

## 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**

### 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

- ☞ Visit the counselors page on our school website for resources and information: [www.glendalehigh.com](http://www.glendalehigh.com)
- ☞ Being on time to class and attending school every day is critical to academic success.
- ☞ 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!
- ☞ Don't sink, seek help → attend tutoring and talk with your teachers
- ☞ Report card dates: Fall - 9/30, 11/4, 12/9, 1/26 Spring - 3/2, 4/6, 5/11, 6/14

## 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.
- ☞ Being on time to class and attending school every day is critical to academic success.

## 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.lacorop.org](http://www.lacorop.org) (ROP)  
[www.mappingyourfuture.org](http://www.mappingyourfuture.org) [www.whodouwant2b.com](http://www.whodouwant2b.com)

## COLLEGE

[www.trade-schools.net](http://www.trade-schools.net) [www.artschools.com](http://www.artschools.com) [www.collegeweeklive.com](http://www.collegeweeklive.com) (Online College Fair)  
[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) (search for the college right for you) [www.ycg.org](http://www.ycg.org) (college options & planning)  
[www.cccco.edu](http://www.cccco.edu) (Community Colleges), [www.csumentor.edu](http://www.csumentor.edu) (CSU's) [www.ucop.edu](http://www.ucop.edu) (UC's)  
[www.glendale.edu](http://www.glendale.edu) (GCC)

### Testing

- ☞ In the spring semester of your sophomore year, you will be taking the California High School Exit Exam (CAHSEE). A score of 380 is proficient.
- ☞ 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/>