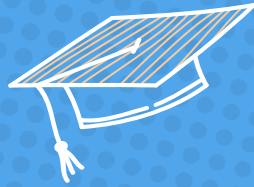


Casa Grande High School



★ Freshman Overview

The background features a central circular area with a fine dot pattern, surrounded by radiating blue lines of varying shades. Scattered throughout are several white and yellow stars, and two white hand-drawn arrows pointing towards the center.

Counselor



**Four years
from now....**





01

Set Goals

Future planning:
graduation, college,
career!



02

How to Get There

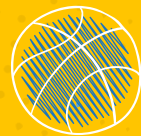
Graduation/college-entrance
requirements, GPA



03

Supporting your goals

People, resources, overcoming
obstacles



What are your goals?

Short-Term Goals (1-3 years)

Examples: driver's license, part-time job

Mid-Term Goals (4-5 years)

Examples: high school diploma, college, trade school, career, military

Long Term Goals (10+ years)

Examples: move out of Petaluma/county/state, marriage, kids, career



What are your Goals?



Write your mid-term goals on your action plan!

Graduation Requirements



- Credits
- Progress reports vs. report cards
- Transcripts
- Grades
 - What happens if I fail a class?

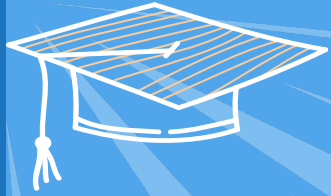
Petaluma City Schools High School Graduation Requirements

Social Studies	
World History	10 credits
US History	10 credits
American Government	5 credits
Economics	5 credits
English	40 credits
Mathematics 20 credits	
Must pass Algebra I / Math I	
Additional Math/Science or Math/Science Related 10 credits	
Science	
Physical Science	10 credits
Biology or Biology & Community Health	10 credits
Foreign Language/Visual Performing Art/CTE if a-g 10 credits	
Physical Education	20 credits
Human Interaction	5 credits
General/Electives	65 credits
Total	220 Credits

High School Graduation and Minimum 4-Year College Eligibility Requirements

Petaluma City Schools High School Graduation Requirements	California State University (CSU) Minimum Eligibility "a-g" Requirements	University of California (UC) Minimum Eligibility "a-g" Requirements
Social Studies World History 10 credits US History 10 credits American Government 5 credits Economics 5 credits	a. Social Science 2 years World History U.S. History (may use American Government for ½ year of U.S. History)	a. Social Science 2 years World History U.S. History (may use American Government for ½ year of U.S. History)
English 40 credits	b. English (college prep) 4 years (may include 1 year of ELD 4)	b. English (college prep) 4 years (may include 1 year of ELD 4)
Mathematics 20 credits Must pass Algebra I / Math I	c. Mathematics 3 years Algebra I / Math I Geometry / Math 2 Algebra II / Math 3	c. Mathematics 3 years (4 years recommended) Algebra I / Math I Geometry / Math 2 Algebra II / Math 3
Additional Math/Science or Math/Science Related Science 10 credits Physical Science 10 credits Biology or Biology & Community Health 10 credits	d. Laboratory Science 2 years Physical Science Biological Sciences	d. Laboratory Science 2 years (3 years recommended) 2 of the following 3 foundational subjects: biology, biology & community health, chemistry, physics (one year may be from an interdisciplinary science course such as: AP Environmental Science or Environmental Conservation and Restoration)
Foreign Language/Visual Performing Art/CTE if a-g 10 credits	e. Language Other Than English 2 years	e. Language Other Than English 2 years (3 years recommended)
Physical Education 20 credits	f. Visual and Performing Arts 1 year (from single discipline)	f. Visual and Performing Arts 1 year (from single discipline)
Human Interaction 5 credits		
General/Electives 65 credits	g. Elective (college prep) 1 year	g. Elective (college prep) 1 year
Total 220 Credits	Grades of "D" are unacceptable for admission in most subjects.	Grades of "D" are unacceptable for admission in most subjects.





Which Requirements Will You Meet?



Shoot for the MOON
Even if you miss,
You will land
Among the STARS!!!



Are there subjects that you find particularly challenging?



What's your BIGGEST CHALLENGE?
Write it on your action plan!



What's a GPA?

Grade	Points	Weighted
A	4	+1
B	3	+1
C	2	+1
D	1	--
F	0	--

Why Should I care?

Freshman grades count in GPA calculation

- Athletic teams (2.0)
- Car Insurance (3.0+)
- Work Permits (2.0)
- Scholarships (2.5+)
- National Honor Society (3.0+)



Why does GPA matter to YOU?

Write 2-3 reasons on your action plan!



Casa Grande School Counselors



Paul Koene
A - Co



Brett Sklove
Lead Counselor
Cr - Gom



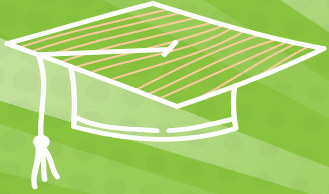
Kathy Jelin
Gon - Marr



**Julie
Powaser**
Mars - Ri



**Shana
Friedman**
Ro-Z



Who is your school counselor?

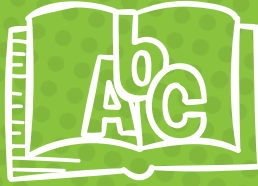


Write their name on your action plan!

What do School Counselors do?



**KEEP
CALM
AND SEE YOUR
SCHOOL
COUNSELOR**



Academics



**College &
Career**



**Social-
Emotional**

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*

How to see your School Counselor

1. Drop in & make an appointment for a later time
 - a. Scan the **Future Appointment** QR code in the Counseling Lobby
 - b. OR Complete the Request form online
 - c. We'll send a **pass** at your preferred time
 - d. Use the **Check In** QR code when you arrive
2. Drop in & wait (Nutrition break, lunch, office hours)
 - a. Use the **Check In** QR code

Student Services Pass

Student Name _____ Period _____ Room _____

Counseling

- Ms. Friedman
- Ms. Jelin
- Mr. Koene
- Mr. Sklove
- Ms. Wagner
- Mr. Bahala - HS
- Ms. Andersen
- Ms. Alvarado
- Ms. Hansen

Career Center

- Ms. Alston

Student Services

- Ms. Walsh - HS Rm C
- Ms. Cervantes HS Rm A
- Ms. Bishop - HS Rm A
- Ms. Louderback - HS Rm B
- Ms. Manthe HS Rm C
- Mr. Stevens
- Mount

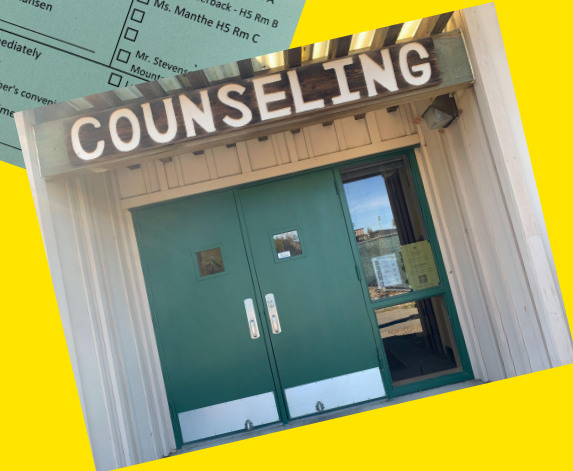
Immediately

Break

At teacher's convenience

At this time

Signature _____





How do you request an appointment?

Write this on your action plan!



Who else can help?

Administrators

Front Office Staff

Attendance Office

School Nurse

Petaluma Health Clinic, M & Th 1-4pm

Facilities Staff

Librarians

Campus Supervisors

Discipline Secretary
(Lost & found, Dance & Parking info)

Mental Health Counselors

Counseling Secretaries & Registrar

Bilingual Aides

College & Career Coordinator

10,000 Degrees

Stop It

Casa Grande High School College & Career Center

Many resources are available:



Jonah Pelter
College & Career Center
Outreach Specialist



Jesus Sanchez
10,000 Degrees Advisor

- College & Career Exploration
- College Planning
- College Visits
- Financial Aid
- Work permits
- Job Readiness/Volunteer Opportunities
- Scholarships
- SRJC/Jumpstart



Who else can help?



Write their names on your action plan!

The most successful students...

**Use Academic
Flex Time**

**Attend
class**

**Turn in assignments
on-time**

**Ask for
help!**

**Check Email
daily**

**Minimize screen
time**

**Balance
school &
social life**

**Manage
Stress**

**Communicate
with teachers**

**Check
Google
Classroom**

**Adopt a regular
sleep schedule**

Check Aeries



Think back to your **BIGGEST** **CHALLENGE**

Write three strategies on your action plan
to help you conquer this challenge!



Extracurricular Activities

Studies have shown that students who participate in extracurricular activities...

- Perform better academically
- Have more friends
- Report higher self-esteem

Casa Clubs

Athletics

Supporting Your Mental Health

Take care of your
physical health

Participate in your
favorite extracurricular
activities

Practice
stress-reduction
techniques

[Library Mental Health and
Social Resources](#)

[Meditation Music](#)

Talk to friends and
trusted adults



What can you do to take care of yourself?

Write down ONE extracurricular activity you already do or would like to try
AND

Write down one thing you can do to support your mental health



Additional Info

PE/Athletic Exemption

NCAA & Approved Courses

NAIA

Concurrent Enrollment (PHS)

SRJC Classes Dual Enrollment/

IGETC - Option C

UC A-G Course List

Assist.org

Opportunities: Perry Institute

Extended Learning

Seal of Biliteracy

Top 10/ UC Top 9%

Community Service

Scholarships/Prudential/Press Demo

Work Permit

Sonoma County Library

<https://www.onetonline.org/>

[@casagrandeasb](#), [@casa.tutoring](#),
[@cghs_classof2027](#), [@cghs.classof2026](#),

Thank

you!

