

Freshman Counseling

OHS GRADUATION REQUIREMENTS

___	260 Credits				
___	CAHSEE				
___	English.....	40 credits	___	Science.....	20 credits
___	Math.....	20 credits		Biological.....	10 credits
___	Social Studies.....	30 credits		Physical	10 credits
	World Studies.....	10 credits	___	PE.....	20 credits (grade 9 & 10)
	U.S. History.....	10 credits	___	Health	10 credits
	Gov/Econ.....	10 credits	___	Fine Art or Foreign Lang...	10 credits
___	Electives.....	110 credits			

TIPS FOR SUCCESS!

- Do your best in every class.
- Communicate with teachers and seek out help when needed
 - Teachers
 - Tutors
 - Math Center
 - Etc
- Keep up with Home Link to check your grades
- Allow yourself enough time to study. Creating a schedule is a great way to accomplish this
- Keep a planner – paper or use your phone calendar
- Obtain a study buddy in each class

GET INVOLVED!

- Join clubs
- Participate in Sports
- Run for student government

PREPARE FOR COLLEGE EARLY!

- Register with CSUMentor now! (www.csumentor.edu)
- University of California bound? Check out www.universityofcalifornia.edu
- SAVE YOUR LOGIN INFORMATION!!!

WHAT DO COLLEGES LOOK FOR?

- CSU
 - GPA and test scores
- UC
 - GPA, test scores, community service, part-time employment, club involvement, etc
 - Personal Statement Essay

WHAT DO COLLEGES LOOK FOR? (cont.)

- **PRIVATE COLLEGES**
 - Same as UC's plus Letters of Recommendations
- **Keep a High School PORTFOLIO (the Brag Sheet)**
 - Keep track of your activities such as sports and other clubs, your community service hours, and your awards. Remember to keep it updated. This will help you when you fill out college applications and allow the colleges you want to attend to see your accomplishments and credentials.

UC/CSU REQUIREMENTS

A-G SUBJECT AREAS	California State University	University of California
a) History/Social Science	2 years	2 years
b) English	4 years	4 years
c) Math	3 years (through Algebra 2)	3 years (through Algebra 2) (4 years recommended)
d) Lab Science	2 years	2 years (3 recommended)
e) Foreign Language	2 years	2 years (3 recommended)
f) Visual and Performing Arts	1 year	1 year
g) Elective Courses	1 year Complete 10 unites of college prep courses with a grade of 'C' or better	1 year

*** All grades must be a 'C' or better to meet college admission standards. Also, the more math, science and foreign language the better.

- **HELPFUL WEBSITES**
 - www.oakmont.org – Oakmont High School
 - Check out the *Counseling* page!!!
- **Career Exploration “Oh the places you’ll go!”**
 - www.careercruising.com
 - Name – Oakmonths
 - Password – 95661
 - www.mymajors.com
 - www.cacareerzone.org
- **Career Center (room 503) – Ms. Hoffman**
 - College campus representative presentations
 - Financial aid info and forms
 - Scholarship information and applications
 - NCAA information
 - SAT and ACT registration and test prep material
 - Career and College info

COLLEGE PLANNING GUIDE

Now that you are aware of the A-G requirements for California State University and the University of California system, look ahead at the next four years. What coursework would you need to complete at each level in order to meet the A-G minimum requirements? What coursework would you need to complete at each grade to complete the A-G recommended requirements? Remember to begin with your current levels of both mathematics and foreign languages.

9 th Grade			10 th Grade		
Courses	Grade	Grade	Courses	Grade	Grade
1. English 9			1. English 10		
2. Health			2. World Studies or AP Euro		
3. PE 9			3. PE 10		
4.			4.		
5.			5.		
6.			6.		
7.			7.		
8.			8.		

11 th Grade			12 th Grade		
Courses	Grade	Grade	Courses	Grade	Grade
1. English 11			1. English 12		
2. US History			2. Government/Economics		
3.			3.		
4.			4.		
5.			5.		
6.			6.		
7.			7.		
8.			8.		

Failed a class? Received less than a “C” for A-G college admission requirements? See your counselor and get an application for *CREDIT RECOVERY*.