



Del Norte High School 10th Grade Information Night

January 2019

DEL  NORTE
Counseling

DNHS Counseling Department

Counselors:

Mrs. Susie Kihneman (A-Ed)

Mr. Timothy Roty (Ee-La)

Mr. Ty Eveleth (Lb-Ra)

Mrs. Kathleen Marron (Rb-Z)

Mrs. Tish Bates (Intervention)

Guidance Technician:

Mrs. Jamie Stone/Mrs. Sue Reich

High School Success Plan

- Understanding & planning
 - High School Course Selection
 - Graduation Requirements
 - Consider interests, goals
 - Use 4-year planner
- Strategies to do well in school
- Choices after high school
- College entrance requirements

**PUSD High School Graduation Requirements &
University Admission Requirements**

UC/CSU "a-g"	Del Norte High School Graduation Requirements	California State University (CSU) and University of California (UC) Recommend 1 or more Honors/AP Courses Grades must be C's or better	Selective University of California (UC) and Other Highly Selective Universities Recommend several Honors & AP Courses Grades must be C's or better
a	<u>History/Social Science</u> 30 credits (3 years) World History-10 th , U.S. History-11 th Civics/Economics-12 th	<u>History/Social Science</u> 2 years (10 th & 11 th) (World History & U.S. History) Colleges outside UC/CSU may require 3 yrs	<u>History/Social Science</u> 2 years (10 th & 11 th) (World History & U.S. History) Colleges outside UC/CSU may require 3 yrs
b	<u>English</u> 40 credits (4 years/9 th -12 th)	<u>English</u> 4 years (9 th -12 th)	<u>English</u> 4 years (9 th -12 th)
c	<u>Mathematics</u> 20 credits (4 trimesters)	<u>Mathematics</u> 3 yrs required/4 recommended (Integrated Math 1A-B, 2A-B, & 3A-B, or Algebra 1-4 & Geometry 1-2, or combination) Colleges outside UC/CSU may require 4 yrs	<u>Mathematics</u> 3 required/4+ recommended (Integrated Math 1A-B, 2A-B, & 3A-B, or Algebra 1-4 & Geometry 1-2, or combination) Colleges outside UC/CSU may require 4 yrs
d	<u>Laboratory Science</u> 20 credits (2 years) (10 physical, 10 life)	<u>Laboratory Science</u> 2 yrs required/3 recommended One must be biological science (Biology) and one must be physical science (Chemistry or Physics. Recommend taking both) Colleges outside UC/CSU may require 3+ yrs	<u>Laboratory Science</u> 2-4 yrs required/4 recommended One must be biological science (Biology) and one must be physical science (Chemistry or Physics. Recommend taking both) Many colleges outside UC/CSU require 3+ yrs
e	<u>Language Other Than English</u> <u>OR additional Fine Art</u> 5 credits (1 trimester)	<u>Language Other Than English</u> 2 years required/3 recommended Must be same language (i.e. Chinese or Spanish 1-2 & 3-4 = 2 years) Colleges outside UC/CSU may require 3+ yrs	<u>Language Other Than English</u> 2 yrs required/3+ recommended Must be same language (i.e. Chinese or Spanish 1-6) Colleges outside UC/CSU may require 3+ yrs
f	<u>Visual /Performing Arts</u> 5 credits (1 trimester)	<u>Visual & Performing Arts</u> 1 year/2 trimesters of the same course drama/theater, music, or visual art i.e. Drama 1-2 or Concert Band 1-2	<u>Visual /Performing Arts</u> 1 year/2 trimesters of the same course drama/theater, music, or visual art i.e. Drama 1-2 or Concert Band 1-2
g	<u>Physical Education & Health</u> 20 PE + 5 Health Credits (ENS 1-2-3 plus 2 trimesters additional PE)	<u>College-Preparatory Electives</u> 1 year (2 trimesters) One additional course completed beyond minimum requirement in an a-f category, or a course approved solely as "g" elective Colleges outside UC/CSU may require 2+ yrs	<u>College-Preparatory Electives</u> 1 year (2 trimesters) One additional course completed beyond minimum requirement in an a-f category, or a course approved solely as "g" elective Colleges outside UC/CSU may require 2+ yrs
	<u>Electives</u> 85 credits (5 credits/trimester) All courses meet elective requirement after minimum requirements above are met		
	<u>Additional Requirements</u> • 230 (or more) credits	UC/CSU Test Admission Requirements UC: SAT w/Essay or ACT w/Writing CSU: SAT or ACT	UC/CSU Test Admission Requirements UC: SAT w/Essay or ACT w/Writing CSU: SAT or ACT

High School vs. 4-year college

HIGH SCHOOL GRADUATION

- ✓ **Social Science:** 30 credits World History, US History, Civics/Economics
- ✓ **English:** 40 credits
- ✓ **Mathematics:** 20 credits
- ✓ **Science:** 20 credits, *One year life science + one year physical science*
- ✓ **Fine Art or Foreign Lang:** 5 credits
- ✓ **Fine Art:** 5 credits
- ✓ **PE & Health:** 20 PE credits + 5 credits (ENS 1-2-3 + 2 trimesters addition PE)
- ✓ **Electives:** 85 credits

Passing grade is D or better

UC/CSU A-G REQUIREMENTS

- A Social Science**
2 years, World History & US History
- B English** 4 years
- C Mathematics**
3 years (*recommend 4+*) including Math 1a-1b, Math 2a-2b, Math 3a-3b
- D Lab Science**
2 years (*recommend 3+*) one year *life science* & one year *physical science*
- E Foreign Language**
2 years *same language* (*recommend 3+*)
- F Visual & Performing Art**
1 year (*two trimesters*) of *same class*
- G College-Prep Elective** 1 year

Grades must be C's or better

4 Year Planner

- Pencil in graduation & college requirements
- Consider interests, goals, plans for future
- Add yearlong courses such as yearlong Chemistry or any AP course
- Encourage student to see their counselor
 - Drop-in during their morning break or lunch
 - Ask questions or review their plan



P represents an A-G course

Crs ID	Course Title	Mark	Cred Att/Cmp	Crs ID	Course Title	Mark	Cred Att/Cmp
Del Norte High				Del Norte High			
Yr: 2016		Term: T1		Yr: 2017		Term: T2	
		Grade: 09				Grade: 10	
P 000301	HS ENGLISH 1	B	5.00 / 5.00	P 000858	3D COMPUTER ANIM 2		5.00 / 0.00
P 000470	SPANISH 1	A	5.00 / 5.00	P 001018	INT MATH IIIA		5.00 / 0.00
P 001012	INTEGRATED MATHEMATICS IA	A	5.00 / 5.00	P 001302	WORLD HISTORY 2		5.00 / 0.00
P 001230	BIOLOGY 1	B	5.00 / 5.00	M 001418	FIELD SPORTS 1		5.00 / 0.00
001404	ENS 1	A	5.00 / 5.00	Cred Att: 25.00			Cred Cmp: GPA:
Cred Att: 25.00			Cred Cmp: 25.00	GPA: 3.6000			
Del Norte High				Del Norte High			
Yr: 2016		Term: T2		Yr: 2017		Term: T3	
		Grade: 09				Grade: 10	
P 000302	HS ENGLISH 2	A	5.00 / 5.00	P 000311	HS ENGLISH 4		5.00 / 0.00
P 000471	SPANISH 2	A	5.00 / 5.00	P 000474	SPANISH 5		5.00 / 0.00
P 001013	INT MATHEMATICS IB	A	5.00 / 5.00	P 001019	INT MATH IIIB		5.00 / 0.00
M 001405	ENS 2	A	5.00 / 5.00	P 001241	CHEMISTRY 2		5.00 / 0.00
Cred Att: 20.00			Cred Cmp: 20.00	GPA: 4.0000			
Del Norte High				Del Norte High			
Yr: 2016		Term: T3		Yr: 2017		Term: T1	
		Grade: 09				Grade: 10	
P 000472	SPANISH 3	B	5.00 / 5.00	P 000310	HS ENGLISH 3	A	5.00 / 5.00
P 000857	3D COMPUTER ANIM 1	A	5.00 / 5.00	P 001017	INT MATH IIB	A	5.00 / 5.00
P 001016	INT. MATHEMATICS IIIA	A	5.00 / 5.00	P 001240	CHEMISTRY 1	A	5.00 / 5.00
P 001231	BIOLOGY 2	A	5.00 / 5.00	P 001301	WORLD HISTORY 1	B	5.00 / 5.00
M 001406	ENS 3	A	5.00 / 5.00	Cred Att: 20.00			Cred Cmp: 20.00
Cred Att: 25.00			Cred Cmp: 25.00	GPA: 3.7500			
Del Norte High				Del Norte High			
Yr: 2017		Term: T2		Yr: 2017		Term: T2	
		Grade: 10				Grade: 10	
P 000473	SPANISH 4		5.00 / 0.00	Continued on next column...			



Example of a 10th grade transcript

Graduation Requirements - Credit Summary				
Subject Area	Req'd	Comp	WIP	Needed
Civics	5.00	0.00		5.00
Economics	5.00	0.00		5.00
Elective	85.00	10.00	25.00	50.00
English	40.00	15.00	5.00	20.00
Fine Art or Foreign Lang	5.00	5.00		
Fine Arts	5.00	5.00		
Health	5.00	5.00		
Life Science	10.00	10.00		
Mathematics	20.00	20.00		
Physical Education	20.00	10.00	5.00	5.00
Physical Ed Waiver	0.00	0.00		
Physical Science	10.00	5.00	5.00	
United States History	10.00	0.00		10.00
World History	10.00	5.00	5.00	
TOTALS	230.00	90.00	45.00	95.00

Repeating
a class
for a better
grade

Crs ID	Course Title	Mark	Cred Att/Cmp
Del Norte High			
Yr: 2017	Term: T1	Grade: 09	
R 000301	HS ENGLISH 1	D	0.00 / 0.00
P 000470	SPANISH 1	C	5.00 / 5.00
001022	MATH ACCEL 1	D	5.00 / 5.00
001404	ENS 1	B	5.00 / 5.00
Cred Att: 15.00		Cred Cmp: 15.00	GPA: 2.0000
Del Norte High			
Yr: 2017	Term: T2	Grade: 09	
P 000301	HS ENGLISH 1	C	5.00 / 5.00
P 000471	SPANISH 2	C	5.00 / 5.00
P 001012	INT MATH IA	C	5.00 / 5.00
R 001230	BIOLOGY 1	D	0.00 / 0.00
M 001405	ENS 2	B	5.00 / 5.00
Cred Att: 20.00		Cred Cmp: 20.00	GPA: 2.0000
Del Norte High			
Yr: 2017	Term: T3	Grade: 09	
P 000302	HS ENGLISH 2	C	5.00 / 5.00
P 000472	SPANISH 3	WP	0.00 / 0.00
P 001013	INT MATH IB	C	5.00 / 5.00
P 001231	BIOLOGY 2	F	5.00 / 0.00
M 001406	ENS 3	D	5.00 / 5.00
Cred Att: 20.00		Cred Cmp: 15.00	GPA: 1.3333
Del Norte High			
Yr: 2018	Term: T1	Grade: 10	
P 000310	HS ENGLISH 3	C	5.00 / 5.00
P 000472	SPANISH 3	F	5.00 / 0.00
P 001016	INT MATH IIA	D	5.00 / 5.00
P 001230	BIOLOGY 1	C	5.00 / 5.00
M 001496	ADV FOOTBALL/WTS	A	5.00 / 5.00
Cred Att: 25.00		Cred Cmp: 20.00	GPA: 1.2500

DEL NORTE
Counseling

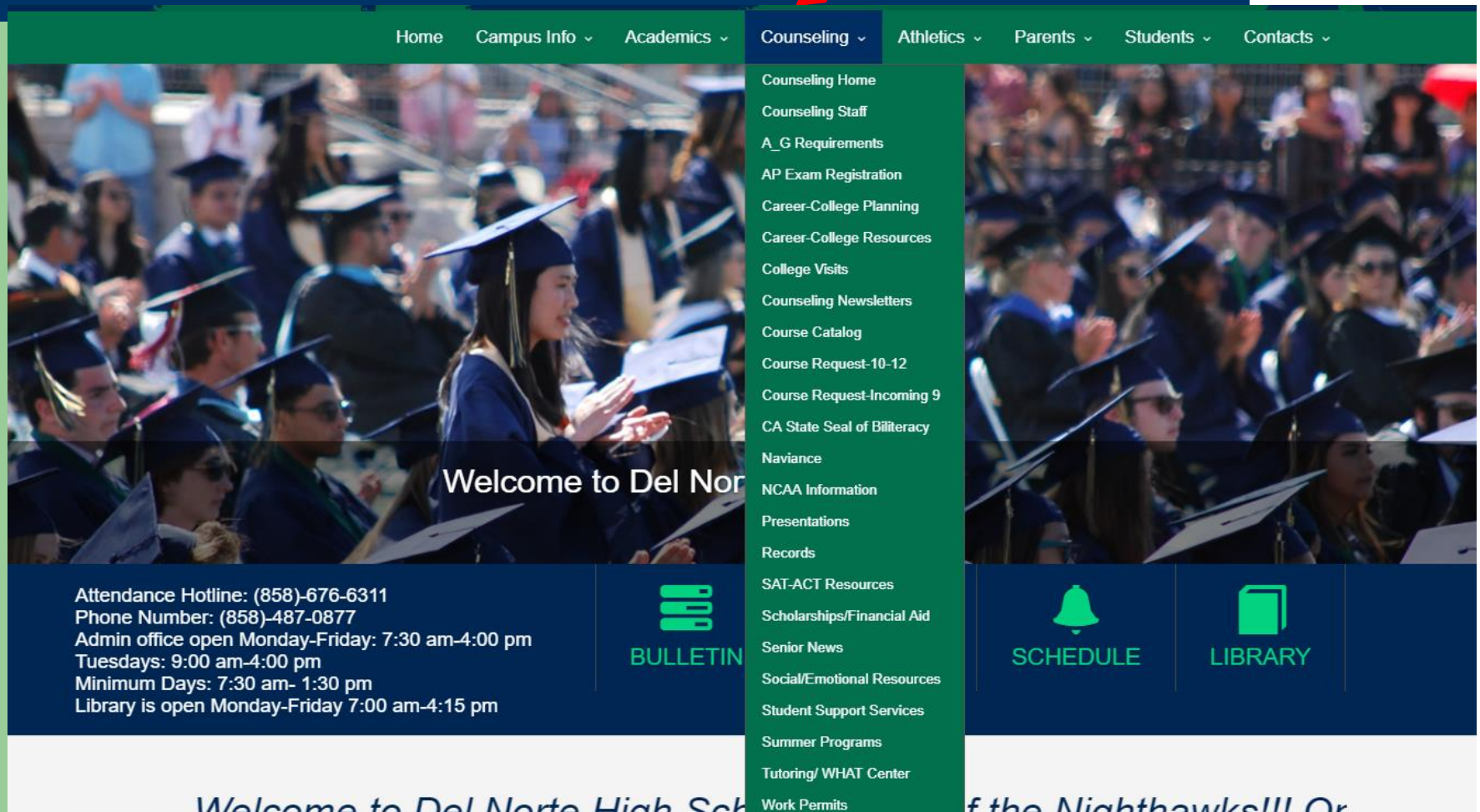
Strategies for School Success

- Utilize available academic supports
 - Tutorial M/W/Th 3:02 – 3:32 p.m.
 - W.H.A.T. (help with writing assignments) sign up in G117
 - Nighthawk Tutoring for all DNHS students,
Monday & Wednesday (6:15 – 8:15 pm)
- Check Synergy/My Connect at least once weekly
 - Grades, assignments, tools
- Use planner everyday in class & at home
- Communicate with teachers
- Complete all assignments & study for tests
- Challenge yourself but don't take too heavy of a load; be careful not to over-commit
- Take care of yourself; eat right & get enough sleep
- Utilize the DNHS Counseling Website for research and planning

What are my student's grades?

- Check My Connect weekly
 - See grades in class
 - Check to see if everything is turned in
 - Assignments, upcoming test dates, tools
- 6-week progress report
- Report card mailed home at end of tri
- Contact teacher via email or phone

DNHS Counseling Website



The image shows a screenshot of the DNHS Counseling Website. A red arrow points to the 'Counseling' menu item in the top navigation bar. The 'Counseling' dropdown menu is open, listing various resources. The background of the website features a photograph of graduates in blue caps and gowns. The text 'Welcome to Del Norte' is overlaid on the image. In the bottom left corner, contact information is provided. In the bottom right corner, there are icons for 'SCHEDULE' and 'LIBRARY'. At the very bottom, the text 'Welcome to Del Norte High School of the Nighthawks!!! Or' is partially visible.

Home Campus Info ▾ Academics ▾ Counseling ▾ Athletics ▾ Parents ▾ Students ▾ Contacts ▾

- Counseling Home
- Counseling Staff
- A_G Requirements
- AP Exam Registration
- Career-College Planning
- Career-College Resources
- College Visits
- Counseling Newsletters
- Course Catalog
- Course Request-10-12
- Course Request-Incoming 9
- CA State Seal of Biliteracy
- Naviance
- NCAA Information
- Presentations
- Records
- SAT-ACT Resources
- Scholarships/Financial Aid
- Senior News
- Social/Emotional Resources
- Student Support Services
- Summer Programs
- Tutoring/ WHAT Center
- Work Permits

Welcome to Del Norte

Attendance Hotline: (858)-676-6311
Phone Number: (858)-487-0877
Admin office open Monday-Friday: 7:30 am-4:00 pm
Tuesdays: 9:00 am-4:00 pm
Minimum Days: 7:30 am- 1:30 pm
Library is open Monday-Friday 7:00 am-4:15 pm

BULLETIN

SCHEDULE LIBRARY

Welcome to Del Norte High School of the Nighthawks!!! Or

Choices after Graduation

- Work or On-the-job training/apprenticeships
- Military
- Vocational/Technical School
- Community College Vocational training & 2-year degrees (AA/AS)
- Community College then transfer to 4-year college/university
- 4-year college/university

California Community Colleges

- 112 Community Colleges Statewide
- Search by majors and campuses
 - *Not all CC's offer same programs or opportunities*
- Apply Feb/March Senior year.

San Diego County

- Palomar
- Miramar
- Mesa
- City
- Mira Costa
- Grossmont
- Cuyamaca
- Southwestern

www.cccco.edu
www.californiacolleges.edu
www.assist.org

Community College

- Requires English & Math placement exams; no SAT/ACT scores are needed
- Specialty programs & 2-year AA degrees
- Transfer to 4-year university
 - IGETC (Intersegmental General Education Transfer Curriculum) & TAG (Transfer Admission Guarantee) patterns of study
- While in high school...
 - Take a class @ community college & earn college credit. Need counselor/registrar permission.

4-Year CA Public Universities

- California State Universities (CSU)
 - 23 campuses
- University of California (UC)
 - 9 campuses - undergraduate studies
 - 1 campus/San Francisco - graduate studies

UC vs. CSU Requirements

UC	CSU
Fulfill A-G requirements w/C's or better www.ucop.edu/doorways/	Same
Repeat D or F Cannot repeat C for better grade. Only allow one attempt to repair D or F.	Repeat D or F Can repeat any grade for better grade. No limit to repeat class for better grade.
Up to 8 trimesters of AP coursework receive extra point	Same
SAT or ACT w/Writing Take best overall score from one test date	SAT or ACT, no writing required Take highest Math & highest EBRW (evidenced based reading and writing) scores, do not have to be from same test date
SAT Subject Test no longer required however may be recommended and could increase competitiveness w/some majors	SAT Subject Tests not required May be recommended and could increase competitiveness w/some majors

UC vs. CSU Admissions

- UC considerations
 - A-G Coursework
 - Personal Insight Questions
 - SAT/ACT w/writing scores
 - GPA from A-G courses taken after 9th grade
 - Community service
 - Extra-curricular activities; clubs, sports
 - Leadership roles and awards received
- CSU considerations
 - A-G Coursework
 - SAT/ACT scores
 - GPA from A-G courses taken after 9th grade
 - Average eligibility index - SAT or ACT score with GPA to calculate your index

Private Schools

- Check with each school, most will require;
 - Application, including one or more essays
 - Official transcript
 - Secondary School Report from counselor
 - SAT Reasoning or ACT with Writing
 - SAT Subject tests
 - Additional high school coursework

Consider all Options

- Private Colleges
- Out-of-State Universities
 - Western Undergraduate Exchange (WUE)
- Many Schools Admit 75% of Applicants

College Planning

- Use DNHS 4-year planner and A-G worksheets
- Maintain good grades & repair if needed
- Get involved
 - Extracurricular Activities; sports, clubs on campus
 - Community Service & volunteer work

College Planning Cont . . .

- Standardized Tests (9th - 11th grade)
 - PSAT in Fall (National Merit Scholarship)
 - 9th-10th great practice for SAT & PSAT
 - 11th grade score - National Merit Scholarship program
 - SAT and/or ACT
 - SAT Subject Tests
- Start a filing system
 - Grades/Transcripts, Awards, Scholarships, Summer programs, Jobs
- Attend College Fairs & visit Colleges

Upcoming College Fair:

- National College Fair
 - San Diego Convention Center
 - Thursday, April 18th, 2019
 - 9 AM-12 PM and 6 PM – 8:30 PM
 - Register online!
 - www.nationalcollegefairs.org

Naviance

- **Get involved in the planning and advising process** – Build a resume, complete on-line surveys, and manage timelines and deadlines for making decisions about colleges and careers.
- **Research colleges** – Compare GPA, standardized test scores, and other statistics to actual historical data from our school for students who have applied and been admitted in the past.
- **Explore careers** – Complete a career assessment, explore career opportunities, and learn about the education requirements required for careers of interest.
- **Sign up for college visits** – Find out which colleges are visiting our school and sign up to attend those sessions.

Welcome, Demo!

Search for Colleges

[SEARCH](#)

Welcome Page

[Welcome to Naviance Family Connection!](#)

Naviance is a program that allows students to assess career assessments, explore careers, majors, post-secondary opportunities and scholarships, and apply to colleges effectively. Naviance also utilizes eDocs for the counselors, teachers and registrar to submit transcripts, secondary school reports, and letters of recommendation directly to colleges electronically. If you are applying to a college, you NEED a Naviance account. Naviance will be regularly

[Read more](#)

Important To-Dos and Tasks

My Favorites

COLLEGES
[I'm thinking about](#)

COLLEGES
[I'm applying to](#)

CAREERS AND CLUSTERS
[I'm thinking about](#)

What's New

National Collegiate Athletic Association

www.eligibilitycenter.org



Learn more or search NCAA schools

Dashboard

Help

High School Administrators

DIVISION I OR II

You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. Create a Certification Account and we'll guide you through the process.

You need to create a Certification Account to make official visits to Divisions I and II schools or to sign a National Letter of Intent.

Create an Account

DIVISION III OR UNDECIDED

Create a Profile Page if you plan to compete at a Division III school or are not yet sure where you want to compete.

You'll get an NCAA ID, and we will send you important reminders as you complete high school.

Create a Profile Page

Know The Rules! 2.3 Take a Knee!

Download the NCAA Eligibility Guidelines at www.ncaa.org

DIVISION I **16 Core Courses**

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II **16 Core Courses**

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Note: Does not include fine arts courses!

Course Request Process

- Distribution to Students
 - February 11th
- CRF Questions? Parent Drop-in sessions
 - February 27th & March 4th 2-4pm
- AP Information Week @ lunch for students
 - February 13th-14th, February 25th-28th, & March 1st

Maximum BALANCE = Maximum SUCCESS

- **How many AP classes should my child take?**

For success in college admissions, there is no “magic number” of AP courses; it will depend on the individual student. If your child is highly ambitious and wants to take 3-4 AP classes in one trimester, advise him or her to slow down! It’s important to strike a balance between work and play. Some students may wait until their senior year to consider taking an AP course.

- **Stress caused by academic pressure**

A balanced life should be the goal for all families. If a child is having trouble getting things done, parents can help plan the week, deciding what's important and what's optional. Just basic time management — that will help reduce the stress.

- **Social Media**

“The internet is written in ink.” What is posted online can be permanent. The Bottom line: If you wonder, “Should I post this?”, don’t.

We all need...

Not to be...

But **instead**...

- Listened to ✓ *to be heard*
- Looked at ✓ *to be seen*
- Thought of ✓ *to be understood*

Identify Strengths Together

- Focus on strengths (not weaknesses)
- Develop identity separate from and in addition to academic success
- Identify how those strengths can realistically translate into different paths, opportunities, and approaches
- Delineate options and paths to get to where they want to go
 - Deviations are ok
 - Sometimes the scenic path is better

Questions?

This presentation
can be found on our school website:
www.delnortenhawks.com Under “Counseling”

We thank you for attending!
Del Norte Counseling Staff

The Poway Unified School District (PUSD) is an equal opportunity employer/program and is committed to an active Nondiscrimination Program. PUSD does not discriminate on the basis of race, color, national origin, sex, sexual orientation, ethnic group identification, ancestry, religion, gender, gender identification, mental or physical disability. For more information, please contact the Associate Superintendent, Personnel Support Services, Poway Unified School District, 15250 Avenue of Science, San Diego, CA 92128-3406.