Welcome to Freshman Night!

Presented by the Dublin High School Counseling Department

Gloria DaSilva
Dianna Heise
Eric Calloway
# Dublin Unified School District Diploma Program

## Diploma

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Year(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>40</td>
<td>4</td>
</tr>
<tr>
<td>Mathematics</td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td>(Must include Algebra and Geometry)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Science</td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td><em>Beginning with Class of 2021</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Must include Biology and any Physics course. Must also include Chemistry or Earth and Space Science.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social Studies</td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td>Visual/Performing/Applied Arts</td>
<td>10</td>
<td>1 Year</td>
</tr>
<tr>
<td>World Language</td>
<td>20 or 20</td>
<td>2</td>
</tr>
<tr>
<td>(First year course may be completed at the middle school)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical Education</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td>Health</td>
<td>5</td>
<td>1 Semester</td>
</tr>
<tr>
<td>Electives</td>
<td>45</td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL = 230 Credits**

## Diploma with Distinction

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Year(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>English (P)</td>
<td>40</td>
<td>4</td>
</tr>
<tr>
<td>Mathematics (P)</td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td>(Must include Geometry and Algebra II)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Science (P)</td>
<td>30</td>
<td>3 Levels</td>
</tr>
<tr>
<td><em>Beginning with Class of 2021</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Must include Biology, Chemistry and a Physics course)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social Studies (P)</td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td>Physical Education</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td>Visual/Performing Arts (P)</td>
<td>10</td>
<td>1 Year</td>
</tr>
<tr>
<td>World Language (P)</td>
<td>20</td>
<td>2 Levels of the same language</td>
</tr>
<tr>
<td>(First year course may be completed at the middle school)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health</td>
<td>5</td>
<td>1 Semester</td>
</tr>
<tr>
<td>Electives</td>
<td>45</td>
<td>(Must include one year of a college-prep elective)</td>
</tr>
</tbody>
</table>

**TOTAL = 230 Credits**

## Advanced Scholar Diploma

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Year(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>English (P)</td>
<td>40</td>
<td>4</td>
</tr>
<tr>
<td>Mathematics (P)</td>
<td>40</td>
<td>4</td>
</tr>
<tr>
<td>(Must include Geometry and Algebra II)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Science (P)</td>
<td>40</td>
<td>4 Years</td>
</tr>
<tr>
<td><em>Beginning with Class of 2021</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Must include Biology, Chemistry and a Physics course plus one more lab science course)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social Studies (P)</td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td>Physical Education</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td>Visual/Performing Arts (P)</td>
<td>10</td>
<td>1 Year</td>
</tr>
<tr>
<td>World Language (P)</td>
<td>30</td>
<td>3 Levels of the same language</td>
</tr>
<tr>
<td>(First year course may be completed at the middle school)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health</td>
<td>5</td>
<td>1 Semester</td>
</tr>
<tr>
<td>Electives</td>
<td>15</td>
<td>(Must include one year of a college-prep elective)</td>
</tr>
</tbody>
</table>

**TOTAL = 230 Credits**

*In addition, the following must be met:*
- Grades of "C" or better
- GPA of 3.5 and above
- Earn the Golden State Merit Seal
- Course work must include a minimum of six (6) Advanced, Honors, AP or transferable college courses
- 50 hours of approved community service
- Participation in one season of a DHS sport or one year in a DHS club/organization
Earning Credits

Dublin High School is on a two-semester schedule. Grades earned at the end of each semester (December and May) are permanent on their transcript.

- Progress and Quarter grades inform you how your student is doing at a given point in the semester, but are not permanent.
- For each class passed at semester with a “D-” or better, students earn 5 credits.
- A minimum of 230 credits are required to graduate.
Earning Credits, continued

Retaking Courses (remediation):
- “D” grades do not “count” for 4-year college admission. Courses with (P) next to the course title MUST be made up in summer school (if available) or in another venue to count for college.
- “F” grades in most classes should be made up in summer school, repeated the following school year or retaken in another venue to meet graduation requirements.

Good Standing:
Minimum 2.0 GPA
No “F” grade
Good attendance
Good behavior
Earning Credits/ Grad Requirements:

- Pass your DHS courses (D- is passing)
  - Grade remediation or credit recovery in DHS Summer School, preferably the summer after low grade.

PE credit:

- After Fitnessgram is passed freshman year - PE requirement can be met through DHS sports and Marching Band. Discuss alternatives with your counselor.

DPIE summer school for acceleration

- Please discuss with your counselor -
- Must earn a A or B both semesters to include the course on the transcript and accelerate.

Community College or outside programs -

- Classes not core graduation requirements at DHS
- Must be approved by DHS counselor PRIOR TO REGISTRATION to be added to your DHS transcript.

NCAA Eligibility

Must be certified by the NCAA Eligibility Center to compete at a NCAA Division I or II college.
Exploring Your Options at DHS

<table>
<thead>
<tr>
<th>3 ACADEMIES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Engineering and Design</strong></td>
</tr>
<tr>
<td>-Apply in February</td>
</tr>
<tr>
<td><strong>Culinary Arts</strong></td>
</tr>
<tr>
<td>-Apply in February</td>
</tr>
<tr>
<td><strong>Health Science and Biomedical Technology</strong></td>
</tr>
<tr>
<td>-Meeting in February</td>
</tr>
</tbody>
</table>

14 Career Pathways

Biotechnology
Culinary Arts
Computer Networking
Digital Arts
Digital Design
Engineering Technology
Fashion and Interior Design
Fine Arts
Mental and Behavioral Health
Patient Care
Performing Arts
Public Safety
Software and Systems Development
Video and Film Production
9th grade essential skills

- Take notes in class
- Review notes from class
- Access teacher websites to ensure that deadlines are met and student understands teacher expectations
- Complete ALL homework - practice is essential!
- STUDY - it’s different from doing homework
9th grade essential skills

- Students check the campus portal on a weekly basis to track their grades
- If they have questions/concerns about a class, speak directly with the teacher
- Consult counselor if needed AFTER teacher meeting has been held
- Establish a history of good grades
- Seek additional support from the tutors in the HUB
- Hold on to ALL WORK until the end of the semester!
- If there is an error in a gradebook posted online, see the teacher right away.
Student responsibilities vs. parent responsibilities

- In high school, students are expected to:
  - Take more ownership of their work
  - Become self-advocates
  - Use a planner to stay organized, keep track of deadlines and important dates
  - Check the Dublin High School website - there is a wealth of information (such as information about community service options, the course handbook, a list of scholarships, payment for AP exams, etc.)
  - Encouraged to follow DHS Counseling on Twitter and Facebook

- Parents are encouraged to:
  - Check on their student’s progress in the Portal
  - Email teachers when questions arise or check teacher’s website
  - Partner with student’s counselor to support the student throughout high school
Life after graduation...

- Community College
- 4-year College/University
- Trade/Specialty School
- Military
- Full-time Work
- Apprenticeship
- …or any combination of the above!
## CSU/UC Minimum Requirements

### “A-G’s”

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong> HISTORY/SOCIAL SCIENCE (2 years)</td>
<td></td>
</tr>
<tr>
<td><strong>B</strong> ENGLISH (4 years)</td>
<td></td>
</tr>
<tr>
<td><strong>C</strong> MATHEMATICS (Algebra, Geometry, Algebra II) (3 years)</td>
<td>Math in the senior year is recommended</td>
</tr>
<tr>
<td><strong>D</strong> LABORATORY SCIENCE (2 years)</td>
<td>Biology and Chemistry are recommended, as well as 3rd year of Science</td>
</tr>
<tr>
<td><strong>E</strong> WORLD LANGUAGE (2 years)</td>
<td>3 years of the same language is recommended</td>
</tr>
<tr>
<td><strong>F</strong> VISUAL AND PERFORMING ARTS (1 Year)</td>
<td></td>
</tr>
<tr>
<td><strong>G</strong> COLLEGE PREPARATORY ELECTIVE (1 year)</td>
<td></td>
</tr>
</tbody>
</table>

- SAT or ACT in Junior and Senior years
- “D” grades are not accepted by 4 year colleges – see your counselor for options
How colleges look at freshman year courses and grades:

- For direct four-year college admission: core courses with any grade less than a C in any year of high school do not qualify for students for four-year college admission - including freshman year.
- For Common Application colleges/universities (700+), freshman year is equally as important as sophomore and junior year for college admission!
- For community college, students will need to be 18 years of age or have a high school diploma.
What are colleges looking for?

- Strong academic record and test scores
- Leadership/character development
- Master of few vs. jack of all trades---find your passion in life
- Demonstrate the capacity for success and achievement---think big!
- Students who can make a contribution to their school and the world after graduation
How will your student answer these questions when they are a senior?

UC Insight Questions (answer four of eight)

1. Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes or contributed to group efforts over time.

2. Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.

3. What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time?

4. Describe how you have taken advantage of a significant educational opportunity or worked to overcome an educational barrier you have faced.
Questions, continued

5. Describe the most significant challenge you have faced and the steps you have taken to overcome this challenge. How has this challenge affected your academic achievement?

6. Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.

7. What have you done to make your school or your community a better place.

8. Beyond what has already been shared in your application, what do you believe makes you stand out as a strong candidate for admissions to the University of California?
Dealing with Stress in High School
What is causing you the most stress right now?

- Workplace: 1%
- Relationships (boyfriend, girlfriend, friends): 11%
- Technology: 2%
- Being at school/Interacting with classmates: 11%
- Other Family Members (siblings, etc.): 15%
- Schoolwork/Homework: 34%
- Other: 9%
- Parents: 17%
The key to life is balance.
Tools to Help Deal with Stress

- Understand what stress is—good and bad
- Learn and practice breathing skills—for panic or feeling stressed
- **Plan daily down time**—relaxation is not a luxury
- Importance of turning off digital distraction
- **Enough sleep is essential**
- Exercise
- Art/Music/Sports/Reading for pleasure
- Talk to your parents, teachers, counselors, other trusted adults
- Know that everything changes—"This too shall pass"
Resources at DHS:

- Speak with your teachers directly (at least by phone or email)
- Parent Portal and teacher websites
- Tutoring in the HUB
- Counselors/Assistant Principals
- Individual and Group Counseling
- Odysseyware for credit recovery
Counselor FMP Presentations

- Overview of counseling services and how students sign up to see us.
- Grades, credits and graduation requirements
- Strategies for success - academic, social/emotional
- Pathways and Academies
- College requirements (A-G requirements)
- 4-year plans
- Registration overview
To Do This Year

- Participate in clubs, sports and other extra-curricular activities
- Visit the Career Center- college visits, career exploration, “Get Set”
- Make good/healthy decisions about sophomore year schedule
  - Select sophomore classes by only taking accelerated courses if you have a PASSION and ABILITY in the area!
  - Remember that the University of California only “weights up” 8 semesters of classes to calculate your GPA!
- Apply for CSF in January (does not count towards CSF life membership - auxiliary membership only)
- Visit college campuses
- Establish a history of community service, regardless of your diploma option
- Keep a file or journal of special milestones and experiences
Planning ahead

- Relax and recharge!
  - DHS summer school for remediation of D/F grades (apply in Spring)
  - DPIE summer school for acceleration (application deadline TBD)
  - UC Berkeley’s ATDP- 3.5 GPA needed (apply in February)
  - 4-week college programs (i.e., COSMOS for STEM interests--apply in January)
  - Community college classes (electives only) - receive high school and college credit. All classes must be pre-approved by your counselor
  - Community service/volunteer work
  - College Visits
General Questions?

If you have specific questions about your student, most can be answered by emailing your student’s counselor. If you need to meet in person, please call our counseling secretary at ext. 7050 to schedule an appointment.

THANK YOU FOR COMING TONIGHT!!!