



Poly High School Student Sessions



What Are We Going to Cover?

- Graduation Requirements
- A-G Requirements
- College Entrance Exams
- NCAA Eligibility
- To-Do's!
- Registration process

Grad Requirements

- English - 40 credits
- World Civilization – 10 credits
- US History – 10 credits
- American Gov/Econ – 10 credits
- Mathematics – 30 credits
- Physical Science – 10 credits
- Life Science – 10 credits
- Physical Education – 20 credits
- Fine Arts/Foreign language/
CTE – 30 credits
- Electives – 50 credits
- ***TOTAL CREDITS = 220***

CREDIT SUMMARY			
Subject Area	Credit Req'd	Compl	Needed
English	40.00	20.00	20.00
World Civilization	10.00	10.00	-
US History	10.00	-	10.00
Amer Govt/Econ	10.00	-	10.00
Mathematics	30.00	20.00	10.00
Physical Science	10.00	10.00	-
Life Science	10.00	10.00	-
Physical Education	20.00	20.00	-
Crit/Analytical Thin	-	-	-
Guidance	-	-	-
Health Education	-	-	-
FineArts/FqnLnq/CTE	30.00	15.00	15.00
Middle School	-	-	-
RCC Courses	-	-	-
Electives	50.00	20.00	30.00
* TOTALS *	220.00	125.00	95.00
Algebra 1 Requirement Met			

On Track Status

- On Track =
- 60 credits at the start of your Sophomore year
- 120 credits at the start of your Junior year
- Parent/Student Conference Needed if you are NOT on track: *the purpose is to get you on track for graduation. (ie: zero period, summer school, credit recovery senior year, alternative school, RVS class)*
- Please schedule appointment or come in at lunch to meet with your counselor ASAP!

College A-G Requirements

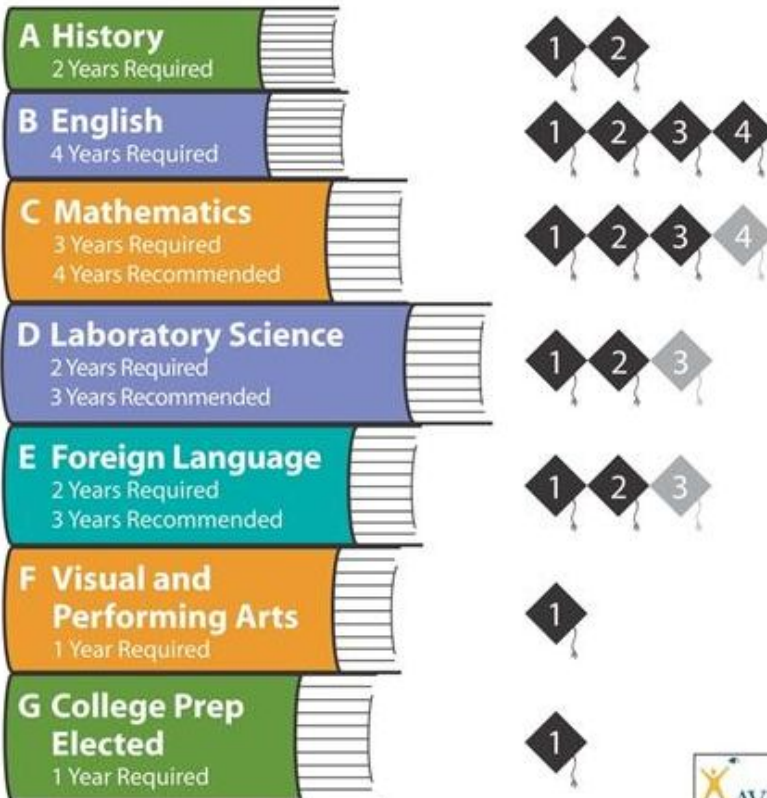


College A-G Requirements

You can go to **COLLEGE**

A-G Requirements*

California State University ♦ University of California



* Grades of C or better required.



- C's or Higher Required (retake if lower than a C)
- Full list of PHS A-G courses available @ <https://hs-articulation.ucop.edu/agcourselist>
- Noted with "p" on transcript are A-G

College Prep Timeline 9th Grade

Freshman Year

□ Fall- Winter

- ▣ Build a strong foundation of classes, get the basics out of the way
- ▣ Get involved in extra/co-curricular activities
- ▣ Athlete? Be sure to learn the NCAA requirements

□ Winter-Spring

- ▣ Keep your grades up
- ▣ Set sights on leadership roles
- ▣ Consider possible career fields

□ Summer

- ▣ Get a part-time, summer job
- ▣ Keep reading to increase your vocabulary

Prep for College
PREP *for* **LIFE**

College Prep Timeline 10th Grade

Grade 10



Take the toughest classes you can



Begin preparing for the PSAT, ACT, SAT



Find a tutor if you need one



Meet with your school counselor



Focus and commit to your extracurriculars



Start your resume



Prepare for the SAT, ACT, PSAT, SAT Subject, and AP tests



Visit colleges



Volunteer, Work



Read, Travel



SUMMER



Research colleges

College Prep Timeline 11th Grade



Take ACT/ SAT 2nd Semester 11th Grade

- SAT I + Writing www.collegeboard.org
 - *Emphasis on general reasoning/critical thinking skills*
- SAT II or Subject Tests www.collegeboard.org
 - *Measures mastery in a particular subject*
- ACT + Writing www.actstudent.org
 - *Designed to measure academic achievement in English, mathematics, history, reading, and science.*

Fee
Waivers
Available!

Register for NCAA

- Register with the NCAA Eligibility Center at www.eligibilitycenter.org. (fee waiver available if free/reduced lunch)
- Request an official transcript through Parchment to be sent to the NCAA Eligibility Center at the end of junior year.
- Take SAT/ACT and use code 9999 when registering to have your official scores sent directly to NCAA Eligibility Center.
- Meet w/your counselor to make sure you are taking the required NCAA Core Courses.



Strengthening College & Job Applications

- ***Volunteer***

Volunteer Center of Riverside
2060 University Ave, Riverside
Ca. 92507

Phone: (951) 686-4402

Keep a log sheet of your duties
& hours

- **Join Extra Curricular Activity- Clubs/Teams**
 - Quality not Quantity

- ***Get Good Grades- No D's***

- ***Complete Counselor Letter of Recommendation Packet***
by August of your Senior Year for your School Counselor. Access from counseling website

Get Informed

- **Research and visit colleges and majors**
- **Attend College Rep visits Workshops**
(calendar on counseling website)

college representatives.



Apply for Scholarships



- **Apply for Scholarships!**
Scholarship List online @
Counseling website
www.rphscounseling.weebly.com
or see secretaries in the
Main Office for assistance.
 - Some Scholarships cannot be applied for unless you fill out FAFSA!!



Interested in the Military?

1. Branches

- Army, Navy, Marines, Coast Guard, Air Force

2. Academies

- Military Academy (West Point)
- Naval Academy (Annapolis)
- Air Force Academy (Colorado)
- Coast Guard (New London)
- Merchant Marine (New York)

3. Good health (physical)

4. 17 years old (with parental consent)

5. High school diploma or GED

6. Take ASVAB test (Score dictates what your job will be)



[Military Video](#)

* A recruiter can guide you through the process. Males must register for Selective Service 30 days after 18th birthday.

Helpful Websites

Free Test Prep Resources:

- SAT prep: www.collegeboard.org
- ACT prep – www.actstudent.org
- KHAN academy: www.khanacademy.org (test prep linked to PSAT results)

Tools to Explore Campuses:

- UC campus websites
- Zinch: www.zinch.com
- Cappex: www.cappex.com/
- The Princeton Review's School Search:
www.princetonreview.com/schoolsearch.aspx
- CollegeWeekLive: www.collegeweeklive.com
- CollegeBoard: www.bigfuture.collegeboard.org

Athletes:

www.eligibilitycenter.org www.playnaia.org

Remember to send SAT scores to 9999



Tips to Succeed in High School

- Stay organized- use a planner so you can write everything down... or you WILL forget!
- Check Aeries portal consistently
- Study your notes every night...not just before a test
- Remember to take time out for yourself
- Stay healthy
- Join clubs
- Do NOT procrastinate on anything!

POLY COUNSELING WEBSITE

• www.rphscounseling.weebly.com

The image displays two overlapping screenshots of the Poly High School Counseling website. The background screenshot shows the main website interface with a dark blue header, a navigation menu, and a large banner area. The foreground screenshot shows the Weebly website builder interface for the same site, with a light blue header and a navigation menu. A large blue arrow points from the 'New Student Enrollment Packet 2018-2019 (Spanish).pdf' link in the background screenshot to the 'Counselors' icon in the foreground screenshot.

Background Screenshot (Poly High School Counseling Website):

- Header: Poly High School Counseling
- Navigation: HOME, ABOUT US, WHAT'S NEW, CALENDAR, ADMINISTRATION, STAFF DIRECTORY, STUDENTS, PARENTS, TEACHERS, CONTACT US
- Content: 2018-2019 (English).pdf, New Student Enrollment Packet 2018-2019 (Spanish).pdf
- Footer: 5450 Victoria Ave., Riverside, CA 92506, 951-788-7203, 951-328-2901

Foreground Screenshot (Weebly Website Builder):

- Header: Poly High School Counseling
- Navigation: Homepage, Academics, College and Career, Social/Emotional, Resources
- Content: Poly High School Counseling
- Footer: POWERED BY weebly

Navigation Menu (Background Screenshot):

- HOME
- ABOUT US
- WHAT'S NEW
- CALENDAR
- ADMINISTRATION
- STAFF DIRECTORY
- STUDENTS
- PARENTS
- TEACHERS
- CONTACT US

Navigation Menu (Foreground Screenshot):

- Homepage
- Academics
- College and Career
- Social/Emotional
- Resources

Footer (Background Screenshot):

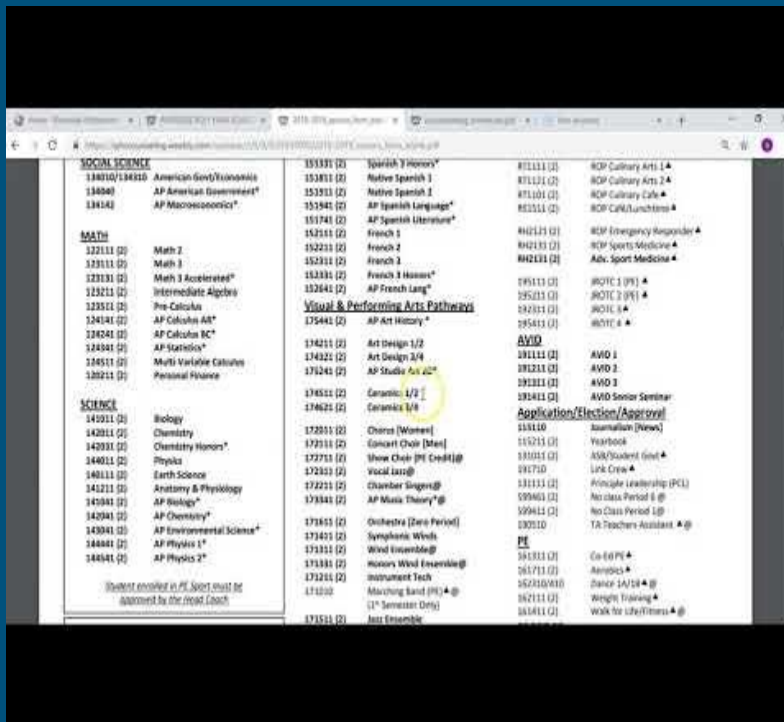
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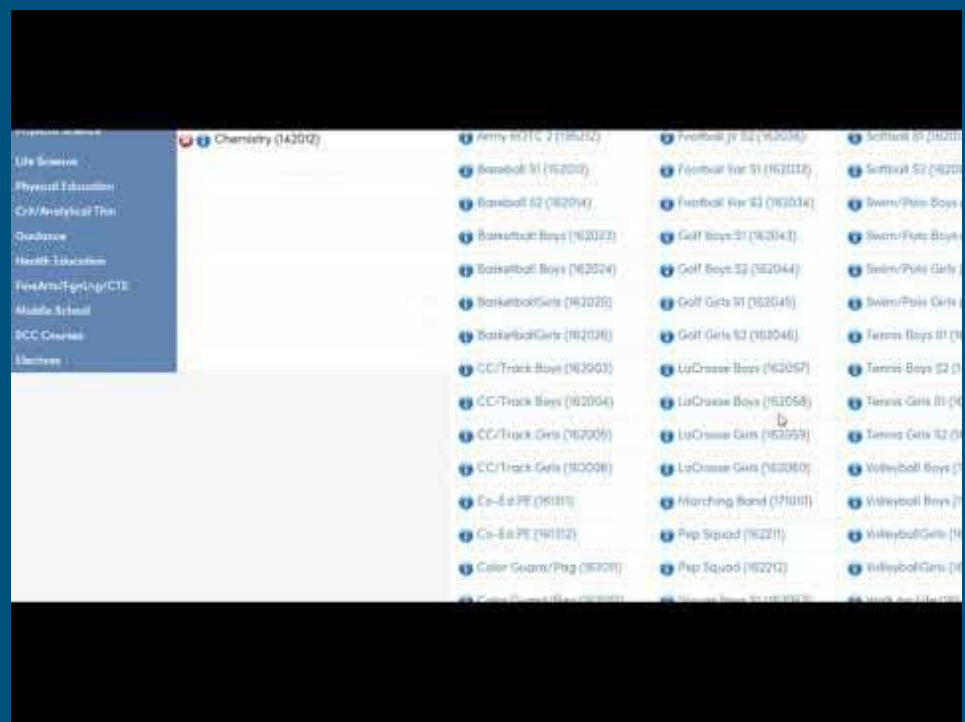
POWERED BY weebly

Registration Process

Step 1: Registration Sheet



Step 2: Aeries portal course selection



Please review your transcripts carefully!

Write down questions for your Registration meeting



Have a Great Year!

