

Junior Parent Night

Course Registration and College Planning

Planning for
Senior Year!

Class of 2026
January 22, 2025



The Counseling Department



Ms. Nora Anderson : Aba-Harc

Ms. Wendy Mok : Harr-Pal

Mr. Joe Poggi : Pan-Zav

Ms. Debbie Austin : A-K College Advisor

Ms. Naomi Lee : L-Z College Advisor

**Appointments with College Advisors will start in
February*

Ms. Sunny Rivera - Administrative
Assistant to Counseling

Course Registration Timeline

**Jan-
Feb**

**Jan
29**

**Feb
14**

**March
3-7**

**March
10-14**



**Meet with
Counselor
about course
requests**

**Honors/AP
Applications
Due**

**Notified of
acceptance
AP/Honors**

**Request
Courses in
PowerSchool**

**Course
Verification
Days**

Course Registration Process

- Students will receive an email with instructions on how to input course requests into PowerSchool.
 - **March 3-7**
- Students will receive a Course Registration form via email. Mark which classes she plans to take on it and review the form with parents/guardians and have them sign it.
- Students will bring the signed form during Course Verification Days to the Counseling and Career Center on her free block so a counselor can verify the courses in Powerschool.
 - **March 10-14**

Signature Course Registration Form

Student Name: _____

Course Number	Course Title	Prerequisites	Elective Credit
101	English I		
102	Math I		
103	Science I		
104	History I		
105	Art I		
106	Physical Education I		
107	Foreign Language I		
108	Music I		
109	Dance I		
110	Health		
111	Life Science		
112	Earth Science		
113	Chemistry		
114	Biology		
115	Psychology		
116	Philosophy		
117	Religion		
118	AP English		
119	AP Math		
120	AP Science		
121	AP History		
122	AP Art		
123	AP Physical Education		
124	AP Foreign Language		
125	AP Music		
126	AP Dance		
127	AP Health		
128	AP Life Science		
129	AP Earth Science		
130	AP Chemistry		
131	AP Biology		
132	AP Psychology		
133	AP Philosophy		
134	AP Religion		

1 of 2

Signature Course Registration Form

Student Name: _____

Parent/Guardian Signature: _____

Date: _____

1 of 2

Graduation Requirements

Subject	# of Required Semesters
THEOLOGY	8 (every semester of attendance)
ENGLISH	8
SOCIAL STUDIES	7
MATHEMATICS	6
SCIENCE	6
MODERN & CLASSICAL LANGUAGES	4
VISUAL & PERFORMING ARTS	2
PHYSICAL EDUCATION	3
HEALTH	1
ELECTIVES	3
TOTAL	48 semesters

Things to Remember

- 1. Students are “requesting” courses.**
- 2. They are committing to taking these courses for the entire senior year.**
 - Schedule changes will not occur after **May 21st** including in the summer.
 - Drops that occur once the school year has began result in a W on the transcript. Drops that occur after Q1 result in a WF on the transcript.
- 3. Students need to request courses that fulfill the entrance requirements at all colleges they are considering.**
 - Ex: Santa Clara University uses the following verbiage: Language Other Than English: 2 years required, 3 years recommended, 4 years preferred
 - Ex: University of Arizona and Arizona State University require 4 years of math (1 year beyond IM3/Algebra 2)

Senior Year Courses

Review and sign the Course Registration form

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Senior Course Registration Form

Student Name _____	Student ID# _____	Student Address _____
English I	English II	English III
English IV	English V	English VI
Math I	Math II	Math III
Math IV	Math V	Math VI
Science I	Science II	Science III
Science IV	Science V	Science VI
History I	History II	History III
History IV	History V	History VI
Physical Education I	Physical Education II	Physical Education III
Physical Education IV	Physical Education V	Physical Education VI
Art I	Art II	Art III
Art IV	Art V	Art VI
Music I	Music II	Music III
Music IV	Music V	Music VI
Foreign Language I	Foreign Language II	Foreign Language III
Foreign Language IV	Foreign Language V	Foreign Language VI
Religion I	Religion II	Religion III
Religion IV	Religion V	Religion VI
Elective I	Elective II	Elective III
Elective IV	Elective V	Elective VI

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Senior Course Registration Form

Student Name _____

Student ID# _____

Student Address _____

Parent Name _____

Parent Address _____

Parent Phone _____

Parent Email _____

Parent Signature _____

Date _____

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- English
- Theology
- Social Studies
- Language
- Math
- Science
- Visual and Performing Arts
- Other Courses



Students may request to take an additional English, Math or Science class, based on availability.

Senior Year Courses

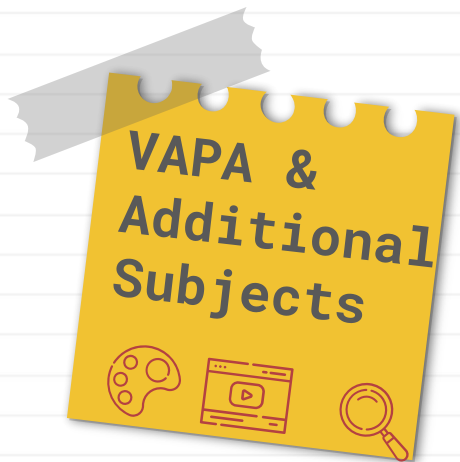


Options (choose 2):

- Interfaith Dialogue
- Feminine Icons: Women Who Shaped the Catholic Church
- Francis and the Franciscans: Origins and Enduring Legacy



Other Senior Year Course Options



- PE (3 semesters required)
- Health
- Ethnic Studies
- Technology
- VAPA classes
- Leadership
- Ministry Leadership
- Yearbook
- Advanced Media Productions
- Applied Academic Strategies

Reminder:

- AP Research (AP Seminar required)

AP/Honors Courses

- ❑ **Important for students to meet with counselor to discuss:**
 - ❑ **The rigorous academic demands and time commitment required for H/AP level courses, including summer work**
 - ❑ **Outside commitments and extracurricular activities**
 - ❑ **Balance**
- ❑ **Limitations with the Master Schedule**
 - ❑ **It's very possible there will be schedule conflicts and students may not get all of the H/AP courses they select.**

****It is still recommended that students take no more than 3 H/AP courses per school year. Please remind your students to submit their applications on time!***

Course Changes



Reasons for a course change

- Student was moved from waitlist
- Reconsider taking a course
- Grade concern

Last day for course changes is

May 21

Schedules mailed in summer are
FINAL

Summer School

- **St. Francis Summer School Offerings (subject to change)**
 - **Chemistry**
 - **Geometry**
 - **Math Remediation**
 - **English Remediation**
 - **Drivers Ed**
 - **Ethnic Studies**

Students must have a conversation with their Counselor prior to enrolling in summer school at other high schools or colleges.

Community College Class

- In partnership with American River College
- General Psychology (subject to change)
- After school Fall semester only (2 days per week)
- Priority given to juniors and seniors
- Watch for an email from Principal Mendoza in March/ April
- No additional fees except course materials (textbook, supplemental materials, etc.)

Students should have a conversation with their Counselor prior to enrolling in this class to review her courseload and extracurricular activities.

Planning for College



College Options

Community College

Over 100 Community
Colleges in California

California State University

23 campuses

University of California

9 campuses

Out-of-State Public

Historically Black Colleges & Universities

107 across the U.S.

Private Colleges & Universities

U.S. Military Academies

Universities Abroad



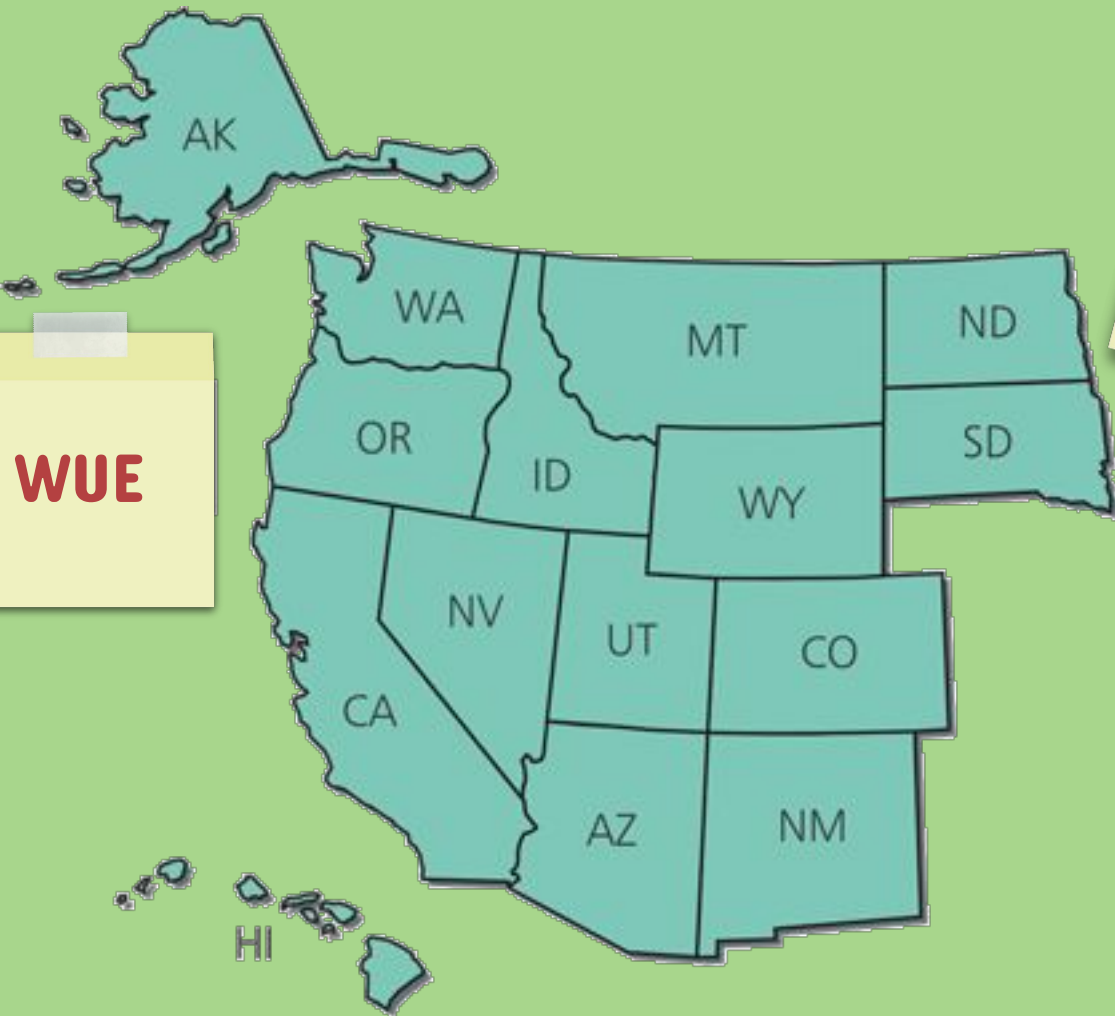
*California
State
University*

UNIVERSITY
OF
CALIFORNIA



*University
Of
California*

**Out-of-State
Public
Universities**



WUE

Historically Black Colleges & Universities



Private Colleges In California





**United
States
Military
Academies**





*International
Colleges &
Universities*

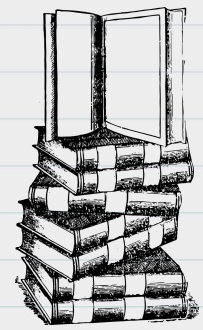


The American
University of Paris



UNIVERSITÉ
McGill

**Starbucks
Vs.
College Admissions**



Factors for Deciding Where to Apply

- Cost of Attendance**
- Size of College**
- Diversity/Inclusion**
- Geographic Location**
- Academic Programs**
- Social and Spiritual
Atmosphere**
- Sports**

Cost of College

- **Learn as much as you can about cost of college and financial aid**
 - Go to studentaid.gov/aid-estimator/ to get an estimate of Federal Student Aid (Student Aid Index)
 - Research financial aid/scholarships at the college(s) your daughter is considering and use the net price calculator
 - Check out Western Undergraduate Exchange (WUE) Scholarships www.wiche.edu/wue

Have a conversation with your daughter about paying for college

Best Match...Where to Apply?!

Yes! Yes! Yes!

You love it! You are admissible and it's affordable!

Target

You fit the profile of an admitted student and it's probably affordable

Yes!Yes!Yes!

Target

Reach

Lottery

Reach

Any school that accepts less than 50% of applicants (or financial reach)

Lottery

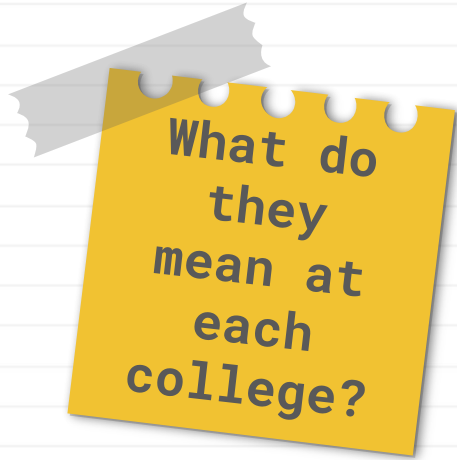
Any school that accepts less than 10% of applicants

Testing



- **Are you a strong test taker? Or would you rather avoid testing?**
- **How did you do on the PSAT?**
- **Are you applying to a college that requires a test score?**
- **Are you applying to a college or specific program that admits based off of GPA and/or test score?**

Testing Policies



Test Required



Test Optional



Test Free



SAT and/or ACT - Which Test Should She Take?

SAT	ACT
2 hours 14 minutes	2 hours 55 minutes
Digital	Paper & Pencil
2 sections: Evidence Based Reading/Writing Math	4 sections: English Reading Math Science
Score Range: 400 - 1600	Score Range: 1 - 36
Strategy: Critical Thinking	Strategy: Speed & Straightforward

Test Prep Opportunities



How does she prepare?

- **Optional Virtual Practice SAT & ACT**
 - Feb. 1-Practice SAT
 - Feb. 8-Practice ACT
 - Hosted by Revolution Prep
 - Immediate test score and 30-minute individual review available
- **Revolution Prep Classes**
- **Khan Academy and ACT website**
- **Private Tutoring**

School Day Testing



- **Optional School Day SAT**
 - March 26
 - Mandatory Pre-Admin Session
March 20
- **Optional School Day ACT**
 - April 8
- **Both School Day Tests will be available in Fall 2025**
- **See College Board and ACT websites for National Testing Days and Sites**

Important!!



September 2025

- ✓ Science section optional
Note: TAKE SCIENCE SECTION!!
- ✓ ACT will release test prep materials in January 2025

Join us!



- **Just for Juniors Workshop
SAT/ACT Testing**
 - **Monday, January 27 at
lunchtime**
- **Create a Testing Plan
drop in advising**
 - **Tuesday, January 28
through Friday, January 31
at lunchtime**



Use a Dedicated College Email Account!

- **Ensure that you have a professional email for college use.**
- **DO NOT use Troubiemail!**
- **Keep track of your usernames and passwords.**

Social Security Number and Name



Here is your homework:

Check your daughter's Social Security card and verify her legal name.

Legal Name

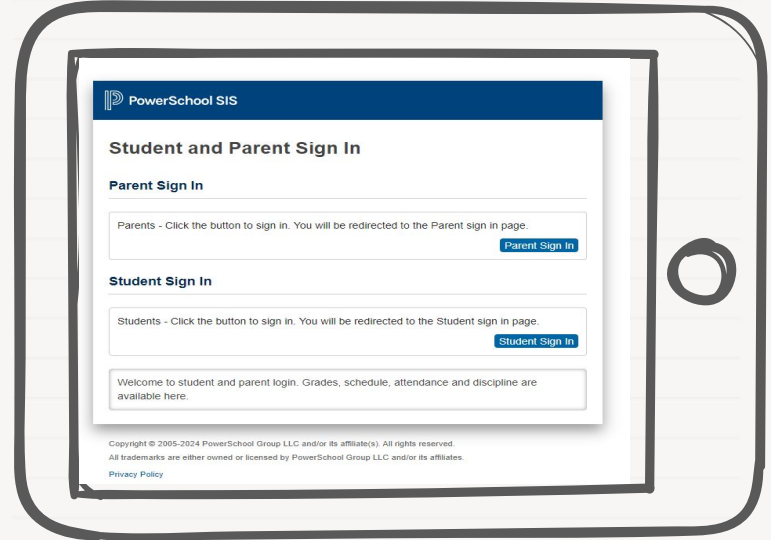


Ensure that she uses her legal name for all of these documents.

Viewing the Transcript

You can view transcripts from the PowerSchool Portal!

Fall Semester grades have been posted.



The Grade Point



- **How the SFHS GPA is calculated:**

- Includes all classes except PE/Sports, Student Intern or Academic Teams
- Honors and AP classes will receive an additional grade point.

- **SFHS will report a weighted, 6-semester GPA if requested by a college.**
 - **Note: Many colleges will recalculate during the application process.**
 - UC & CSU only use a-g courses from Sophomore and Junior year.
 - UNR only uses English, Math, Science, & Social Studies in their GPA calculation.
- **SFHS is a non-rank school.**
 - St. Francis has a rigorous college preparatory program; therefore, a cumulative ranking system based on GPA does not fairly represent a student's relative achievement.



What is Demonstrated Interest?

- Open emails from colleges that interest you and click on links
- Attend virtual or in-person college events hosted in our area
- Join mailing lists
- Correspond with admissions representatives
- Visit colleges, take official tours (in-person and virtual), and opt for interviews (if offered)
- Follow the college's official social media accounts

Most public universities do not consider Demonstrated Interest

Critical Tip:
According to college admissions directors, colleges often subtract "interest points" when parents contact admissions offices on behalf of their student.

College Advising Program for Spring 2025

- **January 23 & February 26:** Junior Advisories
- **January 27:** Just for Juniors - SAT/ACT Testing
- **January 28-31:** Creating a Testing Plan Drop-Ins
- **February, March, April, & May :** College Planning Meetings with College Advisor
- **March 4:** Pathways to Nursing at lunchtime
- **March 11:** Fun with Numbers/GPA Workshop at lunchtime
- **March 19:** Mini College Fair at lunchtime
- **March 25:** Pathways to Business at lunchtime
- **March 26:** Optional School Day SAT
- **April 8:** Optional School day ACT
- **April 10:** College Essay Workshop at lunchtime

What to Expect Senior Year

- College Application Labs - Early Start
- Senior Parent College Night
- Senior College Advisory
- Appointments, as needed, with College Advisor and Counselor
- Daily Drop-In College Advising During Lunch (ELEDEF)
- Lunchtime College Application Workshops
- Meet with College Representatives at SFHS
- College Fairs
- Troubie College Week / Essay Workshop
- Optional School Day SAT and ACT (fall)

College Planning Worksheet

Completed worksheet is returned to English teachers next week.

Have fun with this! There are no "right" answers and this is just a place to start thinking about future plans.

ST FRANCIS CATHOLIC HIGH SCHOOL
College Planning Worksheet/ Class of 2025
Due Monday, January 29, and Tuesday, January 30, in English Class

Name: _____ Free Blocks: _____

Are you available Before school After school Lunchtime

Please rank the importance of the following characteristics as they relate to choosing a college. (1 = highest importance, 8 = lowest importance. Use each number only once)

CHARACTERISTIC	RANK
Size of College	
Cost	
Geographic Location	
Sports Programs	
Prestige/Reputation of College	
Social Opportunities	
Academic Programs	
Faith/Religious Opportunities	

What colleges come to mind that have your top 3 characteristics? What is it, specifically, that you like about these colleges?

NAME OF COLLEGE	WHY I LIKE IT

Have you visited any colleges, either virtually or in person? If yes, please provide details below (i.e., virtual tour at the University of Portland or Admissions presentation at Oregon State University)

Note: Some colleges use "demonstrated interest" when admitting students, so attending virtual tours and programming can be beneficial.

What major/s, if any, do you think are interesting?

1.	
2.	
3.	

are currently considering somewhere in the categories below only in the Reach or Lottery category if you are not interested in going:

Student I will be admitted: it is affordable, and I would love to

Students with academic profiles similar to mine:

schools that admit fewer than 50% of applicants and/or academic profile OR the school is a financial reach for

% of applicants:

Circle or Bold your answers to the following questions:

- Have you placed any of the colleges listed above in the "colleges I'm thinking about" list in Navigator? Yes No if no, please remember to do so
- Do you hope to take the SAT? Yes No
- Do you hope to take the ACT? Yes No
- Are you hoping to be a collegiate student athlete? Yes No
- If yes, have you registered with the NCAA Eligibility Center? Yes No
- Are you working with a private college consultant/company? Yes No

If yes, name: _____

What questions or concerns do you and/or your parents have about the college admissions and application process?

Encourage your daughter to:

- Check her email!
- Turn in her College Planning Worksheet, and Letter of Recommendation Packet on time
- Meet with her College Advisor even if she has a private consultant
- Create a diverse list of colleges

Q & A



Thank you
for coming!