

# Planning Your Future

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Developed by the CVHS Counseling Team  
for 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> grade CV Families.

Fall 2022

Armenian, Korean, and Spanish Interpreters are available



## ***Counseling Program Mission Statement***

*The mission of Crescenta Valley High School counselors is to provide a comprehensive school-counseling program that attends to the personal/social, academic, and career preparation/college planning needs of all students. We aim to serve as advocates and visionary leaders to assist students in acquiring the skills to become lifelong learners and productive leaders in our society. This foundation will be supported by collaboration with educators, administrators, parents/guardians, and community stakeholders.*

# Topics Include:

- Connecting with CV Staff
- Time Management & Academic Support
- The Importance of Balance
- Personal-Social Support and Resources
- CV Graduation Requirements
- Developing Post High School Plans & Goals
- Career Exploration
- GCC JumpStart and Dual Enrollment Classes
- Educational Options After Graduation
- College/University Eligibility
- College Admissions Tests
- Financial Aid
- Additional Information & Resources
- Upcoming Counseling Events

# Assistant Principal, Counselor, & Attendance Clerk Teams

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Additional Support Staff Includes:

- School Psychologists:  
**Lea Howell & Telma Arakelian**
- Supplemental counseling support through GUSD
- Student Resource Officer:  
**Deputy Nicholas Gregorian**
- WellNEST coordinator and counselor:  
**Dilek Ekermen**

<https://www.gusd.net/domain/4798>

**WELCOME TO CV  
HOME OF THE FALCONS**

TEAM PEREGRINE	TEAM KESTREL	TEAM PRAIRIE	TEAM MERLIN
STUDENTS WITH LAST NAMES BEGINNING WITH	STUDENTS WITH LAST NAMES BEGINNING WITH	STUDENTS WITH LAST NAMES BEGINNING WITH	STUDENTS WITH LAST NAMES BEGINNING WITH
<b>F-H, J, K, Z</b>	<b>B-D, I, L</b>	<b>O-T</b>	<b>A, E, M, N, U-Y</b>
ASSISTANT PRINCIPAL BILL ESTRADA GALLIMORE	ASSISTANT PRINCIPAL ADRIANA GUERRERO-PESTONJI	ASSISTANT PRINCIPAL MIGUEL GONZALEZ	ASSISTANT PRINCIPAL JOSEPH YI
COUNSELORS: JANELLE EVANS - F, G, H, J, Z JANET HONG - K	COUNSELORS: KAREN BOMAR - B, C, D JANET HONG - I, L	COUNSELORS: KAREN CARLSON - O, P, Q ANET HAIRAPETIAN - R, S, T	COUNSELORS: KAREN CARLSON - A, N IRETTA HANSON - E, M, U, V, W, X, Y

<https://www.gusd.net/cvhs>

# Counselor Contact Information:

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- Mrs. Karen Bomar- *B,C,D* ext. 1248  
[Kbomar@gusd.net](mailto:Kbomar@gusd.net)
- Ms. Karen Carlson- *A,N,O,P,Q* ext. 1235  
[Kcarlson@gusd.net](mailto:Kcarlson@gusd.net)
- Ms. Janelle Evans - *F,G,H,J,Z* ext. 1237  
[Jevans@gusd.net](mailto:Jevans@gusd.net)
- Dr. Anet Hairapetian- *R,S,T* ext. 1239  
[Ahairapetian@gusd.net](mailto:Ahairapetian@gusd.net)
- Ms. Iretta Hanson - *E, M, U-Y* ext. 1231  
[Ihanson@gusd.net](mailto:Ihanson@gusd.net)
- Ms. Janet Hong – *I,K,L* ext. 1229  
[JanetHong@gusd.net](mailto:JanetHong@gusd.net)

*Counselors have an open-door policy*

*Students are encouraged to visit their counselor during snack, lunch, or after school.*

*Clipboards are available outside each counselor office for students to sign-in, if their counselor is not available when visiting.*

*Parents are asked to schedule an appointment in advance by email or phone.*

Visit the CVHS Counseling Page Regularly: <https://www.gusd.net/Page/3365>

# Time Management & Academic Support

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## **Student Responsibilities Vary:**

- 7 school hours per day/5 days a week
- 7 classes, on a block schedule
- Extra curricular activities: sports, music, volunteering, clubs, employment, etc
- Homework
- Household duties or chores
- Relaxation or “free” time

## **Helping students learn to balance responsibilities:**

- Encourage use of a planner/organizer.
- Check the portal and contact teachers when questions or concerns.
- Tutoring – It’s free!
- Encourage students to visit the academic department Help Centers.
- Talk with students regularly about what is going well and what is not going well. Encourage them to reach out.

# Additional Academic Support Includes:

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## Tutoring in the Library

(Hosted by: Academy of Science & Medicine)

Every Monday-Thursday 3:30-4:30 PM

CVHS Library

Join the tutoring community through Band app:

- <https://band.us/n/aaa673MbK8Aca>

Super Tutors (coming soon)

## World Language Center

(Rm 5204 - Ms. Call [scall@gusd.net](mailto:scall@gusd.net))

Mondays 2:45-3:30 PM

Tuesdays-Fridays 2:45-4:15 PM



# The Importance of Balance

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**Relax** – take deep breaths.

Be **Mindful** – be aware and **IN** the moment.

Get enough **sleep, eat well,** and **exercise.**

Spend **time with friends, family and pets** – walk, bike, skate, phone, facetime, video games.

Talk to your parents, friends, counselor – **reach out for help when feeling overwhelmed.**

**Think positive** – positive self-talk really does help.


**Feelings are important. When feeling overwhelmed, stressed, or anxious, everything becomes out of balance.**

**We are all juggling a lot.**

**Try these ideas to help achieve balance.**



# Personal-Social Support On & Off Campus

- **Student Wellness Services:**  
<https://www.gusd.net/Domain/4390>
  - **Crisis Text Line (24 hours):**  
Text "HOME" to 741741
  - **Teen Line Phone Line:**  
(6pm -10pm) 310-855-4673
  - **Teen Line Text and Chat:**  
<http://teenlineonline.org>
  - **Didi Hirsch Glendale Crisis Line**  
(24 hours): 800-273-8255
  - **National Suicide Prevention Lifeline**  
(24 hours): 1-800-273-8255
  - **Trevor Project, LGBTQ Crisis Help**  
(24 hours): 866-4-U-TREVOR
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- Encourage your student to reach out to an adult when they are feeling overwhelmed or anxious.
  - Students are encouraged to visit their counselor, the health office, AP office, and the WellNEST.
  - School Psychologists and supplemental counseling are also available on campus.



# CVHS Diploma & Post High School Plans



# Individual High School College & Career Planning Guide



Glendale Unified School District

## Individual High School College and Career Planning Guide

Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade Level: \_\_\_\_\_ Year: \_\_\_\_\_

Career Goals/Interests: \_\_\_\_\_ Post-Secondary Plans/Goals: \_\_\_\_\_



Directions: Fill In Each Box With The Courses You Are Taking, Or Plan To Take. Keep This Form For Your Reference.

GUSD Graduation Requirements & UC/CSU A-G	9	Summer	10	Summer	11	Summer	12	13	14
<b>History/Social Science/Health</b> Health (required for 1 semester) + 3 years History *A* - 2 years required	<b>Health/Elective</b>		<b>World History</b> (Reg or AP/ AP/ Honors)		<b>U.S. History</b> (Reg or AP)		<b>Government/ Economics</b> (Reg or AP)		
<b>English</b> 4 years required *B* - 4 years required	<b>English</b> (Reg/ ADV)		<b>English</b> (Reg/ Honors)		<b>English</b> (Reg/ AP)		<b>English</b> (Reg/ AP)		
<b>Math</b> 2 years required *C* - 3 years required (recommend 4 or more years)	<b>Math</b> (Reg/ Accel.)		<b>Math</b> (Reg/ Accel.)		<b>Math</b> (Reg/ H, Accel, AP)		<b>Math</b> (Reg/ H, Accel, AP)		
<b>Science</b> 2 years required. Class of 2024 - 3 years required *D* - 2 years required; 3 preferred	> <b>Living Earth</b>		> <b>Chemistry in the Earth System</b>		<b>Science (Reg, H or AP) or Elective*</b> Class of 2024 (required): > <b>Physics of the Universe</b>		<b>Science (Reg, H or AP) or Elective*</b> (Note: by school site)		
<b>Elective</b> *E* - Language Other Than English (LOTE) (2 years required, recommend 3+) *F* - Visual & Performing Arts (1 Year) *G* - College Prep Elective (1 Year)	<b>Elective* VAPA, CTE**, LOTE</b>		<b>Elective* VAPA, CTE**, LOTE</b>		<b>Elective* VAPA, CTE**, LOTE</b>		<b>Elective* VAPA, CTE**, LOTE</b>		
<b>Elective</b> *E* - Language Other Than English (LOTE) (2 years required, recommend 3+) *F* - Visual & Performing Arts (1 Year) *G* - College Prep Elective (1 Year)	<b>Elective* VAPA, CTE**, LOTE</b>		<b>Elective* VAPA, CTE**, LOTE</b>		<b>Elective* VAPA, CTE**, LOTE</b>		<b>Elective* VAPA, CTE**, LOTE</b>		
<b>Physical Education</b> 2 years required (not required for UC/CSU)	<b>PE/Athletics</b>		<b>PE/Athletics</b>		<b>Elective* VAPA, CTE**, LOTE, Athletics</b>		<b>Elective* VAPA, CTE**, LOTE, Athletics</b>		
<b>Testing</b>			<b>PSAT</b>		<b>CAASPP PSAT/NMSQT SAT/ACT</b>		<b>SAT/ACT</b>		
* Electives must include 1 year Visual and Performing Arts (VAPA). ** <b>Career Technical Education (CTE) Pathways</b> program of study available, see your counselor. Note: 2 or more years of Language other than English (LOTE) are required for four-year college admissions. > <b>Clark Science Pathway:</b> Physics of the Universe, Living Earth, Chemistry in the Earth System (All Clark students complete the science pathway in this order).					English Language Development (ELD) Program, Regular (Reg); Advanced (ADV); Honors (H); Accelerated (Accel); Advanced Placement (AP);  <b>GRADUATION REQUIREMENTS - Minimum 220 CREDITS</b>				

Community College (CC), 4YR University/College (UC/CSU, public, private, out of state), technical school, military, full-time employment, other

Download at:  
<https://www.gusd.net/cms/lib/CA01000648/Centricity/Domain/4381/HS%20Year%20Planning%20Guide.pdf>

# 2022-2023 GUSD Grade Reporting Calendar

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## Fall Semester

- 5 Week progress – Only D/F grades are required to be reported by teachers. 9/16/22
- Quarter report – 10 Week grades reported for all classes. 10/14/22
- 15 Week progress – Only D/F grades are required to be reported by teachers. 11/10/22
- Semester report – Final grades issued and posted to official transcript. 12/22/22

## Spring Semester

- 5 Week progress – Only D/F grades are required to be reported by teachers. 2/10/23
- Quarter report – 10 Week grades reported for all classes. 3/10/23
- 15 Week progress – Only D/F grades are required to be reported by teachers. 4/28/23
- Semester report – Final grades issued and posted to official transcript. 6/07/23

# Grades, Credits, Graduation, & UC/CSU Admission Requirements (“a-g”)

Semester A,B,C,D grades each earn 5 credits towards a CV diploma. Most 4 Year colleges/universities require a minimum of C grades.

Semester D grades earn 5 high school credits, but D grades are NOT accepted by most 4 Year universities/colleges. Double course credit is removed when the course is repeated.

F grades earn 0 credits and may jeopardize graduation. They cannot be removed from the CV transcript.

Glendale Unified Graduation Requirements and College Admission Requirements Comparison Chart (A-G)

Subject Requirements	Glendale Unified Graduation Requirements	College Admission Requirements <small>If you plan to attend a four-year college or university, you need a "C" or better in.</small>
A   History/Social Science	2.5 years of history/social science, including one year of U.S. History, World History and one semester of American Government	
	<b>2.5 years - 25 credits</b>	<b>2 years</b>
B   English	4 years of college preparatory English composition/literature	
	<b>4 years - 40 credits</b>	<b>4 years</b>
C   Mathematics	Integrated Math 1 Integrated Math 2  <a href="#">GUSD Math Pathway</a> <small>*accelerated path available for students</small>	Integrated Math 1 Integrated Math 2 Integrated Math 3  <a href="#">GUSD Math Pathway</a> <small>*accelerated path available for students</small>
	<b>2 years Math - 20 credits</b>	<b>3 years Math (4 preferred)</b>
D   Science	Required Science Courses for graduating classes until 2023	
	Physical Science Life Science	
	<b>2 years - 20 credits</b>	<b>2 years - (3 preferred)</b>
	<b>*Required Science Courses - Beginning with Class of 2024 GUSD Science Pathway <a href="https://www.gusd.net/Page/10653">https://www.gusd.net/Page/10653</a></b>	
	Living Earth (with lab) Chemistry in the Earth (with lab) Physics in the Universe (with lab)	
	<b>3 years - 30 credits</b>	<b>2 years - (3 preferred)</b>
E   Language Other Than English	<b>Not Required</b>	<b>2 years</b>
F   Visual and Performing Arts	<b>1 year - 10 credits</b>	<b>1 year</b>
G   College Preparatory Elective	<b>Not Required</b>	<b>1 year of any of the courses on the approved A-G list. *</b>
<b>Additional Graduation Requirements</b>		
Health	1 semester	5
P.E.	2 years	20
Economics <small>(Fulfills 1 year of College Prep Elective)</small>	1 semester	5
General Electives <small>(Class of 2021, 2022, 2023)</small>		75
*General Electives <small>(Beginning Class of 2024)</small>		65
<b>Total Credits</b>		220

\* A complete list of GUSD high schools approved A-G course list may be found at <https://hs-articulation.ucop.edu/aqcourselist>

College Admission Exams:  
PSAT in October (Grade 10/11)  
Grade 11 Qualifies for National Merit Scholarships (NMSQT)  
\*\*SAT or ACT  
SAT Subject Tests (Optional)

\*\*Due to COVID-19 Testing Schedule changes, colleges and universities have changed the SAT/ACT test requirements. Please consult the SAT, ACT, and individual college websites for the most recent updates and more information.  
[gusd.net/collegecareer](http://gusd.net/collegecareer)

# G.P.A. – Understanding Grade Point Averages

(all of these are visible on the portal)

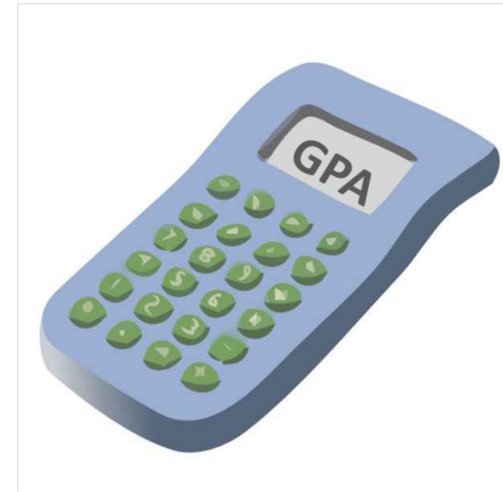
- **Cumulative Weighted:** Includes ALL semester grades for courses taken in high school including any extra AP/Honors grade points earned. This is the G.P.A. which is posted on CV transcripts.
- **Cumulative Unweighted:** Includes ALL semester grades for courses taken in high school, does NOT include additional points for AP/Honors grades earned.
- **CSU/UC:** Includes semester grades for “a-g” courses taken. 10<sup>th</sup> and 11<sup>th</sup> grades only. Maximum of 8 semester honors/AP extra grade points.
- **Cal Grant:** Includes academic courses taken in 10<sup>th</sup> and 11<sup>th</sup> grade, with summer school grades. Does not include PE or remedial classes.

***NOTE: Glendale Unified School District does not rank students.***

# Calculating Grade Point Average

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- **How to Calculate G.P.A.**
- Convert each letter grade to their respective points.  
(A=4, B=3, C=2, D=1, F=0)
- Add up all the grade points.
- Divide the total number you added by the number of classes you took.
- Note: Honors/AP classes earn an extra G.P.A. point.  
A=5, B=4, C=3 but Advanced English 9 does not earn an extra G.P.A. point.



# Thinking Beyond High School

Throughout their 4 years at CV, we ask students to consider the following: What does *Thinking Beyond High School* mean for them?

And we ask students to do the following:

- Give YOURSELF the opportunity to explore every option.  
Make decisions that are best for YOU.  
Commit to a plan and follow through, for YOU.  
Realize YOUR greatest potential.
- Consider:
  - YOUR Academic readiness
  - YOUR Financial resources
  - YOUR Academic & career interests
  - YOUR Future goals

# What do CVHS Grads Do After graduation?

CV Class of 2022 data:

41% attend a Community College.

53% attend a 4 Year College or University.

6% chose a different option.

Options include:

- ▶ Attend a Community College
- ▶ Attend a 4 Year College or University
- ▶ Attend a trade, technical, vocational, or art school to learn a specific set of skills
- ▶ Get a job and enter the workforce
- ▶ Take a Gap Year
- ▶ Join the Military



# Career Exploration:

College & Career Division website:  
<https://www.gusd.net/Page/13824>

- ▶ Students should think about what they like to do and what they are good at. Create a list.
- ▶ Take free online career interest surveys on these websites.
- ▶ Create a list of jobs and careers that sound interesting.
- ▶ Research what education and/or training will be required.
- ▶ Research schools and colleges with programs that match your career interests.

## Free Career Interest Survey Websites

<https://bigfuture.collegeboard.org/>

<https://www.californiacolleges.edu/#/>

<https://xello.gusd.net/>

<https://www.californiacareers.info/>

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

<http://mappingyourfuture.org/PlanYourCareer/>

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

# Career & Technical Education Pathways at CV

- Graphic Productions Technology (Graphic Communications, Production)
- Design, Visual & Media Arts (Cinematography)
- Production and Managerial Arts (Stage Technician)
- Software Systems, Development and Networking (Computer Science)
- Biotechnology (Biotech – Academy of Science and Medicine)
- Patient Care (Sports Medicine, Therapy)
- Operations (Transportation – Air Force JROTC)

# GCC - College Classes during High School

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## Dual Enrollment at GCC

- Early college enrollment.
- Free Enrollment Fees.
- Free Student Services & Health Fees.
- Textbooks are provided.
- Earn College Credit and High School Credit.
- Steps to Apply to GCC: [www.glendale.edu/dual](http://www.glendale.edu/dual)
- For information, contact  
GCC: [dual@glendale.edu](mailto:dual@glendale.edu)  
or (818) 240-1000 x4767

## Jump Start

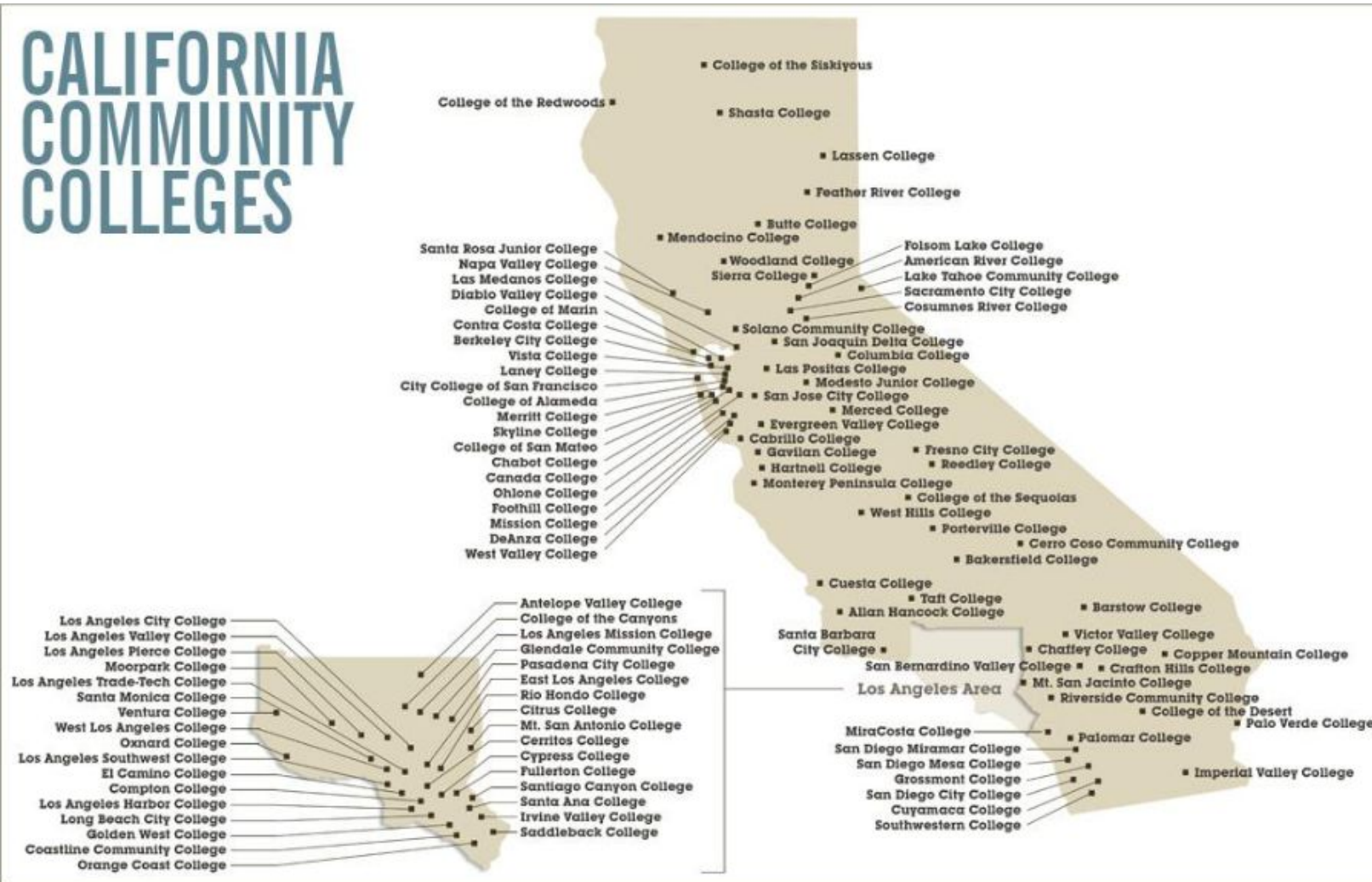
- Jump Start allows high school students to select courses offered in. Students have a "jump start" on college credits by successfully passing classes.
- Students receive college credit, not high school credit for these courses.
- GCC will email students a voucher to help pay for textbooks.
- [Transferable Courses With No Prerequisites](#)

Visit: <https://www.glendale.edu/students/student-services/sos-outreach/high-school>

# Educational Options After High School Graduation

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# Community Colleges in California



- Explore Interests
- Fresh Start for your academics
- Certificate Programs and Associates Degrees
- Career Focused Education
- Save Money (Approx. \$1200)
  - Free with Promise Grant
- Preference given to California Community Colleges for UC Transfers

# Community College: Scholars/Honors Programs

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## Glendale College Scholars

- **Program Highlights:**
  - Academic Program  
(15 units of Honors gen-ed/pre-major courses)
  - Priority Registration
  - Access to Honors Counseling
  - Activity Community-Service Organization
  - Priority Registration
- **Enhanced Consideration to Partner Colleges**
- **More Info/Application Details**
  - <https://sites.google.com/view/gccscholarsprogram/home>

## Pasadena City College Honors

- **Program Highlights:**
  - Academic Program
  - Smaller Honors classes
  - Priority Registration
  - Access to Honors Counseling
- **Enhanced Consideration to Partner Colleges**
- **More Info/Application Details**
  - <https://pasadena.edu/academics/support/honors/>

# California 4 Year Public Universities

## 9 UC Campuses (University of California Systems)



## 23 CSU Campuses (Cal State Systems)



*CSU campuses popular with CV grads include Northridge, Long Beach, San Diego State, Pomona, & San Luis Obispo.*

# California 4 Year Public Universities

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## 9 UC Campuses

(University of California Systems)

- \*Minimum 3.0 GPA
- Meet A-G Requirements
- Test-Free (No SAT/ACT)
- Focus is more Research Based
- Total Average Expense \$41,000 for 2023-2024 Admits  
(Tuition Stability Plan Freezes tuition for UC Students)
- More Details:  
<https://admission.universityofcalifornia.edu/>

## 23 CSU Campuses

(Cal State Systems)

- \*Minimum 2.5 GPA
- Meet A-G Requirements
- Test Free (No SAT/ACT)
- Total Average Expense
  - SDSU \$32,100
  - CSULB \$26,200
  - CSUN \$23,100
- More Details:  
<https://www.calstate.edu/apply>

**Note:**  
Check your transcript to determine your eligibility. Visit your counselor if you have questions.

\*Check individual campus websites for Class of 2023 updates

\*Some campus admissions GPA are higher than minimum



# UC Comprehensive Review Includes:

BERKELEY DAVIS IRVINE UCLA MERCED RIVERSIDE SAN DIEGO SANTA BARBARA SANTA CRUZ

## Academic Factors:

- GPA
- Performance in & number of classes beyond A-G requirements
- UC Approved Honors and Advanced Courses  
(Max 8 semester honors points)
- Eligibility in the Local Context
- Quality of Senior Year Courses
- Academic Opportunities in high school
- Outstanding performance in one or more academic subject

## Non-Academic Factors:

- Achievements in Special Projects
- Improvement in Academic Performance
- Special talents, achievements and awards
- Participation in educational preparation programs
- Academic accomplishments in light of life experiences
- Geographic location

**NOTE:**  
No Single Factor  
Determines Admissions

# Private 4 Year Colleges & Universities. Art, Tech, or Trade Schools.

## Private 4 years

- Vary in strength, focus, and expense.
- Admission requirements differ, including G.P.A. and testing requirements
  - \*SAT/ACT may be optional – check college websites.
- See counselor if you may be eligible for SAT/ACT fee waivers
- Application deadlines vary – Some have rolling admissions (no cut off date)
- More than 2,000 private colleges in the US
  - Local examples: Chapman, USC, Loyola, Pepperdine, La Verne, Whittier.

Common App: <https://www.commonapp.org>

### College Search

Niche: <https://www.niche.com>

Big Future: <https://bigfuture.collegeboard.org/college-search>

California Colleges: <https://californiacolleges.edu>

## Art, Tech, or Trade Schools

Learn a specific set of skills for a skill

Career Examples: Web Designer, Artist, Automotive Technician, Dental Assistant, Cosmetologist, Barber, Electrician, Welder, Game Designer

Often more expensive than the same certificate at a community college, private schools may provide a quicker path to full time employment.

<http://www.trade-schools.net>

# College Admissions Testing Today

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- **Test Blind:** Scores are NOT accepted and will not be used to evaluate applicants for admissions.
- **Test Optional:** Scores can be submitted and may be used as part of admissions decisions. If scores are not submitted, there will be no impact on admission decisions.
- SAT and ACT Registration:  
<https://www.collegeboard.org/>  
<https://act.org/>
- **Fee waivers** apply to SAT, ACT, AP exams and college application fees. See your counselor for details.
- UC/CSU campuses are not using test scores to evaluate applications for admissions. They are test blind
- Private 4 Yr Colleges/Universities have campus specific practices. They may be test blind, test optional, or require test scores. **Check individual campus admissions websites for updates.**
- Colleges/Universities that consider test scores optional, ensure the applicant will not be at a disadvantage as an applicant if SAT/ACT scores have not been submitted. They may use the scores for placement in classes after the student enrolls.

# Additional Information & Resources

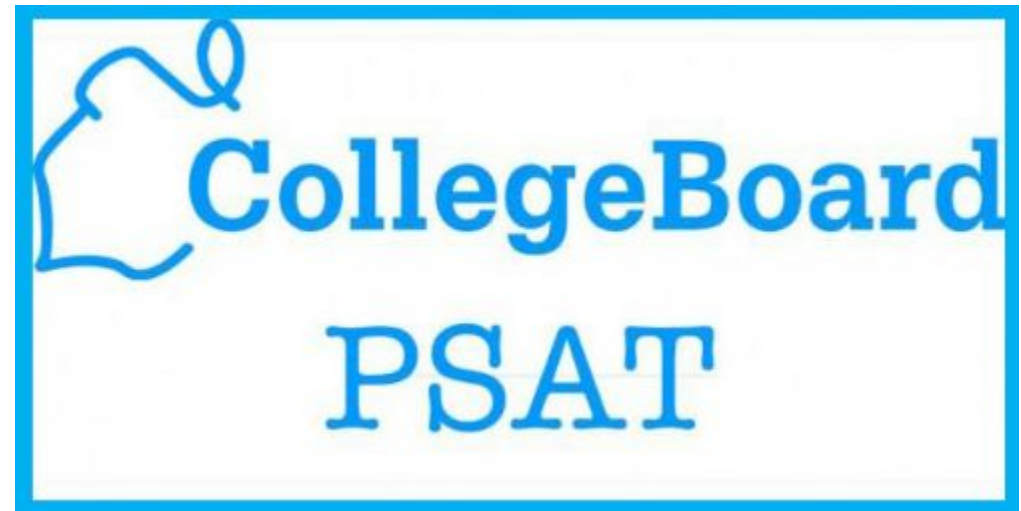
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# PSAT – Wednesday, October 12<sup>th</sup>

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- Wednesday, October 12th - Exam for 10th and 11th graders ONLY
- Check the CV bulletin for details and bell schedule. See your counselor if questions
- 9<sup>th</sup> & 12<sup>th</sup> graders No School.
- 12th graders may attend college application workshops in the CV library
- Score information video:  
<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/scores/getting-scores>

Learn more about this college board test at:  
<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10>



# Community Service & Involvement

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- Campus clubs  
<https://www.gusd.net/site/Default.aspx?PageID=3687>
- Examples of Involvement: Musical groups, robotics, theatre arts, athletics, ROTC, journalism, yearbook, speech & debate, etc.
- Apply to become an Academic Mentor or Peer Leader one period a day during your junior or senior year. Earn community service hours or class credit.
- Community Service: Guidelines, Volunteer Opportunities, Hour Logs  
<https://www.gusd.net/domain/1295>

***Community service is not a graduation requirement.***

# CVHS 2022-23 Profile



## CRESCENTA VALLEY HIGH SCHOOL

School Profile 2022–2023

CEEB 051313

2900 Community Avenue  
La Crescenta, CA 91214  
Tel: 818.249.5871  
Fax: 818.541.9531

### ABOUT THE COMMUNITY

La Crescenta is located in an unincorporated area of Los Angeles County. The suburb is reflective of the socio-economic diversity of LA County. Due to its location, the majority of residents live in single family homes. There is no main skilled service industry in the community. A large portion of the population identifies themselves as Armenian or Korean and have a major cultural impact on the community. CVHS enrolls students from zoned portions of Glendale, La Canada-Marina del Rey, and seven elementary feeder schools in the area. Most students attend one or two academic years. We are pleased that our tradition of excellence continues to grow.

### ABOUT THE SCHOOL

Crescenta Valley High School opened in 1960 as the third conversion of a junior high school by renovating and expanding an existing building. Committed faculty coupled with an enthusiastic student body and strong support from the community leads to high standards for student achievement and spirit.

There is a concerted effort by the entire school to have all graduation requirements closely align with the University of California and the State of California. For all requirements required for graduation, all students are highly encouraged to take the most challenging course available.

As of the 2021-22 school year, CVHS shifted to a 7-period alternative schedule. A daily homeroom period and a school wellness period are implemented to increase student engagement and focus on the social-emotional well-being of all students.

CVHS is fortunate to be located in a stable community. Many of our students and local community support is evidenced by our strong strategic plan and the support of the Community Council. The multiple levels of student, parent, faculty, and community support are a key to our success.

### 2022-23 School Year Information

Accreditation	Western Association of Schools & Colleges (WASC)
Enrollment	2513 (Grades 9-12) 653 (Grade 12)
Ethnicity	53% Caucasian 26% Asian 15 % Hispanic <small>(Remaining 6% includes African-American, American Indian/Alaskan Native, Filipino and Pacific Islander)</small>
Faculty	125 Certificated Staff 48 Classified Staff
District	Glendale Unified School District ( <a href="http://www.gusd.net">www.gusd.net</a> )

### College Admissions as reported by the Class of 2022:

Four-year University	53%
Two-year/Community College	41%
Other	6%

(Includes technical programs, military, work force & undecided)

### Graduates UC/CSU 'a-g' eligible

2020	65.5%
2021	64.7%
2022	TBD

### Graduation Requirements

(Students earn 5 credits per course, per semester)

English	4 years	40 credits
Mathematics	2 years	20 credits
Science	2 years	20 credits
Social Science	3 years	30 credits
Fine Art	1 year	10 credits
Physical Education	2 years	20 credits
Health	1 semester	5 credits
Electives		75 credits
<b>Total Credits Required</b>		<b>220 Credits</b>

### ADMINISTRATION

Christine Benitez, Principal  
Dr. Bill Estrada Gallimore, Assistant Principal  
Miguel Gonzalez, Assistant Principal  
Dr. Adriana Pestonji-Guerrero, Assistant Principal  
Joseph Yi, Assistant Principal

### COUNSELING DEPARTMENT

Karen Bomar - - B, C, D  
Karen Carlson - - A, N-Q  
Janelle Evans - - F-H, J, Z  
Dr. Anet Hairapetian - - R, S, T  
Janet Hong - - I, K, L  
Iretta Hanson - - E, M, U-Y

# Grade Level Recommendations for Post High School Planning

## 9<sup>th</sup> grade

Take career interest assessments.

Create a 4 Year Plan without limiting your options.

Get involved in extra-curricular activities.

Attend college/career fairs.

Maintain A, B, C, grades.

Research colleges and other post high school options of interest to you.

Visit college campuses and attend online college campus information sessions.

<https://www.gusd.net/Page/13824>

## 10<sup>th</sup> grade

Review your 4 Year Plan.

Continue suggestions from 9<sup>th</sup> grade timeline.

Take PSAT in October.

Begin to narrow your career/major interests.

Continue or expand extracurricular involvement and look for leadership opportunities.

Begin to research post high school options, including colleges that fit your career/major interests.

Maintain A, B, C, grades.

Balance interests, academics, and extracurriculars.

Consider taking college classes.

[www.glendale.edu/dual](http://www.glendale.edu/dual)



# 11<sup>th</sup> Grade Post High School Planning Suggestions

- Review your 4 Year plan, continue academic rigor through 12<sup>th</sup> grade.
- Narrow career/major interests.
- Review and edit your list of post high school options, including educational options.
- Visit colleges, trade schools, art schools, and universities, virtually and in person. Attend the GUSD virtual college fair and college rep visits.
- Register with the NCAA if interested in participating in athletics at college.
- Continue extracurricular activities, consider taking on leadership roles.
- Take the PSAT in October. Review your score report late November.
- Utilize Khan Academy to prep for an SAT IF you are planning to take it.
- Check college websites regarding SAT/ACT admissions requirements. Sign up to take the SAT/ACT by December of senior year, if you will be applying to colleges that require or advise taking it.
- Sign up for a GCC Dual Enrollment or Jump Start class.
- Search scholarship and financial aid opportunities.
- Investigate summer Internships during spring of your junior year or apply for a summer job.
- Email and visit your counselor when you have questions.

# Upcoming Counseling Related Events

- **October 15<sup>th</sup> - GUSD College Fair** from 10:30 AM – 1:30 PM @ Glendale High School. Register at: <http://www.gusd.net/collegefair>
- **October 12<sup>th</sup>** - 10<sup>th</sup> & 11<sup>th</sup> graders will be taking the PSAT. Check CV bulletin for the bell schedule.
- **December 5<sup>th</sup>** - Registration for spring GCC classes begin.
- **January 2023 through March 2023** – Students will select their 2022-23 school year courses and meet with their counselor regarding their plans.
- **April/May: 2023-24** course selections are final on the portal and summer school registration begins.
- **Ongoing:** UC campus fall information sessions: <https://www.gusd.net/Page/3420>
- **Ongoing:** Meet with college reps virtually and learn more about careers. Visit the GUSD College and Career Division page regularly for links to upcoming events throughout the school year. <https://www.gusd.net/Page/13824>

# Links to Articles of Interest

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10 tips for parents - college and career readiness for your child:  
<https://www.nc3t.com/part-1-10-tips-for-parents-to-get-your-child-ready-for-college-and-careers/>

Who submitted SAT/ACT scores?  
<https://www.insidehighered.com/admissions/article/2021/09/13/study-reveals-which-applicants-didnt-submit-test-scores>

11<sup>th</sup> grade parents - 5 min read:  
<http://go.collegewise.com/when-to-let-juniors-own-the-process>

College application tips:  
<http://go.collegewise.com/application-management-for-parents>

# Thank you for attending!

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This presentation is posted at:  
<https://www.gusd.net/Page/3365>

Contact your counselor at CV if  
you have questions.

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