

FRESHMEN CHECK IN

THE COUNSELORS



A-Da
Mrs. Paula Stapleton



De-H
Ms. Megan Lichter



I-Mc
Mrs. Kristen Nelson
(on maternity leave until 2021)



Me-R
Mrs. Merika McHugh



S-Z
Ms. Heidi Shulman



Student Support
Ms. Nancy De La Rosa



Student Support
Ms. Kelli Washington

Counselors work with students by alpha so you will be with the same counselor all four years of high school.

WHY SEE YOUR COUNSELOR?

- Schedules and planning for each school year
- Credits and graduation requirements
- College information
- Class changes
- Grades
- Help communicating with teachers
- Referrals for tutors
- Referrals for outside services and/or other school support
- Personal challenges or concerns
- Attendance problems

HOW TO SEE YOUR COUNSELOR

You can sign up using this link to meet with your counselor virtually.

Once you sign up for a time you will be sent a zoom link for the meeting.

<https://pvhs.pvpusd.net/apps/pages/counseling-request-to-see-counselor>

COMMON MYTH WE HEAR FROM KIDS

Freshmen year grades don't matter for college admissions.



Students choose an option

ANSWER

Yes they DO!!!

Freshmen year grades do COUNT for college admissions. You need to pass your classes with a C or better every year of high school in order to meet college eligibility requirements.

Credit Requirements for High School Graduation	220 Credits Total
English	40 Credits
Math Algebra 1 Required	20 Credits
Science 1 year of Biological Science 1 year of Physical Science	20 Credits
Social Science 1 year of World history 1 year of US history 1 semester of Economics 1 semester of Government	30 Credits
Physical Education	20 Credits
Fine Art/Foreign language/CTE	20 Credits
Electives	70 Credits

Subject	PVPUSD	CSU	UC	HIGHLY Selective Colleges
English	4 years	4 years	4 years	4 years
Math	2 years	3 years required 4 years rec (Geom required)	3 years required/ 4 years rec. (Geom. required)	4 years
Social Science	3 years	2 years	2 years	3–4 years
Lab Science	1 year Biological 1 year Physical	2 years	2 years required/ 3 years rec.	3–4 years
Foreign Language	0–1 year	2 years	2 years required/ 3 years rec.	3–4 years
Fine Art	0–1 year	1 year	1 year	Varies
Elective	70 credits	1 year	1 year	Varies

WHAT DO YOU THINK
COLLEGES LOOK FOR?



Students, write your response!

WHAT DO COLLEGES LOOK FOR?

Your Grades (an upward trend)

That you challenged yourself.

That you took advantage of opportunities available to you at the high school you attended.

That you explored your interests and got involved in activities.

Test Scores – Many schools are moving to test optional due to COVID

WHAT CAN YOU DO NOW?

Focus on doing well in school – Get C's or better

(talk to your counselor about retaking D's or F's if you have any from 1st semester)

Get involved! Join a club, volunteer, try a new hobby, help a neighbor, join a team, get a job.

Colleges will want to see that you did something productive during virtual learning.

GETTING INVOLVED DURING COVID

We realize the pandemic makes it more challenging to get involved right now.

There are still opportunities!

[Join a Club at PVHS](#)

[Volunteer](#)

OTHER OPTIONS

Learn a musical instrument

Study a new language

Ask your elderly neighbors if they need help with anything

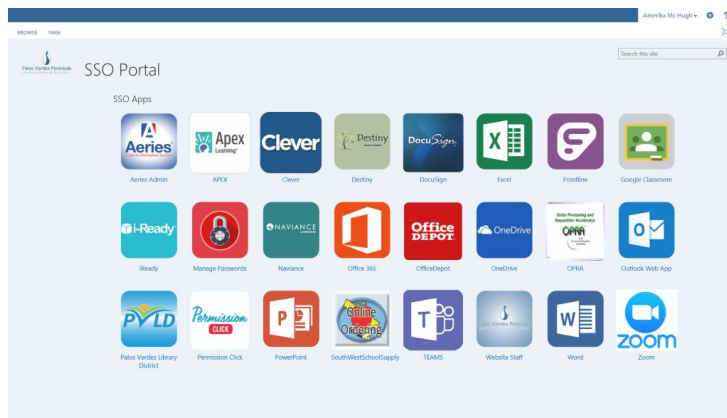
Help your family (tutor your younger sibling, babysit, take on more responsibility)

[Explore Ideas Here](#)

NAVIANCE

Naviance is an online tool you can use to research colleges, sign up for college visits, create a resume and explore careers.

To log in go to your pv student portal. Once on your portal you will see a Naviance Tile, click to access your account. No password is needed.



Welcome, Demo McHugh!



How to Make Your Common App a Lot Less Common

Our friends at **Collegewise** teamed up with schools to help everyone navigate their most pressing questions by offering webinars, resources, advice, and perspective. After input from educators throughout the country, they created a series of application resources, carefully structured to give students the tips & tools needed to reach their goals.

For great insight into the Common App, please check out the [Collegewise Guide to the Common App 2020-21](#).

My Favorites



COLLEGES

[I'm thinking about](#)



COLLEGES

[I'm applying to](#)



CAREERS AND CLUSTERS

[I'm thinking about](#)



Show Me How



University of Alabama at
Birmingham
Birmingham, AL, United States
uab.edu



Communicate

Overview

Studies

Student Life

Admissions

Costs

AVERAGE NET PRICE

\$15,280

Family Income

\$0 - \$30k



More about Cost & Aid

From 2020

GRADUATION RATE

32%

4 Year

6 Year

More about learning
environment

From 2020

ACCEPTANCE RATE

91%

Check out Scattergrams to see
how this relates to you

From 2020

COLLEGE OVERLAPS

10

See other colleges that
applicants to this school also
applied to

PRIORITY DEADLINE

February

1

See all deadlines

Get to know the college

Learn more about University of Alabama at Birmingham



Search by College Name

19

INTERESTED IN YOU

0

THINKING ABOUT

0

APPLYING TO

MORE



Show Me How

Resume

Add/Update Sections

Print/Export Resume



Education

Delete



Edit



Remove

Palos Verdes High School, Palos Verdes Estates

9-12

August, 2020 - Present



Add new Education



Extracurricular Activities

Delete



Edit



Remove

Girls Soccer

August 2020 - Present



Volunteer Service

Delete



Edit



Remove

Call Center Lead

Community Helpline , Palos Verdes

August, 2020 - Present

Grades 6

Trained to answer phone calls for callers in crisis situations.



Add new Volunteer Service



Show Me How

SOPHOMORE YEAR SCHEDULING

Scheduling for next year will take place the beginning of March.

You will meet individually with your counselor to select classes using your current teacher recommendations.

Use the Freshmen Handbook to help you develop a four year plan: [Freshmen Handbook](#)

TYPICAL SOPHOMORE SCHEDULE

1. English 2
2. Chemistry
3. Math
4. World history
5. Foreign language
6. PE/PE sport/PE dance/PE yoga

**If you are currently taking world history you can take an elective.
If you are currently taking World history AP you can take European history AP.*

**Teacher recommendations are used to determine which level you should take in English, Math and Foreign language*

WE WANT TO CHECK IN AND GET TO KNOW YOU

Your counselor wants to check in and see how freshmen year is going at the halfway point.

We invite you to sign up for an individual meeting with your counselor using your counselors calendly links.

We also be sending you an invite to join your counselors google classroom with helpful resources for you to reference.

SIGN UP FOR AN INDIVIDUAL APPOINTMENT

Last Name	Counselor	Email	Appt Calendar
A - Da	Mrs. Stapleton	stapletonp@pvpusd.net	https://calendly.com/stapletonp
De-H	Ms. Lichter	lichterm@pvpusd.net	https://calendly.com/lichterm/individual-counseling-appointments
I-Mc	Mrs. Nelson	nelsonk@pvpusd.net	https://calendly.com/nelsonkristen
Me - R	Mrs. McHugh	mchugha@pvpusd.net	https://calendly.com/mchughcounseling/20min
S - Z	Ms. Shulman	shulmanh@pvpusd.net	https://calendly.com/shulmanh/request-to-see-ms-shulman

ANY QUESTIONS?



Students, write your response!