High School Intro 101
Tools + Resources for HS Success

WOODSIDE
CLASS OF 2027
Pre Survey

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
Ms. Lok
Mr. Hernandez
Mr. Negri
Ms. Grimaldi
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

<table>
<thead>
<tr>
<th>Do’s</th>
<th>Don’t</th>
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<tbody>
<tr>
<td><strong>Academic Planning</strong></td>
<td>✦ Discipline</td>
</tr>
<tr>
<td>❖ Graduation Status</td>
<td>✦ Attendance</td>
</tr>
<tr>
<td>❖ Course planning for college or career pathways</td>
<td>✦ Supervision</td>
</tr>
<tr>
<td>❖ <strong>Support student/teacher communication</strong></td>
<td>✦ Provide therapy or long term counseling</td>
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<tr>
<td><strong>College and Career</strong></td>
<td></td>
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<tr>
<td>❖ College &amp; Career Exploration</td>
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<tr>
<td>❖ Goal Setting</td>
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<tr>
<td><strong>Social/Emotional</strong></td>
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<tr>
<td>❖ Safe space to express feelings</td>
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<tr>
<td>❖ Submit referrals for Wellness (Confidential Counseling) Center - F14</td>
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<tr>
<td>❖ Connecting to community resources</td>
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</table>
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.
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. KCLEAR - 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

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

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

- Club Rush - Sept 8th
- Club list Woodsidehs.org/students/clubs
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.
Woodside High School
Counseling Department

Team 100 Robotics

Tech Crew

Sports

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

Clubs

MESA
Asian Club
Audio Production Club
Polynesian Club
Invisible Children
Octagon Club
Cycling Club
French Club
Guitar Club
Pink Ribbon Club
Photography Club
Get It Right Get It Tight
Power F
Spanish Language Club
Black Student Union
Get It Right Get It Tight
Cycling Club
French Club
Guitar Club
Pink Ribbon Club
Photography Club
Get It Right Get It Tight
Power F
Spanish Language Club
Black Student Union
Math Club
Youth For Christ
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

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

* Sports that don’t cut students

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

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

WOODSIDE HIGH SCHOOL COUNSELING DEPARTMENT
Graduation Requirements
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.
## WHS Graduation vs. A-G Requirements

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

220 credits to graduate | C- or higher in A-G classes
## A Couple differences between WHS Graduation vs. A-G Requirements

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<tr>
<td>A passing grade is a D-</td>
<td>Colleges will only accept a C- or better</td>
</tr>
<tr>
<td>You need credits in specific areas that total 220</td>
<td>Colleges need specific courses, they don't care about number of credits.</td>
</tr>
<tr>
<td>You can graduate with any GPA</td>
<td>They do care about how many courses you take, especially in core areas.</td>
</tr>
<tr>
<td>No community services is needed</td>
<td>You need a....</td>
</tr>
<tr>
<td></td>
<td>2.5 or better for CSU</td>
</tr>
<tr>
<td></td>
<td>3.0 or better for UC</td>
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<tr>
<td></td>
<td>These are the minimum GPA's if you want want to be a competitive applicant, you need a higher gpa.</td>
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<tr>
<td></td>
<td>The more you get involved, the more competitive you are.</td>
</tr>
</tbody>
</table>
Final Thoughts
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
Post-Survey

Questions?