



Save the Date!

Upcoming 2018-19 Parent and Student Workshops/Events

The Woodbridge High School Counseling Department welcomes you to the 2018-19 school year! Our mission is to help every student to acquire a sense of social emotional, academic, and college and career empowerment in order for them to reach their fullest educational potential and successfully manage their lives as healthy, responsible, competent, and productive citizens who respect themselves and others. **In an effort to keep students and families informed, we hope that you will find these upcoming programs and resources valuable.**

Senior Programs

September 4 – November 27 (Tuesdays during Tutorial in room F202)

Private/Out of State College Recommendation Workshops – Students will receive information from counselors on navigating the recommendation process required for many private and out of state colleges. Information will include how to obtain letters of recommendation and send transcripts.

****This workshop is required for students requesting letters of recommendations and/or secondary school reports required by *some* private, out of state, and all Common Application affiliated universities. Students must attend one of these workshops at least 3 weeks prior to their first deadline!**

****The September 4 and September 11 workshops will be held in the theater and are reserved and required for seniors requesting Secondary School Reports and Letters of Recommendation for October 15 and November 1 deadlines only. Students are only required to attend one workshop; the content is the same for all presentations. Workshops following the first two 9/4 and 9/11 presentations will be held in room F202.**

December 3- Last Day to Request a Letter of Recommendation or “school report” from counselors.

September 20-21

12th Grade Classroom Workshops – This workshop will include graduation and college planning information. All seniors will participate in this workshop during their regularly scheduled Political Science and Economics classes.

September 24 (7:45am-9:45am, Theater)

12th Grade Parent Workshop- Senior Seminar for parents/students. This workshop will begin with a general overview of graduation and college requirements. Following the general presentation, a variety of break-out sessions will be held exploring the following areas: UC/CSU specific requirements and application process, Private and Out of State University requirements including Common Application information, and community college information and application process.

October 10 (6:00pm-8:00pm, Media Center)

FAFSA Line by Line and CSS Profile Workshop- This workshop will include information regarding the Free Application for Federal Student Aid (FAFSA), the process to apply, and deadlines. The FAFSA is the single most important financial aid form filed by students and families for college and vocational schools. The CSS Profile is an online application required by some private universities and scholarship programs to award institutional aid funds.

February 14 (Lunch, 5th Period, Tutorial, Media Center)

Specialty College and Career Fair- Students will be able to visit with community college and specialty college representatives (i.e. culinary art schools, trade schools, art, cosmetology etc.) Local employers will also be taking applications for jobs on site during the fair. **Please contact the College and Career Center Coordinator to sign-up for this event.**

Junior Programs

October 10 (through homeroom)

PSAT/NMSQT- Students in 11th grade will take the new **PSAT/NMSQT** to measure readiness for college, access scholarships, and practice for the SAT. This exam will occur during the school day. With one time College and Career Readiness Grant funding, Irvine Unified School District will be covering all costs related to this exam and it will be free of charge to students. Parents/students do not need to pre-register.

February 4 (8:30-10:30, Theater)

11th Grade Parent Workshop- This workshop will introduce families to a general overview of graduation and college requirements including information on college admission and placement testing, UC and CSU specific requirements, Private and Out of State University requirements, Community College information, researching and selecting “good fit” colleges and universities, and Career Pathways.

February 27-28

11th Grade Classroom Workshop –Students will be introduced to college admission information, college planning timelines, college and career planning tools, they will complete a Career Interest Inventory, and review their academic records. All juniors will participate in this workshop through their regularly scheduled US History classes.

February 14 (Lunch, 5th Period, Tutorial, Media Center)

Specialty College and Career Fair- See description under “Senior Programs.”

February 27-28

2019-2020 Course Registration Materials distributed through 11th grade classroom workshop

March 4,5,6

Counselors available at lunch to address 2019-2020 course selection questions

March 7 -8

2019-2020 Course Request Worksheets due through English classes

May 23 (6:00pm-9:00pm, Staff Lounge & Media Center)

Out of State College Fair & Understanding Financial Aid Workshop for 11th grade Parents and Students– This workshop will begin with basic financial aid information, the process to apply, deadlines, and an overview of the various types of financial aid. The workshop will conclude with an introduction to “RACC” Colleges. The Regional Admission Counselors of California (RACC) is composed of college admission professionals who represent colleges and universities outside the state of California and will be available to provide information on educational opportunities out of state to families. Breakout sessions providing additional information on “How to Write a College Essay”, “What are Colleges Looking for in Applications”, and “SAT/ACT Prep” will also occur at this informative event.

Sophomore Programs

October 10

Pre ACT- Students in 10th grade will take the Pre ACT. This practice exam simulates the ACT testing experience within a shorter test window on all four ACT test subjects: English, math, reading and science. Results predict future success on the ACT test, and provide both current achievement and projected future ACT test scores on the familiar 1-36 ACT score scale. With one time College and Career Readiness Grant funding, Irvine Unified School District will be covering all costs related to this exam and it will be free of charge to students. Parents/students do not need to pre-register.

October 24 (8:30am-10:00am, WHS Theater)

10th Grade Parent Workshop-Topics to include high school graduation, college and career planning.

October through June

High School Planning Conference- Academic, college, and career planning conferences for parents/students. An individual academic high school plan will be created. (Parents will be notified of date and time by mail from counseling, approximately 2 weeks prior to the appointment date.)

February 14 (Lunch, 5th Period, Tutorial, Media Center)

Specialty College and Career Fair- See description under "Senior Programs."

March 8

2019-2020 Course Registration Materials distributed to rising juniors through Homeroom

March 12,13,14

Counselors available at lunch to address rising junior 2019-2020 course selection questions

March 20-21

2019-2020 Course Request Worksheets due for rising juniors through World History classes

Freshman Programs

October 10 (through homeroom)

PSAT 8/9- The PSAT 8/9 is the first test in the SAT Suite of Assessments. Tightly aligned with SAT and PSAT/NMSQT, it establishes a baseline for college and career readiness. The PSAT 8/9 supports all students with early feedback on the skills and knowledge that matter most for college and career success. Additionally, the PSAT 8/9 gives each student personalized feedback about his/her academic strengths and weaknesses, helping each student to prepare for success in college and careers. This exam will occur during the school day. With one time College and Career Readiness Grant funding, Irvine Unified School District will be covering all costs related to this exam and it will be free of charge to students. Parents/students do not need to pre-register.

January 16 (8:30am-10:00am, WHS Theater)

9th Grade Parent Workshop-Topics to include detailed information regarding high school graduation, college, and career planning.

February 14 (Lunch, 5th Period, Tutorial, Media Center)

Specialty College and Career Fair- See description under "Senior Programs."

February 21-22

9th Grade Student Workshop - Topics to include career guidance and transcript review. Attendance for all students will occur in English classes.

April 12

2019-2020 Course Registration Materials distributed to rising sophomores through Homeroom

April 15,16,17

Counselors available at lunch to address rising sophomore 2019-2020 course selection questions

April 18-19

2019-2020 Course Request Worksheets due for rising sophomores through Science classes

Additional Programs and Services

College Representative Visits- Junior and Senior students will be able to visit with representatives from colleges and universities throughout the year. Notification of visiting campuses will be available through Naviance, in the College and Career Center, and on the counseling website via the College & Career Newsletter.

Project Success- Students involved in Project Success will be provided with opportunities to participate in a variety of activities including: individual and small group counseling, peer leadership, community service, informal mentoring, and other activities, based on student need. These activities are designed to improve students' self-esteem, healthy behaviors, attendance, organizational and social skills. For more information, please contact the Project Success Counselor.

Career Lunches (Dates: 9/27, 10/25, 11/29, 12/20, 2/21, 4/25), During Lunch/Media Center)-Students have the opportunity to interact on a monthly basis with industry representatives from a variety of occupational areas.

Tranquil Tuesdays (Dates: 9/18, 10/16, 12/18, 2/5, 3/19, 4/16, 5/21, During Lunch/ Upper Gym) – Students will have the opportunity to participate in a yoga program designed to relieve stress.

Wellness Wednesdays (Dates: 9/12, 11/14, 1/9, 3/13, 5/8), During tutorial, Location TBD)- Students have the opportunity to learn about mental health and wellness through these interactive workshops hosted by our Wellness Coordinator. Topics include physical, social, emotional, intellectual, environmental, and financial wellness. For more information, please contact the Wellness Coordinator.

September 5 (5:30pm-6:30pm, Theater)

Back to School Night- Prior to BTSN families can participate in a PTSA sponsored event, *Reducing Anxiety in the College Admissions Process* hosted by guest speaker Nick Standlea of Test Prep Gurus.

November 5 (Lunch, Main Quad)

Military Day-Military reps from the six branches of service (Air Force, Marines, Army, Navy, Coast Guard, National Guard) will be on campus during lunch in the quad to talk with students about opportunities for education, career training, and more. The military staff will have interactive games and activities to share with students. For more information, please contact the College and Career Center Coordinator.

November 8 and March 14 (Lunch, Media Center)

How to Get a Seasonal Job Workshop (11/8) & Interview Tips and Strategies Workshop (3/14) - Students, looking for a job? Don't know where to begin? The WHS Counseling Department, in collaboration with ROP, and the City of Irvine Youth Employment Services will be offering these workshops to address topics such as: Resume Writing tips and using the resume tool in Naviance, tips and tricks for completing a job application, a review of sample job applications, how to exhibit professionalism before, during, and after the interview, critical skills necessary to maintain a job, and how to obtain a work permit. For more information, please contact the ROP Coordinator.

March 28 (1:15-3:25, Staff Lounge)

Job Fair- Students attending this event will sharpen their job seeking-skills as they will meet potential employers and learn what they are looking for in an employee. Make sure to dress for success as you may be offered a job on the spot! It's recommended students participate in the Interview Tips and Strategies Workshop on March 14th to prepare for this event.

March 5 (6:00pm-7:30pm, Large Gym)

AP/Honors Night-In an effort to help WHS families make the most informed decision about course selection for the coming school year, the WHS Counseling Department in collaboration with each academic department will be hosting an AP/Honors Information Night. Topics to be discussed will include the benefits of pursuing AP and honors courses, AP/Honors course offerings at WHS, expectations for AP/Honors classes, and making informed course selections. Representatives from WHS academic departments will be available to answer questions about their AP classes.

As a reminder, WHS counselors are here to help you with

- College Planning
- Academic Questions/Concerns
- Social/Emotional Support
- Referrals and Resources

For new and updated information regarding Counseling programs and resources, please visit:

<http://whscounseling.weebly.com/>

Counseling Office Phone Number: (949) 936-7816