

# Freshman Advisement



Mr. McLelland  
OPHS 504 Counselor

# College and Career Center

- Room C-6
- Naviance workshops
- College visits
- Leadership programs
- Test prep
- Career information
- Summer enrichment
- Scholarship and financial aid information



# College & Career Center Webpage

## College & Career Center

[College & Career Center \(C&CC\)  
Home Page](#)

[College & Career Center \(C&CC\)  
Bulletins](#)

[College Visits](#)

[College Information Directory](#)

[College Prep Pathway](#)

[Cal Grants](#)

[Career & Job Search Resources](#)

[Community Service &  
Leadership](#)



### OAK PARK HIGH SCHOOL (C&CC) COLLEGE & CAREER CENTER

Room C-6, next door to the OPHS Student Store  
899 N. Kanan Road Oak Park, California 91377

For more information Contact:

Paula Friedman at: [pfriedman@opusd.org](mailto:pfriedman@opusd.org)

School phone (818) 735- 3315

I will do my best to return your call within 24 hours.



Naviance is a web-based program for academic planning, college and career research.  
For an overview of the program just click on the NAVIANCE logo above.

# OPHS Graduation Requirements

- English (4 years)
- Social Studies (3 and 1/2 years)
- Math (3 years)
- PE (2 years)
- Foundations of Science (1 year)
- Biology (1 year)
- Fundamentals of Science or Chemistry (1 year)
- Visual and Performing Art (1 year)
- Health (1 semester-9<sup>th</sup>)
- General Electives (60 credits)

**230 Credits needed  
to graduate**



# UC/CSU “a-g” Requirements

- a. **History** (2 years)
- b. **English** (4 years)
- c. **Math** at least through Algebra II  
(3/4 years)
- d. **Lab Science** including Biology &  
Chemistry (2/3 years)
- e. **Foreign Language** (2/3 years)
- f. **Visual Performing Arts** ( 1 year)
- g. **College Prep Elective** (1 year)



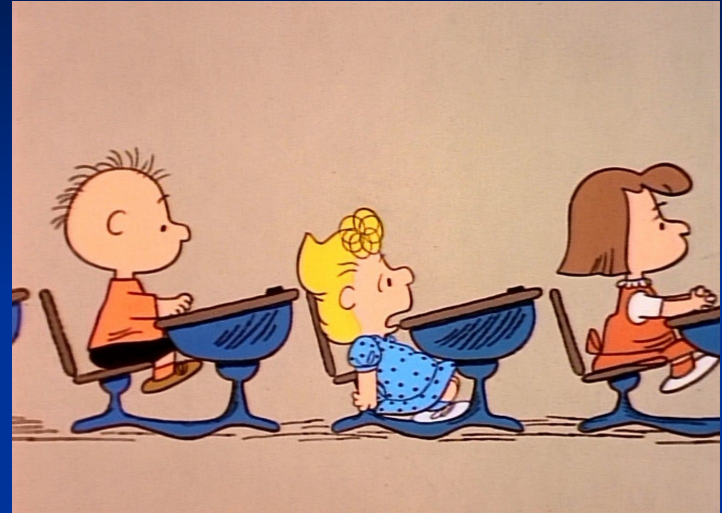
# Academics and College

- D's and F's don't count for college

- College Prep (CP)

Honors (H)

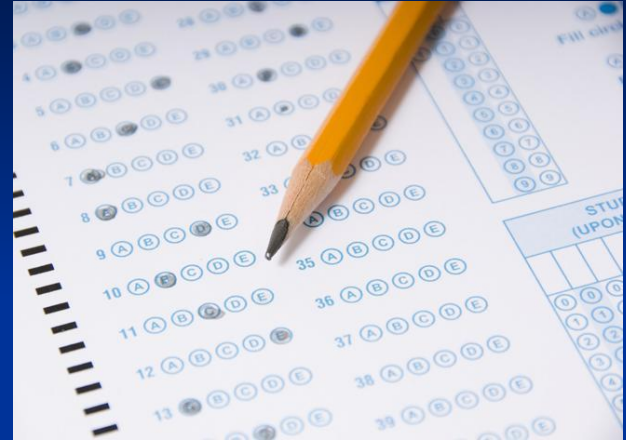
Advanced Placement (AP)



- What are your strengths and passions?
- Think about what you want to study in college.
- You want to enroll in the highest level courses that are appropriate to you.

# College Admission Factors

- *Grades*
- *SAT/ACT scores*
- *Strength of curriculum*
- Personal Statement/Essay
- Participation in extracurricular activities
- Counselor recommendation
- Focus on a particular interest/passion/talent
- Leadership



# College Entrance Exams

- PSAT (typically taken in October of 11th grade)
- SAT or ACT (typically taken in the spring of 11th grade and potentially again in the fall of 12th grade)
- SAT Subject Area Tests (typically taken at the end of the school year the student is taking that class.)
- AP Exams
- PFA boot camp and Mock Exams



# What 9<sup>th</sup> Graders Should Focus on:

- Maintain an excellent attendance record
- Develop solid study skills
- Increase your vocabulary
- READ!
- Extracurricular activities
- Get involved
- Keep your grades up
- Explore Naviance
- Attend 7<sup>th</sup> period regularly!



## 7th Period - Student Support Period

Rectangular Snip

Support Period is offered during 7th period from 2:25 p.m. to 3:10p.m. daily and is held in the specific teachers room. All teachers are available in their classrooms to offer both structured and individualized assistance to their students. Activities include test review, both before and after examinations, study skills, enrichment activities, individual assistance, group work and opportunities to make up missed assignments or tests. Teachers will keep students informed during regular class periods about their offerings during Student Support Period. Students may also use this time to speak with their counselor regarding scheduling, personal, and any other need:

### OAK PARK HIGH SCHOOL BELL SCHEDULES

- 0 period daily except Mondays.
- Periods 1-6 on alternating Block schedule.
- 7<sup>th</sup> period Academic Support Daily.

#### Regular Schedule (Tuesday – Friday)

| Period        | Time           | Minutes |
|---------------|----------------|---------|
| Period 0      | 7:20 to 8:20   | 60      |
| Passing       | 8:20 to 8:30   | 10      |
| Block 1 (1/2) | 8:30 to 10:05  | 95      |
| Nutrition     | 10:05 to 10:15 | 10      |
| Passing       | 10:15 to 10:25 | 10      |
| Block 2 (3/4) | 10:25 to 12:05 | 100     |
| Lunch         | 12:05 to 12:40 | 35      |
| Passing       | 12:40 to 12:50 | 10      |
| Block 3 (5/6) | 12:50 to 2:25  | 95      |
| Support (7)   | 2:25 to 3:10   | 45      |

#### Monday / Late Start Schedule

| Period | Time | Minutes |
|--------|------|---------|
|--------|------|---------|

#### Activity Schedule 20 minutes

| Period             | Time           | Minutes |
|--------------------|----------------|---------|
| Period 0           | 7:20 to 8:20   | 60      |
| Passing            | 8:20 to 8:30   | 10      |
| Block 1 (1/2)      | 8:30 to 10:00  | 90      |
| Nutrition          | 10:00 to 10:10 | 10      |
| Passing            | 10:10 to 10:20 | 10      |
| Activity (Block 2) | 10:20 to 10:40 | 20      |
| Block 2 (3/4)      | 10:40 to 12:10 | 90      |
| Lunch              | 12:10 to 12:45 | 35      |
| Passing            | 12:45 to 12:55 | 10      |
| Block 3 (5/6)      | 12:55 to 2:25  | 90      |
| Support (7)        | 2:25 to 3:10   | 45      |

Student Name: \_\_\_\_\_

Parent Signature \_\_\_\_\_

**SCHOOL DAY**

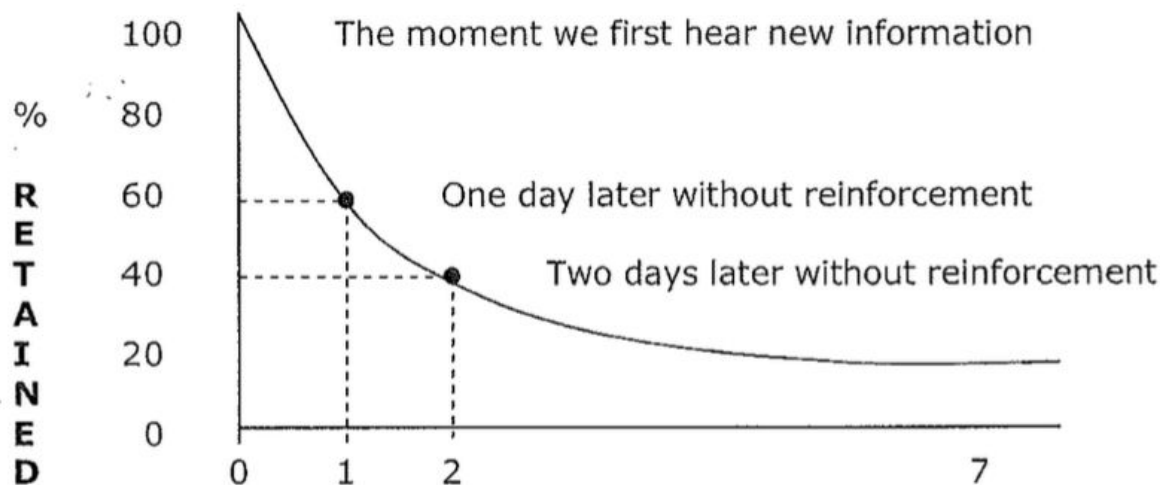
| <b>Periods</b>  | <b>Subject</b> | <b>Homework Commitment per class</b> |
|---|----------------|--------------------------------------|
| <b>0</b> (7:20am – 8:20am)                              |                |                                      |
| <b>1</b> (8:30am – 10:05am)                             |                |                                      |
| <b>2</b> (8:30am – 10:05am)                             |                |                                      |
| <b>3</b> (10:25am – 12:05pm)                            |                |                                      |
| <b>4</b> (10:25am – 12:05pm)                            |                |                                      |
| <b>Lunch</b><br>(12:05pm – 12:50pm)                     |                |                                      |
| <b>5</b> (12:50pm – 2:25pm)                             |                |                                      |
| <b>6</b> (12:50pm – 2:25pm)                             |                |                                      |
| <b>7<sup>th</sup> period support</b><br>(2:25pm-3:10pm) |                |                                      |

**AFTER SCHOOL**

| <b>Time</b> | <b>Activities/Homework</b>           |
|-------------|--------------------------------------|
| 3:10 pm     |                                      |
| 4:00 pm     |                                      |
| 5:00 pm     |                                      |
| 6:00 pm     |                                      |
| 7:00 pm     |                                      |
| 8:00 pm     |                                      |
| 9:00 pm     |                                      |
| 10:00 pm    | <b>SLEEP</b>                         |
| 11:00 pm    | <b>SLEEP</b>                         |
| 12:00 pm    | <b>SLEEP</b>                         |
| 1:00 am     | <b>SLEEP</b>                         |
| 2:00 am     | <b>SLEEP</b>                         |
| 3:00 am     | <b>SLEEP</b>                         |
| 4:00 am     | <b>SLEEP</b>                         |
| 5:00 am     | <b>SLEEP</b>                         |
| 6:00 am     | <b>SLEEP</b>                         |
| 7:20 am     | School starts for 0 period @ OPHS    |
| 8:30 am     | School starts for periods 1/2 @ OPHS |

# The Curve of Forgetting

**THE CURVE OF FORGETTING**



This graph shows how information is lost over time, when there is no attempt to retain it.



**ParentConnection Login**PIN: Password: [Need Your Login Information?](#)**Oak Park Unified SD***Welcome to***ParentConnection**[Rectangular Snip](#)

- + Cafeteria
- + Contacts
- + Demographics
- + Testing
- + Transcript
- + Textbooks
- + Attendance
- + Grad Rqmnts
- + Schedule
- + Assignments
- + Marks
- + GPA
- + Enrollment
- + State Data 1

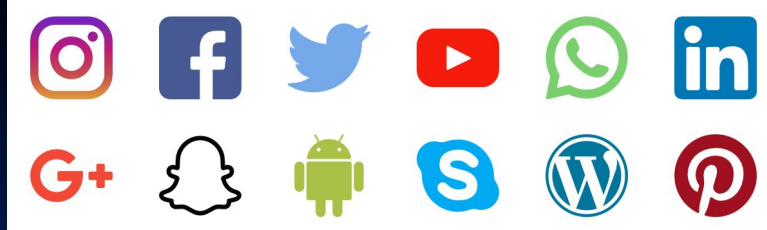
Parents:

- Check Parent Connection regularly, especially Attendance, Assignments & Marks.
- “Trust but verify!”





- All OPHS teachers use Google Classroom to assign work, and post information about their classes.
- It is also where many teachers require students to turn in their homework.
- Parents should “trust but verify!”



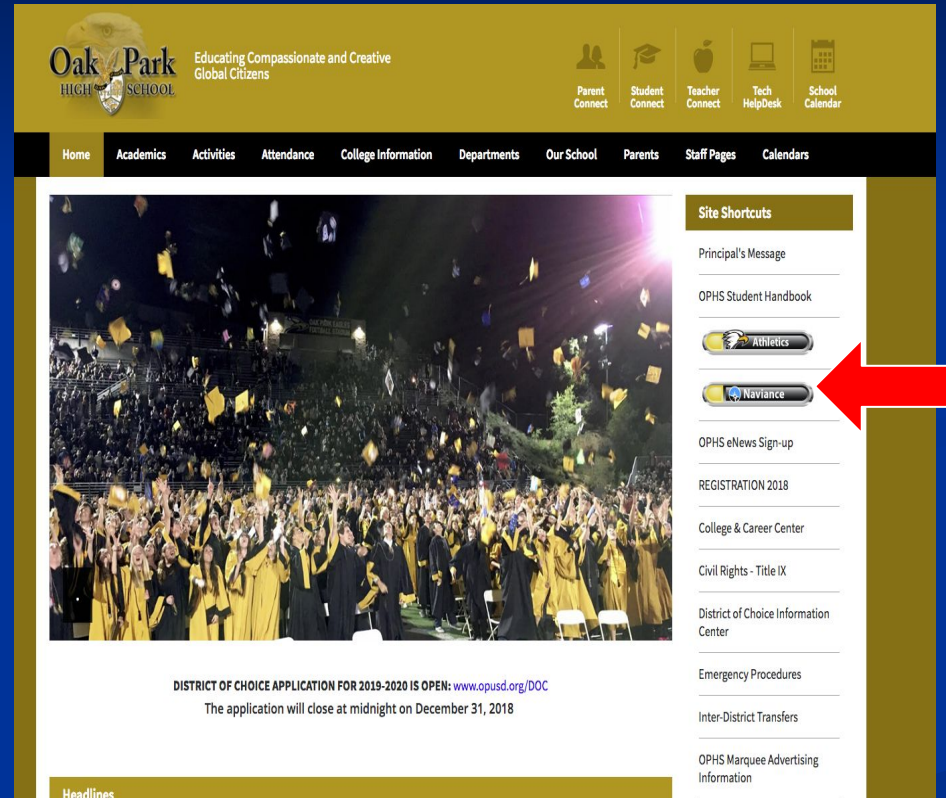
## Restrict Access to Media!

- Turn off cell phone alerts. Phones and multitasking disrupts concentration/learning.
- Consider using applications like “AppDetox” for Android, or “Freedom” for iPhones, to limit access to social media sites during study time.
- Use alarm clock and do not charge your phone in your bedroom.
- Parents may want to have a restricting device like Circle to limit usage.



# NAVIANCE

- 4 year plan
- College search
- Career search
- Self assessments: career, learning style, personality
- Scattergrams
- Naviance login:  
Username = Student ID#,  
Password = Student Q password



# Naviance Home Page

Welcome, Svoboda!

[Search for Colleges](#)



 Type a college name

SEARCH

## The Freshman Year



**Naviance's Student** is a web-based program for academic planning, college and career research. You will want to become familiar with this program as it is the primary vehicle you will use to:

- research and plan your academic program for all 4 years of High School
- request your classes for the upcoming school year
- research careers

[Read more](#)

## My Favorites



COLLEGES

[I'm thinking about](#)



COLLEGES

[I'm applying to](#)



COURSES

[I'm thinking about](#)



CAREERS AND CLUSTERS

[I'm thinking about](#)

## Important To-Dos and Tasks

Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what's next or create a goal or to-do.

## What's New



Fashion Institute of Design and Merchandising, Los Angeles will be visiting your school on Wednesday, October 10th, 2018 at 10:05 am [more info](#)

# Create a 4 Year Plan

Naviance | *Student*

[Home](#) [Courses](#) [Colleges](#) [Careers](#) [About Me](#) [My Planner](#)

## Courses

Rectangular Snip

 Type a course name

SEARCH

[BROWSE COURSE CATALOG](#)

Success! We've added your choice(s) to your course plan!

 Close

### Explore Courses



COURSES

I'm thinking about

[Browse Course Catalog](#)

[Thoughts about my Course Plans](#)

### Plan Coursework



CURRENT MULTIYEAR PLAN

OPHS Graduation Requirements Draft Plan

[Manage Course Plans](#)




# Manage Course Plans

## Manage Course Plans

OPHS (230 credits) Graduation Requirements Plan Draft Plan

 [Edit Name](#)

Status: In Progress

 LAST UPDATE Tuesday Oct 29, 2019 [View Activity](#)

Oak Park High School

## Your Plan at a Glance



### Minimum Credits Required

230.00

### Maximum Credits Allowed

No Limit

### Credits in Your Plan

200.00

### Credits You Still Need

30.00

### Credits You've Completed

0.00



# Research Classes

## Add/Edit Visual Performing Arts Courses

Please choose **10 credit(s)** from the following courses.

Filter by subject area

All



and by grade level

All



Rectangular Snip

☐

3-D Design (aka Ceramics) (CP) -10 crs

10 Credit(s)

☐

ACTING (CP) (aka Theater A) - 10 credits

10 Credit(s)

☐

Acting (CP) - 2.5 credits per production

2.5 Credit(s)

☐

Advanced Ceramics (Adv.3-D Design) (CP)-10 credits

10 Credit(s)

☐

Advanced Computer Animation III/IV (CP)-10 credits

10 Credit(s)

CLOSE

3-D Design (aka Ceramics) (CP) -10

crs

### Course Details

#### Course ID

VPA-3D1-2

#### Subject Area

VPA

#### Credits

10 credit(s)

#### Description

This course provides an opportunity to explore and experiment with clay as a three-dimensional medium. Students will master hand-building ceramic techniques including direct clay modeling, slab building, coil construction. More advanced techniques of wheel throwing and construction of sculptured forms will be explored. Various glaze application techniques will be learned. This course develops awareness of artistic design as applied to functional and decorative forms. Students will learn the workshop, including kiln loading and how to properly use equipment, standard in a ceramics studio. Year Course Grade 9-12 HS-Visual and Performing Arts, Practical Skills or General Elective PREREQUISITE-None UC/CSU-Subject F or g

# Research Colleges

## Colleges

 Type a college name

SEARCH

MORE COLLEGE SEARCH OPTIONS

### Find Your Fit

 SuperMatch®

College Match


Scattergrams

Advanced College Search

College Lookup

Show less

### Research Colleges

 COLLEGES  
I'm Thinking About

College Compare

College Resources


Acceptance History

Enrichment Programs

College Maps

# Super Match College Search

Allows you to search for school based on location, size, cost, and more.

 Naviance | Student

HomeCoursesCollegesCareersAbout MeMy Planner

We want your feedback! What do you think about the new SuperMatch?[Provide Feedback](#)

SuperMatch College Search[About SuperMatch](#)

III Choose Fit CriteriaLocationAcademicsAdmissionDiversityInstitution CharacteristicsCostStudent LifeAthleticsResources

Your Fit Criteria

0 selected criteria

Select Criteria To Start

To refine your results, use the arrows to move your criteria into the "Must Have" and "Nice to Have" boxes.

Must Have

A *Must Have* is anything you absolutely need to be happy and successful.

Nice to Have

A *Nice to Have* is anything that's important to you, but isn't an absolute must have.

Saved Searches Choose one

Save Search

Start Over

No Results Yet

Fit Score

Academic Match

Pick what to show

Pick what to show

Pick what to show

# Look Up a Specific College

**UCLA**

University of California-Los Angeles ♥  
Los Angeles, CA, United States |  
[www.ucla.edu](http://www.ucla.edu)

Communicate ▾

Apply online

Learn More ▾

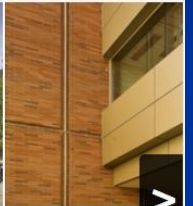
Overview

Studies

Student Life

Admissions

Costs



AVERAGE NET PRICE ⓘ

**\$9,093**

Income: **\$30 - \$48K** ▾

[More about Cost & Aid](#)

GRADUATION RATE ⓘ

**91%**

Within 6 years

[More about Learning Environment](#)

ACCEPTANCE RATE ⓘ

**18%**

[Check out Scattergrams to see how this relates to you](#)

COLLEGE OVERLAPS

**366**

Students who apply to this college also applied to these 366 colleges

[Learn more](#)

REGULAR DECISION DEADLINE

November

**30**

[See all deadlines](#)



# Scattergrams

The screenshot shows the Naviance Student web application. At the top, the header includes the Naviance logo and the word "Student". A navigation bar contains links for Home, Courses, Colleges, Careers, About Me, and My Planner. A red arrow points to the "Colleges" link. Below the navigation bar, a search bar is labeled "Search for Colleges" and "Type a college name". The main content area is divided into several sections: "The Freshman Year" with a "NAVIANCE" logo and a description of the program; "My Favorites" with a list of items including "COLLEGES I'm thinking about", "COLLEGES I'm applying to", "COURSES I'm thinking about", and "CAREERS AND CLUSTERS I'm thinking about"; "Important To-Dos and Tasks" with a message about upcoming tasks; and "What's New" with a calendar icon and a notice about St. Olaf College. A red arrow points to the "Find Your Fit" option in the "Colleges" dropdown menu, which also includes "Research Colleges", "Apply to College", and "Scholarships and Money".

Naviance | Student

Welcome, Svoboda!

Search for Colleges

Type a college name

Home Courses **Colleges** Careers About Me My Planner

COLLEGES Home

COLLEGES I'm thinking about

COLLEGES I'm applying to

Find Your Fit

Research Colleges

Apply to College

Scholarships and Money

**The Freshman Year**

**NAVIANCE**

**Naviance's Student** is a web-based program for academic planning, college and career research. You will want to become familiar with this program as it is the primary vehicle you will use to:

- research and plan your academic program for all 4 years of High School
- request your classes for the upcoming school year
- research careers

Read more

**My Favorites**

COLLEGES I'm thinking about

COLLEGES I'm applying to

COURSES I'm thinking about

CAREERS AND CLUSTERS I'm thinking about


**Important To-Dos and Tasks**

Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what's next or create a goal or to-do.

**What's New**

St. Olaf College will be visiting your school on Monday, October 15th, 2018 at 8:00 am.

# Scattergrams

 Naviance | Student

Home Courses Colleges Careers About Me My Planner

Welcome, Svoboda!

Search for Colleges

Type a college name

Find Your Fit

Back

SuperMatch®


College Match

Scattergrams

Advanced College Search

College Lookup

The Freshman Year


 NAVIANCE


Naviance's Student is a web-based program for academic planning, college and career research. You will want to become familiar with this program as it is the primary vehicle you will use to:


- research and plan your academic program for all 4 years of High School
- request your classes for the upcoming school year
- research careers


Read more

My Favorites

 COLLEGES  
I'm thinking about

 COLLEGES  
I'm applying to


 COURSES  
I'm thinking about

 CAREERS AND CLUSTERS  
I'm thinking about

Important To-Dos and Tasks

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What's New

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# Scattergrams

CAL POLY

Cal Poly, San Luis Obispo ♥  
San Luis Obispo, CA, United States |  
[www.calpoly.edu](http://www.calpoly.edu)

Communicate ▾

Apply online

Learn More ▾

Overview

Studies

Student Life

Admissions

Costs

## REGULAR DECISION DEADLINE



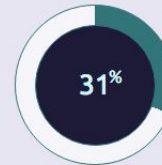
[See all deadlines](#)

## APPLICATION FEES

Freshman Application

**\$55**

## ACCEPTANCE RATE ⓘ



## IMPORTANT POLICIES

**Rolling Notification**  
**By Appointment Registration**  
**Early Decision**  
**Competitive Admissions**

Applications from your high school to Cal Poly, San Luis Obispo

**101** Total Applicants in 2018

45 Students Accepted 16 Students Enrolled



**101** Total Applicants in 2017

46 Students Accepted 11 Students Enrolled

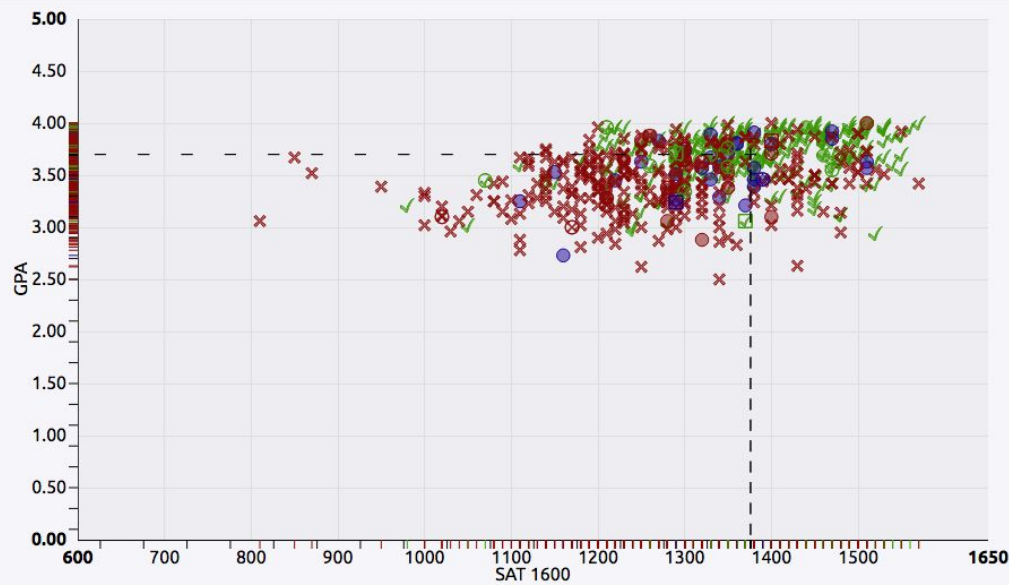


**102** Total Applicants in 2016

32 Students Accepted 8 Students Enrolled



# Scattergrams



| Legend        | Accepted           | Waitlisted/Accepted | Waitlisted/Unknown | Waitlisted/Denied  | Denied             |
|---------------|--------------------|---------------------|--------------------|--------------------|--------------------|
| ⊕ You         | ✓ Regular Decision | ● Regular Decision  | ● Regular Decision | ● Regular Decision | ✗ Regular Decision |
| — Average GPA | ✓ Early Decision   | ● Early Decision    | ● Early Decision   | ● Early Decision   | ✗ Early Decision   |
| Average Score | ✓ Early Action     | ● Early Action      | ● Early Action     | ● Early Action     | ✗ Early Action     |

# Assessments

## Personality, Career and Learning Style

The screenshot displays the Naviance Student dashboard. At the top, the header includes the Naviance logo and 'Student' label, navigation links (Home, Courses, Colleges, Careers, About Me, My Planner), and a welcome message 'Welcome, Svoboda!'. A search bar for colleges is also present. On the right, a user profile dropdown menu is open, showing options like 'ABOUT ME Home', 'SVOBODA JANET My Account', 'My Stuff', 'My Assessments' (highlighted with a red arrow), 'My Surveys', and 'Postsecondary Plans'. The main content area is divided into several sections: 'The Freshman Year' with a 'NAVIANCE' logo and a description of the program; 'My Favorites' with a list of items including 'COLLEGES I'm thinking about', 'COLLEGES I'm applying to', 'COURSES I'm thinking about', and 'CAREERS AND CLUSTERS I'm thinking about'; 'Important To-Dos and Tasks' with a message about no overdue tasks; and 'What's New' with an announcement about St. Olaf College's visit.

Naviance | Student

Home Courses Colleges Careers About Me My Planner

Welcome, Svoboda!

Search for Colleges

Type a college name

ABOUT ME Home

SVOBODA JANET My Account

My Stuff

My Assessments

My Surveys

Postsecondary Plans

### The Freshman Year

**NAVIANCE**

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- request your classes for the upcoming school year
- research careers

Read more

### My Favorites

- COLLEGES I'm thinking about
- COLLEGES I'm applying to
- COURSES I'm thinking about
- CAREERS AND CLUSTERS I'm thinking about

### Important To-Dos and Tasks

Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what's next or create a goal or to-do.

### What's New

St. Olaf College will be visiting your school on Monday, October 15th, 2018 at 8:00 am [more info](#)



RM

Randy McLelland

Class of 2020

[Account](#) [Resume](#) [Test Scores](#) [Portfolio](#)

## Resume

[Add/Update Sections](#)

[Print/Export Resume](#)

Add new entries to your resume by selecting a type of entry from the menu below. If you're not sure what information to provide, you can select an entry type and read the tips displayed. When printing your resume, you can choose which entries you want to display, so we encourage you to add as much information as possible.

**Oak Park High School, 899 Kanan Road, Oak Park, CA 91377**

12

August, 2015 - Present

Rectangular Snip

**Volunteer**

**Los Robles Hospital , 215 W Janss Rd, Thousand Oaks, CA 91360**

February, 2018 - Present

4 hours/week

Grades 11,12



### Extracurricular Activities

**Tennis Team**

March, 2017 - May, 2018

4 hours/week

Total Hours: 70

Grades 10,11



### Awards

**Degree of Excellence in the National Speech and Debate Association**

April, 2017

Grades 11

**Tri-County Forensic League 2016 Spring Open Lincoln Douglas Debate**

**Undefeated**

October, 2016

Grades 10

**Debate Team**

August, 2016 - Present

2 hours/week

Grades 10,11,12

# 504 Resources

## Counseling

Counseling Department

(Freshman Counselor) Janet Svoboda

(A-Fq) Julie Ross

(Fr-Mh) Suzie Stasiefski

(Mi-Tn) Jenny Charrett

(To-Z, 504, International & Summer School Students)  
Randy McLelland

### — Counseling Forms

Acceleration & Credit  
Recovery Options for OPHS  
Students

ACT-SAT Testing  
Accommodations Request

Appeal to Enroll Form

Foreign Language School  
Credit Authorization

4-Year Planning Worksheet

### — Section 504

## SECTION 504 OF THE REHABILITATION ACT OF 1973

### WHAT IS SECTION 504?

“No otherwise qualified individual with handicaps in the United States shall, solely by reason of her or his handicap, as defined in section 706 (8) of this title, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance or under any program or activity conducted by any Executive agency or by the United States Postal Service.” (29 U.S.C. Sec.794)

### DEFINITIONS:

Individual with handicaps

...“ any individual who

(i) has a physical or mental impairment which substantially limits one or more of such person’s major life activities,

(ii) has a record of such impairment, or

(iii) is regarded as having such an impairment.”

(29 U.S.C. Sec. 706 (8))

Physical or mental impairment

# Resources

- College and Career Center room C-6
- Naviance
- [www.oakparkusd.org](http://www.oakparkusd.org)
- [www.collegeboard.com](http://www.collegeboard.com): register for SAT
- [www.universityofcalifornia.edu](http://www.universityofcalifornia.edu): explore campuses
- [www.calstateapply.edu](http://www.calstateapply.edu): explore campuses
- [www.act.org](http://www.act.org): register for ACT
- [www.studygs.net](http://www.studygs.net): study Skills
- [www.fastweb.com](http://www.fastweb.com): scholarships

# Informational Presentations

- Senior College Application Advisement (Fall)
- Parent Night for College Bound Seniors (Fall)
- Individual Senior College Meetings for Students (Fall)
- College Knowledge Night (October)
- Financial Aid Night (Fall)
- Sophomore College Advisement Night (Fall)
- CSU application workshop (Fall)
- UC application workshop (Fall)
- College and Course Advisement (Spring)
- Individual Course Advisement meetings for students (Spring)
- Junior Class College Advisement Night (Spring)

# Final Thoughts...

- Work hard
- Be balanced
- Study smart
- Get help
- Attend 7th Period Support
- Get involved
- Enjoy high school!!!

