudent.org for more information

Along with completing applications, you will also need to take admission tests for college. These tests are: the SAT & SAT Subject Tests, or the ACT. You will need to complete either the SAT or ACT – check with the colleges you are applying to, and make sure you are taking the right test!

### PSAT

All OUSD students will take the PSAT during the 10th grade — **free** of charge. It's a chance to practice for the SAT, and also to find out if you qualify for competitive National Merit Scholar awards, which are **scholarships** that can help you pay for college.

### SAT

The SAT is a multiple-choice test that measures your knowledge of reading, writing, and math. Most students take the SAT in 11th or 12th grade, and almost all colleges and universities use the SAT to make admission decisions. Some students may be eligible for fee waivers.

# SAT Subject Tests

SAT Subject Tests allow you to showcase achievement in specific subject areas where you excel – they are multiple-choice and take one hour to complete. They are offered in English, Social Studies, Math, Science, and World Language.

### ACT

The questions on the ACT are directly related to what you learn in high school courses in English, math, and science. ACT is not an aptitude or an IQ test.

# > PAYING FOR COLLEGE <

Don't let money be an obstacle to pursuing higher education. Research your financial aid options here!

# Free Application For Federal Student Aid (FAFSA) - www.fafsa.ed.gov

The Free Application for Federal Student Aid (FAFSA) is a form that should be filled out by every student who plans to attend college. FAFSA determines eligibility by asking questions about a family's financial situation. Based on this information, Expected Family Contribution (EFC) is calculated and helps identify other forms of financial help. This can include scholarships, grants, loans, and work-study programs.

# Scholarships

You can apply for scholarships which you can use to pay for college expenses, and you don't have to pay the money back! Scholarships are often based on special qualifications, such as a subject that you will study, your background or heritage, your community service experience, or merit (like good grades, test scores, or athletic success).



## **Grants**

Grants are financial awards that you can use to help pay for college costs (books, housing, etc.), and that you do not need to repay. To apply, you just need to fill out a FAFSA. A Cal Grant is one type of grant given by the state; talk to your counselor for more information.

Cal Grant applications are due at the beginning of March.

# Student Loans

Student loans can come from federal, state, or private sources. They do have to be paid back with interest, although most lenders will allow you to begin repaying after graduation. Payments are usually in small monthly amounts, so you don't need to worry about repaying the loan while you're going to college.

# Work-Study Programs

You can earn money by working on campus while you're a student to help reduce your college costs. You may be eligible for work-study based on your financial need. Most colleges provide work-study programs and the jobs can vary depending on the school.

# **AB 540**

A California state law, AB 540, allows eligible students who are undocumented to pay in-state tuition rates for public colleges and universities. To qualify as an AB540 student, undocumented students must:

- Have attended a California high school for 3 or more full academic years (between grades 9 through 12. They do not need to be consecutive years);
- Have or will graduate from a California high school.



# CAREER PREPARATION

One of the best ways to find out what kind of career you want after high school is to explore that career during high school! Discover which careers best match to your gifts, talents, & skills. Each high school offers different career academies/pathways that can help you find out what kind of job you'd be great at once you have graduated from high school.

Career academies & pathways give you the chance to have real-world experiences that link to your academic courses during high school. As a student in a pathway, you'll have a small community of fellow students and a group of teachers who you'll get to know well in your career pathway.

Along with the classes you'll be taking, you'll also have a wide variety of career exploration activities:

# JOB SHADOWING - MENTORS - INTERNSHIPS

FOR ADDITIONAL INFORMATION ABOUT CAREER PATHWAYS, INDUSTRY SECTORS, AND AVAILABLE JOBS, VISIT:

www.linkedlearningousd.org













### Do you know who you want to be?

Want to see what careers night be a good match for you?

# There is an online career tool available to you for FREE!

# Using the Kuder® Navigator you can:

- Take fun quizzes to learn more about yourself
- Be matched to careers you might like to pursue
- Learn more about careers and colleges
- Create a 4-year plan for high school
- Make a resume
  - ... and lots more!!

### **HOW TO REGISTER:**

- 1) Go to www.kudernavigator.com
- 2) Click on the New Users Register Here link
- 3) Create an account using your school's N Code
- 4) Start exploring!

My username:	
My password: _	

Ask at your school about how to start using Kuder Career Navigator — all middle and high school students in OUSD have FREE access!







A: Each high school has different programs — here are some examples to help you decide!

Sample Jobs	Academy/Pathway School Sites
Public Health Advocate	Mandela – Law & Public Service Academy
Paralegal	Oakland High – Public Health Academy
Lawyer	
Personal Trainer	Life Academy
Acute Care Nurse	Oakland Tech – Health & Bioscience Academy Oakland Tech – Biotech Academy
Biomedical Engineer	Dewey – Health & Fitness Pathway
Network Analyst	Oakland Tech – Computer Academy
Database Administrator	Skyline – Computer Science & Technology Academy
Computer Scientist	Oakland International – Multimedia Academy
Child Care Worker	Skyline – Education Academy
Teacher	
Dancer/Singer/Actor	Skyline – Performing Arts Academy
Makeup Artist	Fremont – Media Academy  Media Enterprise Alliance at KDOL
Film Editor	(afterschool / ROP)
Graphic Designer	Oakland High – Visual Arts & Academic Magnet Program
Utilities Operator	Skyline – Green Energy Academy
Climate Change Analyst	Oakland High – Environmental Science Academy Castlemont – Sustainable Urban Design Academy
Solar Energy Engineer	Castlemont - Sustamable Orban Design Academy
Computer-Aided Drafting (CAD) Technician	Fremont – College Prep & Architecture
Drafter	Academy
Architect	
Cashier	MetWest – Social Entrepreneurship Pathway
Sales & Marketing Rep	
Wholesale/Retail Buyer	
Landscape Architect	Oakland High – Project Lead the Way
Mechanical Engineer	Oakland Tech – Engineering Program McClymonds – Global Engineering &
Surveyor	Manufacturing Pathway
Floral Designer	Oakland Tech – Fashion, Arts, and Design
Photographer	Academy
Interior Decorator	

# **SUPPORT'S FOR YOUR SUCCESS**

You know by now that high school is challenging! Thankfully, you don't have to do it alone! There are lots of people who can help you along your journey.

**SCHOOL STAFF** — Who are some adults at your school who can help?

# FACT:

Visit your school's college & career center, or main office for information and help they are all here to help YOU be successful in all You do during high school.

**PEERS** — friends, classmates, and teammates can help you. Pair up with an older student during 9th grade- having a mentor is a great way to learn how to be successful. Once you're a 12th grader, consider becoming a peer mentor, too! Who are some peers in your life who support you?

FAMILY MEMBERS — parents, grandparents, foster parents, guardians, siblings, cousins, and others can support & motivate you as you reach your goals. What goals do your family members have for you?

**COMMUNITY MEMBERS** — neighbors, mentors, and people from your house of worship can be tutors, role models, and cheerleaders for your high school success. Which community members are there for you?

Students who have mentors are more likely to be successful in high school and beyond.

# MY GOALS FOR COLLEGE & CAREER READINESS

# 9TH GRADE

- ☐ Develop good study habits
- ☐ Begin completing "a-g" courses for graduation and college admission (at least 3)
- ☐ Get help from a teacher or fellow student if you're having trouble in a class
- ☐ Earn solid grades in all of your courses
- ☐ If you failed a course, talk to your counselor/advisor about credit recovery (Summer school, Cyber High, etc.)
- Get connected to an afterschool, athletic, or community activity
- ☐ Consider enrolling in a career academy/pathway in the 10th grade

# 10TH GRADE

- ☐ Begin exploring your career interests
- ☐ Enroll in the next level of "a-g" courses for graduation and college admission (at least 4)
- ☐ Keep earning solid grades in all of your courses
- ☐ If you failed a course, talk to your counselor/advisor about credit recovery (Summer school, Cyber High, etc.)
- ☐ Take the CAHSEE for the first time (and hopefully pass!)
- ☐ Take the PSAT
- ☐ Begin coursework in a career academy/pathway
- ☐ Begin exploring your college options – where you'd like to go, and what you may want to study

# **LITH GRADE**

- ☐ Enroll in the next level of "a-g" courses for graduation and college admission (at least 4)
- ☐ If you failed a course, talk to your counselor/advisor about credit recovery (Summer school, Cyber High, etc.)
- ☐ Request information from the colleges you are considering
- ☐ Begin looking for scholarships
- ☐ Take the SAT or ACT
- $\square$  Research summer job opportunities
- ☐ Stay involved on campus or in the community

# 12TH GRADE

- ☐ Complete your "a-g"
  courses for graduation and
  college admission
- ☐ Keep your grades up through graduation
- ☐ Take the SAT or ACT again to improve your score
- Apply for financial aid: grants, scholarships, loans, and work-study
- ☐ Plan for life after high school
- ☐ Complete your college applications
- ☐ Find a summer job

Talk
to a teacher
or advisor about your
courses — make sure you're
enrolling in the correct
classes!

MY FD	UCATION PLAN	enrolling in the correct classes!
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9 T H	FALL	SPRING
10TH	FALL	SPRING
11TH	FALL	SPRING
12TH	FALL	SPRING

# SUPPORT'S FOR SUCCESS

# MY GOALS FOR HIGH SCHOOL

	GOAL	ВУ
1)		
2)		
3)		

# MY GOALS FOR AFTER HIGH SCHOOL

	GOAL	BY
1)		
2)		
3)		

Goals
can be large or
small, from getting to
school on time every day, to
earning a 3.0 GPA.
AIM HIGH!

# **ADDITIONAL RESOURCES**

Along with all the people at your school and in your community, there are **other tools** for you to be successful throughout high school!

# COLLEGE & CAREER EXPLORATION

### **Kuder Navigator**

### www.kudernavigator.com

Create a profile, complete interest assessments, and explore job options within different fields.

# OUSD Linked Learning www.linkedlearningousd.org

Search for pathways and academies at your high school, find out more about internship and job opportunities in Oakland.

## California Colleges www.californiacolleges.edu

This is the official California website for searching for college and universities, exploring career options, and learning more about your financing options.

### College Summit

This is a program that's offered at various high schools, to help students learn more about the college search & application process. Ask your counselor/advisor if it's available at your school.

# College & Career Readiness Office Website

www.ousd.k12.ca.us/ccro

Find information about:

- Graduation Requirements
- College applications & Financial Aid
- Career Exploration
- Career Academies & Pathways
- Work Permits

# FINANCIAL AID & SCHOLARSHIPS

### FAFSA | www.fafsa.ed.gov

Complete your Free Application for Federal Student Aid, and download your GPA Verification form for Cal Grant eligibility.

### FastWeb | www.fastweb.com

A FREE website where you can search for thousands of scholarships available to high school students for college. Also, get additional information about financing your college education – including military service.

# ACADEMIC SUPPORT

### CAHSEE Help

If you need help with passing CAHSEE, ask your counselor/ advisor to enroll you in a CAHSEE Support course or Revolution Prep.

### Cyber High

This is a computer-based program which helps you make up credits toward graduation. Talk to your counselor or advisor about how it's offered at your school. You can enroll in more than one course at a time, if necessary.

# Tutoring

Tutoring is available at your school site – speak with your teacher, counselor, or advisor for information about when and where you can go for the help you need to be successful in all your classes.



Community Schools, Thriving Students