



**If you have questions throughout the presentation,
please ask on the Zoom Q&A section!**

Your paragraph text

Portola
COUNSELING



10TH GRADE PARENT INFORMATION WORKSHOP

**A recording of this Zoom meeting and slides will be
emailed to parents after our presentation!**

Join PTSA!



PTSA connects families, schools, and communities by providing programs and services at your child's school. PTSA is the nation's largest child-advocacy association working to drive improvements in the education, health and well-being of all children and families. When you are a member of PTSA, you join our mission "to make every child's potential a reality by engaging and empowering families and communities to advocate for all children."

portolahighptsa.org

Mental Health Support

Mental Health Specialists

Miguel Gomez & Gabrielle Lautfy

Provide individual mental health support, crisis response services, and resource linkages to students and families

Project Success

Megan Olsen

Provides small group counseling and individual support to build resiliency skills

Make an anonymous report!

What to report...

- Threats seen on social media
- Substance or alcohol abuse
- Suicide threats, cutting or other self-harm
- Bullying, fighting, harassment or intimidating behaviors
- Any other troubling situation or behavior



Make an anonymous report!

All calls and tips are sent to
24/7 multilingual crisis
center, and then sent to
school officials and law
enforcement (as needed)
within seconds of being
received.





**Get free online therapy
through Hazel Health!**



Mrs. Gibson
A-Chen,I

Mr. Peterson
H-Km

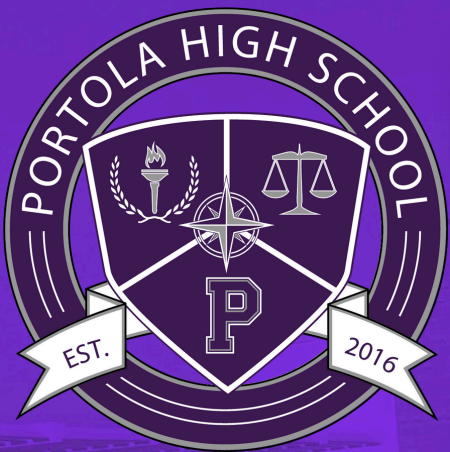
Mrs. Markowitz
Mim-Rob

Ms. Lo
Ts-Z

Mrs. LeGrand
Chen,J-G

Mr. Itchon
Kn-Mil

Mrs. Murphy
Roc-Tr



PORTOLA GRADUATION REQUIREMENTS

Learners must complete the following requirements with a "D-" or higher

CREDITS SUBJECT

40

ENGLISH

30

MATH *Including Math I and Math II*

30

SCIENCE *3 courses, including bio and physical sciences*

30

SOCIAL SCIENCE *World Hist, Amer Hist, Passion Civics*

10

WORLD LANGUAGE OR VISUAL/PERFORMING ARTS

20

PHYSICAL EDUCATION *Sports counts towards credit*

5

HEALTH *Complete via IUSD Summer School or during school year*

60

GENERAL ELECTIVES *Any class beyond minimum grad requirements*

TOTAL CREDITS

225

DRIVERS EDUCATION

- The course is a 2.5 elective credit, pass/fail only class that meets the DMV Minimum requirement of 30 hours of classroom instruction to obtain a learner's permit.
- Learners must be 15 years old before the start of this class
- Driver's Education is online and asynchronous through IVA
- For more info and to enroll, contact your counselor!



When it comes to your involvement both in and out of the classroom, is it better to be a “specialist” or “well-rounded”?





LEBRON
JAMES

JEFF BEZOS





JEFF BEZOS



***What are colleges
looking for?***

Shift in focus

***What do I love doing?
What are my strengths?***





© 2011

COLLEGE PLANNING PROCESS

**Self-
Inventory**

**Career
Interests**

**Major
Interests**

**Colleges
of best fit**





Postsecondary Options



2-Year College

4-Year University

**Gap Year
International**

Trade/Vocational

Military



A-G REQUIREMENTS



Learners must complete the following requirements with a "C-" or higher

- A. HISTORY** ① ② *1 year World History, 1 year US History OR
1/2 year US History and 1/2 year Government*
- B. ENGLISH** ① ② ③ ④ *4 Years of College Prep English*
- C. MATH** ① ② ③ ④ *Math 1, 2, and 3 OR Algebra 1, Geometry, and Algebra 2*
- D. SCIENCE** ① ② ③ *Provides fundamental knowledge in 2 of following:
Biology, Chemistry, Physics*
- E. WORLD LANGUAGE** ① ② ③ *2 years must be same language*
- F. VISUAL/PERFORMING ART** ① *Must be same course/discipline*
- G. COLLEGE PREP ELECTIVE** ① *Either "G" Elective or course in
addition to required "A-F" course*

SAT/ACT

UC/CSU will not consider SAT or ACT test scores when making admissions decisions or awarding scholarships.

Many Private/out-of-state schools have adopted a test-optional policy with few still requiring the exam



TIPS FOR PARENTS

Most affordable option

Great option for students who are undecided on their major/career interests.

IVC and Saddleback have excellent transfer rates to 4-year universities

Transfer Admission Guarantee (TAG) Program allows guaranteed transfer for community college students who meet GPA requirements to 6 of 9 UC schools





TIPS FOR PARENTS

Academic Focus: practical and career-focused

Several campuses (i.e. CSU Channel Islands) are not impacted, which means that students who are A-G eligible and meet the 2.5 minimum GPA will be accepted.

More affordable tuition compared to the UC System

Details will be discussed during sophomore conference



San Diego State



TIPS FOR PARENTS

Academic Focus: research-oriented

Learners will need a 3.0 GPA or higher to be eligible to apply

With the UC's holistic review of their applications and removal of SAT/ACT, learners will need to focus on more than just their GPA. Their extracurriculars take on more importance!

Think QUALITY over QUANTITY!

Details will be discussed during sophomore conference



● Davis

● Berkeley

● Santa Cruz

● Merced

● Santa Barbara

● Los Angeles

● Irvine

● Riverside

● San Diego

UC Santa Cruz

PRIVATE/OUT-OF-STATE TIPS FOR PARENTS

Financial aid (institutional grants, scholarships) can help offset out-of-state private school tuition.

Going to school out-of-state offers your learner an excellent opportunity to gain independence and maturity

Important for learners to build relationships with their teachers and counselors now, as many colleges request letters of recommendation.


Details will be discussed during sophomore conference



University of Notre Dame



**What are some ways your learner
can explore their college/career
interests in high school?**



Join Portola clubs
related to topics
you're curious
about

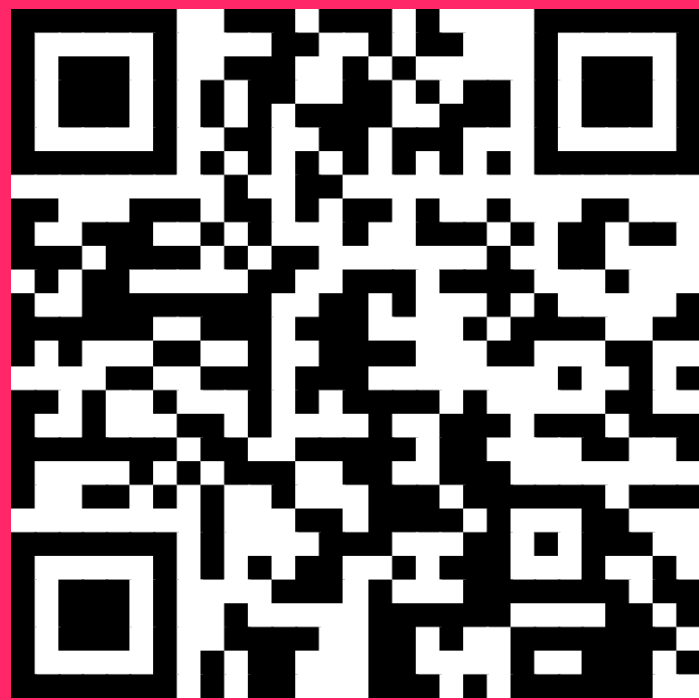
Take Career
Technical Education
(ROP) classes or
relevant community
college classes

Challenge yourself
with rigorous
courses that relate
to your college and
career interests

Attend college
and career events
(college visits,
career speakers,
career fairs)



Updated Club Directory



phsasb.org

Join a Portola Club!

Did you know that there are 167 active clubs on our campus?

- Opportunity to connect with other students with similar interests
- Make a positive impact on your school and community
- Makes you a more competitive applicant for colleges!



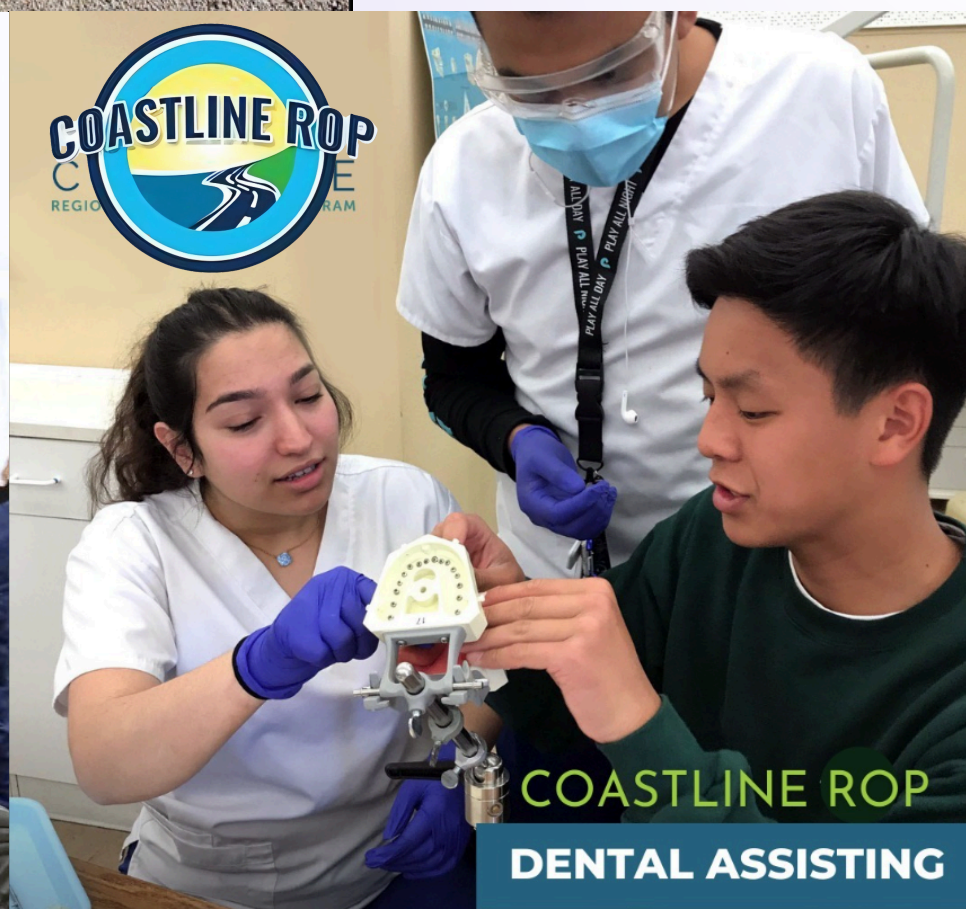
Learn more about our programs!



COASTLINE ROP

PREPARING STUDENTS FOR WHAT'S NEXT

- Take hands-on courses that give you direct career experience
- Earn elective credits to meet 4-year college eligibility requirements
- Participate in courses that offer internship opportunities



In-Bell ROP classes at Portola

Computer Graphics

The Art of TV & Video Production

Sports Medicine

Intro to Business/Virtual Enterprise

Introduction to Engineering Design

Principles of Engineering

After-Bell ROP Course List

Administration of Justice

Culinary Arts

Food Services Cooperative

Automotive Technology

Culinary Arts Advanced

Medical Careers & Health
Systems

Introduction
Baking and Pastry Fundamentals

CyberForward*

Fire Science 101

Medical Innovations, Research
and Entrepreneurship

Broadcast News

Careers in Artificial Intelligence*

**Introduction to
Entrepreneurship***

Sports Medicine

Computer Graphics

Introduction to Supply
Chain Management



**=offered in virtual format*

Crime Scene Investigation

Want to register for an after bell ROP class?

Contact ROP Career Specialist Ms. Chavez for details
(claudiachavezNE@iusd.org)



Courses offering internships

Must be at least 16 years of age

Animal Health Care Internship

Automotive Technology Internship

Careers with Children Internship

CNA (Pre-Certification)

Construction Technology
Pre-Apprenticeship

Culinary Arts Internship

Dental Assistant Front/Back Office

Emergency Medical Responder (EMR)

Emergency Medical Technician (EMT)

Medical Nursing Careers
Internship

Pharmacy Technician
Internship

Sports Medicine Internship

Interested in ROP Internship classes?

Contact ROP Career Specialist Ms. Chavez for details
(claudiachavezNE@iusd.org)



College & Career Center



College & Career Coordinator

Mrs. Yang

College Admission Information, Standardized Testing,
College Visits, Scholarship Information



ROP Career Specialist

Ms. Chavez

After School ROP Class Registration, Career Technical
Education (CTE) Pathways, Work Permits

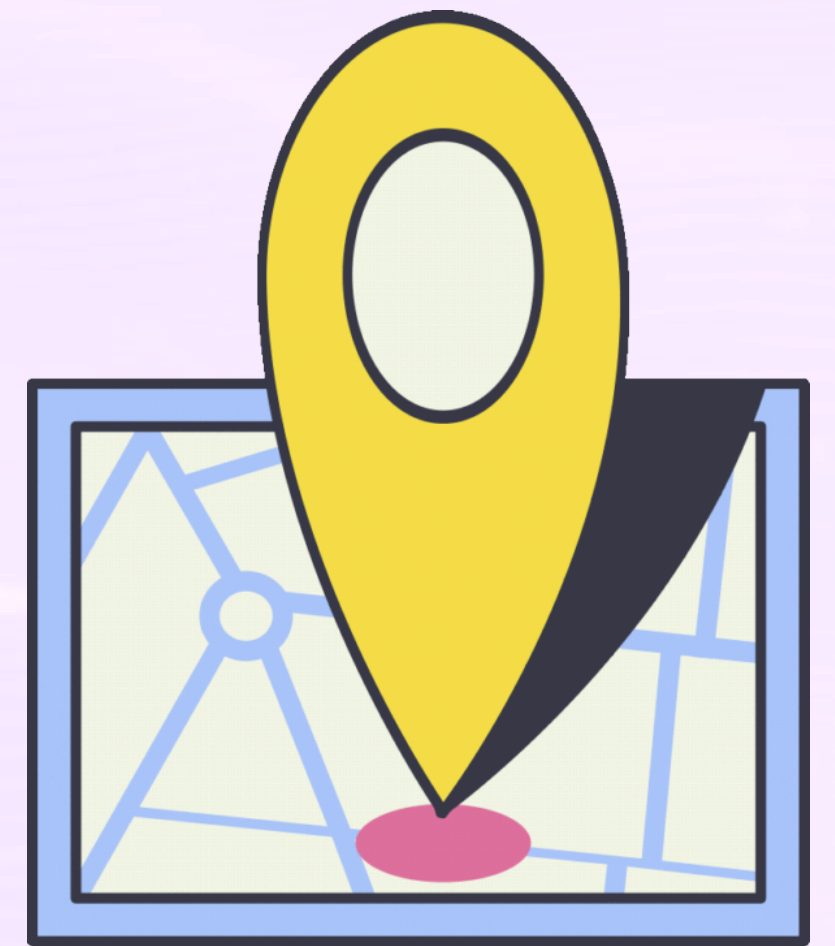


Getting Informed and Involved

Sophomore **PLANNING CONFERENCE**

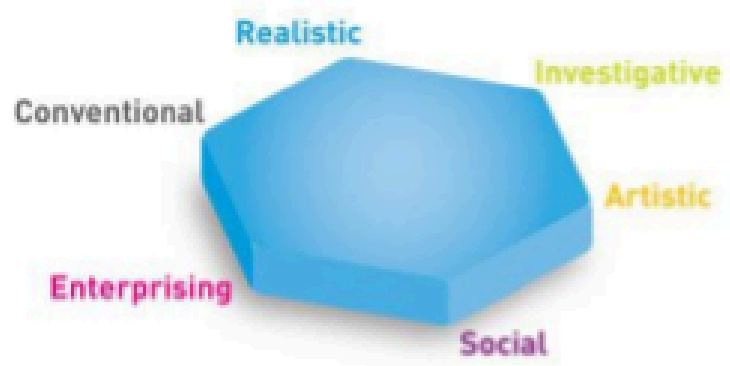
These are personalized group meetings with both learners and parents and their counselor which covers the following:

- **Your individual academic plan**
- **College admission testing planning**
- **Post-high school options**
- **Your Holland Code personality results**
- **Answer any specific questions you may have!**



10th Grade Classroom Lessons

10th graders completed their Holland Code Personality Type on the californiacolleges.edu "Interest Profiler". They then completed a career interest survey.



Holland Code Personality Types



REALISTIC *"The Doers"*

- Likes to work with their hands; use tools, machines, equipment; build/fix
- Values practical things you can see, touch, and use



SOCIAL *"The Helpers"*

- Likes to help people
- Values relationships and collaboration



INVESTIGATIVE *"The Thinkers"*

- Likes to study, research, and solve problems
- Values analysis and intellect



ENTERPRISING *"The Persuaders"*

- Likes to lead, persuade, sell, and take risks
- Values influence and competition



ARTISTIC *"The Creators"*

- Likes to create and design
- Values aesthetics, self-expression, and independence



CONVENTIONAL *"The Organizers"*

- Likes to organize, manage data, and write reports
- Values organization and structure

START THE CONVERSATION!

Who Am I?

Listen to your child and encourage them to pursue their unique strengths and interests by getting involved in their school and community

Where do I want to go?

Have a discussion with your child about his/her future goals
Which college environment would be the best fit for my child based off academic offerings, size, location, etc.

How do I get there?

Brainstorm how your student can build skills or try experiences related to their interests. Encourage your child to seek support from their counselor to stay on the right track to reach their future goals!





**A Free College and Career Planning
Tool for our Bulldog Families!**



**CALIFORNIA
COLLEGES .edu**

DISCOVER. PLAN. LAUNCH.

californiacolleges.edu

KEY FEATURES

- Multiple assessments to aid in career exploration process
- Build your college list through the College Search Tool
- Determine majors of interest through the Major Search Tool

californiacolleges.edu



KEY FEATURES

- You can register for a Parent Account, which gives you access to your learner's college and career list and get updated on thier UC/CSU eligibility!

californiacolleges.edu



CaliforniaColleges.edu

Your free, all-access path to your future.

Students, find your path to knowledge, skills, and a bright future. **Parents and educators** support them every step of the way.

Register

1

2

3

4

Tell us who you are

I am a Parent/Guardian

What is the name of your child's School District?

Irvine Unified

What is the name of your child's School?

Portola High

* All fields required

CANCEL

NEXT

Sign In

Address/Username

d

Sign In

Forgot Password?

Sign in as Ryan

Click "Register Your Account" on the top right hand corner and input the information of our district and school!

CaliforniaColle

Your free, all-access pa
future.

Students, find your path
knowledge, skills, and a
dreams. **Parents and ed**
support them every step

Register

1 — 2 — 3 — 4

Your Child's Information

Your Child's First Name

Your Child's Last Name

Your Child's Student ID Number

Your Child's Date of Birth

☐ I certify that I am a parent (either natural parent, a guardian, or an individual acting as a parent in the absence of a parent or guardian) of this student and acknowledge that I have the legal right to access this student's education records.

Register Your Account



Sign In

Address/Username

d

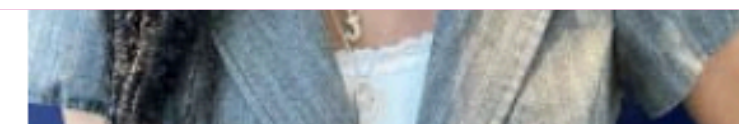
Password?

Sign in as Ryan
ryanitchon@iusd.org



Enter your child's information, including California SSID (Aeries: Student Profile > General)

- Discover your interests and values.
- Find careers, colleges, or training to reach your goals.





Click

Family Dashboard



My Students, College, Career, and Financial Aid

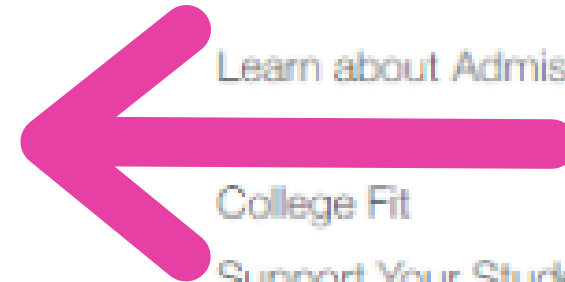
Find everything you need here to help your student successfully prepare for life after high school. To support your students as they learn new terms, access our [Vocabulary](#) list.

MY STUDENTS

[Add Another Student](#)

COLLEGE

Learn about Admission Requirements
Find the Right College Fit
Support Your Student with the Application Process
What to do after Applying to College



CAREER

Help Your Student Prepare for the Work World
Help Your Student Find the Right Career Fit

***You will be taken to the “Family Dashboard”
where you can add one or more of your students!***



STAY CONNECTED!

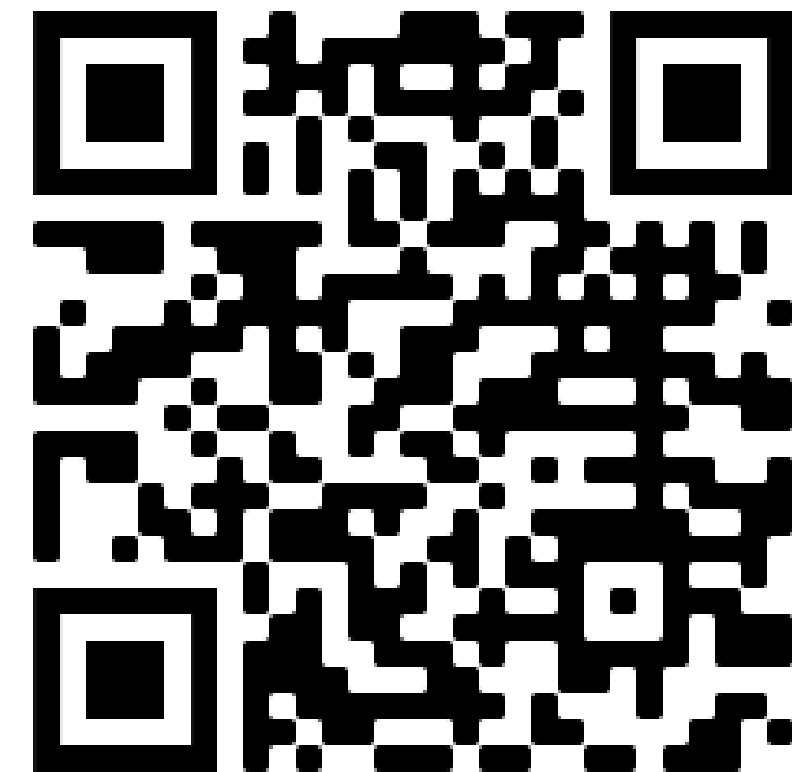
@portolacounseling



Instagram



facebook

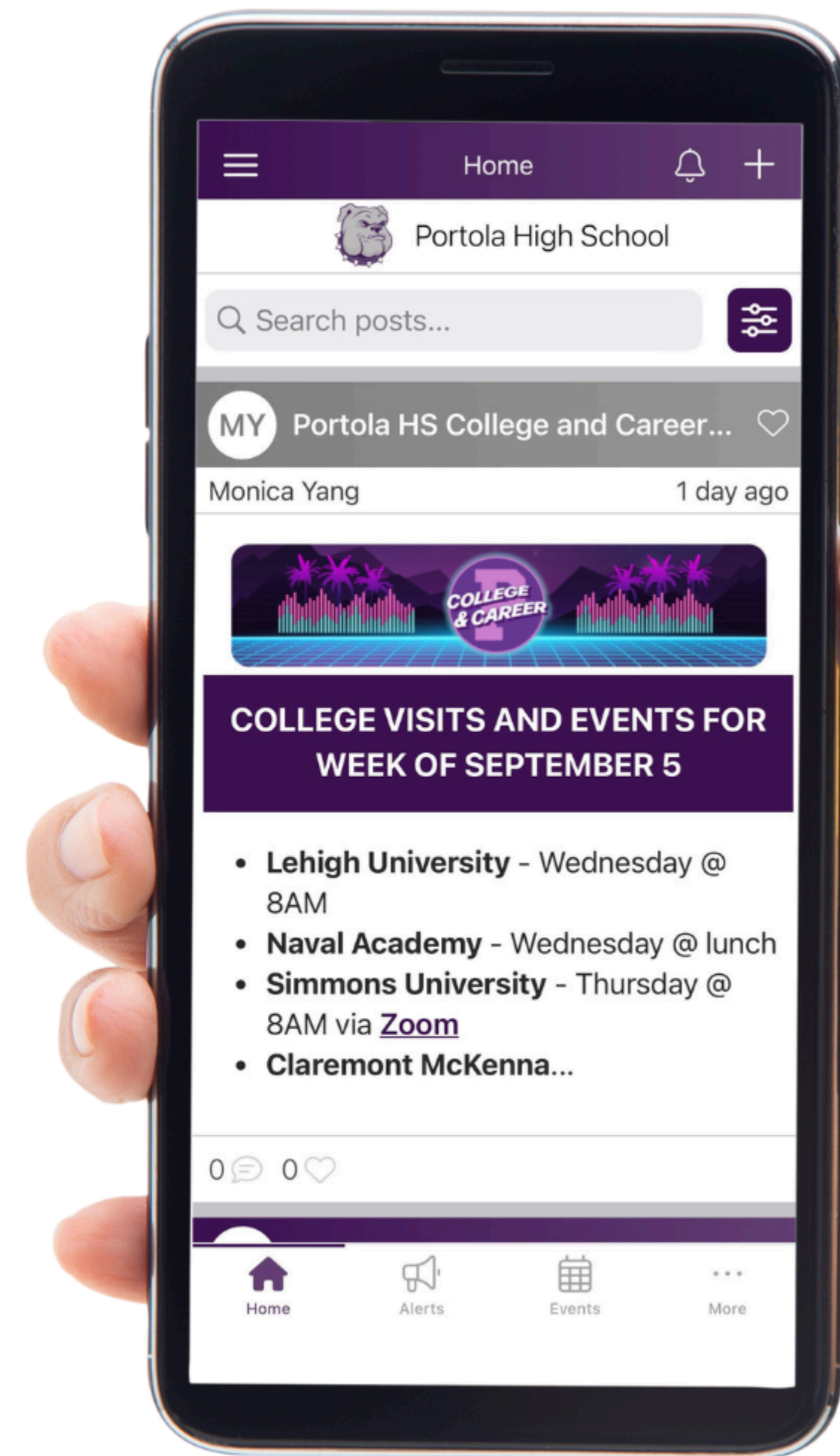




ParentSquare

Receive all communications from Portola High and the Portola Counseling Team in one place!

Scan QR codes below to download the app now!





MOCK ADMISSIONS

Step in the shoes of a college admissions reader as you evaluate 3 sample student profiles and decide who YOU want to accept, waitlist, or deny!

Monday, September 30

5:00 PM via Zoom!

RSVP via ParentSquare



Presenter
Ryan Itchon



Questions? Contact Your Counselor!

Name	Alpha	Email	Phone
Melissa Gibson	A-Chen,I	melissagibson@iusd.org	(949) 936-8227
Rachel LeGrand	Chen,J-G	rachellegrand@iusd.org	(949) 936-8224
Gage Peterson	H-Km	gagepeterson@iusd.org	(949) 936-8225
Ryan Itchon	Kn-Mil	ryanitchon@iusd.org	(949) 936-8226
Shari Markowitz	Mim-Rob	sharimarkowitz@iusd.org	(949) 936-8228
Jamie Murphy	Roc-Tr	jamiemurphy@iusd.org	(949) 936-8229
Sasha Lo	Ts-Z	sashalo@iusd.org	(949) 936-8366