

Freshman Advisement



Mr. McLelland
OPHS 504 Counselor

College & Career Center

Ms. Jean Gilbert Hawkins



- College admission counselors visit at:
 - 8am
 - nutrition
 - lunch
 - 7th period
- They may read your application so make sure you meet them

College and Career Webpage/Newsletter

[Home](#)[Academics](#)[Activities](#)[College Information](#)[Departments](#)[Our School](#)[Parents](#)[Staff Pages](#)[Calendars](#)

[Home](#) > [College Information](#) > [College & Career Center](#) > [College & Career Center](#)

College & Career Center

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

[College & Career Center \(C&CC\)
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[College & Career Center
Calendar of Events](#)

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[Financial Aid & Scholarships](#)

[Internet Resources](#)



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

Contact:

Ms. Jean Gilbert Hawkins
(College & Career Adviser)
jhawkins@opusd.org
Phone: 818-735-3315



NAVIANCE

is a new web-based program for academic planning, college research, and advising. The features we have access to now are the "Personality Assessments" and "College/Career Research" modules. To access this program students may contact Ms. Hawkins for their sign-in information. Once you have received your registration code simply follow the prompts to begin exploring this exciting, innovative new program! To access the site just click on the NAVIANCE logo.

What 9th 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 7th 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.
- 7th 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
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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

OPHS Graduation Requirements

- English (4 years)
- Social Studies (3 and ½ years)
- Math (3 years)
- PE (2 years)
- Foundations of Science (1 year)
- Life Science/Biology (1 year)
- Physical Science/Chemistry (1 year)
- Visual and Performing Art (1 year)
- Technology (1 semester)
- Practical Skill (1 semester)
- Health (1 semester-9th)
- Life Skills (1 semester- 12th)
- General Electives (55 credits)

- 240 Credits needed to graduate



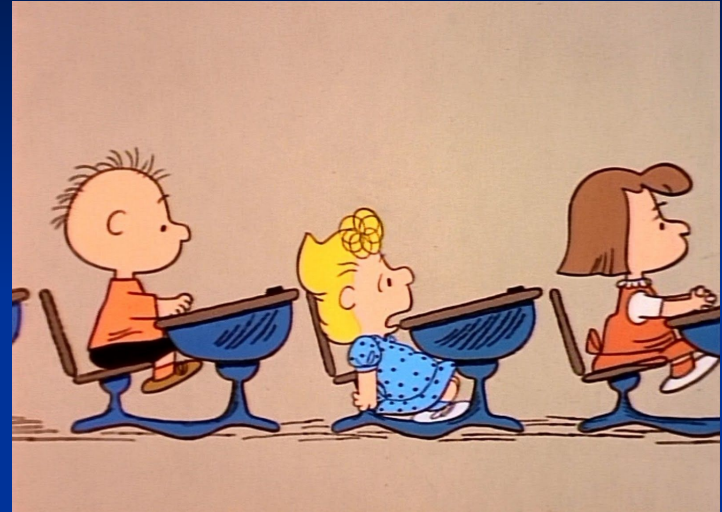
Academics and College

- 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.

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)

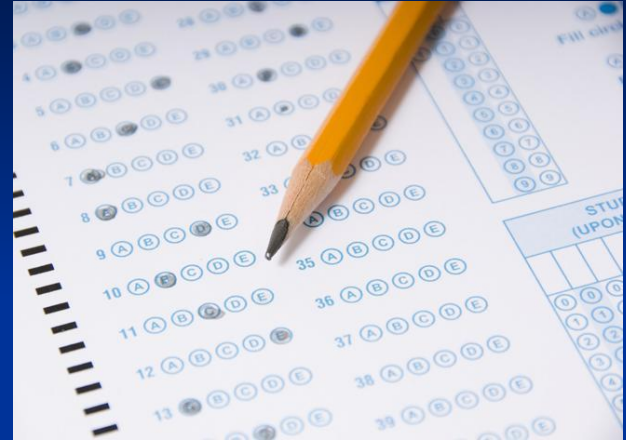
Options for Higher Education

- University of California (\$35,300)
- California State Universities (\$20,000-27,000)
- Private and out of state universities (\$50,470 +)
- Community College (\$13,891)



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



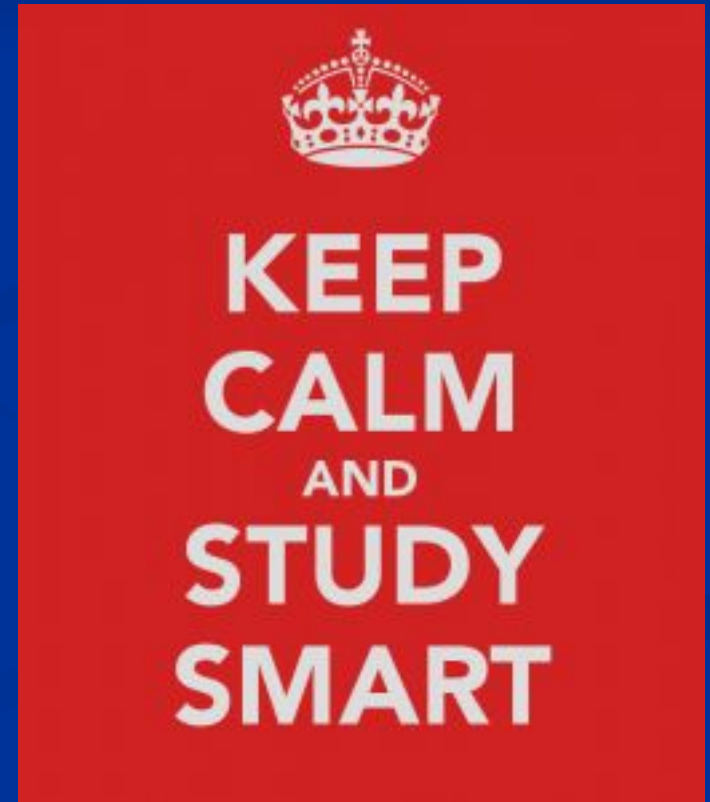
College Entrance Exams

- 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

<https://www.oakparkusd.org/Page/9079>

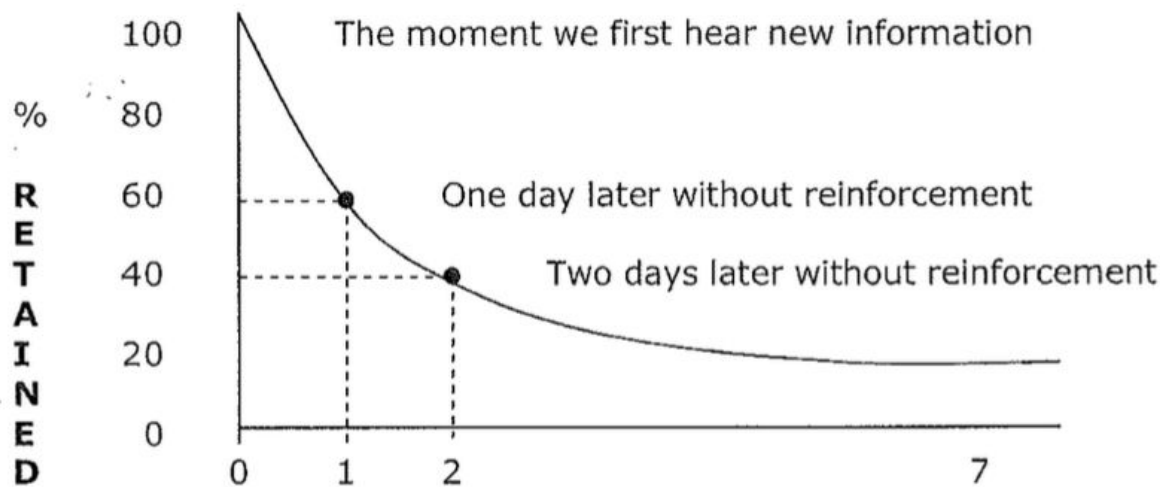
Reaching Your Highest Potential...

- Manage your time wisely
- Avoid distractions while studying (e.g. cellphones, social media etc...)
- Use a calendar
- Organization
- Study in 20-50 minute chunks
- Get enough sleep
- Eat well
- Read Actively
- Read key information out loud
- Take notes
- Be proactive
- Attend 7th period support regularly



The Curve of Forgetting

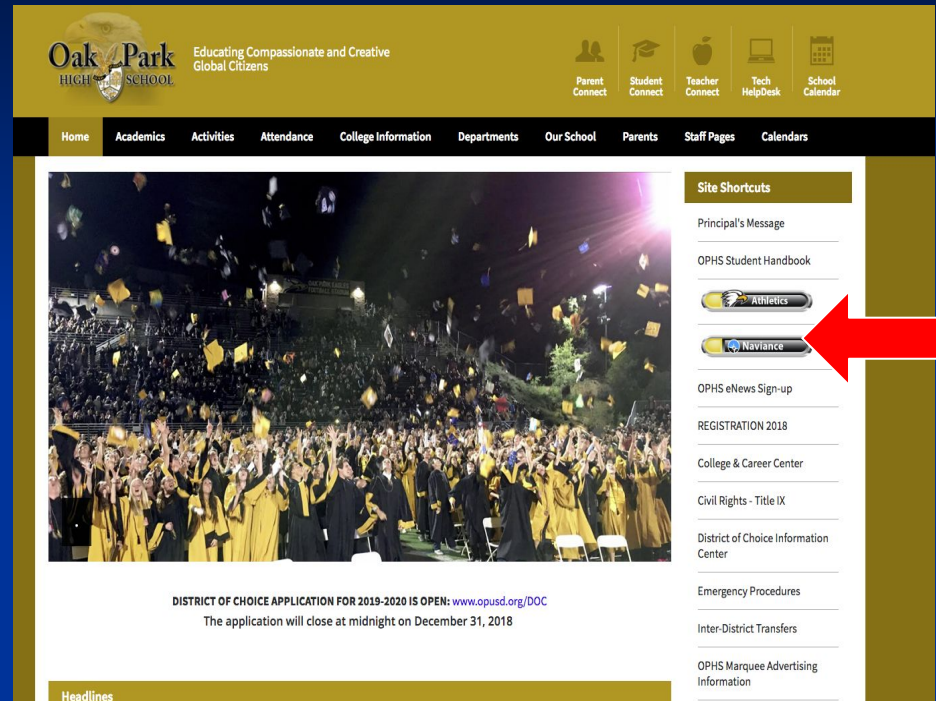
THE CURVE OF FORGETTING



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

Naviance

- 4 year plan
- College search
- Career search
- Self assessments: career, learning style, personality
- Scattergrams
- Naviance code: Student ID#, Student Q code



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

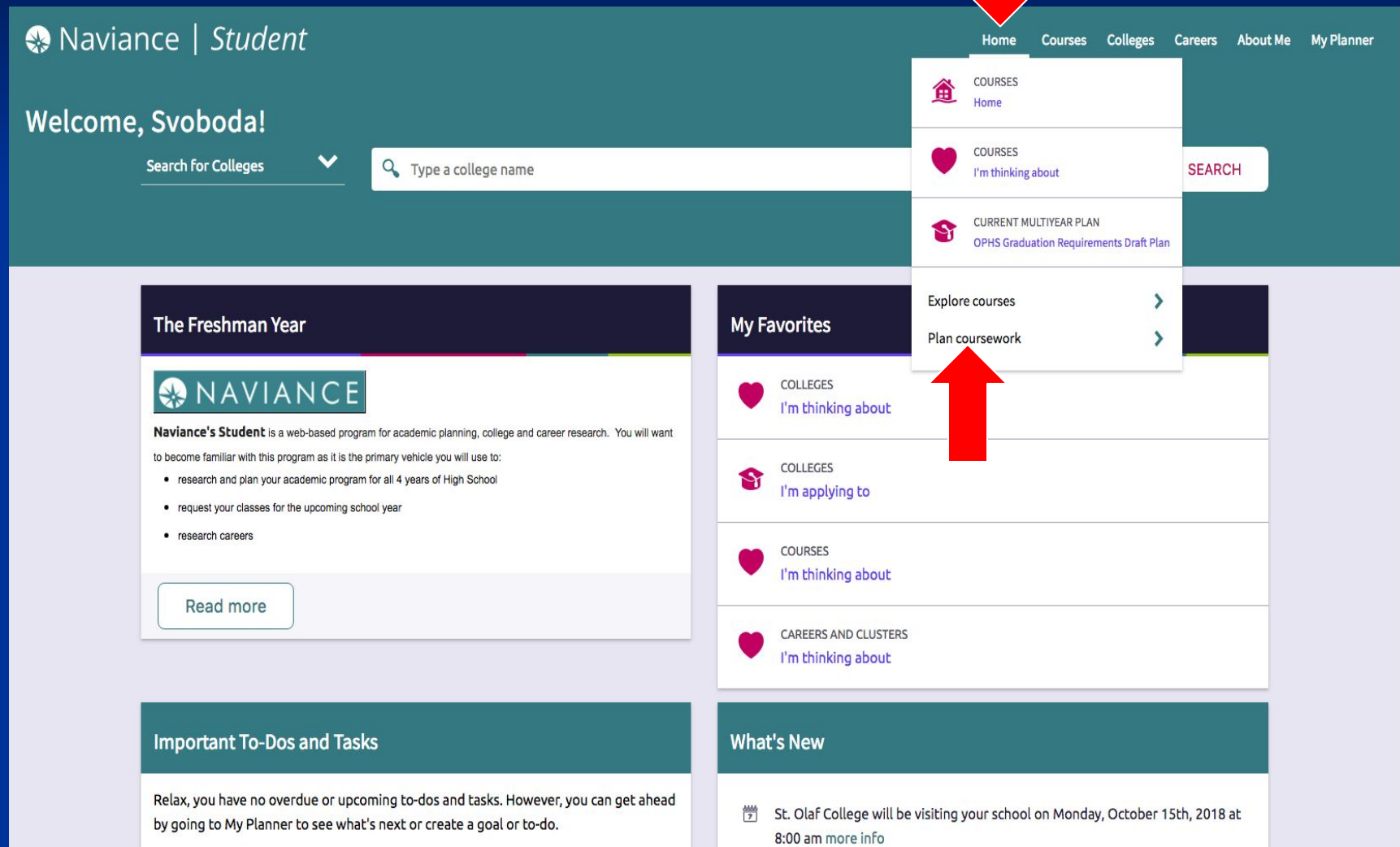
Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what's next or create a goal or to-do.

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



The screenshot shows the Naviance Student web application. At the top, the header includes the Naviance logo and the word "Student". Below this, a navigation bar contains links for Home, Courses, Colleges, Careers, About Me, and My Planner. A red arrow points to the "Home" link in this bar. Below the navigation bar, there is a search bar with the placeholder text "Type a college name" and a "SEARCH" button. The main content area is divided into several sections. On the left, there is a section titled "The Freshman Year" with a "Read more" button. Below this is a section titled "Important To-Dos and Tasks" with a paragraph of text. On the right, there is a section titled "My Favorites" with a list of items, each with a heart icon and a link. A red arrow points to the "Plan coursework" link in this section. Below the "My Favorites" section is a section titled "What's New" with a calendar icon and a date.

Naviance | Student

Welcome, Svoboda!

Search for Colleges

Type a college name

SEARCH

Home Courses Colleges Careers About Me My Planner

COURSES Home

COURSES I'm thinking about

CURRENT MULTIYEAR PLAN OPHS Graduation Requirements Draft Plan

Explore courses

Plan coursework

COLLEGES I'm thinking about

COLLEGES I'm applying to

COURSES I'm thinking about

CAREERS AND CLUSTERS I'm thinking about

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

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

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](#)

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

Communicate ▾

Apply online

Learn More ▾

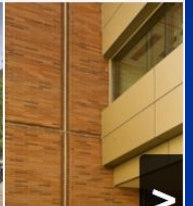
Overview

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 interface. At the top, the header includes the Naviance logo and the text "Naviance | Student". The 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, the main content area is divided into several sections. On the left, there is a "Welcome, Svoboda!" message with a search bar for colleges. Below this is a section titled "The Freshman Year" with a "NAVIANCE" logo and a description of the program. On the right, there is a "My Favorites" section with a list of items: "COLLEGES I'm thinking about", "COLLEGES I'm applying to", "COURSES I'm thinking about", and "CAREERS AND CLUSTERS I'm thinking about". A red arrow points to the "Find Your Fit" option in the "Colleges" dropdown menu. Below the "My Favorites" section is a "What's New" section with a calendar icon and a date.

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

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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

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What's New

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Scattergrams

 Naviance | Student

Home Courses Colleges Careers About Me My Planner

Welcome, Svoboda!

Search for Colleges

Type a college name

Find Your Fit

SuperMatch®


College Match

Scattergrams

Advanced College Search

College Lookup

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

Scattergrams

CAL POLY

Cal Poly, San Luis Obispo ♡
San Luis Obispo, CA, United States |
www.calpoly.edu

Communicate ▾

Apply online

Learn More ▾

Overview

Studies

Student Life

Admissions

Costs

REGULAR DECISION DEADLINE



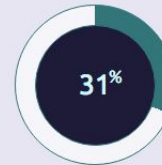
See all deadlines

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

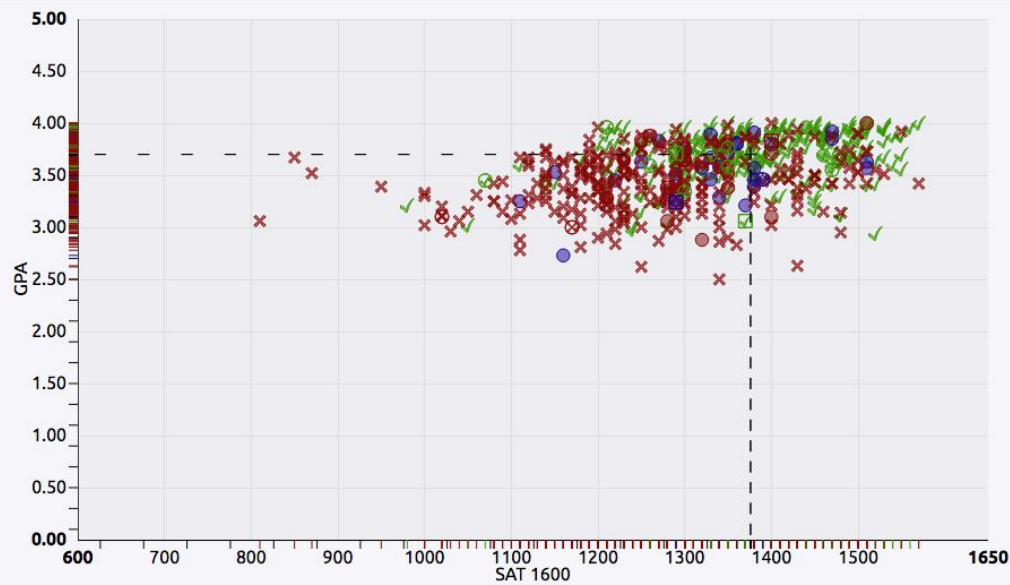


102 Total Applicants in 2016

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 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

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What's New

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

About Me

RM

Randy McLelland

Class of 2019

[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

Debate Team

August, 2016 - Present

2 hours/week

Grades 10,11,12



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

College and Career Center

Ms. Hawkins

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



Resources

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

Informational Presentations

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

Final Thoughts...

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

