

**COUNSELING CORNER**  
**December 2017**

<b>Natalie Seward (Sub: Lauren Goldberg)</b>	<b>A-Coo</b>
<b>Julianne Velasco</b>	<b>Cop-Haro</b>
<b>Chanelle Lary</b>	<b>Harr-Lin</b>
<b>Toni Zurcher</b>	<b>Lin-Par &amp; EL students</b>
<b>Jennifer Magruder (Sub: Taylor Wagon seller)</b>	<b>Pas-Shr &amp; AVID students</b>
<b>Sally Gervasini</b>	<b>Shu-Z</b>

**IMPORTANT DATES:**

**First Semester Withdraw Deadline/Quarter Grades**

- The deadline to withdraw from a course was Thursday, November 30<sup>th</sup>
- No courses may be dropped after Friday, December 1<sup>st</sup>, per the SDUHSD Add/Drop Guidelines.
- 1<sup>st</sup> Semester ends Friday, January 26<sup>th</sup>, 2018.
- Winter Athletic PE forms are due Friday, December 15<sup>th</sup>. Please turn in to the athletics department.

**Grades:**

The [grade reporting calendar](#) is posted on the counseling website for your convenience. Make sure to log in to Aeries and check your student's quarter grades. Grades for all classes will be reported under the "grades" tab. These grades do not get posted on the transcript.

First quarter grades were reported on 11/9/16. Now that students are aware of their academic performance through AERIES, it is helpful to discuss the importance of study skills with students. Below is a list of common study habits that our students have found to be helpful:

- Take advantage of teacher-led study sessions.
- Use the free after school [tutoring](#).
- Read and re-read the chapters assigned, to make sure you understand the concepts.
- Take notes on chapters that are assigned.
- Study at a desk, rather than a more comfortable location.
- Study where you can focus best (i.e., in a quiet room, without music).
- Utilize group study sessions: when you teach other students the material, it helps you remember it too.
- Use flashcards to help with memorization.
- Go to bed at a reasonable hour, sleep is important!

***Athletic PE Credit- Winter Sports***

If you are currently playing a TPHS CIF sport that is not a class offered during the school day, and you want to earn Athletic PE credit, please make sure to complete an [Athletic PE Form](#). You must have your coach sign it and turn it into Nicky DeLeone, the Athletics Secretary, in the Learning Commons. The form is due to Nicky before the first CIF game for the sport you are playing. This form is mandatory to get Athletic PE credit and you must have passed the PFT in the Spring.

### **Tutoring:**

- Free tutoring is available after school for all students. The [Tutoring Schedule](#) is posted on the counseling website for your convenience. Students can also take advantage of TPHS [Peer Tutoring](#) in the Learning Commons Monday-Thursday from 2:40-4:00pm. Please encourage your student/s to take advantage of these valuable supports.

### **SENIORS:**

#### **Letter of Recommendation Season is here!**

Our senior college application season is in full swing! Counselors are writing letters of recommendation for private and out of state colleges. Below are a few reminders to help your senior best prepare and plan to apply to colleges:

- Along with submitting your college applications, now is the time to start researching scholarship opportunities! Scholarships are financial awards towards college tuition that you do not have to pay back. Check out the scholarship list on [Naviance](#) as we are updating active scholarships daily and some scholarships will have deadlines that are quickly approaching. You can also look at other sites for scholarship opportunities that are listed on the [Counseling Website](#) . All seniors applying to college should be registered on NAVIANCE. Please go to [TPHS Counseling](#) and click on the [NAVIANCE](#) link. Students need to use their student ID number to register.
- The deadline to request a letter of recommendation from a counselor has passed. If you have already requested a letter of recommendation, please remember to update the colleges you want to apply to on [Naviance](#) and let your counselor know if you add any new colleges.
- When counselors send a letter of recommendation to a college or University, they will also send an official transcript, school profile, and secondary school report (if applicable).

#### **Attention Senior Parents!**

**Financial Aid Night** was held on October 5<sup>th</sup> and was very well attended by our TPHS families. Thank you!

The PowerPoint presentations are available on our [Counseling Website](#) for you to view.

### ***SAVE THE DATE!***

The seventh annual **SDUHSD College Night and Fair** is on Wednesday, April 25<sup>th</sup>, 2018 from 6:00pm-8:30pm at the Del Mar Fairgrounds! Don't miss this important evening where you are given the opportunity to meet with over 200 college representatives and attend college-led information sessions on relevant college-planning topics. Stay tuned for more information.

## **JUNIORS**

We are looking forward to presenting to you in your US History classes in the lecture hall in January. We will be going over transcripts, graduation requirements, UC/CSU entrance requirements, college admission testing, the college application process and much more will be covered during these sessions. The Junior Audit presentation will also be posted on our [Counseling Website](#) in January.

This is a great time of year for students to start thinking about college options. They can utilize our NAVIANCE program to start researching colleges, compare data, and begin constructing their college list. To log onto [NAVIANCE](#), visit our counseling link on [tp.sduhsd.net](http://tp.sduhsd.net). Then click on the [NAVIANCE](#) link under Counseling.

### **Junior Parents:**

Please continue to encourage your students to be involved in school and in extracurricular activities that they enjoy. Attendance in class is crucial to academic success. We highly recommend that 11<sup>th</sup> and 12<sup>th</sup> grade students use the [NAVIANCE](#) internet program to investigate careers, colleges and options for life after high school. To use the program from home, visit our counseling webpage and click on the [NAVIANCE](#) link.

[CaliforniaColleges.edu](http://CaliforniaColleges.edu) also have excellent career exploration tools and resources.

## **SOPHOMORES**

Counselors will be meeting with all 10<sup>th</sup> grade World History classes on December 6<sup>th</sup> and 7<sup>th</sup> to go over graduation requirements, college eligibility and career exploration.

[CaliforniaColleges.edu](http://CaliforniaColleges.edu) have excellent career exploration tools and resources.

### **Sophomore Parents:**

Please continue to encourage your students to be involved in school and in extracurricular activities that they enjoy. Attendance in class is crucial to academic success.

## **FRESHMAN**

Counselors enjoyed presenting to Freshman English classes on Thursday, November 2<sup>nd</sup> and Friday, November 3<sup>rd</sup>. We discussed what to expect during high school, graduation requirements, resume building, college and career exploration, staying connected, and most of all, enjoying the next four years!

### **Freshman parents:**

We hope our 9<sup>th</sup> graders are settling into classes and adjusting to high school. Our advice to freshmen is to work hard, always complete assignments and get involved with TP activities. Do you know that students must earn C's or better in all semesters of college preparatory classes in order to apply to four-year colleges? Ninth grade *really* counts and we encourage students to get a strong start in order to build a solid foundation for the rest of high school.

[CaliforniaColleges.edu](http://CaliforniaColleges.edu) have excellent career exploration tools and resources.

### **NAVIANCE UPDATE**

SDUHSD is committed to providing all students with access to career and college planning resources. In order to connect students with diverse, free and up-to-date college & career resources, which are still accessible to students after graduation, SDUHSD schools will no longer subscribe to the Naviance program. During this transition, 9<sup>th</sup> and 10<sup>th</sup> grade students will no longer have access to Naviance, and 11<sup>th</sup> grade and 12<sup>th</sup> grade will continue to use Naviance this year only. This transition will also retain valuable resources for all students and allow students more flexibility and the ability to look beyond our district schools to include state and national averages and international colleges in their planning. If you would like to begin to any research [CaliforniaColleges.edu](http://CaliforniaColleges.edu) have excellent career exploration tools and resources. More information and tools will be shared with each grade level this school year.

Get connected!

- Connect with a PAL (more information under the PALS tab on [tp.sduhsd.net](http://tp.sduhsd.net))
- Join a [club](#)! Clubs are listed on our ASB website [clubs](#)