

Sky is the Limit

Welcome Class of 2019
Parents

Sophomore Year A Year of New Experiences

Driving
Working
Starting to think about College
Dating....OMG!!

As a sophomore your student is expected

- Do more work and take on more responsibility.
 - Built up their study skills
 - Balance their time to complete homework (the amount of homework has gone up, and the classes are even more challenging)
- Make up for any mistakes made during the freshman year.
 - Maybe freshmen year was a struggle. Now that your student feels more comfortable, they can start thinking about building back up their GPA.

As a sophomore your student should have completed 60 credits their freshmen year. To verify your student is on track you can log into Aeries Parent Portal to check credits.

Sophomore Status

- 10 units of English
- 10 units of Foreign Language (must be the same language)
- 10 units of Math (Algebra or Geometry)
- 10 units of Life Science
- 10 units of Physical Education
- 10 units of Electives

Counselors

Bonnie Arnold ex. 7842: Fi-Hernandez-P and all AVID students

Darlynne Fu ex. 7571: A-Fe and all Media Pathway students

Jasreen Jawanda ex. 7525: Hernandez-Q and all GEARS students

Danni Le ex. 7579 All PUENTE and all EL students

Alfonso Olachea ex. 7563 Ru-Z and EL students (A-Lon)

Tanya Voqui ex. 7211 Milla-Ro and EL students (Lopez- Z)

Ellen Figueroa ex. 7552 College & Career Center Advisor

It is important your student starts building a relationship with their counselors



Junior Year Course Requirements

English

United States History

Math

Science or Elective

Foreign Language or Elective



Class Selection Process

This year we want to make sure YOU are part of the class selection process. Your students are meeting with their counselors this week to discuss the required classes for next year. The class section process will be done from February 6-February 10.

How will this work?

Step 1 -Your student will receive a instruction sheet with a "Course Selection Form". This form will list the required courses as well as the electives.

Step 2- You and your student will log into Aeries and go to the Student Info Section

tab and select Course Request Entry

Step 3- The required classes will already be selected. Your student will input their electives.

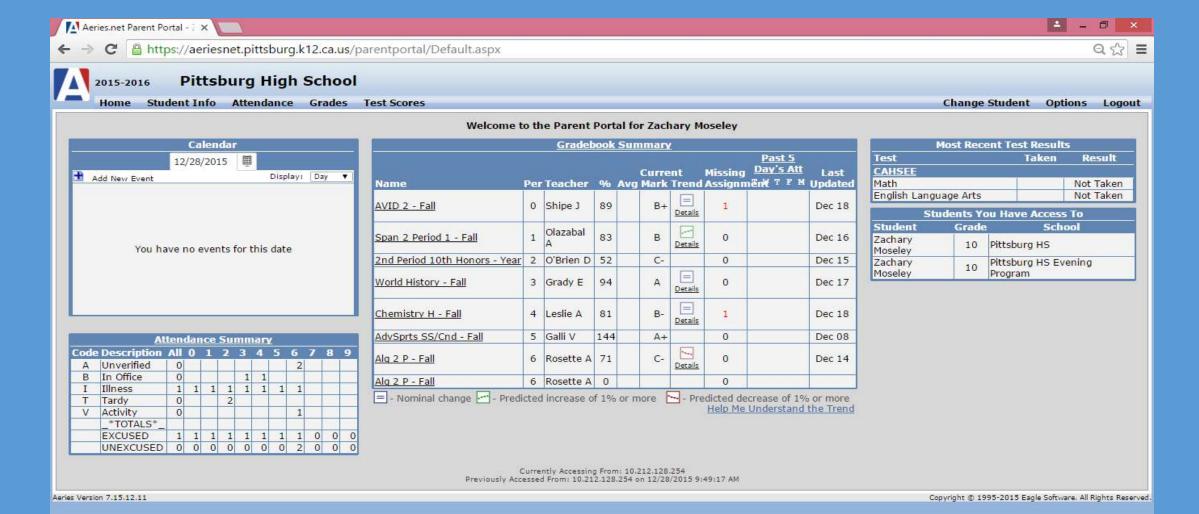
Please note if you have never logged into Aeries please see one of the parent liaisons. If you do not have access to a computer to complete the process you can schedule a meeting with your students counselor after school.

If your student does not complete the course request the counselors will select their classes for them.

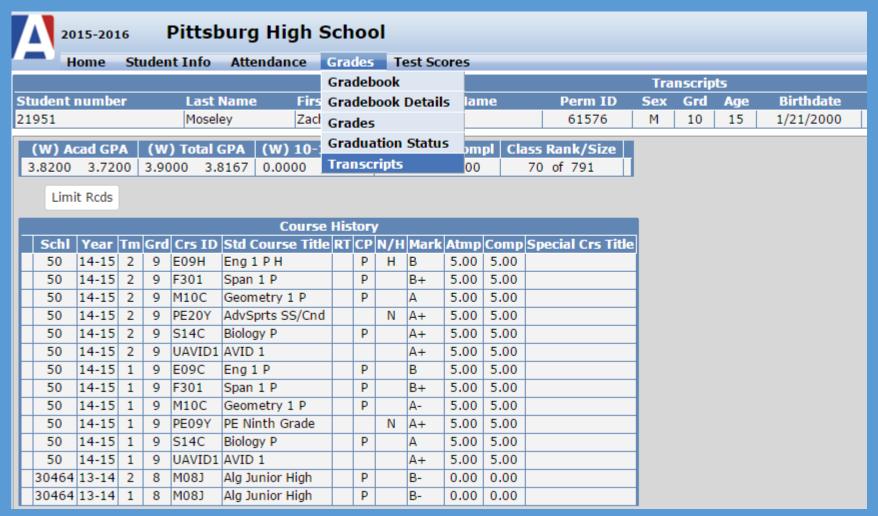
Points to Ponder for Parents:

- > Does your child want to attend college?
- > Is your student on track for college?
- What does your child want to do after graduation?
- How does your high school transcript compare to college expectations?

AERIES



Check Transcripts



Years Away
College
Applications



Think:
GPA/SAT and ACT

College and Career Becomes a Real Thought

Suddenly your sophomore year becomes about thinking forward to college and career.

- Decide on your pathway and how you will get there
 - 2 or 4 year college
 - Technical or Vocational school
 - Military

Once you decide your pathway your can start checking the requirements.

Sample Freshmen Profile

University of California - Admissions

FRE SHM AN

Berkeley

Freshman admission profile

UC Berkeley freshman admission profile

This is a snapshot of the admitted freshman class for fall 2016.

Please be cautious in drawing conclusions from this information. Use it as a general guide to selectivity and **not** as a predictor of your chance for admission to UC Berkeley.

Admit rate — Overai	Admit	rate —	Overall
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17.5%

Admits 14,429

Applicants 82,571

California Residents (% of admits) 67.6%

GPA and test scores of middle 25%-75% students

High School GPA 4.12 - 4.30

ACT Composite Score 30 - 34

SAT Critical Reading 630 - 750

SAT Mathematics 660 - 780

SAT Writing 650 - 770

Took the new SAT with Essay exam? See how your scores compare to the old SAT scores »

Most colleges will tell you what the admission background is for the incoming freshmen class. They will share information such as:

- Admissions Rate
- Average Grade Point Average
 - Average SAT/ACT scores

Eligibility Index

The Eligibility Index Table shows the combination of test scores and grade point averages required to meet minimum eligibility requirements.

The CSU does not use the SAT Writing section or the ACT Writing score to calculate the CSU Eligibility Index.

http://www.csumentor.edu/planning/
high_school/cal_residents.asp

Eligibility Index Table of California High School Graduates or Residents of California*

(A GPA of 3.00 and above qualifies for any score in ACT or SAT)

	(A GPA of				
GPA	ACT Score	SAT Score			
2.99	10	510			
2.98	10	520			
2.97	10	530			
2.96	11	540			
2.95	11	540			
2.94	11	550			
2.93	11	560			
2.92	11	570			
2.91	12	580			
2.90	12	580			
2.89	12	590			
2.88	12	600			
2.87	12	610			
2.86	13	620			
2.85	13	620			
2.84	13	630			
2.83	13	640			
2.82	13	650			
2.81	14	660			
2.80	14	660			
2.79	14	670			
2.78	14	680			
2.77	14	690			
2.76	15	700			
2.75	15	700			
2.74	15	710			
2.73	15	720			
2.72	15	730			
2.71	16	740			
2.70	16	740			
2.69	16	750			
2.68	16	760			
2.67	16	770			
2.66	17	780			

and above	qualifies to	r any scor		
GPA	ACT Score	SAT Score		
2.65	17	780		
2.64	17	790		
2.63	17	800		
2.62	17	810		
2.61	18	820		
2.60	18	820		
2.59	18	830		
2.58	18	840		
2.57	18	850		
2.56	19 860			
2.55	19	860		
2.54	19	870		
2.53	19	880		
2.52	19	890		
2.51	20	900		
2.50	20	900		
2.49	20	910		
2.48	20	920		
2.47	20	930		
2.46	21	940		
2.45	21	940		
2.44	21	950		
2.43	21	960		
2.42	21	970		
2.41	22	980		
2.40	22	980		
2.39	22	990		
2.38	22	1000		
2.37	22	1010		
2.36	23	1020		
2.35	23	1020		
2.34	23	1030		
2.33	23	1040		
2.32	23	1050		

GPA	ACT Score	SAT Score		
2.31	24	1060		
2.30	24	24 1060		
2.29	24	1070		
2.28	24	1080		
2.27	24	1090		
2.26	25	1100		
2.25	25	1100		
2.24	25	1110		
2.23	25	1120		
2.22	25	1130		
2.21	26	1140		
2.20	26	1140		
2.19	26	1150		
2.18	26	1160		
2.17	26	1170		
2.16	27	1180		
2.15	27	1180		
2.14	27	1190		
2.13	27	1200		
2.12	27	1210		
2.11	28	1220		
2.10	28	1220		
2.09	28	1230		
2.08	28	1240		
2.07	28	1250		
2.06	29	1260		
2.05	29	1260		
2.04	29	1270		
2.03	29	1280		
2.02	29	1290		
2.01	30	1300		
2.00	30	1300		

GPA below 2.0 does not qualify for admission

The CSU does not currently use results of the SAT or ACT writing scores in the determination of admission.

^{*} SAT = (combination of mathematics and critical reading scores)

Academics

High School Graduation Requirements A-G Requirements

Subject	Units	A 400	Cubicat	Danninananta
English	40	Area	Subject	Requirements
Social Studies	30	A.	History & Social Science	2 years
Mathematics	20	В.	English	4 years
Fine Arts/Foreign Language	10	C.	Mathematics	3 years
Physical Science	10	D.	Laboratory Science	2 years
Life Science	10			•
Physical Science	10	E.	Language Other than English	2 years
Physical Education	20	F.	Visual and Performing Arts	1 year
Electives	80	G.	College Preparatory Elective	1 year

Total 220

^{***35} hours of community service must be completed in the duration of four years and completed by May of senior year



What is an AP class?
Who can take AP classes?
Why should may student take these class?
How many AP classes can you take at one time?

Advanced Placement (AP) Classes

AP classes are designed to prepare high school students for the rigors of college-level work

- Stands Out in College Admissions
- Earn College Credits while in High School
- Student may be able to skip Introductory Classes
- Helps Build College Skills

You can find how ready your students are by checking their AP Potential status.

• Go to College Board and look up your student's AP Potential



As a junior your student can take the following AP Courses:

- AP Biology
- AP Calculus (AB)
- AP Chemistry
- AP English Language
- AP Environmental Science
- AP Physics
- AP Psychology
- AP Spanish Language
- AP World Geography
- AP World History

Stay Informed

Explore AP

Taking an exam in the SAT Suite of Assessments also measures your potential for Advanced Placement® (AP for short). So, what is AP? It's a program that gives students like you the opportunity to take college-level courses and potentially earn college credit while still in high school. AP offers 38 courses in a wide variety of subjects from computer science and physics to U.S. history and psychology.

Scroll down to see a list of AP courses you might do well in based on your test scores. To see the full list of courses and descriptions, visit exploreap.org, and remember to ask your counselor about which courses are available at your school. Don't see any AP courses listed below? Try linking your scores here or contact Customer Service at 866-756-7346 for assistance.

College, Here You Come

Taking challenging courses like AP is one of the best ways to prepare for college. AP courses can help you stand out in college admission, earn college credit, skip introductory classes, and build college skills and confidence setting you up for success in college and beyond.

View all AP Courses

AP Potential™ Key



Potential

Your scores show that you have the potential for success in this course. Speak with your teachers or school counselor to see if you've taken the appropriate prerequisite courses and find out how you can enroll.





Some Potential

Your scores show that you have some potential for success in this AP course. Having interest in the course subject as well as dedication to working hard will increase your chances for success. Speak with your teachers or school counselor to see if you've taken the appropriate prerequisite courses and find out how you can enroll.





Potential Not Yet Indicated

Your scores show that you may need more preparation and support to be successful in this course. Share your goals and interests with your teachers and school counselor, and learn which high school courses can prepare you for AP courses in the future. If you're already taking an AP course, you can still succeed through hard work and motivation. Talk to your teachers regularly so they can support you.



Exams taken in May

Scores range from 1~5

Colleges will accept scores from 3-5, most colleges will accept only 4 or 5 for college credit

Cost of exam, normally \$91

Come find out more by attending PHS Advanced Placement Night January 31, 2017
7:00pm
PHS Creative Arts Building

College Process



Colleges are looking for "well-rounded" students.

- School, community service, church, and clubs
- > SAT and ACT scores
- > Overall Grade Point Average

SAT/ACT Test

Most 4 year colleges and private universities will require your student to take the SAT or ACT as part of the application process. It is critical that your student prepare for this test.

There are different programs that offer SAT prep classes as well as online resources that can help your student prepare for the test.

Apps: SAT Flashcards, SAT Vocab, The Official SAT question of the day, ACT Student, Khan Academy



SAT-Scholastic Aptitude Test

Perfect score 1600 (800 on

each section)

Register @

sat.collegeboard.org

Mathematics, &

Reading/Writing SAT

Registration deadline Test Date

March 11** February 10

May 6 April 7

June 3 ** May

**Test will be at PHS

Future Anticipated Dates: 8/26, 10/7,

11/4, 12/4

ACT-American College Test

Perfect score 36 on each

section

achieve more

Register @ actstudent.org

Language Arts, Mathematics,

Science and Writing



ACT

Registration deadline Test Date

April 8 March 3

June 10 May 5

Local test locations:

Freedom HS, Antioch HS, Deer Valley, El

Cerrito HS, College of Alameda and Cal

State East Bay (Hayward-Campus)

Future Anticipated Dates: 9/8, 10/21

and 12/9

COLLEGE VISITS

- Recommend to have your student start visiting campuses now. Spring Break and summer times are great times to see the campuses.
- Many colleges and universities offer preview days on Saturdays so that parents and families can attend.
- Personal visit days can be arranged with the individual colleges during the week and will be excused by the high school as long as a letter from the college's Admissions Office is brought back the next day.

2017 COLLEGE FAIRS

CSU East Bay Educational Summit

For First-Generation, African American, Latino, Asian American, Native American, and Pacific Islander Students and their Families

Saturday, February 4, 9:00~1:00 at Cal State East Bay Hayward Campus

http://www.csueastbay.edu/events/education~summit/

Black College Expo

Saturday, February 18, 9:00~5:00 at Laney College, Oakland, CA

https://www.eventbrite.com/e/black-college-expo-oakland-ca-tickets-27964910801

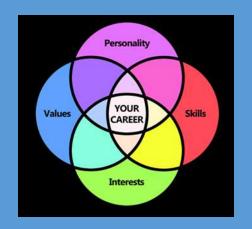
Western Association for College Admissions Counseling (WACAC) College Fair

Saturday, April 29, 1:30-4:30 at the Cow Palace Daly City, CA

https://www.nacacfairs.org/attend/national-college-fairs/san-francisco/

In the Fall 2017 there will be representatives from colleges such as UC Berkeley, Sac State, Long Beach, San Francisco State, etc. Please check the College and Career site for updates.

Other Options Career Exploration



For students that may not have the desire to attend college there are other options:

Vocational Training such as:
Automotive, Welding, Construction, Cosmetology, Medical Assistance

➤ Military Services

Army: http://www.goarmy.com/

Navy: http://www.navy.com/

Air Force: http://www.af.mil/

Marines: http://www.marines.com/ Coast Guard: http://www.uscg.mil/

Beware of Social Media



Be social media smart. Colleges do often sometimes look at social media to evaluate a student for admission to college. Pictures and comments could be detrimental to your students admission to college.

Credit Recovery Options

Summer School at PHS

- Recover 10 credit max
- June 12- July 14
- 8:00-1:25 Monday-Friday

Online Classes and Evening School are offered throughout the school year.

Support PHS and Save Some Money

Purchase an ASB Pass and get the following discounts:

- Free entrance to games
- Homecoming and Pittchella
- Yearbook
- Free entrance to Powder Puff Game

Stay Informed

□ Update E-mail address
 □ Check your email weekly
 □ Read College and Career Center Updates
 □ College and Career Website http://www.pittsburg.k12.ca.us/domain/541
 □ Twitter: @phs_ccc
 □ Keep up with daily announcements for important dates and events
 □ Check college websites
 □ Play close attention to deadlines
 □ Check Aeries

Visit PHS website regularly

Main Page:

http://www.pittsburg.k12.ca.us/Domain/20

Class of 2019 Page:

http://www.pittsburg.k12.ca.us/domain/1829

Class of 2019 Remind 101 Text 81010 @arnold19, @fig2019, @fu19, @jawanda2019, @LE2019, @voqui2019, @pittsburgs

How to Spend Your Summer



Volunteer, obtain an internship or a job

Colleges are interested in learning about activities you do outside of school that support your interest. For example, if you are interested in becoming a nurse, consider volunteering at a local hospital. Or if you are interested in Architecture enroll at college which offers Architecture classes

If you are interested in the military find a local recruiting office and

speak to a recruiter

The summer is also a good time to visit colleges which is a great way to see what type of schools you like...location, size, etc. Call admissions ahead of time to schedule a tour of the campus

Questions ???????

