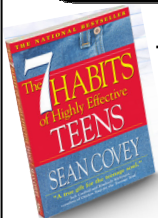


The Counseling Breeze

Volume 1, Issue 3

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Freshmen



There are a lot of issues that affect your kids' lives. As a parent, you can help! Your student has successfully completed the 7 Habits of Highly Effective teens by

Sean Covey. Students were provided with hands-on activities to address self-image, build friendships, resist peer pressure, achieve goals, get along with parents, and much more! Building a lasting relationship with your teen is important. Communication is a big issue with teens and one of the best ways to overcome that gap is by getting to know each other! Take the test and find out-

How Well Do You Know Your TEEN?

1. What is your teen's favorite subject in school?
2. What would your teen consider to be the nicest thing you could do for them?
3. What would your teen like to become when they grow up?
4. What is your teen's favorite kind of music?
5. Who is your teen's best friend?

Communication is the Key
Communication is the Key

Source: <http://www.seancovey.com/index.html>

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-21,
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.

How to Calculate your GPA

Your grade point average (GPA) is calculated by dividing the total amount of grade points earned by the total amount of classes attempted. Your grade point average may range from 0.0 to a 4.0. Your high school grade point average may be important for getting into the college of your choice or receiving a scholarship. Figure out your GPA by gathering your transcripts, then doing the math. Honors or Advanced Placement, or AP, classes may receive additional weight.

For example:

A=4 grade points
 B=3 grade points
 C=2 grade points
 D=1 grade point
 F=0 grade points



Sample of Transcript

World Geography	B =3
Algebra	B =3
English 1A	A =4
Physical Science	C =2
PE	A =4
Art	B =3
Film Appreciation	A =4

Total Grade Points		23	
	<u>divided by</u>		=3.28
Total Classes Attempted		7	GPA

5 credits per class each semester
Your student can earn 35 credits per semester

Source: <http://www.back2college.com/gpa.htm>

Which Hawk are you?

AVHS implemented Smaller Learning Communities (SLC's) in the 2005-2006 school year to support and address the needs of incoming ninth graders. AVHS' six freshman houses each have 165 students who share a team of core teachers in English, Math, History, and Science. Each house includes students from the English Learners and Special Education sub-populations. Each house teaches skills to help freshman adapt to high school and succeed in post-secondary instruction. Teachers share a common conference period during which they meet with students and parents or cooperatively plan learning activities.

Based on your World Geography Teacher

Golden Hawks:	Mr. Soto
Sea Hawks:	Ms. Zuetel
Red-Tailed Hawks:	Mr. Bravo



Based on your World Geography Teacher

Black Hawks:	Mr. Momberger
Night Hawks:	Mr. Chronopoulos
Sharp-Tailed Hawks:	Mr. Mooney

Source: <http://arroyovalleyhighschool.org/>



Sophomore

Got R.O.P?

Regional Occupational Program (ROP) provides a variety of career and technical education courses designed to prepare high school students (Over 16 years of age) for their future careers. **Here are some ROP classes that Arroyo Valley High School Offers:**

ROP Office Occupations (1 period)

This course prepares students for the clerical field. Students will learn- office operation, business math, use of reference tools & telephone techniques. A Certificate of Completion will be awarded upon successful completion.

ROP Food Occupations (2 periods- 20 credits)

This course prepares students for entry-level positions such as a cook, waiter/waitress & cashier. Classroom instruction & practical experience will include safety & cooking techniques. A Certificate Completion will be awarded upon successful completion.

ROP Medical Terminology (1 period, semester only)

This course is a prerequisite to all medical courses offered in ROP. By the end of the course, the student will be able to identify, spell, pronounce and define common to medical vocabulary. A Certificate of Completion will be awarded upon successful completion.

ROP Medical Assistant (2 periods- 20 credits)

This course prepares students to work in a medical office or clinic. (Prerequisite: Medical Terminology). A Certificate of Completion will be awarded upon successful completion.

ROP Child Care (2 periods-20 credits)

This course teaches students curriculum and developmentally practices for working with young children. Students can earn a certificate that qualifies them to work as a pre-school teacher.

ROP Sports Therapy (2 periods- 20credits)

This class is designed to prepare students with entry-level employment skills in the areas of fitness, physical therapy & athletic training. A Certificate of Completion will be awarded upon successful completion.



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.

A-G Requirements

Subject	Years
English	4 yrs
Math (4yrs recommended) Algebra I, Geometry, Algebra II, or higher	3yrs
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



Students in the 10th grade who were absent during the CAHSEE Exam will have an opportunity May 12th and 13th. For more information please see your counselor.

Junior



Calling Prospective Student Athletes

Are you a student athlete and interested in playing sports in College? The NCAA Eligibility Center website will help you register, research eligibility requirements, and help you review which classes the NCAA Eligibility Center accepts. **REMEMBER, YOU MUST WAIT UNTIL THE END OF YOUR JUNIOR YEAR TO REGISTER WITH THE CLEARINGHOUSE.** If you have any questions, please see your counselor. Remember that you cannot participate in Division I or II collegiate sports if you do not register with the Eligibility Center.

What Do I Need To Do?

- **9th Grade and 10th Grade**
 - Meet with your high school guidance counselor to make sure you are on track.
- **11th Grade**
 - Register with the eligibility center.
 - Make sure you are still on course to meet core course requirements.
 - After your junior year, have your high school guidance counselor send a copy of your transcript.
 - When taking the ACT or SAT, request test scores to be sent to the eligibility center (**the code is "9999"**).
 - Begin your questionnaire.
- **12th Grade**
 - When taking the ACT or SAT, request test scores to be sent to the eligibility center (**the code is "9999"**).
 - Complete questionnaire & sign the final authorization signature online on or after **April 1** if you are expecting to enroll in the fall.
 - Have your high school guidance counselor send a final transcript w/ proof of graduation to the eligibility center.

For more information please visit:



Students in the 11th grade who have not passed the English or Math section of the CAHSEE Exam will have an opportunity **May 12th and 13th**. For more information please see your counselor.

Summer School Options

Summer is approaching soon which means your student will be out of school. Summer time is a great time to have your student get involved in community activities and enrichment programs. Here are some great ideas:

UCR Summer Academy

Students with a 3.2 GPA or higher who want to take a real UC class for high school and college credit this summer. For more information please call Jennifer Jo 951-827-6074

Valley College Summer Session

Students 16 yrs and older who are interested in taking vocational classes and gaining job skills and high school credit. For more information please call Laureen Hurley 909-891-1030 ext. 4685

LLU Si Se Puede

Latino students who are considering a career in health care will participate in activities and interactive learning from Loma Linda University. For more information please call Johnnany Valladares 909-558-8750

Senior



Students in the 12th

grade who have not passed the English or Math Section of the CAHSEE Exam will have an opportunity May 12th and 13th. For more information please see your counselor.

Interested in Cosmetology?

San Bernardino Adult School offers classes to prepare students for licensing and employment as a cosmetologist or barber. Included are all phases of hair styling, cutting, coloring, permanent waving, manicuring, salon and shop management, and safety. Contact the Adult School office (388-6000) to obtain a brochure explaining the training. In addition, the Vocational Barber and Cosmetology classes require a \$10.00 per week supply fee due from each student to be paid directly to the barber or cosmetology school.

Enrollment is available



Why go to College?

If you go to college, you will gain information and skills that you will use for the rest of your life, no matter what career you chose. College enables you to expand your knowledge and skills, increase job opportunities, gain greater knowledge and skills and earn more money. For more information on colleges and career planning please visit www.californiacolleges.edu



It Doesn't Have to Be a Four-Year College

If you are not sure about college or which college, consider attending a community college or a vocational school. Community colleges are public, two-year schools that provide an excellent education, whether you are considering an associate's degree, a certificate program, technical training, or plan to continue your studies at a four-year college.



<http://www.collegeboard.com/student/plan/starting-points/156.html>

Parent Resources



To excuse an absent please call the:

Attendance Office

909-381-4295
Ext. 3019

Need Outside Resources???

Dial 2-1-1 (or 888-435-7565) for Free and confidential information 24 hours a day. 2-1-1 is a toll-free phone number that provides information and referrals for health and social services. Dialing 2-1-1 is the quickest way to access non-emergency resources for your family. For more information on:

- Shelter and Housing
- Clothing
- Food
- Childcare
- Health care
- Government resources
- Transportation
- Local libraries and after school programs
- Donation and volunteer information
- Much more



The Parent Institute At Arroyo Valley High School

Do you want to:

- ☞ Understand The High School System
- ☞ Identify classes needed for College
- ☞ Understand the Importance of Grades
- ☞ Discuss Higher Education Options

Get the most at your student's education. For meeting dates and times please contact Ms. Burten for information.

Childcare is provided

Arroyo Valley not only has an excellent counseling staff, but we also have an excellent Counseling Website. Please take a look at the wealth of resources that counselor, Mr. Bennie, has put together for you~

Visit our Counseling Website

<http://arroyovalleyhighschool.net/counseling/>

