

# INFORMATION FOR FRESHMEN

## High School Graduation Requirements:

4 years of English (9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>)  
2 years of Math (Algebra 1 and Geometry)  
3 years of Social Science  
(World History 10<sup>th</sup>, US History 11<sup>th</sup>,  
Government/Econ. 12<sup>th</sup>)  
2 years of Science  
(Physical Science \*Chemistry\* and  
Biological Science\*biology\*)  
1 year of Fine Art  
1 Semester of Career Prep  
1 Semester of Health  
2 Years of Physical Education  
**220 Credits**  
**CAHSEE**  
**Fitness Test**

## A-G College Requirements

**A.** 2 years of History (1 of American History  
and 1 of World History)  
**B.** 4 years of English (College Prep)  
**C.** 3 years of Math (Algebra 1, Geometry,  
Algebra 2 +) *4 recommended*  
**D.** 2 years of Science (Lab science: Biology  
and Chemistry +) *3 recommended*  
**E.** 2 years of Foreign Language (same  
language) *3 recommended*  
**F.** 1 year of Visual and Performing Arts  
**G.** 1 year of a College Preparatory Elective

**ALL COLLEGE REQUIRED COURSES MUST  
BE COMPLETED WITH A "C" GRADE OR  
BETTER!**

\*If a course is dropped after applying to  
universities, you must notify each school.

## NCAA Eligibility Standards for Collegiate Athletes

**16 Core-Course Rules  
(Min 2.0 GPA)**

4 years of English (College Prep)  
3 years of Math (Algebra 1 or  
higher)  
2 years of natural/physical science  
(1 yr of lab science)  
1 year of additional English, Math,  
or natural/physical science.  
2 years of social science  
4 years of additional courses  
(from any core area, foreign  
language or non-doctrinal  
religion/philosophy)

## ACADEMIC

- ☞ Maintain focus → Strong English & Math skills prep you for acquiring a college degree quickly
- ☞ Take CST exams in the spring seriously since scores are used for placement in AP and Honors courses.
- ☞ Maintain strong grades → "D" grades do not meet A-G requirements and a "C" can't be made up!
- ☞ Take challenging courses that satisfy the A-G college admission requirements.
- ☞ Don't sink, seek help → attend tutoring and talk with your teachers

## PERSONAL/SOCIAL

- ☞ If personal issues are getting in the way of your success, see your counselor for resources that can help.
- ☞ Involvement in extracurricular and community service activities is very important.

## CAREER

- ☞ Explore EXTENSIVE resources related to career exploration and planning  
[www.californiacareers.info](http://www.californiacareers.info) [www.cacareerzone.org](http://www.cacareerzone.org)  
[www.mappingyourfuture.org](http://www.mappingyourfuture.org) [www.whodouwant2b.com](http://www.whodouwant2b.com)

## COLLEGE

### College Exploration

[www.collegeweeklive.com](http://www.collegeweeklive.com) (Online College Fair) [www.trade-schools.net](http://www.trade-schools.net) [www.artschools.com](http://www.artschools.com)  
[www.mappingyourfuture.org](http://www.mappingyourfuture.org) (Career/College Planning, FAFSA, etc.) [www.assist.org](http://www.assist.org) (explore majors)  
[www.californiacolleges.edu](http://www.californiacolleges.edu) [www.csumentor.edu](http://www.csumentor.edu) (CSU) [www.ucop.edu](http://www.ucop.edu) (UC) [www.glendale.edu](http://www.glendale.edu)

### Testing

- ☞ In the spring semester of your sophomore year, you will be taking the California High School Exit Exam (CAHSEE).
- ☞ Plan on taking the PSAT in October of your junior year.

### College Athletics

- ☞ If planning on playing collegiate sports in college, you must apply with the NCAA at the end of your junior year. Check all course work and be sure you have all 16 core courses.  
<https://web1.ncaa.org/eligibilitycenter/> <http://eligibilitycenter.org/>