

The Counseling Breeze

Volume 1, Issue 2

January 2009

Freshmen

How do I become a:

Medical Assistant	Interior Designer
Dentist	Counselor
Teacher	Doctor
Pharmacist	Accountant
Nurse	Software Engineer
Police Officer	Firefighter
Forensic Pathologist	Financial Analyst

Come Visit the **Career Center** and take **The Kuder Career Planning System**. This free Internet-Based career assessment tool will help your student discover his/her career interests, skills, work values and explore career and education options. The **Kuder Career Planning System** provides a secure, online portfolio, and offers an education planner, resume builder, career search, college search & comparison, research college options and much more! Students will have lifelong access through secondary education and beyond. For more information visit www.kuder.com



Did you know the SAT is the most commonly used admission test among colleges and universities? Seniors need to remember that either the SAT I or the ACT is required for four-

Arroyo Valley High School Counseling TEAM



9th Grade

Black Hawks, Night Hawks, Sharp-tailed Hawks:
Mr. Michael Bennie, Ext. 3010, A-024,
michael.bennie@sbcusd.com

Golden Hawks, Red-tailed Hawks, Sea Hawks:
Ms. Christina Hurtado, Ext. 3177, A-021,
christina.hurtado@sbcusd.com

10th, 11th & 12th Grade (last names beginning with...)

A-Chau: Ms. Rhonda Johnson, Ext. 3029, A-217,
rhonda.johnson@sbcusd.com

Chav-Gom: Ms. Josiane Beckles, Ext. 3180, A-216,
josiane.beckles@sbcusd.com

Gon-Lop: Ms. Helene Bishop, Ext. 3031, A-219,
helene.bishop@sbcusd.com

Lor-O: Mr. James Soward, Ext. 3008, A-022,
james.soward@sbcusd.com

Pa-San: Ms. Gwen Pittman (Head Counselor), Ext. 3016, A-029,
guinevere.pittman@sbcusd.com

Sap-Z: Mr. Charles Oyas, Ext. 3009, A-023,
charles.oyas@sbcusd.com

Special Education (SDC and RSP):
Ms. Karla Chavez, Ext. 3030, A-218,
karla.chavez@sbcusd.com

How to SEE your Counselor...

Please call or visit Ms. Elva Ocampo, at 909-381-4295
Ext. 3054, between 7 a.m. and 3:30 p.m., or email her
elva.ocampo@sbcusd.com.



It's never too early to start planning on your student's college education. Counselors are presently meeting with the freshmen class setting up their four- year plan to prepare them for college. This four-year plan will be sent home. Please review and discuss with your student his/her college plans.

Your freshmen year is the most important year in your high school career. Getting good grades in school requires dedication, motivation and studying. The key to success in the classroom starts with a few simple steps...

How to Get Good Grades

- 📌 Be in school every day
- 📌 Take classes that are right for you
- 📌 Be organized
- 📌 Listen in class
- 📌 Take good notes
- 📌 Complete every assignment
- 📌 Participate in class
- 📌 Study ahead for tests
- 📌 Get help when you need it

Upward Bound

California State University San Bernardino

What is Upward Bound?

Upward Bound prepares students to succeed in Higher education. Students participating in the Upward Bound program are four times more likely to earn a college degree.

Benefits:

- * Free Tutoring
- * Free assistance with financial aid
- * College Visit
- * Provides you with the Skills to success in College and Beyond

What does CSUSB Upward Bound Do?

During the school year, UB offers weekly tutoring sessions with CSUSB students which provide academic assistance. The program also provides students leadership skills, test preparation, and much more. During the summer students participate in a six week session of classes to help them get a head start on the coming academic year.

What do I need to apply?

- * 9th grade student
- * 1st generation college student
- * Be a citizen
- * Complete the application
- * Be available to attend workshops during summer at CSUSB
- * Want to go to COLLEGE

How much does it cost to participate?

FREE, FREE, FREE

***For more information please see Mr. Bennie or Ms. Hurtado



Sophomore



During your sophomore year all students must take and pass the California High School Exit Exam (CAHSEE) in order to graduate from a California public high school. The test determines if you have developed the academic skills essential for life after high school. The exam measures reading, writing and math. In 10th grade students will take the CAHSEE in the spring (**March 17th and 18th 2009**). If you do not pass, you can retake the test during the next years.



Test-Taking Tips CAHSEE EXAM

- ✓ Attend after school tutoring
- ✓ Don't rush but pace yourself
- ✓ Read the entire question & look for keywords
- ✓ Read the directions carefully
- ✓ Stay relaxed and confident
- ✓ If there is time, quickly look through the test for an overview

California Dept of Education Study Guide:

CAHSEE Math Study Guide:

<http://www.cde.ca.gov/ta/tg/hs/documents/mathstudyguide07.pdf>

CAHSEE English Study Guide:

<http://www.cde.ca.gov/ta/tg/hs/documents/elastudyguide07.pdf>

Make High School Count

Do you want more knowledge, career opportunities, and a lot more money? Well, Now is the time to start preparing for college. During the next four years you need to take the right courses to help you get into a 4 year university. Below is a list of courses that are required for freshman admissions to the California State University, the University of California and many private colleges.

Subject	Years
English	4 yrs
Math (4yrs recommended) Algebra I, Geometry, Algebra II, or higher	3 yrs
Social Science (U.S History, American government)	2 yrs
Laboratory Science	2 yrs
Foreign Language	2 yrs
Visual & Performing Arts	1 yr
College Prep Elective	1 yr



Junior



Mapping your Future.....

Are you thinking about attending a Community College?

Community Colleges offer a wide range of academic and vocational programs leading to either an occupational certificate or a two-year associate of arts degree that enables students to transfer to any four year university. Community colleges offer a wide variety of opportunities to enhance your future and enrich your life.

Local community college

San Bernardino Valley College

Crafton Hills College

Riverside Community College

Chaffey Community College

For a full list of community college please visit:

www.californiacolleges.edu

Are you thinking about attending a Vocational School?

Vocational Schools provide students the opportunity to specialize in fashion design, plumbing, pharmacy tech, veterinary assistant, medical / dental assistant, automotive mechanics, etc for direct entrance into careers.

Local Vocational Schools:

UTI College

American Career College

Westwood College

ITT Technical Institute

Not sure what career you what?

Then check out these helpful website

- ✓ Mapping your Future at www.mappingyourfuture.org.
- ✓ Mapping your Future for Spanish Speakers at www.mapping-your-future.org/espanol/
- ✓ Career planning Resources at www.WhoDoUWant2B.com



Students in the 11th who have not passed the English or Math section of the CAHSEE Exam will have an opportunity **February 3rd and 4th**. For more information please see your counselor.

Interested in Taking College Classes?

Who is Eligible?

- High School Students who wants to have an advanced academic or vocational experience.

Vocational classes:

- Vocational classes prepare students for employment in a specific trade or occupation (Pharmacy Tech, Automotive,)
- Available to 9th -12th grade students.
- Must have a 2.0 GPA

Academic Classes:

- Academic classes are transferable to four-year universities
- Available to 11th and 12th grade students
- Must have a 3.0 GPA

Cost~

- FREE
- You are responsible for textbooks, supplies, etc

How to Apply?

- Complete the enrollment packet
- Please see your counselor for more information



**San Bernardino
Valley College**

Senior

Have you signed up for the SAT ?

year colleges and universities. Check with the admissions office of the specific college to be sure which test to take. For more information and to register online please visit www.collegeboard.com. You can register online for the ACT at www.act.org. The UC system and highly selective private colleges and universities also require the SAT II. The UC system requires two SAT II tests: Mathematics and one of your choice.

SAT I and SAT II 2009 TEST DATES



Test Dates:	Registration Deadline
January 24, 2009	December 26, 2008
March 14, 2009 (SAT I ONLY)	February 10, 2009
May 2, 2009	March 31, 2009
June 6, 2009	May 5, 2009

ACT 2009 TEST DATES

Test Date	Registration Deadline
February 7, 2009	January 6, 2009
April 4, 2009	February 27, 2009
June 13, 2009	May 8, 2009



Students in the 12th grade who have not passed the English or Math Section of the CAHSEE Exam will have an opportunity **February 3rd and 4th**.

For more information please see your counselor.

Financial Aid 101

Whether you are planning to attend a community college, a 4 year university, or technical school there is money to help you pay for your education. Most financial aid is awarded based on your financial need, college cost and family contribution. Here is a brief overview the different types of financial aid available:

FAFSA: Schools use your FAFSA information to determine if you are eligible to receive money from federal grants loans, and work-study programs. You will also need to file a FAFSA in order to apply for State aid and from other sources, such as institutional grants and even some scholarships **You apply on line at www.fafsa.ed.gov**. The application filing period is **JANUARY 1 THROUGH MARCH 2**



Cal Grants: Cal Grants are free money and is based your students GPA. You must complete the FAFSA application and Cal Grant GPA verification form by March 2nd.

California Chafee Grant: If you are or were in foster care you may qualify for free money towards any college in addition to any other financial aid you receive. For more information please visit: www.chafee.csac.ca.gov

Loans: If you need to borrow money for college, first look into a federal student loan. You don't have to pay until after you are no longer in school. For more on federal loans, tips for smart borrowing and more please visit: www.edfund.org.

Scholarships: There are tons of scholarships to help pay for college such as: African American scholarships, Asian American scholarships, Latino Scholarships, For a full list of scholarships please visit

Parent Resources

Parent involvement in your student's education makes a huge difference in kids of all ages. The results can be improved attendance, better behavior, and higher grades. Every **two weeks** students will be provided a grade check from all their teachers. This will provide you with a current grades, missed work, and contact information.

Grade Check Calendar

- ✓ January 12th
- ✓ February 17th
- ✓ March 9th
- ✓ April 13th
- ✓ April 27th
- ✓ May 11th
- ✓ May 26th

It is important to make sure your student attends school regularly. Poor attendance is one of the main reasons for students having poor grades. At the high school level it is easy to get behind and not catch up due to the amount of material that is presented daily especially within the block classes. There is no substitute for being in class, interacting with peers, and getting direct instruction from a teacher. Please assist your child by making medical appointments after school whenever possible or have them miss as little of the day as possible.

To excuse an absent please call the:

Attendance Office

909-381-4295
Ext. 3019

English Learner Classes

English Learner classes are for parents and students interested in learning English and how to use a computer

When: Tuesday's

Time: 5:30 - 7:30

Where: H110

Who: Mr. Bean

Free

DAYCARE AVAILABLE

How Families Can Help Students Prepare for College

- Talk to your children about careers that interest them and what college they would like to attend.
- Help your child with homework and meet with teachers and counselors to discuss coursework that will prepare your child for college.
- Research financial aid, scholarships and Cal Grants.
- Contact campuses you are interested in to schedule a tour and get information about programs.

