

# JUNIOR NEWSLETTER

## CHULA VISTA HIGH SCHOOL

CVH.SWEETWATERSCHOOLS.ORG

FALL 2018

### BUILDING FOR THE FUTURE

Did you know your junior year is an important measure of future success? Put forth your full effort, particularly if your earlier years weren't your best. Improvement counts!

There are many roads that lead to success. Some of you will attend four-year colleges or universities and others will attend community colleges. Those of you who attend community college may decide to get vocational training in order to be certified in a specific trade and find employment. Others may aspire to transfer to a university after two years of study. Some of you will join the military. And some will look for meaningful employment immediately after high school.

Continue to self-examine your abilities, interests, academic motivation, and future goals. The kind of work you do today will influence your life in many ways. It's important you prepare for a career by CHOICE, NOT CHANCE. You don't have to decide exactly what you want to do today or even by the time you get out of high school, but you can begin gaining experience and education to help you find the occupation that is best suited to you. As a junior, you will want to:

- Look at your transcript including credits, GPA, and community service hours. Review your Compact for Success eligibility.
- Make sure you have a plan to meet all graduation/college entrance requirements. If you need to repeat a class in credit recovery or APEX, see your counselor for an application. Enroll now and finish early.

We look forward to working with you to ensure that your goals are met. We can only help you if you let us. Together we can coordinate our efforts. Make the best of your junior year and DO THE RIGHT THING! This year, your motto is **"WORK IT!"**

### GRADING PERIODS

1st Semester	2nd Semester
Progress Report 1 09/07/2018	Progress Report 3 03/01/2019
Progress Report 2 11/02/2018	Progress Report 4 04/26/2019
<b>FINAL GRADES</b> 12/21/2018	<b>FINAL GRADES</b> 06/06/2019

## A-G REQUIREMENTS = COLLEGE ENTRANCE REQUIREMENTS

"A-G" courses are required by both the UC & CSUs and some private universities. They must be completed with a "C" or higher.



- A Social Science/US History/Govt: ..... 2 years
- B English: ..... 4 years
- C Mathematics (Algebra, Geometry, Intermediate Algebra and/or IMI-III): ... 3 years/4 recommended
- D Laboratory Sciences (one biological, one physical; both with a lab): ..... 2 years/3 recommended
- E Foreign Language/Language other than English (same language): ..... 2 years/3 recommended
- F Visual and Performing Arts: ..... 1 year
- G College Preparatory Elective: ..... 1 year

### COLLEGES AND VOCATIONAL SCHOOLS VISIT CVHS

The Counseling Office schedules presentations by college and vocational school representatives to acquaint students with schools they are considering. These presentations give you an opportunity to find out about the school's requirements, programs, cost, etc., allowing you to compare schools. Visits are announced on CVTV. You may sign up in the College Visit Folder located in the Counseling Center, Room 105. Online searches are also available at:

[www.californiacolleges.edu](http://www.californiacolleges.edu)                      [www.calstate.edu](http://www.calstate.edu)  
[www.universityofcalifornia.edu](http://www.universityofcalifornia.edu)                      [www.aiccu.edu](http://www.aiccu.edu)

### SCHOLARSHIPS: RESEARCH & APPLY

The Scholarship bulletin is published every month. You can pick up a copy of the bulletin the first week of every month in the Counseling Center, or sign up for our Remind texts to have them sent to your phone. Just text @cx2019 to 81010. Online searches are also available at:

[www.fastweb.com](http://www.fastweb.com)                                      [www.questbridge.org](http://www.questbridge.org)  
[www.latinocollegedollars.org](http://www.latinocollegedollars.org)                      [www.unconf.org](http://www.unconf.org)  
[www.asianpacificfund.org/awards](http://www.asianpacificfund.org/awards)

### ADDITIONAL COLLEGE/CAREER OPTIONS

#### Community Colleges

- ❖ [www.sdccd.edu](http://www.sdccd.edu) (Mesa, City & Miramar)
- ❖ [www.gcccd.edu](http://www.gcccd.edu) (Grossmont and Cuyamaca)
- ❖ [www.swccd.edu](http://www.swccd.edu) (Southwestern College)

#### Career Info

- ❖ [www.careeronestop.org](http://www.careeronestop.org)
- ❖ [www.bls.gov](http://www.bls.gov)
- ❖ [www.cacareerzone.org](http://www.cacareerzone.org)

#### Regional Occupation Center (ROP)

- ❖ [www.sdcoe.net/rop/](http://www.sdcoe.net/rop/)

#### Apprenticeships

- ❖ [www.calapprenticeship.org](http://www.calapprenticeship.org)

#### Military

- ❖ [www.asvabprogram.com](http://www.asvabprogram.com)

# COUNSELING STAFF

Follow Us: @CVHCounselors (Twitter & Instagram) or Text @cx2019 to 81010

Ms. Diaz Lopez    Mrs. Duarte    Ms. Padilla    Ms. Gonzalez    Ms. Araki    Ms. Avalos    Ms. Saiki  
 A – Cap    Caq – Gallegos    Galleg – Lem    Len – Nava    Navar – Roj    Rol – Sal    Sam – Z

## JUNIOR YEAR PLANNING CALENDAR

### July/August

- Begin/Continue to complete community service hours for high school, college & scholarships. Aim for good grades...A's & B's.
- Begin applying for scholarships (an ongoing process)

### September

- Speak to college representatives who visit CVHS (ongoing process).
- If you want to participate in Division I or Division II sports in college, start the certification process. Check with your counselor to make sure you are taking a core curriculum that meets NCAA requirements.
- If you are interested in one of the military academies, talk to you guidance counselor about starting the application process now.

### October

- PSAT @ CVHS on Tuesday, October 24, 2018. Junior year PSAT scores may qualify a student for the National Merit Scholarship Competition.
- Attend college fairs (ongoing process). The SUHSD College and Career Fair will be held at Montgomery High School on Wednesday, September 05, 2018. 5pm-8pm.

### November

- Have a discussion with your parents about the colleges in which you are interested. Examine financial resources, and gather information about financial aid. Set up a filing system with individual folders for each college's correspondence.
- Think about college majors and career areas that correspond with your abilities/interests. Begin collecting work samples for colleges that may require a portfolio.
- Meet with your counselor to review the courses you've taken and see what you still need to take. Check your class rank. Even if your grades haven't been that good so far, it's never too late to improve. Colleges like to see an upward trend.

### December

- Take a long, hard look at why you want to continue your education after high school so you will be able to choose the best college or university for your needs.
- Make a list of colleges that meet your most important criteria (size, location, distance from home, majors, academic rigor, housing, and cost). Weigh each of the factors according to their importance to you.
- Review PSAT results and create a College Board account. <http://www.collegeboard.com/student/testing/psat/quickstart.html>

### January

- Register for February ACT. Go online to register at [www.actstudent.org](http://www.actstudent.org). See your counselor if you qualify for a fee waiver.
- Collect information about college application procedures, entrance requirements, tuition/fees, room and board costs, activities, course offerings, faculty, accreditation, and financial aid. The Internet is a good way to visit colleges and obtain this information. Begin comparing the schools by the factors that you consider to be most important. VISIT Colleges!

### February

- Register for March SAT. Go online to register at [www.collegeboard.com](http://www.collegeboard.com). See your counselor if you qualify for a fee waiver.
- Stay involved with your extracurricular activities. Colleges look for consistency and depth in activities.
- Junior Parent Night Thursday, 28th.

### March

- Register for April ACT
- Obtain a Social Security number (if you don't have one)

### April

- Register for May SAT
- See your counselor to apply for on-campus summer programs for high school students. Apply for a summer job, internships and/or continue to do community service.

### May

- Register for June SAT and/or ACT
- Consider whom you will ask to write your recommendations. Think about asking teachers who know you well and who will write positive letters about you. Letters from a coach, employers (e.g., volunteer work contact) are also valuable.

### June

- Continue to evaluate your college list. Aim for good grades!

## COLLEGE ADMISSIONS TESTING

SAT & Subject Tests: [www.collegeboard.org](http://www.collegeboard.org)

Test Date	Registration Deadline
Aug 25, 2018	July 27, 2018
Oct 06, 2018	Sept. 07, 2018
Nov 03, 2018	Oct. 05, 2018

CEEB CODE 050580

ACT: [www.actstudent.org](http://www.actstudent.org)

Test Date	Registration Deadline
Sept. 08, 2018	Aug 10, 2018
Oct 27, 2018	Sept. 2018
Dec 08, 2018	Nov 02, 2018

## NAVIGATING YOUR JUNIOR YEAR JOURNEY

### AVOID Procrastination

- ❖ ASK for assistance, resources and information
- ❖ USE a planner
- ❖ PLAN ahead and follow through
- ❖ STAY on task
- ❖ MEET deadlines

### STAY Healthy

- ❖ EAT healthy
- ❖ GET enough sleep
- ❖ EXERCISE



## SAT/ACT Test Dates-2018-2019

### NOTE:

- \* The college test sitting deadline for application consideration for **San Diego State University is October, 2018 (ACT) or November, 2018 (SAT)!**
- \* The CSU or UC schools **DO NOT** require any SAT Subject Tests! However, if you are applying to a UC school check for SAT Subject Tests recommendation for your major!
- \* A student has until the December 2018 test sitting to take the SAT Subject Tests for the UC schools!
- \* Any student wishing to take a math SAT Subject Test for the UC schools **MUST TAKE Math Level II. Math I will not be accepted! Remember, to check to see if they recommend that you take the SAT Subject Tests!**

**Cost: SAT-\$ 47.50 OR SAT with Essay-\$ 64.50--FEE WAIVER MAY BE AVAILABLE**

<b>SAT Dates for 2018-2019</b>	
<b>Test Date</b>	<b>Registration Deadline</b>
<b>August 25, 2018</b>	<b>July 27, 2018</b>
<b>October 6, 2018</b>	<b>September 7, 2018</b>
<b>November 3, 2018</b>	<b>October 5, 2018</b>
<b>December 1, 2018</b>	<b>November 2, 2018</b>
<b>March 9, 2019</b>	<b>February 8, 2019</b>
<b>May 4, 2019</b>	<b>April 5, 2019</b>
<b>June 1, 2019</b>	<b>May 3, 2019</b>

\* Only the SAT (no SAT Subject Tests) administered on March 9, 2019  
Register at: [www.collegeboard.org](http://www.collegeboard.org)

**Cost: ACT-\$ 46.00 OR ACT with Writing-\$ 62.50--FEE WAIVER MAY BE AVAILABLE**

<b>ACT Dates for 2018-2019</b>	
<b>Test Date</b>	<b>Registration Deadline</b>
<b>September 8, 2018</b>	<b>August 3, 2018</b>
<b>October 27, 2018</b>	<b>September 21, 2018</b>
<b>December 8, 2018</b>	<b>November 2, 2018</b>
<b>February 9, 2019</b>	<b>January 4, 2019</b>
<b>April 13, 2019</b>	<b>March 8, 2019</b>
<b>June 8, 2019</b>	<b>May 3, 2019</b>
<b>July 13, 2019</b>	<b>June 14, 2019</b>

Register at: [www.act.org](http://www.act.org)

# SAT Sign Up Instructions!

1. Sign up for an account on [www.collegeboard.org](http://www.collegeboard.org)
2. Register for an SAT test
3. Add schools to send your scores. **Very important!**
  - A. On the left of the starting page of [www.collegeboard.org](http://www.collegeboard.org) go to "SAT scores"
  - B. Find the test you just registered for and select "View and Send Scores"

Test Name	Test Date	Score Recipients	Score Status
SAT	Jan 6	You have no score recipients. Make changes to score recipients by Jun 15 2015 <a href="#">Change or add recipients</a>	<a href="#">View &amp; Send Scores</a>

- C. Here you can add schools to send your scores to. You can send your scores to four schools for free, but only if you do so **before** you receive your scores!

*First step is to ask your counselor for a fee waiver!*

SAT with writing costs \$60.00. Using a fee waiver makes it completely free!

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## Where do I send my scores?

You only have to send to **ONE** UC (UCSD, UCLA, UC Berkeley) school for **ALL** UC schools to receive your scores.

You can send your scores to **ALL** CSUs (SDSU, CSU San Marcos, Cal State Fullerton) by searching for code 3594 and adding CSU mentor.

You **DO NOT** have to send your scores to community colleges

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## FREE SAT Test Prep Resources

[www.khanacademy.org](http://www.khanacademy.org)

- Partnered with College Board to create a free SAT prep

[www.collegeboard.org](http://www.collegeboard.org)

- Test question of the day and practice tests

### Find Colleges and Scholarship Programs

(9) Search for Colleges and Scholarships  Show My Previous Selections

Start by typing the college or the scholarship name. Avoid typing "college" or "university" - it will take you longer to locate specific colleges and programs.

Name:  State:  More Search Options

All available Recipients: COLBY COLLEGE, WATERVILLE, ME

Your Selected Recipients:

# ACT Sign Up Instructions!

*First step is to ask your  
counselor for a fee  
waiver!*

ACT with writing costs  
\$62.50. Using a fee waiver  
makes it completely free!

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## Where do I send my scores?

You only have to send to **ONE**  
UC (UCSD, UCLA, UC Berkeley)  
school for **ALL** UC schools to  
receive your scores. Note:  
UCSD is listed as "University of  
CA - San Diego" **not** "Univ of  
San Diego"

You **DO NOT** have to send  
your scores to community  
colleges

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1. Sign up for an account on [www.actstudent.org](http://www.actstudent.org)
2. Register for an ACT test by completing the following sections:

### Your Personal Profile

- ▶ Your Information
- ▶ Your High School Summary
- ▶ College Plans
- ▶ College Interests
- ▶ Special Interests
- ▶ Extracurricular Activities
- ▶ Paying for College
- ▶ Background Information
- ▶ Accomplishments

### Your Interest Inventory

3. Next you will be asked to select your test date. Make sure to select ACT plus Writing.
4. When you arrive to "Score Report Choices" make sure to add the colleges you wish to send your scores to. See instructions on the left of this page. **Very important!**
5. At the "Submit Payment" page enter your fee waiver number or submit payment details to complete the registration

You can send your scores to **ALL** CSUs (SDSU, CSU San Marcos, Cal State Fullerton) by adding one CSU school, then following these instructions:

1. After you receive your scores, go to [www.csumentor.edu](http://www.csumentor.edu) and click "Apply" on the top bar
2. Then click "ACT scores manager" in the list
3. Here you can "Release" the ACT scores you received to other CSU schools by selecting them in the box and confirming the release.

## FREE ACT Test Prep Resources

[www.number2.org](http://www.number2.org)

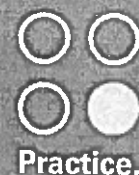
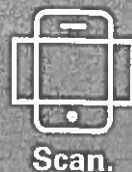
- Practice tests with explanations for incorrect and correct answers

[www.actstudent.org](http://www.actstudent.org)

- Test question of the day and practice tests

# Daily Practice

for the New SAT



## One Question a Day, Zero Excuses

Make practice part of your routine — any place, anytime. Answer a question a day on the Daily Practice for the New SAT app and get immediate feedback. The free app makes it easy to:

- Answer an exclusive, official reading, writing and language, or math question.
- Reveal a hint if you're stuck.
- Read explanations for the answers and learn from your mistakes.
- Keep at it — daily practice can only sharpen your skills.

## Instant Practice Test Scoring

Simulate test day and take the SAT on paper. Then — for the first time ever — take a picture of your answer sheet and get an instant score.

## Scan + Score



### Download practice test and answer sheet

Download the practice test and answer sheet at [sat.org/scoring](http://sat.org/scoring) or remove the answer sheet from *The Official SAT Study Guide™*.



### Step 1

Take the test.



### Step 2

Open the app and sign in to Scan + Score.



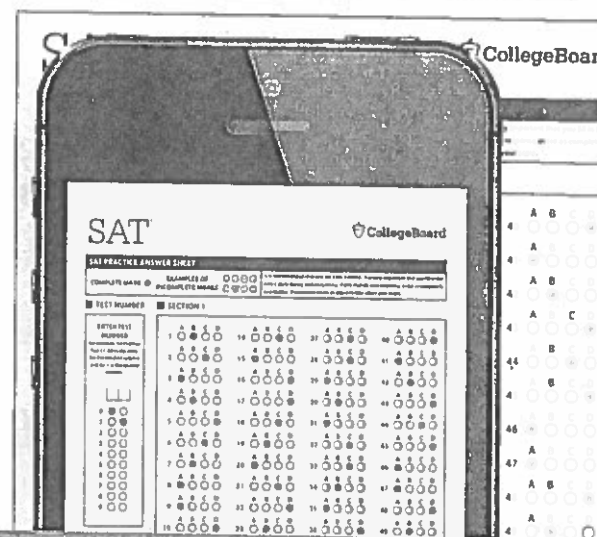
### Step 3

Take photos of your answer sheet.



### Get your scores immediately!

Connect to Khan Academy for free, personalized practice.



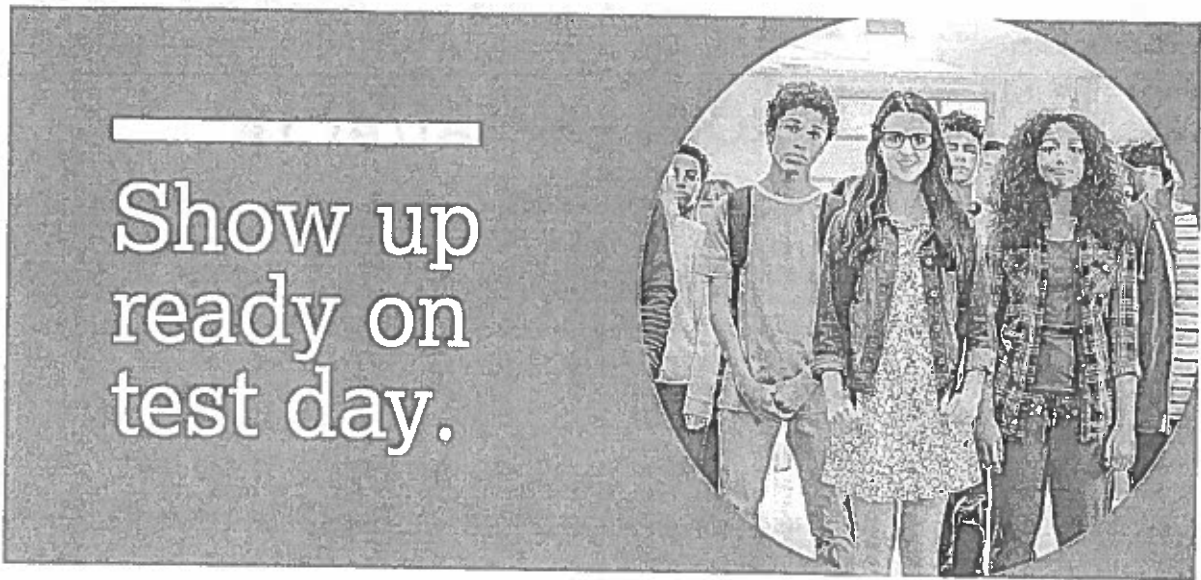
Download the app for your iPhone or Android device



CollegeBoard



KHANACADEMY



Show up  
ready on  
test day.

**Official SAT® Practice on Khan Academy®** is the best way to prepare for the SAT, and it's free! It's tailored for you, focusing you on exactly what you need to practice most. Get started today.



### Full-Length Practice Tests

Take six official practice tests, and there's more to come.



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Watch easy-to-follow videos that explain problems step-by-step and give you study and test-taking tips.



### Interactive Problems and Instant Feedback

Get hints, explanations, and constant progress updates to know where you stand.



### Personalized Study Plan

Connect your College Board and Khan Academy accounts to create a personalized study plan based on your test results.

**Sign up for free today at [satpractice.org](https://satpractice.org).**

Are you an educator? Get tools to help spread the word about the benefits of Official SAT Practice at [satpractice.org/k12](https://satpractice.org/k12).



## Want to ROCK the SAT/ACT? FREE Test Prep for Juniors

- ◆ **To qualify for admission to most four-year universities, students must take an SAT or ACT.** We strongly encourage students to participate in a **free workshop** to prepare them to do well on the SAT and/or ACT. Test scores are an extremely important factor that can affect whether a student is admitted to his/her university of choice. Earning a competitive score is crucial. These workshops are full of helpful tips, tricks and strategies.
- ◆ **Saturday, 1/19/19: SAT sample questions and strategies.** Target audience: students who plan to take the **SAT**. If you can't attend, there will be a Make-up SAT Preparation workshop on April 20.
- ◆ **Saturday, 1/26/19: ACT sample questions and strategies.** Target audience: students who plan to take the **ACT**. If you can't attend, there will be a Make-up ACT Preparation workshop on March 16.

### Workshop Information

	<u>SAT</u> Problems and Preparation	<u>ACT</u> Problems and Preparation	<u>ACT</u> Problems and Preparation: repeat of Jan. 26	<u>SAT</u> Problems and Preparation: repeat of Jan. 19
<b>Date</b>	Sat, Jan. 19	Sat, Jan. 26	Sat, March 16	Sat, April 20
<b>Time</b>	9:00 am-12:00 pm	9:00 am-12:00 pm	9:00 am-12:00 pm	9:00 am-12:00 pm
<b>Location</b>	San Ysidro High School	San Ysidro High School	Chula Vista High School	Chula Vista High School
	Performing Arts Center	Performing Arts Center	Jack Tygett PAC	Jack Tygett PAC
<b>Address</b>	5353 Airway Rd San Diego, CA 92154	5353 Airway Rd San Diego, CA 92154	820 4 <sup>th</sup> Avenue Chula Vista, CA 91911	820 4 <sup>th</sup> Avenue Chula Vista, CA 91911

Register for the workshops at: [www.sandiegocalsoap.com](http://www.sandiegocalsoap.com). Click on **Events & Workshops**.

Questions: Contact Karla Whitaker at [kkwhitaker@ucsd.edu](mailto:kkwhitaker@ucsd.edu). SUHSD contact: 619-585-6045.

### SAT/ACT Official Test Registration:

SAT: [www.collegeboard.org](http://www.collegeboard.org). SAT: \$64.50 or \$47.50 without Essay.

ACT: [www.actstudent.org](http://www.actstudent.org). ACT: \$67 or \$50.50 without Writing.

**Register online to take the SAT and/or ACT.** Almost all universities accept either test or will take your higher score if you take both. If you take either test more than once, most colleges will use your highest score. You must pay with credit card, PayPal, check, money order, or **fee waiver**. Visit a high school counselor to see if you qualify for a fee waiver. **Spring SAT Dates:** March 9, May 4, June 1. **Spring ACT Dates:** February 9, April 13, June 8. Register for the test on time to secure a spot and avoid late fees.



## Compact Readiness

	Compact Ready	Compact Conditionally Ready	Compact Not Yet Ready or Compact Not Ready
SAT EBRW	550	n/a	540 or below
SAT Math	570	n/a	560 or below
ACT English	22	n/a	21 or below
ACT Math	23	n/a	22 or below
CAASPP English	Standard exceeded	Standard met: must complete the specific senior English class*	Standard not met/Standard Nearly Met
CAASPP Math AP English Language or Literature AP Calculus / AP Statistics	Standard exceeded 3 or higher 3 or higher	Standard met: must complete the specific senior Math class** n/a n/a	Standard not met/Standard Nearly Met n/a n/a
SAT Subject Mathematics Level 1 or Level 2 English COLLEGE course (grade C or higher) Math COLLEGE course (grade C or higher)	550 Transferable English Composition Transferable course higher than intermediate algebra	n/a n/a n/a	n/a n/a n/a

\* Must take full year of ERWC, IB English, AP English Language, AP English Literature, approved honors English  
 \*\*Must take full year of Trigonometry & Math Analysis, Pre-Calculus, Calculus, AP Calculus AB, AP Calculus BC, Statistics, AP Statistics,  
 AP Physics, or any advanced math

## ELIGIBILITY INDEX

### Calculating Your Eligibility Index

#### **If you took the SAT:**

(High School GPA X 800) + (SAT Evidence Based Reading & Writing (EBRW) + Math Score)  
= Eligibility Index

#### **If you took the ACT:**

(High School GPA X 200) + (10 X ACT Composite Score)  
= Eligibility Index

## COMPACT REQUIREMENTS

- 1) Maintain continuous enrollment in the Sweetwater Union High School District from **7th– 12th** grade graduation for Class of 2018-2020. **9th–12th** for 2021, 2022, 2023.
- 2) Demonstrate Compact readiness in English or be on track to clear by the end of senior year.  
*(Details on demonstrating Compact English readiness will be discussed in 9th grade)*
- 3) Demonstrate Compact readiness in Math or be on track to clear by the end of senior year.
- 4) Complete the A-G requirements with grades of **C or higher** by the end of 12th grade

## COMPACT REQUIREMENTS (CONT.)

- 5) Attain a **3.00 CSU GPA** at the time of application & maintain through graduation of 12th grade (class of 2018-2020)
- 6) Take the **SAT or ACT** exams no later than November during 12th grade.
- 7) Must obtain a minimum CSU eligibility index of 2950 for the SAT or 694 for the ACT
- 8) Meet all SDSU **admission/enrollment deadlines** including submitting a first-time freshman application to San Diego State University - *Yes! You must apply to be considered!*

Compact for Success does not guarantee admissions into 4 majors:  
Dance, Music, Theater Arts: Performance and Nursing

# FINANCIAL AID/SCHOLARSHIPS

## Financial Aid

Do you need money for college? Are you wondering where to look? Attend any of the up coming financial aid events for guidance and don't forget to complete the FAFSA at [FAFSA.gov](http://FAFSA.gov).

## Loans Vs. Grants

- Loans are given by the government at a very low interest rate. You don't start to pay back until after you graduate.
- Subsidized/Unsubsidized Loans: Subsidized loans do not accrue interest while you are in school. Unsubsidized loans accrue interest while you are in school but at a very low interest rate. (excellent way to begin good credit practices).
- Grants are given to students who demonstrate financial need. The maximum amount for a grant is 6,000 dollars.
- Grants do not need to be payed back.

## Scholarships

- Scholarships are a form of financial aid that help students pay for their education.
- Scholarships are free money, you do not need to pay back scholarships.
- Scholarships are usually based on areas of study or merit like: Athletics, good grades, community service, musical abilities, etc.
- Scholarships can also be given to students of underrepresented groups, financial need, and/or interests in a particular field of study.
- Please visit the counseling center to pick up the monthly scholarship bulletin or find it on our CVH Website under counseling center/scholarships.

## Free online scholarship

### searches:

[www.Collegeboard.org](http://www.Collegeboard.org)

[www.fastweb.com](http://www.fastweb.com)

[www.scholarships.com](http://www.scholarships.com)

[www.collegeanswer.com](http://www.collegeanswer.com)

Students please remember that these services ARE free of charge. If any entities reach out to you wanting to charge please contact your counselor.

*To stay informed via your phone*

- Text to 81010

*in text box: @ccx2019*

