



# What you need to know for **Senior Year**

MHHS Counseling Department  
September 23, 2022



# Agenda

- ▶ **Graduation**
- ▶ **Post-Secondary Plans**
- ▶ **Financial Aid**
- ▶ **Senior Survey**

# School Counselors



Mrs. Baker (A-Ch)

Mrs. Segal (Ci-Gom)

Mr. Cruz (Gon-Le)

Mrs. Goldstein (Li-Ok)

Mrs. Martinez (Ol-Sar)

Mrs. Rios (Sas-Z)

# Future Center



**Amanda Yantzer**

**Career Coach**

Job Searching  
Career Planning  
Personal Finance  
Interview Skills

Hours: 8:00 am-3:30 pm

- Work Permits
- ACT/SAT Information
- Financial Aid
  - FAFSA/CADAA Support
  - Scholarships
- Palomar College
- College Application Support
- College Essay Support
- Military Information

[Click here to access the Future Center Virtual Classroom](#)

[Click here for the FC Google Classroom](#) **OR** use code: **rbkfqic** to join

# Graduation Requirements

English	40 credits
Math (Including Geometry)	30 credits
History	30 credits
Science	20 credits
LOTE	20 credits*
VAPA	10 credits*
PE	20 credits
Electives	60 credits
<b>Total</b>	<b>230 credits</b>

- **“D” grade is passing**
- **Community service is NOT a graduation requirement**

*\* 10 credits of a CTE can replace 1 yr of LOTE or VAPA*

# “A-G” Subject Requirements

English	4 years
Math (Must include Geometry)	3 years Four years recommended
History	2 years
Science	2 years Three years recommended
LOTE	2 years Three years recommended
VAPA	1 year
College Prep Elective	1 year

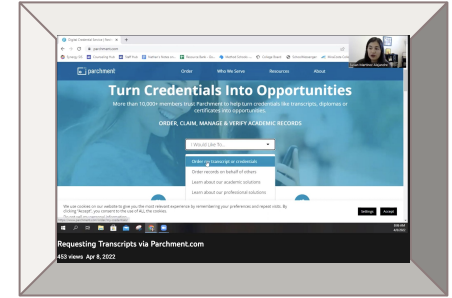
- Students must earn a “**C**” or better in A-G courses

# Your Transcript

- ▶ Is your first name and last name correct?  
(Same as birth certificate)
  - ▶ This is how it will appear on your diploma
- ▶ Are you on track to graduate?
  - ▶ **230** credits needed
- ▶ Will you meet the A-G requirements?
- ▶ Are there any D's or F's on your transcript?

# Requesting Transcripts

- ◀ Go to [www.parchment.com](https://www.parchment.com)
- ◀ Make account using your full name
  - ◀ Spell correctly
  - ◀ Proper capitalization
  - ◀ No nicknames
- ◀ Include your student ID number
- ◀ **Use a personal email account**
  - ◀ SMUSD email addresses will be deactivated after July
- ◀ Request an unofficial copy to be sent to you via email



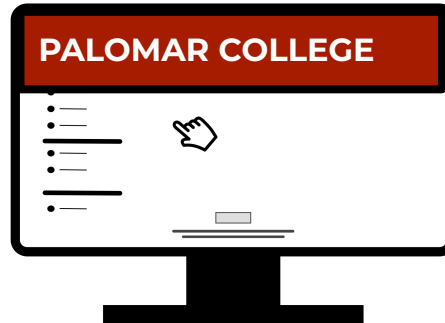


# Are you behind in credits?



**TO SIGN UP, SPEAK  
WITH YOUR SCHOOL  
COUNSELOR ASAP!**

English  
History  
Math  
Science  
Electives (LIMITED)



Must fill out [K-12 form](#)

[Register online](#)

[Submit Palomar  
Transcript when class is  
complete](#)

Concurrent vs [Dual  
Enrollment](#)

# Life after high school

- We will support you in your plan after high school.
- Make sure you have a plan.
  - Community College
  - Career & Technical Schools
  - 4-year University
  - Military
  - Work



# Community College

- EVERYONE can attend a community College.
  - No requirements.
- They offer Associate Degrees (2 years), Certificated Programs, and some even have Bachelor Degrees (4 years)
- Every community college has their own English and Math placement evaluation process.
- Palomar College application opens **October 1st**



# Palomar Promise

- Offers 2 years of free tuition, textbook assistance, priority registration, AND specialized academic and career planning
- Is on a first come, first served basis

## Requirements:

- Enroll as a full-time student (12 units)
- Complete and submit the [FAFSA](#) or [CA Dream Act](#)
- Complete the Palomar Promise application through the Palomar portal

**ALL students are encouraged to apply!**

MHHS will be offering workshops throughout the year

More information on the Palomar Promise [HERE](#)



# PALOMAR PATHWAYS

## *Workshop Series* *4th or 5th Period*

**10/3/22- Palomar Promise Requirements**

**11/7/22- Palomar Application Workshop**

**12/5/22- Financial Aid Workshop: FAFSA/CADAA,  
Grants, Scholarships**

**1/23/23- How to Choose a Major**

**2/6/23- Financial Aid Workshop, Part 2**

**3/6/23- Palomar College Field Trip,  
Palomar Orientation and Final Q&A's**

**4/3/23- Palomar Workshop Wrap up**

Registration is required, please scan QR code to register  
or visit the Future Center website. Please email  
[marissa.sanchez@smusd.org](mailto:marissa.sanchez@smusd.org) for any other questions.



# 4-Year University

- You must be on track to completing the A-G requirements for CSU/UC schools
  - Independent/private & Out of state school admissions requirements may vary
- UC's and CSU's are not requiring SAT or ACT scores
- Independent/Private & out of state school **may** require SAT/ACT scores (Do your research)
- **FOR ASSISTANCE:** Attend our workshops for additional support on completing your college applications!

??????????

# The Alliance (CSUSM)

- be enrolled in high school grades 9th - 12th
- complete all **A-G coursework** required by CSU admission policies
- meet minimum **CSU eligibility index requirements**
- have a cumulative GPA of 3.0 upon graduation
- participate in and successfully pass the Early Assessment Program in their junior year in mathematics and English, or successfully complete additional coursework designed to build the appropriate skills and knowledge
- submit the **Free Application for Federal Student Aid (FAFSA)**

# Student Athletes

- If you plan on competing at the collegiate level, you must register with [NCAA](#) or [NAIA](#)
- Confirm that you are on track by taking courses that are [NCAA approved](#)
- Students must submit SAT/ACT scores
  - NCAA Eligibility Center Code: 9999
  - NAIA Eligibility Center Code: 9876
- Join our [Student Athlete's Google Classroom](#)
  - Class code: **g7ew2u7**







# College Kick Off

- ◀ October 3 - Palomar Application
  - ◀ Periods: 4 & 6
- ◀ October 4 - CSU Application Presentation
  - ◀ Time: 8:00am
- ◀ October 4 - CSU Application Workshops
  - ◀ Periods: 1-6
- ◀ October 7 - Mini College Fair
  - ◀ Lunch
- ◀ October 11 - UC Application Presentation
  - ◀ Time: 8:00am
- ◀ October 11 - UC Application Workshops
  - ◀ Periods 1-6

# College Kick Off Sign Ups

## California State University (CSU)

*Sign Up for a CSU Workshop*



## Palomar College

*Sign up for Palomar Workshops*



## Common Application

*Watch Common App Videos*



## University of California (UC)

*Sign Up for a CSU Workshop*



# Military

## Different Military Branches

- Air Force
- Army
- Marines
- Navy
- Coast Guard

## Important Dates:

- Nov. 9th: Military Career Day
- Nov 16th: ASVAB

**For more information** [Reach out to a MHHS Military Recruiter](#)

- Make sure you sign up for the ASVAB - November, 16, 2021
  - [ASVAB Registration Fall 2022](#)

# Financial Aid

*\*This is a requirement for the Palomar Promise*

## What is Financial Aid?

- Federal and state aid that is awarded based on your financial need to cover your financial expenses.

## Types of financial aid

- Grants, Scholarships, Work Study, & School Loans

## How do I apply for financial aid?

- [FAFSA](#) (Free Application for Student Aid)  
OR
- [CADAA](#) (California Dream Act Application)

## When do I apply?

- Application opens October 1st

## Next Steps

- Counselors will be meeting with you in Government class the week of October 24th.

## Tips for Preventing and Overcoming Senioritis

### *Have a self care plan*

1. Set goals to get you motivated and organized.
2. Reward yourself.
3. Practice gratitude.
4. Surround yourself with support. It's ok to ask for help.
5. Take a break. Pause and recharge.
6. Use healthy coping strategies you like.
7. Remember what you're working toward and how far you have come!



# Tackle it on Tuesdays

**Every Tuesday morning, you can drop into the Future Center!**

*Drop in for assistance with any college applications, financial aid, scholarships and more!*

*In addition:*

- **The Future Center is open 8:00 am - 3:30 pm**
- **School Counselors and Ms. Amanda are available by appointment.**

# Upcoming Events

Save the Date!



## North County Coastal College & Career Fair

Wednesday, September 28, 2022 | El Camino High School Gym  
5:00-7:00 pm | 400 Rancho Del Oro  
Oceanside, CA 92057

All students and families are welcome!



Colleges and Universities



Career and Technical Training Programs



Military Recruiters

CSU The California State University

## COLLEGE NIGHT

CONNECT WITH THE CSU AND CONNECT TO YOUR FUTURE

THURSDAY, SEPTEMBER 29, 2022  
6:00 P.M. TO 8:30 P.M.  
FREE ADMISSION

Sheraton San Diego Hotel & Marina  
1380 Harbor Island Drive  
San Diego, CA 92101

Parking: \$12



At the CSU, we are proud to be the nation's largest and most diverse public university providing students unlimited opportunities to define their future. Join us for CSU College Night to:

- Connect with representatives from all 23 CSU campuses
- Learn how to prepare for CSU treatment and transfer admissions
- Receive tips on completing your CSU application
- Find resources to help pay for college
- Discover why the CSU is consistently ranked a great return on investment

Visit [www.calstate.edu/collegenights](http://www.calstate.edu/collegenights) for more information.

## DISCOVER CSUSM

October 15, 2022

CSUSM

**PALOMAR COLLEGE®**  
Learning for Success

CSAC CALSOAP SAN DIEGO AND IMPERIAL COUNTY CONSORTIUM

CLASS OF 2023

## SAVE THE DATE SENIOR YEAR JUMPSTART



A College Access Conference for all San Diego County High School Seniors and their families/guardians.

Learn about:

- UC and CSU Admissions
- Community College
- Private Colleges
- Understanding Financial Aid
- Scholarships
- And much more!

SATURDAY  
OCTOBER 1, 2022  
8:30AM- 12:00PM

AT THE SCOTTISH RITE CENTER  
1895 CAMINO DEL RIO SOUTH, SD, CA, 92108  
[WWW.CALSOAPSANDIEGO.ORG](http://WWW.CALSOAPSANDIEGO.ORG)

SAVE THE DATE  
**ENVISION**  
YOUR Future

NOVEMBER 3, 2022  
5PM - 8PM // SAN MARCOS HIGH SCHOOL  
ALL GRADES 6-12 WELCOME

**PROMISE THE FUTURE FAIR**  
THE SAN MARCOS PROMISE CAREERS • COLLEGE • INDUSTRY

SPONSORED BY:



## UC SAN DIEGO FALL SHOWCASE

SATURDAY, OCTOBER 1  
8:30 A.M. - 1 P.M.

University of California San Diego  
9500 Gilman Dr  
La Jolla, CA 92093  
United States

Experience UC San Diego during the Fall Showcase!

This on-campus event will feature presentations about:

- academic units.
- housing and dining.
- the college system.
- and more!

REGISTER ONLINE TODAY!

CSAC CALSOAP SAN DIEGO AND IMPERIAL COUNTY CONSORTIUM

## COLLEGE ACCESS 2022 - 2023

College Bound Webinars  
Webinar Times are 6:00pm - 7:00pm PST  
\*10/19/22 6:00pm - 7:30pm

- 1/7/22 - Financial Aid 101
- 9/14/22 - UC PIQs & How to write a College Essay
- 10/5/22 - Financial Aid 101
- 10/19/22 - UC Admissions (45mins.) & CSU Admissions (45mins.)
- 11/9/22 - Financial Aid FAQs
- 12/7/22 - All About Scholarships
- 1/18/23 - All About Scholarships
- 1/25/23 - Community College Admissions
- 2/8/23 - Understanding the Financial Aid Package
- 3/15/23 - All About Scholarships
- 4/12/23 - So You Got Accepted...Now What?
- 5/10/23 - Financial Aid for 11th graders

JumpStart Senior Year

10/1/22 from 8:30am - 12:00pm  
Located at the Scottish Rite Center  
1895 Camino del Rio South, SD, CA, 92108

Cal SOAP College Fair

Open to all San Diego and Imperial County Residents  
10/26/22 from 6:00pm - 8:00pm  
Located at the Scottish Rite Center  
1895 Camino del Rio South, SD, CA, 92108



## Cash For College 1:1 Workshops

Workshop Times are 9:00am - 11:00am PST  
All Cash for Colleges will be in-person at the host site, as well as virtual through zoom.  
\*Learn more about Cash for College

- 10/15/22 - In-person at Miramar College & Virtual Miramar College, 10440 Black Mountain Road, San CA, 92126
- 10/22/22 - In-person at Hilltop High & Virtual Hilltop High School, 555 Claire Ave, Chula Vista, CA 91910
- 11/5/22 - In-person at Montgomery High & Virtual Montgomery High School, 3250 Palm Ave, SD, CA, 92154
- 12/10/22 - In-person at Mesa College & Virtual Mesa College, 7250 Mesa College Drive, SD, CA, 92111
- 1/21/23 - In-person at Lincoln High & Virtual Lincoln High School, 4777 Imperial Ave, SD, CA, 92113
- 2/4/23 - In-person at City College & Virtual City College, 1313 Park Boulevard, SD, CA, 92101
- 2/25/23 - In-person at Sweetwater High & Virtual Sweetwater High School, 2900 Highland Ave, National City, CA 91950

## College Make It Happen (CMH)

Webinar Times are 6:00pm - 7:30pm PST

- 11/7/22 - Virtual: CMH Middle School Webinar
- 2/6/23 - Virtual: CMH Middle School Webinar
- 3/8/23 - Virtual: CMH Middle School Webinar
- 4/19/23 - Virtual: CMH Middle School Webinar

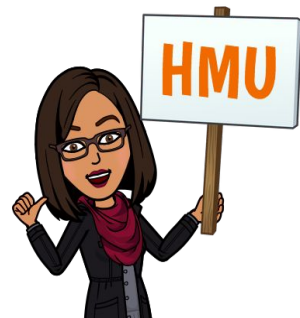


Want more info about Cal-SOAP?  
<https://www.calsoopsandiego.org/>





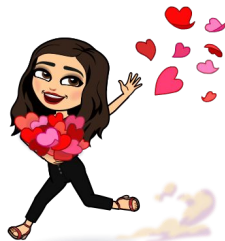
# Thank you!



*Thank you, Seniors!*

**We believe in you! We are here for you!**

*Take Care*







## Stay Connected with MHHS Counseling:



[MHHS Counseling Linktree](#)

# Senior Survey



<https://tinyurl.com/seniorsurveymhhs2023>