

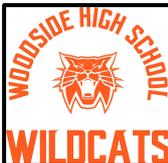


High School Intro 101

Tools + Resources for HS Success

**WOODSIDE
CLASS OF 2027**

WOODSIDE HIGH SCHOOL
COUNSELING DEPARTMENT

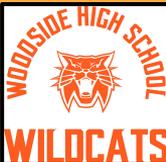


Pre Survey



<https://bit.ly/9thfallpre>

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Today's Objectives

By the end of this lesson, you will learn:

1. Who the **School Counseling** Team is and their role.
2. Strategies to **support** you throughout high school.
3. Ways to get **involved** in the school community.
4. **Resources** available to all students
5. **Technology tools** that you will need to navigate high school.
6. Understand **graduation vs college** requirements

(We all work together)



Mr. Cortez



Mr. Hernandez



Ms. Grimaldi



Ms. Lok



Mr. Negri



Mr. Thornton

(We also all work together)



Mr. Gil

College Advisor
working with everyone
on Ms. Lok & Mr.
Thornton's caseload



Zorina Matavulj

College Advisor
working with everyone on
Mr Cortez & Mr
Hernandez's caseload



Lisa Vasquez

College Advisor
working with
everyone on Mr Negri
and Ms Grimaldi's
caseload

Meet the **Counseling Support Staff!** (We also all work together)



Maricela Medina
Registrar



Lupe Zelaya
Guidance Information
Specialist



Penny Cifuentes
Guidance Information
Specialist/ Counseling
Intern



Maricela Lopez
Bilingual Parent
Liaison

What is the role of a School Counselor?

Think - Pair - Share

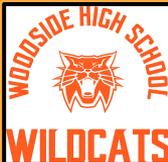


I go to my School Counselor to get help with...

My School Counselor's job might include...

Role of a School Counselor

Do's	Don't
<p>Academic Planning</p> <ul style="list-style-type: none">❖ Graduation Status❖ Course planning for college or career pathways❖ Support student/teacher communication <p>College and Career</p> <ul style="list-style-type: none">❖ College & Career Exploration❖ Goal Setting <p>Social/Emotional</p> <ul style="list-style-type: none">❖ Safe space to express feelings❖ Submit referrals for Wellness (Confidential Counseling) Center - F14❖ Connecting to community resources	<ul style="list-style-type: none">❖ Discipline❖ Attendance❖ Supervision❖ Provide therapy or long term counseling



Counselor Confidentiality

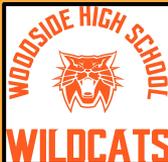
What **YOU**
=**SAY**= *in here*
STAYS
IN HERE...

Unless:

1. **Someone Is Hurting You**
2. **You Want To Hurt Someone**
3. **You Want To Hurt Yourself**
4. **You Give Permission To Share
With Another Trusting Adult**

Coping Strategies

What are some coping strategies you are currently using?



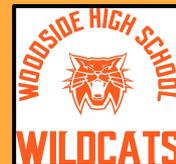
USE BELLY BREATHING TO STAY CALM DURING STRESSFUL SITUATIONS.

This Monday, try belly breathing to calm your mind and body.

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly is expanding and not your chest. Exhale through your mouth for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body while your mind becomes calm.



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Resources



Peer/ Mental Health Programs & Supports

Programs:

1. **Freshman Transition** - Program in history teaching you about the Woodside way
2. **Safe School Ambassadors** - Training to stop negative interactions
3. **KLEAR** - Training to teach others about appropriate interactions

Social/Emotional:

1. **Wellness (Confidential Counseling) Center (F-14)** - Individual and Group Counseling
2. **Peer Mediation** - Conflict Resolution
3. **School Counselor**

Academic Supports

Supports:

1. Tutoring - The Den, Tutorial, peer tutoring (1 on 1)
2. Paper - 24/7 Online tutoring through a chat app
3. Credit Recovery - Summer school, Edgenuity
4. College & Career Center (D9) - Work Permits & College/Career research
5. Boys & Girls Club - Tutoring, College/Career support, Enrichment

School Involvement & Extracurricular Activities

Think - Pair - Share

What are some ways to get involved?

Ways to get involved at WHS

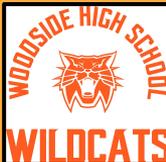
Students who are involved in some form of extracurricular activity perform better in school.

- **Sports**
- **Volunteer**
- **Clubs**
- Special Projects
- **Academies + Programs**
- Governance Council
- Advocacy Opportunities
- **Theatre programs**
- Art programs
- Music
- **Student Leadership**
- Special campus events

❖ Club Rush - **Sept 8th**

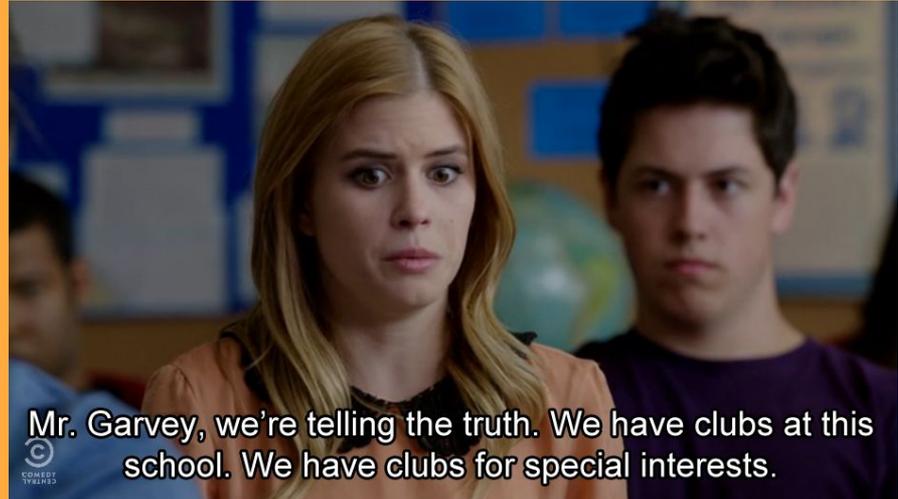
❖ Club list [Woodsdehs.org/students/clubs](https://www.woodsdehs.org/students/clubs)

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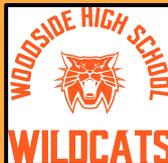


Importance of Getting Involved

1. **Discover new possibilities.**
2. Ease transitions.
3. Relieve boredom.
4. **Relieve academic pressure.**
5. **Increase academic performance.**
6. Build important skills.
7. **Make connections with new people.**
8. Improve college applications.
9. Build your job resume.
10. Find others with similar interests.



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Amelie de Leon

Tech crew has been working extremely hard to ensure that this year's spring musical, "Freaky Friday" will be a success.

Tech Crew

Team 100 Robotics



Sports



Getting Involved in Sports

Fall

- Water Polo
- Cross Country
- Girl's Golf
- Football
- Girl's Tennis
- Girl's Volleyball
- Cheer
- Girl's Flag Football

Winter

- Girl's Soccer
- Boy's Soccer
- Girl's Basketball
- Boy's Basketball
- Wrestling*
- Cheer

* Sports that don't cut students

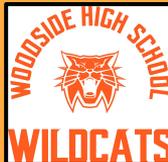
Spring

- Badminton
- Track*
- Boy's Tennis
- Boy's Volleyball
- Baseball
- Lacrosse
- Softball
- Swimming*
- Cheer

Go to Woodsidehs.org to complete the [Athletic Clearance Packet](#) (English)
[Athletic Clearance Packet](#) (Spanish)

Contact Mr. Faulkner (Activities Director) - tfaulkner@seq.org

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Technology Tools

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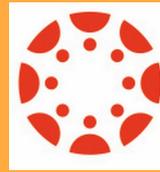
Infinite Campus



Used for checking:

- Schedule
- Grades
- **Unofficial Transcripts**
- **Attendance**
- Finding out who YOUR counselor is

Canvas



Used for:

- Homework & classroom assignments
- Viewing your most up-to-date grades & progress
- Checking your calendar
- Emailing teachers

Naviance



Used for:

- Post- secondary planning
 - College Search
 - Career Search
- Surveys
- Resume

School Email



Make sure to check your school email often (at least once or twice per week)

*****Perfect way to communicate with your counselor!***

Woodside Website

Consider exploring: Woodsidehs.org

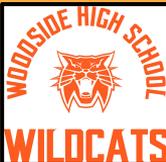
- School Counseling Department Page
- College & Career Center Page
- Student Activities Page
 - Clubs
 - Athletics

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Graduation Requirements

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Graduation Requirements Scavenger Hunt

1. What subject requires the most credits to graduate?

English requires 40 credits or all four years for graduation and college entrance.

2. Can any two science classes count towards graduation?

No, one has to be a life science (like Bio) and one has to be a physical science (like Physics or Chem).

3. How many years of math do I need to graduate?

Two for graduation. You should take four years to be competitive for college acceptance.

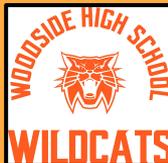
4. How many years of physical education are required to graduate and does it change if I play sports?

Two years are required to graduate. The requirement does not change if you play sports but you could play (3 seasons) for Woodside and count those credits toward the requirement (that means no PE class next year).

5. Do freshman grades count for high school graduation and college entrance?

You better believe it!! Freshman year counts so do your best.

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WHS Graduation vs. A-G Requirements

Subject	Graduation Req.	A-G Req. (for four-year colleges)
A - History	3.75 years (37.5 credits)	2 years
B - English	4 years (40 credits)	4 years
C - Mathematics	2 years (20 credits)	3 years (4 rec.)
D - Science	2 years (20 credits)	2 years (3 rec.)
E - World Language (WL)	Level 3 of WL <u>OR</u> 1 year of CTE	2 years (3 rec.)
F - Visual/ Performing Arts	1 year (10 credits)	1 year
G - Electives	60 credits	1 year of A-G elective
Career Technical Education (CTE)	1 year of CTE <u>OR</u> level 3 of WL	–
Physical Education	2 years (20 credits)	
Life Skills	1 quarter (2.5 credits)	

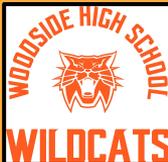
220 credits to graduate | C- or higher in A-G classes

A Couple differences between WHS Graduation vs. A-G Requirements

Graduation Req.	A-G Req. (for four-year colleges)
A passing grade is a D-	Colleges will only accept a C- or better
You need credits in specific areas that total 220	Colleges need specific courses, they don't care about number of credits. They do care about how many courses you take, especially in core areas.
You can graduate with any GPA	You need a.... 2.5 or better for CSU 3.0 or better for UC These are the minimum GPA's if you want want to be a competitive applicant, you need a higher gpa.
No community services is needed	The more you get involved, the more competitive you are.

Final Thoughts

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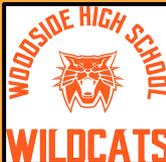
Freshman Year Checklist

- ❑ Get involved in clubs, sports, and/or community service
- ❑ Discover your passions and interests
- ❑ Aim for C- or higher in all of your classes
- ❑ Do well in classes by:
 1. **Contacting your teacher**
 2. Going to tutoring
 3. Studying

What's the best way to contact your School Counselor?

- Drop in times during brunch & lunch or leave name on clipboard if not available
- Make an appointment
- Email questions

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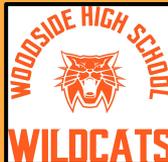


Post- Survey



<https://bit.ly/9thfallpost>

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Questions?

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