# Information Presentation #1

Graduation, Career Exploration, Community College, and Trade Schools

“The only person you are destined to become is the person you decide to be.” – Ralph Waldo Emerson

# Graduation Requirements

*Total = 220 Credits (1 semester class =5 credits)*

4 years English (9th, 10th, 11th, 12th)
2 years Math (at least Algebra 1 & Geometry)
3 years Social Science
2 years Science (1 year Biological & 1 year Physical)
1 year Fine Art
1 Semester Career Prep
1 Semester Health
2 Years Physical Education
14 Semesters of Elective Courses (70 Credits)

**TBD Pass both parts of the CAHSEE: ELA and Math**

# Grades and Credit
# C is for COLLEGE!

- **D grades = 5 credits, credit removed if repeated**

  → Credit for high school graduation only!
  → **D** grades are NOT accepted by 4 year universities

- **F grades = 0 credits**

  → May jeopardize graduation
  → Can not be removed from your transcript!

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# Don’t Play with Fire

The Dangers of Academic Dishonesty aka CHEATING

1. Loss of Integrity
2. Loss of Trust
3. Loss of Respect
4. Impact on academic grade or performance
5. Cheating infractions maybe reported to colleges, universities, and/or scholarship programs

“Integrity is doing the right thing.

Even when no one is watching.”
C.S. Lewis

If the stress and pressure of achieving academic success is causing you to consider cheating, please ask for help.
The staff at Crescenta Valley High School is always here for you!

# The Importance of Balance

## Work, Play, Down Time

### Time Management:

→School Activities (School- 5 days x 7 hours)

→Extra-Curricular Activities

→Daily Living Activities (Sleep- 7 days x 9 hours recommendation for health development)

### 5 Ways to Manage Anxiety:

→Relaxation – deep breathing

→Get enough sleep, eat well, and exercise

→Spend time with friends and family

→Spend time outside – take a walk in the park, invite a friend

→Think positive – positive self-talk

# Academic Support

ASK QUESTIONS

- COMMUNICATE with your teachers on a regular basis
- Access your student portal and CVHS website often
- Free Tutoring!!! Academy of Science & Medicine
  - → Tuesdays/ Thursdays : 3:00 - 4:00 in the Library
  - → Individual private tutoring list available in the counseling office (set up by family)
  - → www.khanacademy.org or www.shmoop.com
- Friday Progress Reports - In counseling office

GET ANSWERS

# Thinking Beyond High School

## What does this mean for YOU?

Give YOURSELF the opportunity to explore every option.
Make decisions that are best for YOU.
Commit to a plan and follow through, for YOU.
Realize YOUR greatest potential.

## Consider:

YOUR Academic readiness
YOUR Financial resources
YOUR Academic & career interests
YOUR Future goals

# CAREER INFORMATION

# Step 1-
# Take Interest Assessments

YOUR career is likely to be one of the most significant parts of YOUR life, so it is crucial to find a path that reflects who YOU are.

1. Gather information about your interests, values, and personality
2. Evaluate the information
3. Identify careers that closely align with who you are.

# Step 2-
# Do Your Research

Gain a clearer understanding for a specific career or job.

- characteristics
- requirements
- duties
- labor market
- salaries
- required preparation / education

# CAREERS

## Assessments, Exploration, and Planning

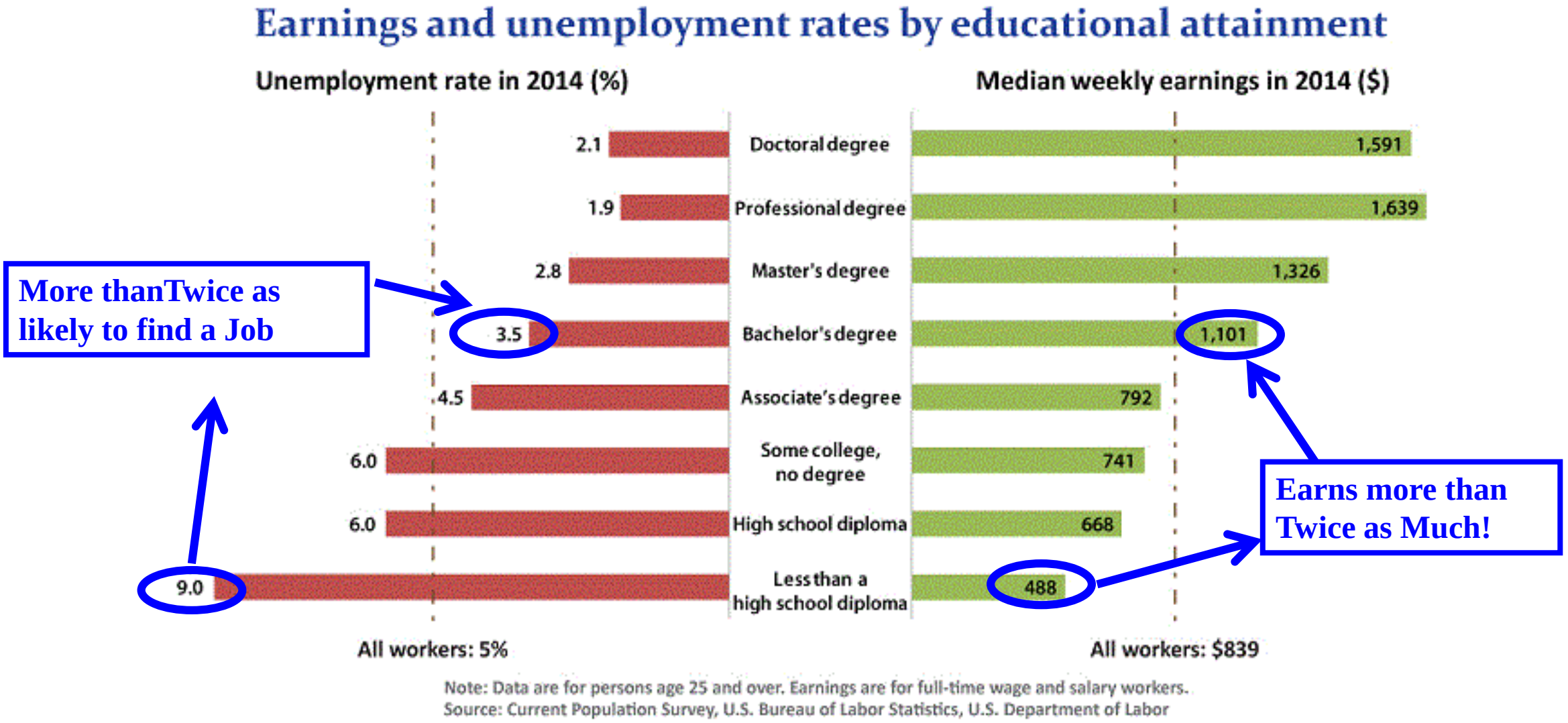
**www.californiacareers.info**
**www.cacareerzone.org (www.cacareerzone.org/assessments)**
**www.mappingyourfuture.org**
**www.whodouwant2b.com**
**www.bls.gov/ooh**
**www.learnhowtobecome.org**
**www.calapprenticeship.org**
**www.candidcareer.com**

# The World of Work

**“Occupations that typically require postsecondary education for entry are expected, on average, to grow faster than occupations that require a high school diploma or less.”**

-the U.S. Bureau of Labor Statistics, Economic News Release, Dec 2013

# $!$! Education Pays $!$!




Note: Data are for persons age 25 and over. Earnings are for full-time wage and salary workers.
Source: Current Population Survey, U.S. Bureau of Labor Statistics, U.S. Department of Labor

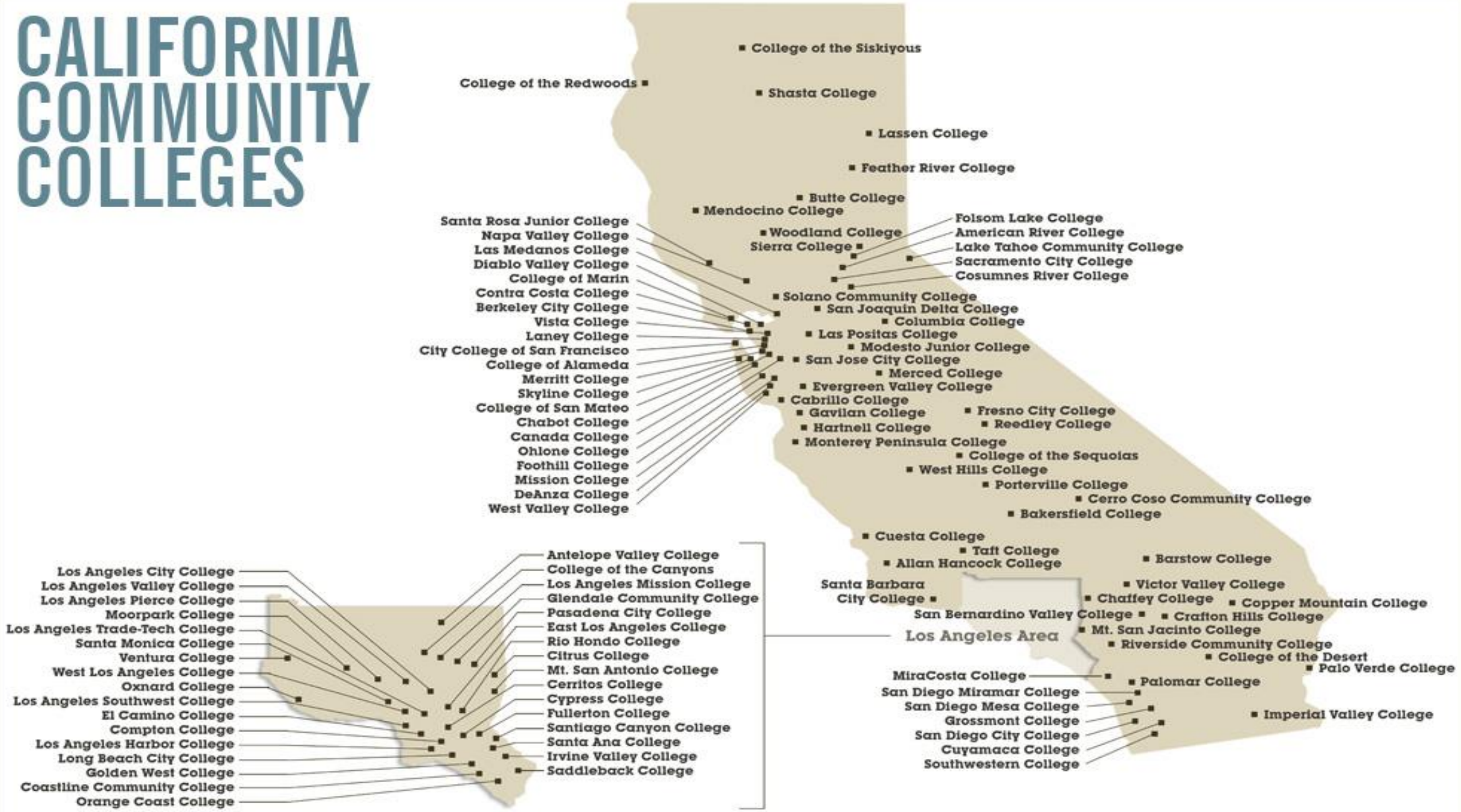
# Community College

www.cccco.edu (Calif CCs)

www.glendale.edu (GCC)

www.pasadena.edu (PCC)

# CALIFORNIA COMMUNITY COLLEGES



# General Community College Information

- **Lower cost per unit (about $50/unit)**
- **Explore interests before choosing a university**
- **Career-focused education**
  - ➢Associate degrees & Certificate programs
- **60 IGETC units and/or and AA degree for less $$$**
- **Fresh start for academic record and activities**
- **Freshman acceptance vs. Transfer acceptance * Fall 2014**
  - ➢UC Overall Transfer GPA Avg. ⇨ 3.4
  - ➢Preference given to transfers from CA Community Colleges

# GCC Jump Start Program

## What is it?

An opportunity for high school juniors and seniors to take college classes at GCC, while still enrolled in high school. (Jump Start classes are not designed to replace high school classes.)

## Who can attend?

High school juniors and seniors who are making satisfactory progress towards high school graduation and have good attendance.

## When are the Jump Start classes?

Students should enroll in classes offered between 3:00-7:00PM Mon-Fri or on Saturdays.

## What does it cost?

GCC waives the current enrollment fee and the parking fee for eligible CA residents, if the student has a current driver's license. Students will only pay for textbooks, college fees & services (*Non-Resident Fees may apply)

# Trade Schools

www.trade-schools.net

# Career-focused education - Skill acquisition

Some areas of focus with example programs:

- Art (The Art Institute of CA)
- Computer Gaming (The Art Institute of CA)
- Computers/Technology (Devry University)
- Culinary Arts (Le Cordon Bleu)
- Health Care Occupations (Kaplan College)
- Automotive Technology (Universal Technical Institute)
- Much, much more!

# United States Military
## www.defense.gov

Army: www.army.mil

Navy: www.navy.mil

Air Force: www.af.mil

Marine Corps: www.marines.mil

Coast Guard: www.uscg.mil

“If we did all the things we were capable of,
we would literally astound ourselves.”

Thomas Edison