



EDUCATIONAL PLANNING GUIDE

An Introduction to
Palos Verdes High School
for Freshmen and New Students

Palos Verdes High School
Counseling Department
600 Cloyd Road
Palos Verdes Estates, CA 90274
(310) 378-8471

Compiled by Trista Ramirez and Teri Kuwahara
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PALOS VERDES HIGH SCHOOL
600 Cloyden Road
Palos Verdes Estates, CA 90274
(310) 378-8471
www.pvhigh.com

MESSAGE FROM THE PRINCIPAL

Dear Parents and Students,

It is our hope that your journey through high school is a positive and memorable one. As a staff, PVHS is committed to making this journey as student centered and friendly as possible. The Education Planning Guide is a road map for your four years at PVHS. It shows the possible academic paths, extracurricular activities and programs designed to enhance your high school experience. Our College and Career Center staff and our counseling department have worked hard to compile all of the following information in a clear, concise and organized fashion.

As you make decisions throughout your high school career, it is important to carefully weigh all of the factors. My best advice is to ask for help from our highly trained counselors and College and Career Center staff. They are able to provide you with objective information that will help students make the best decisions. Please do not hesitate to seek the counsel of our staff in order to become fully aware of all of the information that we can provide.

It is extremely important that students keep as many options open as possible. We never know what upcoming years may hold and students need to have a multitude of options from which they can choose. It is important to us that students not only find the right college for them, but are then successful at that college. The Education Planning Guide is an important first step along your path to success.

Sincerely,

Nick Stephany, Ed.D
Principal, PVHS

ADMINISTRATION



NICK STEPHANY, Ed.D.

Principal
stephany@pvpusd.k12.ca.us



BRENT KUYKENDALL

Associate Principal - School Operations
kuykendallb@pvpusd.k12.ca.us



TRISTA RAMIREZ

Associate Principal - Counseling & Guidance
ramirez@pvpusd.k12.ca.us



EVAN FUJINAGA

Athletic Director
fujinagae@pvpusd.k12.ca.us



JAMA MAXFIELD

Activities Director
maxfieldj@pvpusd.k12.ca.us

Palos Verdes High School is operating under a maximum term of accreditation granted by the Western Association of Schools and Colleges (WASC), the official accrediting agency for schools in the western United States.



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A MESSAGE TO STUDENTS AND PARENTS FROM THE SUPERINTENDENT OF SCHOOLS

During your high school years, you will be making several important educational and career decisions. To assist you in this decision-making process, we have prepared this *Educational Planning Guide*.

This comprehensive student planning guide has been prepared by the school district in cooperation with the help of high school counseling offices and is issued in hopes that you will use it as a permanent reference throughout your freshman, sophomore, junior and senior years. It contains information about graduation requirements, academic and co-curricular opportunities, college entrance requirements, and various other facts important to your success in high school, college, and/or the career you choose to follow.

This planning guide is intended to be used in consultation with guidance and career center personnel at the high schools. The counseling department and college/career center can provide in-depth information about each of the topics contained herein and is anxious to assist you and your parents in designing a high school program that best meets your individual needs.

College admission and other requirements are subject to change, and the District plans to update this booklet annual to reflect any such changes.

I urge you to place this guide in your notebook or somewhere safe so that you can use it (or any supplementary revisions) as a reference throughout your high school years.

WALKER WILLIAMS
Superintendent of Schools



PALOS VERDES HIGH SCHOOL COUNSELING DEPARTMENT



TRISTA RAMIREZ
Associate Principal
Counseling & Guidance
Extension 205
ramirez@pvpusd.k12.ca.us



PAULA STAPLETON
Head Counselor
A – C
Extension 220
stapletonp@pvpusd.k12.ca.us



PATRICIA COLIN
Counselor
D - Hn
Extension 213
colinp@pvpusd.k12.ca.us



KRISTEN HUBER
Counselor
Ho - Mc
Extension 293
huberk@pvpusd.k12.ca.us



AMERIKA McHUGH
Counselor
Me - R
Extension 217
mchugha@pvpusd.k12.ca.us



ANDREA PELLICANE
Counselor
S – Z
Extension 216
pellicanea@pvpusd.k12.ca.us

COLLEGE & CAREER CENTER



TERI KUWAHARA
Director
Extension 618
kuwaharat@pvpusd.k12.ca.us



TERESA HOFFMAN
Scholarships & Financial Aid
Extension 347
hoffmant@pvpusd.k12.ca.us

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The Freshman Experience



What should I expect as a freshman at PVHS?

Your freshman year of high school should be one of the most exciting times in your life. You are thrust into an environment with lots of things to do, more freedom and lots of new people. The following is a guide of what to expect as a freshman at PVHS, a breakdown of what PVHS does to ensure that each freshman gets the very most out of this formative year.

Summer

In the summer before freshman year, many students at PVHS participate in a summer sports program. Whether you play a fall, winter or spring sport, the summer sports programs give incoming freshman a great opportunity to make new friends and get familiar with the campus. While the summer programs are not required, it is an excellent introduction to PVHS and other new Sea Kings. If you need more information on summer sports programs, please go to: www.pvhigh.com. Click on Athletics > Summer Programs or contact Athletic Director Evan Fujinaga at extension 204. The PVHS performing arts programs also have summer programs. Visit www.pvhsdrama.com or our school website: www.pvhigh.com and click on Academics > Fine and Performing Arts > Drama.

Registration and Link Crew

Nearing the end of the summer, summer sports come to an end and the beginning of August is a great time to rest, spend time with family and take that last vacation before school starts.

In the week before school starts, students come back to PVHS for Registration. On Registration Day, freshman students are highly encouraged to participate in the Link Crew orientation. Last year, 85% of the freshman participated in this orientation.

Link Crew is a national program in which small groups of freshman are matched up with junior and senior students that have volunteered to be Link Leaders. The Link Leaders lead the freshman in team building activities and help answer all kinds of questions that freshman may have. Not only are the Link Leaders a valuable source of information, they are also friendly resource for our freshman students as they navigate the high school landscape. The Link Leaders continue to lead activities with their freshman "crew" over the course of the school year.

After the Link Crew orientation, freshman then go through the registration process. Students turn in their necessary signed forms, pay for their yearbook as well as other items and get their picture taken for their ID cards. At the end of the registration process, students pick up their schedule of classes and pick out a locker.

First Week of School

The first day of high school may seem like a blur to many people, but we want to make it a low stress experience for our newest students. On the first day of school, students meet all of their teachers. Freshman students will find that high school is different; students can wear hats, carry around cell phones and chew gum. But at the same time, they are held to a higher standard of behavior and responsibility. Freshman students will find that their teachers are simply incredible; pushing the students to their academic limits, but supporting them along the way. Some of PVHS's best teachers ask to teach freshman classes as they recognize the critical importance of a solid foundation of knowledge across the curriculum.

Freshman students will find that the PVHS student body is kind and that upper classmen are welcoming to the new students. Students are not hazed, told to go home or made to feel as if they do not matter. At PVHS, we recognize that a positive and healthy freshman experience will set the stage for four years of success at PVHS.

Freshman Retreat

In 2011, PVHS held its first annual Freshman Retreat. Held on the first Thursday of school, Freshman Retreat provided freshman students with the opportunity to get to know the administrators, counselors, ASB directors and other support staff that will help them over the next four years. Motivational speaker, Scott Greenberg talked to the students about how important their high school years are and gave them various strategies to become the best they can be. The administration also spoke to the students about the rules and expectations during high school. Dirk Eldregde, a substance abuse counselor on the hill, also spoke to the freshman about making good choices, avoiding the pitfalls of peer pressure and resources that are available to help them.

Club Rush

During the month of October, students at PVHS take part in Club Rush. Held in Senior Park, Club Rush gives all students the opportunity to see what clubs are offered and to join the clubs in which they have interest. There are over 50 clubs at PVHS, everything from Young Republicans to the Video Game club to an Aviation club. ASB clubs are a great way for freshman students to get involved and to meet new people with similar interests. If students have a passion that one of the clubs does not cover, students are also encouraged to start their own clubs. This is a great opportunity for students to show their leadership abilities.

Football Games & Homecoming

PVHS has a long standing tradition as a powerhouse in Bay League Football. Friday afternoon football games are a great way for students to show their school spirit and get involved. Freshman students are encouraged to join the PVHS Red Tide, our student cheering section. The Red Tide has done a great job in 2011 making cheers and comment appropriate, supportive and they do so in a way that makes our school proud. Freshman students should come out after school, sit in our new bleachers with an ocean view and enjoy our version of Friday Night Lights!

The Homecoming dance is always well attended and a good time for all students. We have over 1,100 students attend this year's Homecoming dance and many students commented that this was the best Homecoming they have been to at PVHS in four years. There are usually three dances held at PVHS over the course of the year

Events around Campus

Through the months of October, November and December, students eventually settle into their routines. They realize that the block schedule isn't really that different after all and they start to figure out what is expected of them and how they can best succeed. There are many different things to do as a student at PVHS. One of which is the fall play that our drama department writes, directs and produces every year. The PVHS drama department is absolutely incredible and under the direction of Nicole Thompson, it has become one of the premiere drama programs in Southern California. There is also the AVID car wash, winter athletics try outs, MUN conferences, speech and debate tournaments, mock trial competitions and a host of other activities that students enjoy. Students must find their own sense of balance in their daily lives, but PVHS will give them every opportunity imaginable to spend their time in a healthy and productive manner.

Challenge Day

School culture and the manner in which our students treat each other is of utmost importance to PVHS. A very special program that gave our students an authentic experience in the way they treat others was brought to PVHS in October, 2011 by our PTSA and Booster Club. Challenge Day, as featured on the MTV series, "If You Really Knew Me" proved to be a powerful event for the over 300 students and 30 staff members that participated. Many students asserted that Challenge Day changed the way they think, act and treat other people. Challenge Day will be a vital part of the PVHS culture for years to come.

End of the Semester

In high school, students only receive two permanent grades, one for each semester. The first semester ends in the third week of January. For many freshmen, this will be the first time they take final exams. It is important to remember that in high school, all of your grades count, even your freshman year. While the PVHS teachers will challenge their students to reach their academic potential, it is important to remember that .



High School Counseling Program

The Counseling Office at Palos Verdes High School is staffed with credentialed counselors specifically assigned to help students with their educational plans and personal development. Students are assigned to a counselor alphabetically by last name and work with the same counselor through graduation.

One of the counselor's primary objectives is to assist students in planning courses of study which best meet their individual needs, abilities, interest, and plans for the future. Counselors also help students to make decisions regarding the following:

- Curriculum and course selection
- College entrance requirements
- College admission testing
- Graduation requirements
- Educational planning
- Career exploration
- Financial aid for college
- Scholarship applications
- Personal development

How to schedule a visit with your counselor:

Counselors are available to students throughout the regular school year. Appointments may be made by filling out a "Request to See Counselor" form in the Counseling Office. Counselors will send a call slip to a student to meet at the earliest convenience. Students are always encouraged to see a counselor on a "drop in" basis before school, at lunch, or after school.

Counseling Conferences:

Conferences are scheduled whenever students, parents, teachers or counselors feel they are necessary. Counselors are also available by email and phone.

Guidance Lessons:

Counselors work with students through their English classes to deliver the following guidance lessons:

Freshman:	February: Introduction to the College Path
Sophomore:	January: Personality Profiles and College Major
Junior:	February: Introduction to College Options
Senior:	September: Post Secondary Planning

Parent Nights:

Parents have the opportunity to receive the same information student are given in their guidance lessons. Parent Nights are scheduled the same month guidance lessons are presented in the classroom.

College & Career Center

The College & Career Center, located in Room 318, serves as a doorway to college admissions. In conjunction with the Counseling Office, the College & Career Center provides a full range of college admission information and activities including the following:

Information available:

- Information on colleges and universities
 - Brochures, View Books, Videos and Course Catalogs
 - Handbooks and Directories
 - Guidebooks for parents
- UC, CSU and Common Applications
- College Admission Testing
 - Registration Material
 - Study Guides
- Financial Aid Information
 - FAFSA (Free Application for Federal Student Aid) Application and CSS/Financial Aid Profile
- Scholarship information and applications (local, community, national & corporate scholarships)
- Career and vocational planning information
 - SCROC (Southern California Regional Occupation Center) information and applications
- Military and Federal Service Academy Information
- NCAA and College Athletic Information
- Summer programs and internships

Services Provided:

- Naviance – a computer assisted college search and application management system for students
 - Registration, training and searching assistance provided for students and parents
- Application assistance for students
- Over 100 information session by college admission representatives
- Financial Aid and Scholarship application assistance for students
- UC and CSU Application workshops
- Workshops for students and parents throughout the year
 - Grade appropriate checklists following the college admission timeline
- Admissions Representative Visits from over 100 colleges and universities across the nation and abroad
- Computers with Internet access and copiers (black/white and color; fee for copies) available for student use
- Support for PVHS staff and teachers

Annual Events:

- Special Programs: College Admission Testing Night, PSAT Score Give-back, College Essay Night and special events with guest speakers from institutions across the nation
- College Day for Seniors (October) and College Day for Juniors (March): speakers from a variety of colleges and institutions and workshops on numerous college admission topics
- Financial Aid Seminars: Funding a College Education, Financial Aid and FAFSA Workshops, Scholarships
- College Workshops for students: various workshops and hands-on sessions on topics ranging from college applications to athletics.

Students and parents are encouraged to take advantage of the many opportunities available through the College & Career Center. All activities and events are announced in the Daily Bulletin, Naviance, Edline and the College & Career Center Bulletin Board (inside and outside Room 318). Monthly articles also appear in “The Wave”.

Additional information about the College & Career Center is available at www.pvhigh.com, click on Counseling/CCC

Teri Kuwahara, Director (310) 378-8471 ext. 618 kuwaharat@pvpusd.k12.ca.us

Teresa Hoffman, Coordinator of Scholarship and Financial Aid (310) 378-8471 ext. 347 hoffmant@pvpusd.k12.ca.us

General Information

COURSE APPROVAL

All courses offered at the high school level are reviewed annually and are included in the master teaching schedule, contingent upon minimum enrollment criteria being satisfied.

CLASS LOAD

All students are encouraged to take six classes or their equivalent each semester; juniors are required to enroll in a minimum of five classes and seniors are required to enroll in a minimum of four classes or their equivalent, while freshmen and sophomores must enroll in a minimum of six classes or their equivalent.

Classes meet daily between the hours of 8:00 a.m. - 2:45 p.m., with individual class periods 113 minutes in length. A limited number of classes are also offered on campus daily starting at 7 a.m.

HOMEWORK

Homework is assigned to all students on a regular basis. Students in grades 9-12 can expect to be assigned homework Monday through Friday.

Homework is an extension of the work in the regular school program. It provides for practice, review, makeup, reinforcement, and enrichment. The District homework policy is based on the firm belief that homework helps students

- master the concepts taught in the regular classroom
- develop good study habits

The amount of homework will vary with the program and with individual study habits. Some students require more time to complete a given assignment than do others. Every student should allow the time for homework which is personally required, usually two-and-one-half hours per academic subject per week.

GRADING POLICY

Students at the high school level are graded on the basis of the following:

- academic achievement in relation to other students at the same grade level
- effort and attitude on an individual basis

Academic and citizenship grades are reported to parents quarterly. Only semester grades appear on the student transcript.

Parents will be notified by the teacher whenever a student is in danger of failing a course.

PVHS Block Schedule

On the block schedule, classes meet every other day. Zero Period meets every day. Teachers use the block schedule to provide in-depth and comprehensive coverage of the curriculum while also allowing time for differentiated instruction. Teachers report that they get to know their students more personally because of the block and students report that the block schedule can make it more manageable due to focusing on three classes a day.

For the school year A/B day schedule and special bell schedules, go to: www.pvhigh.com

A DAY SCHEDULE

7:00 - 7:55	Zero period (55 minutes)
7:55 - 8:00	Passing
8:00 - 9:53	Period 1 (113 minutes)
9:53 - 10:02	Passing
10:02 - 10:08	Nutrition
10:08 - 12:12	Period 2 (113 minutes plus 11 minutes for announcements)
12:12 - 12:43	Lunch
12:43 - 12:52	Passing
12:52 - 2:45	Period 3 (113 minutes)

(428 instructional minutes)

B DAY SCHEDULE

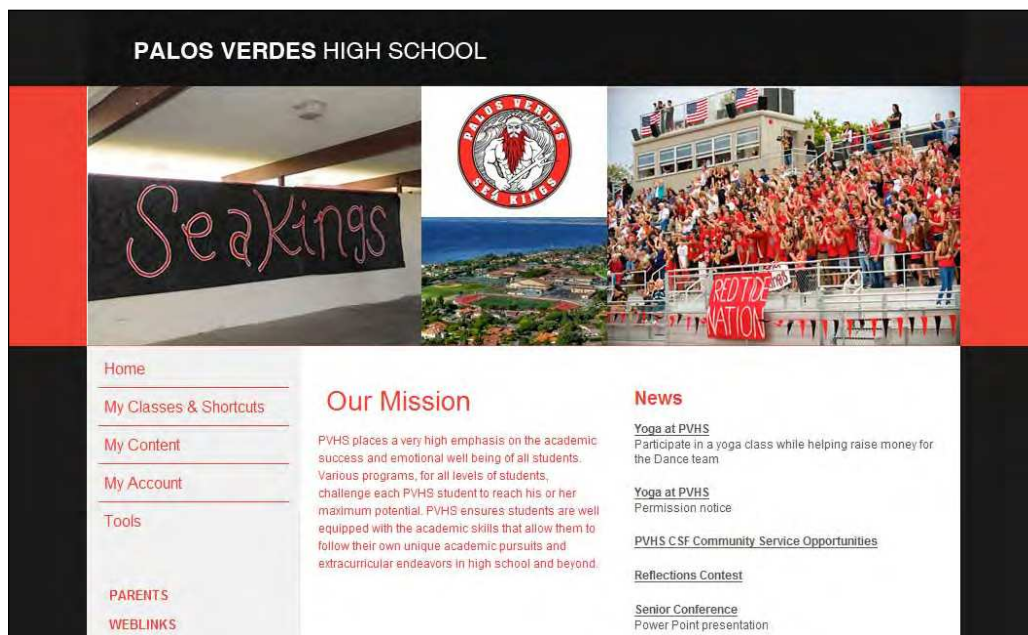
7:00 - 7:55	Zero period (55 minutes)
7:55 - 8:00	Passing
8:00 - 9:53	Period 4 (113 minutes)
9:53 - 10:02	Passing
10:02 - 10:08	Nutrition
10:08 - 12:12	Period 5 (113 minutes plus 11 minutes for announcements)
12:12 - 12:43	Lunch
12:43 - 12:52	Passing
12:52 - 2:45	Period 6 (113 minutes)

(428 instructional minutes)

EDLINE and PVHS Website

Our school has signed up to use Edline. Edline is an easy way for you to keep-up-to-date online. Once you have activated your account, you can use Edline to:

- Receive email alerts when new grades are posted
- Receive emails with school or class information
- See what homework is not turned in and read notes from your child's teachers
- View team and club activities
- View your 'Combined Calendar' to see all the events from the school calendar and your child's own classes and activities automatically collected and personalized
- Read daily announcements, lunch menus, school policies, and classroom news
- And much more...



Our school website www.pvhigh.com is kept updated with information pertaining to the school. Please visit our site to keep current.



Freshman Year Calendar

September

- Welcome to high school! Establish good work habits and study skills to ensure success in high school.

First Semester (September to January)

- Participate in community service projects, school clubs, sports, etc.

October

- Take the EXPLORE (Preliminary ACT: College Admission) Test

December

- Pick up your EXPLORE test results and examine the “World of Work” chart to begin to thinking about your personal interest and potential colleges that match your interests.

February

- Set up your resume in Naviance that you learned during your Freshman Conference with your counselor. Enter your activities and awards.
- Set up your Naviance Account.
Parents may also request a Naviance account and attend training through the College & Career Center

Second Semester (February to May)

- Keep up your grades and good work. Contrary to what you may hear, freshman courses do count toward college admission.

June - August

- Spend the summer doing what you enjoy.
- Start or continue your family college discussion: What, Where, How?

Sophomore, Junior and Senior Year timelines are found in the PVHS College Counseling Guidebook.

Also found on the school website: www.pvhigh.com under Counseling/CCC

HIGH SCHOOL GRADUATION REQUIREMENTS

CREDIT REQUIREMENTS FOR GRADUATION: (Each one-semester course is equal to 5 credits)			220 CREDITS	
Specific Course Requirements:				
ENGLISH (including ELD 1,2 & 3, and Reading/Writing Skills 2,3 & 4)			40 CREDITS	
	English 1		10 Credits	
	English 2		10 Credits	
	English 3		10 Credits	
	English 4		10 Credits	
MATHEMATICS (Algebra 1 required)			20 CREDITS	
SCIENCE			20 CREDITS	
	Biological Science		10 Credits	
	Physical Science		10 Credits	
SOCIAL SCIENCE			30 CREDITS	
	World History		10 Credits	
	United States History and Geography		10 Credits	
	American Government		5 Credits	
	Economics		5 Credits	
PHYSICAL EDUCATION (A course each semester during 9 th and 10 th grades)			20 CREDITS	
VISUAL /PERFORMING ART/FOREIGN LANGUAGE/CTE Successful completion of one of the following patterns:			20 CREDITS	
	Visual/Performing Arts	Foreign Language	Career Technical Education (CTE)	20 CREDITS
Pattern 1	0 Credits	10 Credits	10 Credits	
Pattern 2	10 Credits	10 Credits	0 Credits	
Pattern 3	10 Credits	0 Credits	10 Credits	
	(Option to complete 10 credits on a pass/fail basis in Visual/Performing Arts or CTE)			
ELECTIVES	Any classes above and beyond the subject requirements			70 CREDITS

CALIFORNIA HIGH SCHOOL EXIT EXAMINATION (CAHSEE)

California state law mandates that students must pass the California High School Exit Examination (CAHSEE) in order to receive a diploma. The tests include language arts, emphasizing reading and writing skills as well as mathematics.

All students must be tested. The test will be administered to tenth grade students in March of each year. Students who do not pass the test will be given opportunities after the school day and during the summer to improve their skills. Students may retake only the portions of the test they have not passed.

Appropriate accommodations which are stipulated in an Individualized Education Plan (IEP) will be granted on the test with parent permission. Students who are not fluent in English must also take the exit exam.

CITIZENSHIP REQUIREMENT

Must maintain a record of good citizenship

PHYSICAL FITNESS TEST

The Physical Fitness Test, known as the *Fitnessgram*, is required by the state of California to collect data about the fitness of students in the state. It is administered to students in grades 5, 7, and 9.

As of July 1, 2007, all 9th grade students must pass five of the six standards on the Physical Fitness Test.

If a student does not pass the Physical Fitness Test in the 9th grade they must retake the test in the spring of 10th grade. If a student does not pass the Physical Fitness Test in the spring of 10th grade, they must continue to take a physical education class in the 11th and 12th grade until they pass. The test is offered once every academic year between February 1 and May 31.

The six standards measured on the test are: 1) aerobic capacity, 2) body composition, 3) abdominal strength and endurance, 4) trunk extensor strength and flexibility, 5) upper body strength and endurance, and 6) flexibility.



High School Graduation Requirement Check List

Use the chart below to indicate courses/requirements you have completed toward meeting the PVPUSD high school graduation requirements. Place checkmark in the appropriate subject and semester as you complete each requirement.

NOTE: This does not reflect graduation requirements for college admission. See "SUBJECT REQUIREMENTS" page for a comparison of college admission requirements.

Subject Requirements:

English (8 Semesters)

(Including ESL, Reading/Writing Skills 2, 3 and 4)

English 1

English 2

English 3

English 4

Science (4 Semesters)

Biological

Physical

Physical Education (4 Semesters)

Ninth Grade

Tenth Grade

Visual / Performing Arts / Foreign Language / CTE (4 Semesters)

No more than two semesters of any one group may satisfy the requirement.

Mathematics (4 Semesters)

(Including completion of Algebra I)

Social Science (6 semesters)

World History

US History

Government

Economics

Total Credit Requirements (220)

Ninth Grade (60) _____

Tenth Grade (60) _____

Eleventh Grade (50) _____

Twelfth Grade (50) _____

Total Completed _____

All requirements must be satisfied to qualify for graduation.

Students who lack more than 5 credits will not be permitted to participate in the graduation ceremonies.

All students must pass the California High School Exit Exam (CAHSEE) to earn a high school diploma.

Developing a Four-Year Plan

Students should develop a four-year plan for high school. Courses taken at one grade generally prepare students for work taken in succeeding grade levels. The courses students elect to take in high school should depend on several factors:

- The occupation of career the student hopes to pursue
- The college or university the student plans to attend
- The student's special interest and abilities

In developing a four-year plan, it is recommended that the student:

- Review graduation requirements
- Become familiar with college requirements and pre-requisites for future educational or career goals
 - Consider the pattern of college preparatory courses taken in high school is important
 - Strength and difficulty of courses taken is considered by selective and competitive colleges

Note to Students: Use this form to develop a four-year plan with your parents and counselor. List the courses you plan to take each semester you are in high school. Include graduation requirements and college admission requirements (if applicable).

	1st Semester	2nd Semester
<u>FRESHMAN</u>	(1) _____	(1) _____
	(2) _____	(2) _____
	(3) _____	(3) _____
	(4) _____	(4) _____
	(5) _____	(5) _____
	(6) _____	(6) _____
SUMMER SESSION	(1) _____	(2) _____

	1st Semester	2nd Semester
<u>SOPHOMORE</u>	(1) _____	(1) _____
	(2) _____	(2) _____
	(3) _____	(3) _____
	(4) _____	(4) _____
	(5) _____	(5) _____
	(6) _____	(6) _____
SUMMER SESSION	(1) _____	(2) _____

	1st Semester	2nd Semester
<u>JUNIOR</u>	(1) _____	(1) _____
	(2) _____	(2) _____
	(3) _____	(3) _____
	(4) _____	(4) _____
	(5) _____	(5) _____
	(6) _____	(6) _____
SUMMER SESSION	(1) _____	(2) _____

	1st Semester	2nd Semester
<u>SENIOR</u>	(1) _____	(1) _____
	(2) _____	(2) _____
	(3) _____	(3) _____
	(4) _____	(4) _____
	(5) _____	(5) _____
	(6) _____	(6) _____

PVHS English Course Pathways



Listed below are possible course sequences for English. Please consult with your counselor if you have any questions regarding your personal course of study.

You must meet the prerequisite for the course or have a teacher's recommendation to enroll. It is important to remember that the best predictor of success in a course is a teacher's recommendation.

For further information regarding prerequisites, refer to the course description handbook at pvhigh.com.

Click on Counseling/CCC
 > Course Requirements
 > PVHS Course Catalog

	SEQUENCE 1
9 th Grade	English 1
10 th Grade	English 2
11 th Grade	English 3
12 th Grade	English 4

	SEQUENCE 2
9 th Grade	English 1 Honors
10 th Grade	English 2 Honors English 2 Honors Block
11 th Grade	English 3 Honors English 3 Language AP English 3 AP Language Block
12 th Grade	English 4 English 4 AP Literature

	SEQUENCE 3
9 th Grade	English 1 Honors Block
10 th Grade	English 2 Honors Block
11 th Grade	English 3 AP Language Block
12 th Grade	English 4 AP Literature

	SEQUENCE 4*
9 th Grade	Reading and Writing Skills 1
10 th Grade	Reading and Writing Skills 2
11 th Grade	Reading and Writing Skills 3
12 th Grade	Reading and Writing Skills 4

*This sequence only meets graduation requirements, but does not meet requirements for UC/CSU

PVHS Math Course Pathways

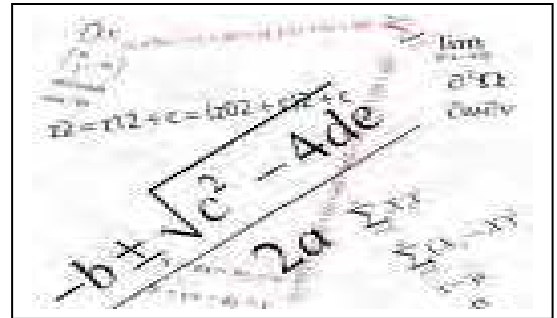
SEQUENCE 1	
9 th Grade	Algebra 1B
10 th Grade	Geometry Geometry MCR
11 th Grade	Algebra 2 Algebra MCR
12 th Grade	FTS Statistics Pre-Calculus

SEQUENCE 2	
9 th Grade	Algebra 1
10 th Grade	Geometry
11 th Grade	Algebra 2
12 th Grade	Pre-Calculus Statistics FTS

SEQUENCE 3	
9 th Grade	Geometry
10 th Grade	Algebra 2
11 th Grade	Pre-Calculus or Pre-Calculus with limits
12 th Grade	Calculus Calculus AB AP

SEQUENCE 4	
9 th Grade	Geometry Honors
10 th Grade	Algebra 2 Honors
11 th Grade	Pre-Calculus Honors or Pre-Calculus with limits
12 th Grade	Calculus AB AP or BC AP

SEQUENCE 5	
9 th Grade	Algebra 2 Honors
10 th Grade	Pre-Calculus Honors
11 th Grade	Calculus BC AP
12 th Grade	Advanced Calculus Statistics AP



Listed are possible course sequences for Math. Please consult with your counselor if you have any questions regarding your personal course of study.

You must meet the prerequisite for the course or have a teacher's recommendation to enroll. It is important to remember that the best predictor of success in a course is a teacher's recommendation.

For further information regarding prerequisites, refer to the course description handbook at pvhigh.com. Click on Counseling/CCC > Courses/Requirements > PVHS Course Catalog

PVHS Science Course Pathways



Listed below are possible course sequences for Science. Please consult with your counselor if you have any questions regarding your personal course of study.

You must meet the prerequisite for the course to enroll. Many science prerequisites are based on math level completed, as well as science courses completed.

For further information regarding prerequisites, refer to the course description handbook at pvhigh.com. Click on Counseling/CCC>Course Requirements

LIFE SCIENCES	PHYSICAL SCIENCES
Life Science +	Earth Science +
Biology 1	Chemistry 1
Biology 1 Honors	Chemistry 1 Honors
Biology 2	Chemistry 2 AP
Biology 2 AP	Physics A
Environmental Science AP	Physics B AP
Marine Biology	Physics C AP
Marine Biology Honors	
Anatomy/Physiology	
Science Research Class (This course is not considered a lab science)	
PVIT Classes: Introduction to Engineering, Digital Electronics, Civil Engineering and Architecture, Engineering Design and Development (PVIT Courses are not considered a lab science)	

+ Does not meet UC, CSU requirement for Lab Science. Meets only graduation requirement

SEQUENCE 1	
9 th Grade	Life Science
10 th Grade	
11 th Grade	Earth Science
12 th Grade	
This sequence only meets requirements for graduation and does not meet requirements for UC/CSU.	

SEQUENCE 3	
9 th Grade	Biology 1 Honors
10 th Grade	Chemistry 1 Honors
11 th Grade and 12 th Grade: Choose one or more:	Biology 2 AP, Physics B/C AP, Chemistry 2 AP, Marine Bio Honors Anatomy/Physiology, Environmental Science AP
Science Research Class may be taken at any or all grade levels	

SEQUENCE 2	
9 th Grade	Biology 1
10 th Grade	Chemistry 1 (if Geometry is completed) Biology 2 (concurrent enrollment in Geometry)
11 th Grade	Chemistry 1 (if Geometry is completed) Anatomy/Physiology or Marine Biology or Physics
12 th Grade	Physics Marine Biology Any AP class
Science Research Class may be taken at any or all grade	

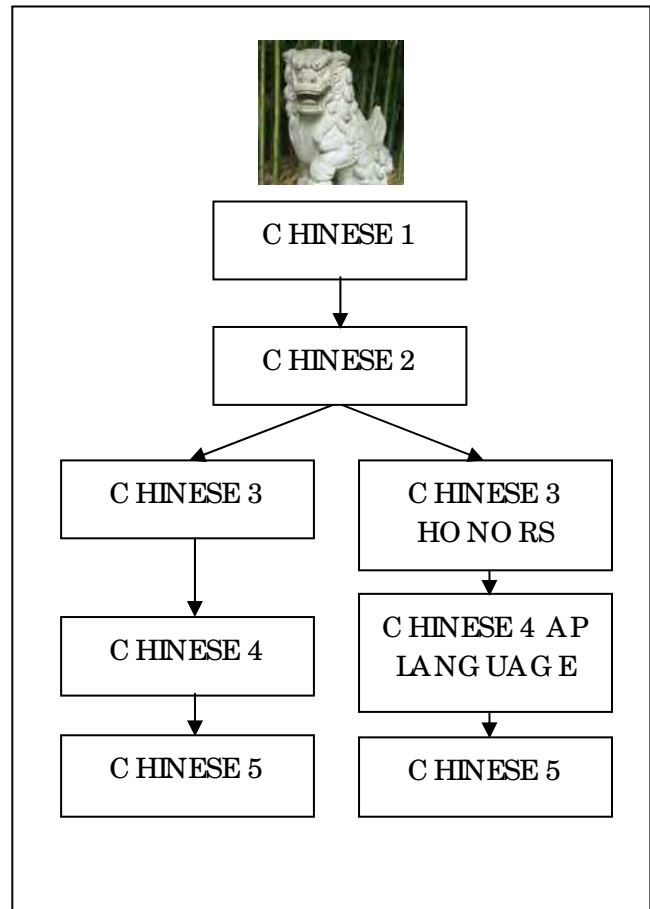
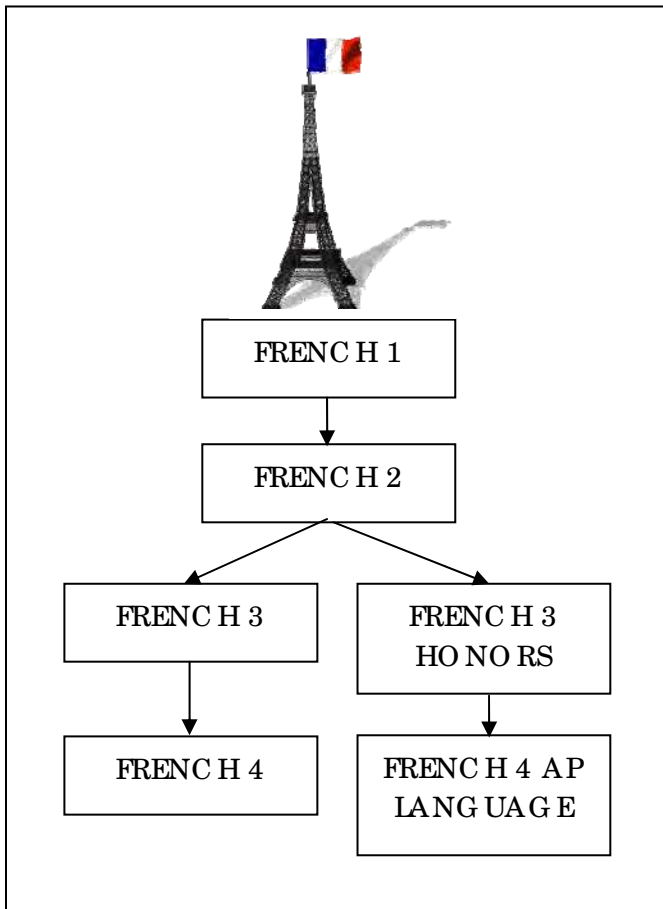
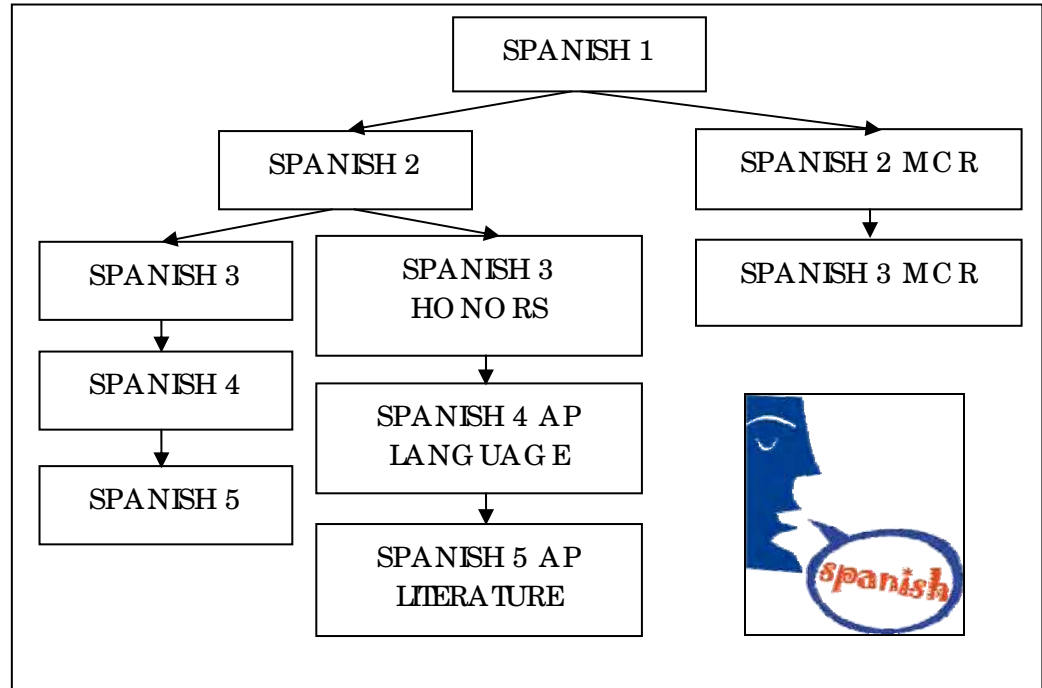
PVIT SEQUENCE 4	
9 th Grade	Physics A and Intro to Engineering
10 th Grade	Biology 1 and Digital Electronics
11 th Grade	Chemistry 1 or Physics B/C AP and Civil Engineering
12 th Grade	Physics B AP or Physics C AP or Environmental Science AP and Engineering Design/Development
Science Research Class may be taken at any or all grade levels	

PVHS Foreign Language Courses

Listed are the possible course sequences for Foreign Language. Please consult with your counselor if you have any questions regarding your personal course of study.

You must meet the prerequisite for the course or have a teacher's recommendation to enroll. It is important to remember that the best predictor of success in a course is a teacher's recommendation.

For further information regarding prerequisites, refer to the course description handbook at pvhigh.com. Click on Counseling/CCC > Courses/Requirements



Specialized Instruction Programs

HONORS, ADVANCED PLACEMENT, AND ACCELERATED-LEVEL COURSES

Honors, advanced placement, and/or accelerated- level courses are offered each year in science, English, social science, foreign language, mathematics, and the arts if minimum enrollment requirements are satisfied.

The course of study in each of these classes provides challenging educational experiences with emphasis on extensive writing, evaluation, inquiry, discovery, individual study, and in-depth discussion.

Students are placed in honors, advanced placement, and accelerated-level courses as set forth in Administrative Regulation 6141.5, Section 2.0.;

2.0 Placement Procedures

2.1 The basis for placement shall be on the criteria set forth in Board Policy 6141.5.

2.2 Placement of students in such classes shall be determined by one or more of the following criteria:

2.2.1 Teacher recommendation; the strongest predictor of success,

2.2.2 Grade of "B" or better in a prerequisite course,

2.2.3 A qualifying score on a placement test in the subject or standardized testing (i.e., Stanford 9)

2.2.4 Student's potential for success in the course as evidenced by high motivation,

2.2.5 Counselor and/or principal may determine placement,

2.2.6 A parent's/students written request (on a space-available basis, only) for courses for which there is no placement test.

Parent/student requests for placement, which are exceptions to the stated placement criteria, shall be initiated in writing by the student and/or parent/guardian and shall be submitted to the principal or his/her designee. A conference with the student and parent/guardian shall be held to review the request. If the request is granted, the student and parent/guardian shall be required to sign a waiver indicating that placement is probationary and dependent upon student success and performance.

Honors Courses

Honors courses provide accelerated high school level instruction for academically-talented students. They are different from corresponding regular high school courses in terms of extended content and additional workload. As such, they include research using primary sources in writing detailed reports or using supplementary materials usually found at the college level.

Advanced Placement Courses

Advanced Placement (AP) courses provide college-equivalent instruction to academically-talented high school students who are expected to achieve the quality of work ordinarily required of college freshmen.

The Advanced Placement program offers students the opportunity to earn university credit while enrolled in courses on the high school campus. The Advanced Placement (AP) courses are designed to prepare students for the Advanced Placement examinations administered by College Board.

The College Board's Advanced Placement examinations are administered each spring to verify that students are competent in Advanced Placement subjects and are used to demonstrate college level proficiency. Each university will determine what score is needed to earn college credit. A score of "3" on a scale of "1" to "5" is recognized by most universities as sufficient for college credit. In addition, students may earn up to one year of university credit in a subject area. Many students enter college with advanced freshman or, in some cases, sophomore standing.

PVIT – Palos Verdes Institute of Technology



The Palos Verdes Institute of Technology (PVIT) opened at PVHS in 1987 and featured one of the first high school robotics programs in the nation. When the school was reopened in 2001, PVHS students continued the PVIT tradition by becoming the only high school to field a DARPA “Grand Challenge” autonomous vehicle . The PVHS team competed with entries from Cal Tech, MIT, Virginia Tech and the winning vehicle from Stanford. With this established record of success, there was interest in developing a PVIT program that would offer precollege engineering/technology courses while continuing opportunities for competitions, internships, mentoring and research.

Project Lead the Way (PLTW) offers this type of program through a flexible sequence of courses which builds students engineering/technology skills and knowledge. PVHS has linked math/science classes with PLTW courses which are recognized by UC and CSU and meet the “g” admission requirement. PLTW program comes from the UC faculty who have reported that they are impressed with PLTW and believe that these courses offer a great opportunity for students.

The United States is facing a critical shortage in the number of engineering students graduating from our universities. In 2002, there were about 78,000 aerospace engineers and 7,600 biomedical and biotechnical engineers working in the U.S. according to the U.S. Department of Labor. Yet the demand for engineers in the fields of design and manufacturing is continually growing and thousands of jobs are going unfilled.

Corporations here in our South Bay, including Aerospace, Boeing Corporation, Northrop Grumman, and Honda have enthusiastically advised our school to join with Project Lead the Way (PLTW), a national nonprofit organization, to help our students gain the knowledge they need to prepare for college and to excel in engineering and other high-tech fields.

In addition to these corporations, the University of California (UC) and other major universities have recognized PLTW, and many including Duke University and Purdue University offer credit or advanced placement for the PLTW coursework to students when they enroll. Rochester Institute of Technology also makes transferable college credit available to PVHS PLTW students.

For additional information go to: <http://pvit.org/> or www.pvhigh.com and click on Academics > PVIT or contact: Graham Robertson, Teacher: robertsong@pvpusd.k12.ca.us

PVID – Palos Verdes International Diploma



- The PVID international program is unique. It's the only one of its kind in the South Bay and one of the few in California.
- Palos Verdes High School is one of the only South Bay high schools to offer AP Comparative Government and AP Human Geography.
- Because of Palos Verdes High's extensive course offerings, PVHS students are the only students in the South Bay to qualify for the College Board's APID certification.

The PVID, (Palos Verdes International Diploma) program provides a unique opportunity, the only one of its kind in the South Bay, for students to gain additional international education while working towards a supplementary certification that will appear on their diplomas. Students will also be encouraged to earn the College Board's prestigious APID (Advanced Placement International Diploma), while enrolled in the program.

High School students today are living in a very different world in which their parents lived. However, research has shown that most young people today have little international knowledge. For better or for worse, globalization is here to stay and it will have a deep impact on the future lives of our students. As parents and teachers, we must provide additional opportunities for our students to understand and gain awareness of the changing world that we all now live in.

Palos Verdes International Diploma Requirements

- 1. Two semesters of World History Honors or AP/ & English 1 Honors
- 2. Two semesters of AP European History & English 2 Honors
- 3. Two semesters of the AP US History & AP English Language.
- 4. Two years of a foreign language.
- 5. Two semesters of AP Human Geography/AP Comparative Government course.
- 6. One semester of AP Government or AP Economics
- 7. At least one of the after-school El Camino or Harbor Community College courses covering an international topic (with counselor approval.)
- 8. Participation in either Model United Nations (MUN) or Mock Trial or completion of Comparative Religions, Advanced Philosophy or Sociology course.
- 9. Senior Project AND Physical Project based on an International Studies topic.

APID Certification (College Board Advanced Placement International Diploma)

- To earn an APID certificate, a student must earn grades of 3 or higher on at least **five** AP Exams in the following content areas:
 - English, foreign language, geography or comparative government, mathematics or science and one other subject of choice including, government, economics or art.

For more information please contact Mrs. Trista Ramirez, Associate Principal at: ramirez@pvpusd.k12.ca.us

Live from 205



Twice a week the **Live From 205** News Team produces a 25-minute newscast. Students work throughout the day, sometimes well into the evening to produce the best show possible.

Under the direction of a student News Director, Producer, Anchors and a team of reporters, writers, and photographers, **Live From 205** is proud to bring Palos Verdes High School the news.

The **Live From 205** News Team consists of 28 of the school's top students. In late February, students submit an application and are interviewed. Prospective students are selected based on their work ethic, responsibility, teacher recommendations and talent.

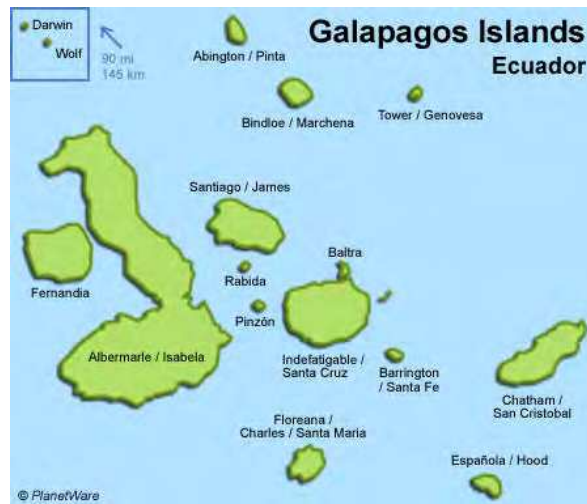
Students are dedicated, hardworking and honored to be a part of the **Live From 205** program.

For more information visit:

<http://www.livefrom205.com/index.php> or

Mr. Rene Vela, Executive Producer, Faculty Advisor and Teacher at extension 224

Galapagos Summer Research Trip



The Galapagos Research Expedition is a ten day excursion to Ecuador and the Galapagos Islands that focuses on the ecological niche of organisms through observational studies. This is an intensive course in the use of field-based and general research methods related to Galapagos wildlife. The aim of this course is to help participants acquire skill and gain experience in using research techniques and give an in-depth study into the history and biodiversity of the Galapagos Islands. The emphasis of this course is on the collection, management, analysis and interpretation of data and information about the Galapagos Islands with relevance to evolution, natural selection, and adaptation.

The format of the class will include a range of activities: class discussions of course readings, collaborative analysis of data, small group exercises, lab exercises, talks by local island naturalists and Charles Darwin Research Station scientists and lectures by the instructors. Students collect data on the ecological niche of a selected organism and prepare a written research paper based on their data and observations.



Sports and Athletics



FALL SPORTS

BOYS

Cross Country
Football
Water Polo

GIRLS

Cross Country
Golf
Tennis
Volleyball

WINTER SPORTS

BOYS

Basketball
Soccer

GIRLS

Basketball
Soccer
Water Polo

Equestrian
Sailing
Surf

SPRING SPORTS

BOYS

Baseball
Tennis
Lacrosse
Volleyball
Golf

GIRLS

Softball
Lacrosse

Track
Swimming

Principal: Nick Stephany (310) 378-8471 x 200
Athletic Director: Evan Fujinaga (310) 378-8471 x 204

stephany@pvpusd.k12.ca.us
fujinaga@pvpusd.k12.ca.us

UC Approved List of PVHS Courses

A-G COURSE LIST

Listed here are the Palos Verdes High School courses approved by the University of California in the "A to G" required categories for admission eligibility.

Only the courses listed in BOLD receive honors credit (A=5, B=4, C=3)

(S) = one semester

A. HISTORY/SOCIAL SCIENCE: 2 years required	
American Government (S)	Comparative Government AP (S)
American Government AP (S)	European History AP
U.S. History	Human Geography AP (S)
World History	U.S. History AP
World History Honors	World History AP

B. ENGLISH: 4 years required	
English 1,2,3,4	English 3 Honors
English 1 Honors	English AP Language and Composition
English 2 Honors	English AP Literature
Shakespeare (S) (pending approval)	

C. MATHEMATICS: 3 years required, 4 years recommended	
* Algebra 1	Statistical Analysis AP
* Algebra 2	Pre-Calculus Honors
* Algebra 2 MCR	Calculus AB AP
* Algebra 2 Honors	Calculus BC AP
* Geometry	
* Geometry MCR	
* Geometry Honors Functions	
Trigonometry	
Statistics	
Statistical Analysis	
Pre-Calculus	
Calculus (pending approval)	

D. LABORATORY SCIENCE: 2 years required, 3 years recommended	
Biology	Marine Biology Honors
Biology 1 Honors	Biology 2 AP
Biology 2 (pending approval)	Chemistry 1 Honors
Marine Biology	Chemistry AP
Chemistry 1	Physics B AP
Physics	Physics C AP
Physiology & Anatomy	Environmental Science AP

E. LANGUAGE OTHER THAN ENGLISH: 2 years required, 3 years recommended	
* French 1	French 3 Honors
French 2	French AP Language & Composition
French 3	French AP Literature
French 4	Spanish 3 Honors
* Spanish 1	Spanish AP Language
Spanish 2	Spanish AP Literature
Spanish 2 MCR	Chinese 3 Honors
Spanish 3	Chinese AP Language & Composition
Spanish 3 MCR	
Spanish 4	
Spanish 5	
* Chinese 1	
Chinese 2	
Chinese 3	
Chinese 4	

F. VISUAL AND PERFORMING ARTS: note: subjects in this section with an * (asterisk) meet F requirement only, not G requirement	
Advanced Orchestra	Art History AP
Broadcast Journalism (pending approval)	Music Theory AP
* Ceramics 1	Studio Art AP 2-D
Ceramics 2	Studio Art AP 3-D
Ceramics 3	Studio Art AP Drawing Portfolio
Ceramics 4	
* Chamber Choir	
Choreo Dance	
* Concert Band	
Digital Animation 1	
Digital Animation 2	
Digital Animation 3	
* Drama 1	
Drama 2	
Drama 3 Advanced	
Drama 4 Advanced	
* Drawing and Painting 1	
Drawing and Painting 2	
Intermediate Dance	
* Jazz Band 1	
Jazz Band 2	
* Music Appreciation	
* Musical Theater	
Orchestra	
* Photography 1	
Photography 2	
Photography 3	
* Sculpture 1	
Sculpture 2	
* Show Choir	
* Video Production 1	
Video Production 2	
Video Production 3	
Video Production 4	

<p>G. ELECTIVES: 1 year required One year (two semesters) in addition to those in A-F listed above. All courses must be listed under A-F above with the exception of the courses marked with an * (asterisk) in Mathematics, Language other than English, and V/P Arts; plus the following:</p>	
Advanced Philosophy and Religion (S)	Computer Science A AP
AVID 12	Computer Science AB AP
Comparative Literature (S)	Psychology AP
Comparative Religions (S)	
Creative Writing (S)	
Developmental Physiology and Sports (S)	
Digital Electronics	
Earth Science	
Economics (S)	
History of American Popular Music (S)	
Introduction to Engineering Design	
Journalism 1 (S)	
Journalism 2	
Journalism 3	
Journalism 4	
Principles of Engineering	
Psychology (S)	
Public Speaking (S)	
Sociology (S)	
Women's Studies (S)	

For a more detailed list, go to: <http://pathways.ucop.edu/doorways/list/site>

Special Programs

SPECIAL EDUCATION

Special education classes provide instruction for students who have exceptional needs which cannot be met in the regular classroom.

Students are placed in the special education classes after a proper educational assessment has identified the students' learning needs and determined whether the student requires a special education program and, if so, what type. An Individualized Education Program (IEP) is written for each student who participates in the special education program.

Parental permission is obtained before the assessment process is undertaken and before students are placed in special education classes.

ENGLISH LANGUAGE DEVELOPMENT (ELD)

All bilingual students are assessed to determine their English language proficiency. Students who are identified as non-English proficient (NEP) or limited-English proficient (LEP) are provided with special language instruction at each school. The ELD program is designed:

- to raise the level of the students' competency in the English language so that they can function in other high school courses and can benefit fully from the instruction in those classes,
- to ease the transition for the student into an American secondary school,
- to help the student maintain a sense of self worth and identity.

SUMMER SESSION

A summer school program is offered to high school students at no fee in the following areas:

- special education
- competency remediation
- makeup classes needed by twelfth graders for graduation

Other summer classes are offered on a fee basis in District facilities by an accredited private institution.

Summer session information and application forms are available through the counseling department in late spring.

SPECIAL SUMMER PROGRAMS

Many outstanding programs are available to students in addition to the summer school classes offered by the District and District-designated private agencies. Some are specialized areas and highly competitive, while others are designed to offer a broad, enriching experience in a college setting. For more information, visit the College/Career Center.

CONTINUATION EDUCATION

The continuation high school program at Rancho del Mar offers an alternative educational program for students with needs that cannot be met in the conventional high school.

It provides students with

- an opportunity to complete the required academic courses of instruction to qualify for a high school diploma;
- a program of instruction which has an occupational orientation and which offers intensive guidance services designed to meet the special and individualized needs of students;
- a program that addresses the individual educational needs of the student, including independent study, student-teacher contracts, regional occupational program enrollment, work study, career counseling, and job placement services as a supplement to classroom instruction.

To enter the continuation high school, students must

- be sixteen (16) years of age or older,
- request placement through their high school counselor and associate principal,
- attend a pre-admission conference with the continuation principal. (The student's parent/guardian must be present.)

Students enrolled in the continuation school program are required to meet the same subject, credit, and competency requirements for graduation as students in the conventional high school.

INDEPENDENT STUDY

A short-term independent study program (five days to 10 weeks in duration) is offered at each site for students who wish to pursue continued educational progress but are unable to attend regular classes for a given period of time. Questions should be directed to: Ms. Lisa Kastelan in the Attendance Office at extension 202.

Off Campus Courses

Southern California Regional Occupational Center



Southern California Regional Occupational Center
located at:
2300 Crenshaw Blvd., Torrance, CA 90501
(310) 224-4200

Southern California Regional Occupational Center (SoCal ROC) is a job training center organized to prepare students for employment. The Center cooperates with District high schools to provide advanced occupational training not available at the high school. Emphasis is on developing proficiency which can be used in an entry-level job. Students work toward their own goals, at their own speed and are taught by highly skilled instructors.

- Student attend courses at their high school four hours per day and SoCal ROC courses 3 hours per day.
- There are no SoCal ROC course fees for high school students.
- Juniors and Seniors may enroll in courses at SoCal ROC. Sophomores may enroll with special approval.
- So Cal ROC issues a Certificate of Proficiency upon completion of training
- SoCal ROC provides roundtrip bus transportation from PVHS twice daily.

Consult your high school counselor for more information and to make an appointment with a SoCal ROC counselor.

For a complete list of courses offered at SoCal ROC, go to their website: www.scroc.com and view the course catalog found under the course link on the toolbar.

Community College Courses

College credit courses in certain subject areas are offered on an after-school basis on the high school campus or at other locations on the Peninsula by selected local colleges and universities. These courses are taught on a tuition basis by members of the college/university faculty. With prior approval from the school counselor, students may take college and university courses for high school credit.

The objectives of the program are to provide a “head start” on college work for students who have completed most of their high school graduation requirements and/or enable students to enroll in courses not offered at the high school because of curriculum or program limitations.

Students who plan to use college work for high school credit must file the appropriate form in the counseling office and receive prior approval. College work for high school credit is not intended to duplicate courses available at the high school. Transcripts received by the high school from other schools and colleges become part of the permanent high school transcript.



El Camino Community College
16007 Crenshaw Blvd.
Torrance, CA 90506

High School Outreach Office
(310) 660-3593 x 3430



Los Angeles Harbor College
1111 Figueroa Place
Wilmington, CA 90744

High School Outreach Office:
(310) 233-4327



Marymount College
30800 Palos Verdes Drive East
Rancho Palos Verdes, CA 90275

Admissions Office:
(310) 377-5501

Consult your high school counselor for further information on college courses and approved on-line college courses

Work Experience and Career Exploration

WORK EXPERIENCE PROGRAM

The work experience program qualifies for high school elective credit. In this program, students gain practical experience in a variety of jobs in industry, business, or the professions. They receive grade and school credit for work and related instruction assignments. Up to forty (40) credits may be applied toward the total graduation credit requirement through successful completion of a work experience program(s); consult with your counselor regarding related restrictions that may apply to this 40-credit maximum.

To ENTER the work experience program, the student must

- Have a qualified job approved by the work experience coordinator and a counselor
- Be at least 11th or 12th grade
- Have parental or guardian approval in writing
- Plan a program schedule to meet program requirements
- Submit signed job papers to the work experience coordinator

To CONTINUE in the program, the student must

- Maintain regular attendance at school and work
- Continue satisfactory achievement in academic work
- Maintain satisfactory citizenship records
- Meet assignment deadlines and fulfill program requirements

Credit is allocated as follows:

- 10 hours per week (weekly flexible hours) = 5 credits per semester
- 20 hours per week (weekly flexible hours) = 10 credits per semester

Transportation is the responsibility of the student.

Students may be employed at a job selected and approved by the work experience coordinator, or they may obtain their own job, subject to the approval of the coordinator. Under the provisions of the program, the student received related classroom instruction/counseling and a minimum of two on-site contacts by the coordinator each semester.

For more information contact Mr. Evan Fujinaga, Palos Verdes High School Work Experience Coordinator at ext. 204.

CAREER EXPLORATION/WORK INTERNSHIPS

Students in the 11th and 12th grades who are interested in future career exploration may participate in summer or semester programs. Internships are scheduled at various businesses, professional offices, and industrial educational facilities. Weekly instructional classes help to supplement field participation. Individual interviews are required for appropriate placement. Students develop journals and portfolios pertinent to their involvement in career exploration.

Credit is allocated as follows:

- 5 hours per week = 5 credits per semester
- 10 hours per week = 10 credits per semester

For further information contact Mr. Evan Fujinaga at extension 204

PROJECT EGO

Project EGO is a special community-based program designed to offer career direction and experience to high school juniors and seniors. Students are required to attend semimonthly seminars conducted by community business professionals and psychology interns. Students are eligible for the Project Ego Program based on counselor's recommendations.

Project EGO, which was conceived by the Palos Verdes Peninsula Education Foundation, is currently sponsored by the Sunset Rotary in cooperation with the school district.

For further information contact Mrs. Trista Ramirez, Associate Principal at extension 205

Military Opportunities

Serving in the military service offers many opportunities.

Some of the benefits include:

- Excellent pay
- Travel
- Educational training leading to a college degree
- Certificate of completion of vocational or technical training
- Scholarships and fellowships
- Free medical and dental care
- Promotional opportunities
- Annual 30-day paid vacation
- Low-cost life insurance
- High school equivalency certificate
- Housing, medical and educational services for family
- Specific guaranteed training upon entry
- Opportunity to become a commissioned officer through ROTC or military academies
- Commissary privilege
- Recreational facilities/programs
- GI Bill
- Lifetime retirement benefits after serving 20 years
- Noncontributory retirement program

Students who make a commitment to serve for a specified period of time in the United States Army, Navy, Air Force, Coast Guard, or Marine Corps are eligible for college scholarships and student aid programs. Some programs allow students to attend college first and then serve an equivalent amount of time in the military after they graduate; other programs require that military service be completed first.

Reserve Officers Training Corps (ROTC) scholarships provide college tuition, textbooks, laboratory fees, and other academic expenses in addition to a tax-free subsistence allowance each month of the school year. Applicants for competitive four-year scholarships are evaluated on the following:



- Achievement on the SAT or ACT
- High School academic record
- Recommendation of a high school official
- Record of extra-curricular activities
- Personal interview

MILITARY ACADEMIES

Students interested in attending a military academy should contact the appropriate academy liaison officer for specific admission requirements. Because admission to an academy is highly competitive, the ninth grade year is not too early to begin preparing to meet academy requirements and time lines for admission.

All students who attend a military academy are awarded a full United States Government scholarship which covers full tuition and room and board. In addition, each student receives a stipend to meet costs of books, supplies, clothing, and personal expenses.

Location of military academies:

- United States Air Force Academy: Colorado Springs, Colorado 80840
- United States Coast Guard Academy: New London, Connecticut 06320
- United States Merchant Marine Academy: Kings Point, New York 11024
- United States Military Academy: West Point, New York 10996
- United States Naval Academy: Annapolis, Maryland 21402

Service Academy Coordinator for Congressman Dana Rohrabacher: Tony Capitelli (714) 960-6483
Tony.Capitelli@mail.house.gov

For more information contact the local liaison officer for the appropriate academy. Their names and phone numbers may be obtained from the College/Career Center.

PVHS Senior Project



All seniors at Palos Verdes High School are required to complete The Senior Project in order to graduate. At the end of junior year, all students declare their senior research thesis.

During the senior year, students continue to research their topics and write a 4-6 page research paper, demonstrating information literacy, and also complete a related physical project with a mentor. At the end of the senior year, students present their papers and their physical projects to a panel of community members, teachers, staff and District representatives.

The Senior Project demonstrates the responsibility and rigor expected of students at Palos Verdes High School. All seniors are expected to maintain a strong work ethic during the entire year, especially after AP tests in May, and to successfully complete their research project in June.

Scholarship and Honor Society

California Scholarship Federation



See page 31 for more information or contact: Mrs. Aileen Willoughby, CSF Sponsor at extension 234

National Honor Society



Scholarship, Character, Service, Leadership. National Honor Society (NHS) is the nation's premier organization established to recognize outstanding high school students with four main purposes: "to create enthusiasm for scholarship, to stimulate a desire to render service, to promote leadership, and to develop character in the students of secondary schools" (from the NHS Constitution).

Membership in the National Honor Society is not a right but a privilege as stated in the National Constitution and Chapter bylaws. Eligible persons in their 11th and 12th grade years will be evaluated on the basis of scholarship, character, leadership, and service qualifications. If interested in submitting information packets in future years, freshmen should begin keeping a record of all leadership and service activities.

Students are selected for membership in the National Honor Society by a faculty committee. To be considered, prospective junior and senior class members must meet minimum requirements in all four areas of qualifications:

1. SCHOLARSHIP: Cumulative Unweighted Academic GPA of at least 3.65

Once students satisfy the grade point average minimum for admission into NHS, GPA is no longer considered and all students will be considered for admission equally based on the other areas specified.

2. CHARACTER: All PVHS faculty will complete a character evaluation checklist for each student. Reasons for automatic disqualification from NHS include cheating and stealing.
3. SERVICE: This should include any volunteer services (non-paid and no academic credit) that include work with service-oriented clubs (not your own clubs), youth groups, and volunteer work programs on or off campus with which you have been involved during your high school career. These services should be focused on improving the community as a whole. No service will be credited without an adult's signature and phone number.
4. LEADERSHIP: This should include any position, office, or membership held in/on a sport, club, production, band or committee. Membership alone is not as significant as holding a position. Also, the seriousness of the organization (size of the club) is taken into consideration. For example, belonging to the Cartoon Club does not hold the same value as being an active member of Key Club.

See page 32 for a sample NHS Application.

For further information contact Ms. Carrie Secrist at extension 705

CSF – California Scholarship Federation

The current application for CSF and additional information is available on the school website:
www.pvhigh.com. Click on Academics > CSF



The California Scholarship Federation, or CSF, is a state-wide organization that honors outstanding high school students for their academic achievement. It began in 1916 in one high school in San Diego County and has grown to over 1,000 chapters.

Eligibility for semester membership is based on the previous semester's report card. A total of ten (10) points are required, with points assigned for "A" and "B" letter grades, and the applicability of coursework determined by the state CSF organization (no CSF points are given for PE, repeated courses, TA, office aide, pass/fail courses, or online courses taken when the course is offered on campus).

Palos Verdes High School (PVHS) sophomores, juniors and seniors who meet the requirements shall be eligible for semester membership (based upon their 10th, 11th, 12th grade report cards). Ninth graders who meet CSF requirements are considered associate members using their freshmen report cards.

Membership is not automatic. Eligible students must apply for membership during the enrollment period, which will be announced during the first several weeks of the semester. Students are notified of the enrollment period through Daily Bulletin and Edline announcements, "Live From 205" broadcasts, and campus signs. Applications are available in the library, main office, and online. Membership is for one semester only, and students must apply each semester. Retroactive membership is not allowed. If a student misses the deadline, he or she may not apply later (ref. State CSF bylaws).

Summer school courses cannot be applied. Check with the CSF advisor. A student may be disqualified from semester membership if judged an unworthy citizen by the advisor and principal. Grades of "D," "F" and "U" in any subject disqualify a student from membership.

What are the Benefits of Membership?

- CSF chapter seal will be embossed on student's diploma
- Special notation will be made on the graduation program
- It is an asset on college and scholarship applications

What is a Sealbearer?

A Sealbearer, or life member, or Gold Sealbearer, is a student who has been a member for at least 4 of the last 6 semesters of high school (membership using sophomore, junior and senior grades). One semester must be with senior grades.

**Questions regarding CSF should be directed to
Mrs. Aileen Willoughby, Faculty CSF Advisor at extension 234
or the CSF website: www.csf-cjsf.org**

National Honor Society Application

This is a sample of an NHS information page, part of the application packet.

For more information on NHS, visit the school website: www.pvhigh.com. Click on Academics > NHS

Palos Verdes High School
National Honor Society
Student Information

Last Name: _____ First Name: _____

Grade: _____ Telephone Number: _____ Email: _____

*Membership in the National Honor Society is not a right but a privilege as stated in the National constitution and Chapter bylaws. All information in this packet should be correct and complete. No further information will be accepted after the Student Information Packet has been submitted. **This packet will NOT be returned.** Eligible persons will be evaluated on the basis of scholarship, character, leadership, and service qualifications to be determined as follows:*

1. **SCHOLARSHIP:** Cumulative Un-Weighted Academic GPA of at least 3.65

Once students satisfy the grade point average minimum for admission into NHS, GPA is no longer considered and all students will be considered for admission equally based on the other areas specified in this packet.

2. **CHARACTER:** All PVHS faculty will complete a character evaluation checklist for each student. Reasons for automatic disqualification from NHS include cheating and stealing. This is confidential and will not be shared with parents or students.
3. **SERVICE:** This should include any volunteer services (not paid and no academic credit) that include work with service-oriented clubs (not just open clubs, youth group, volunteer work program, on or off campus with which you have been involved during your high school career. These services should be focused on improving the community as a whole. Your service description sheet is to be signed by an adult person in charge. Only adult sponsors may sign the forms. Student signatures are not acceptable. No service will be credited without an adult's signature and phone number.
4. **LEADERSHIP:** This should include any position, office, or membership held in/on a sport, club, production, band or committee. Membership alone is not as significant as holding a position. Also, the seriousness of the organization (size of the club) is taken into consideration. For example, belonging to the Cartoon Club does not hold the same value as being an active member of Key Club.

Note: Please do not list duplicate recognitions. Additionally, any invalid information on this sheet results in automatic disqualification. The approval process is confidential and will not be shared with students or parents. All evaluations are done by a faculty council, please do not contact Ms. Secrist for questions regarding an individual student's qualifications.

NHS Adviser: Cari Secrist
secristc@pvpusd.k12.ca.us
general NHS email: pvhsnhs@yahoo.com

To Parents/Guardians: If you have any questions or concerns, please contact the advisor before the form is submitted. Submission of this form is an acceptance of this process and all decisions for selection are final.

I understand the policies for consideration into National Honor Society at Palos Verdes High School and agree that the information provided here is true and correct.

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Student Organizations and Clubs

ELIGIBILITY FOR PARTICIPATION IN CO-CURRICULAR AND EXTRA-CURRICULAR ACTIVITIES

As a result of the enactment of state legislation, the Board of Education has adopted a comprehensive policy to govern student participation in grades 7-12 in co-curricular and extra-curricular activities.

District policy and state law require that students have a record of satisfactory educational progress as a condition of participation in school or District-sponsored co-curricular and extra-curricular activities, including athletics. Specifically, students will be required to achieve a minimum overall grade point average of 2.0 in *all classes* taken during the previous grading period as a condition of eligibility. Participating students also are required to demonstrate a record of good citizenship, with no more than one unsatisfactory grade during the immediately preceding grading period, and to maintain a record of regular attendance, with not more than three (3) days of truancy in any one school year.

The policy does make provisions for a probationary period of *one quarter*, during which time the student is assigned to probationary status but remains eligible to participate and compete.

The above requirements are supplementary to those stipulated by the Southern California Interscholastic Federation (CIF).

ASB – ASSOCIATED STUDENT BODY (Leadership)



ASB Elected Positions

Executive Board Positions:

ASB President
ASB Vice President
ASB Secretary
ASB Treasurer

Class Officer Positions:

(Freshman, Sophomore, Junior, Senior)
Class President
Class Vice President
Freshman Representative

For more information contact:
Mrs. Jama Maxfield,
Activities Directors at extension 601

ASB Appointed Positions:

Commissioner Positions:
Historian
Clubs
Internal Public Relations
External Public Relations
Spirit
Sound
Elections
Communication
Special Events
Fundraising
Community Service
Marketing
Athletics
PV Pride
Internal ASB Relations

Palos Verdes High School Clubs 2011-2012

Academic Clubs

- American Sign Language Club
- Chinese Honors Society
- French Honors Society
- Mathematics Club
- Mu Alpha Theta (Nat Math Honors Society)
- National English Honors Society
- National Fine Art Honor Society
- National Forensic Speech and Debate
- National Honors Society of Dance Arts
- Science Club
- Science National Honors
- Spanish Honors Society
- Tri M Music Honors Society

Political Clubs

- Junior Statesman of America: JSA
- Young Democrats of Palos Verdes

Cultural Clubs

- Club Latino
- Greek Club of PV
- Iranian Student Union
- Jewish Student Union
- Korean Student Union
- Persian Pride
- Project China
- JTASA
- Middle Eastern Student Union

Religious

- New Life Christian Club

Sport Clubs

- Competitive Cornhole Club
- Dodgeball Club
- Paddle Tennis Club
- Rugby Club

Community Service

- Charity Water
- Diabuddies Unite
- Every Mother Counts
- Free Clinic Youth Club
- Friendship Circle
- Get! Give! Go!
- Going the Distance
- Have a Happy Day
- Help LA's Homeless
- Interact Club
- Little Feet
- Project Hope
- Pura Vida Club
- PV Heroes Eco Club
- PV Fishing Club
- Red Cross Club
- 2nd Chances for Abused Children
- Support the Troops
- Surfrider Foundation of Palos Verdes High School
- Toberman Club
- Toberman Volleyball Club
- UNICEF
- WAGS Welfare for Animals
- Wonder Woman
- World Wide Water
- Yoga Benefit Club

Special Interest

- Anime Club
- BME
- Car Enthusiast Club
- CEO Club
- Concert Club
- Economics & Business Club
- Film Music and Life
- Future Business Leaders of America
- Future Practicing Physicians Network
- Guitar Club
- GSA – Gay Straight Alliance
- Microfinance Club
- Palos Verdes Aviation
- Panama Service Club
- Percussion Ensemble
- Photo Club
- Pokemon Club
- PVIT
- Press Friends
- Project Runway
- Red Tide
- Thespian Club
- Traditional Folk Music Club
- Video Game Club

Building Your Resume on NAVIANCE

Naviance has a feature to help you keep track of your education, work experience, awards and achievements. This will help you tremendously when it comes time to fill out college applications. If you keep this feature up-to-date, you will have all of this information in one place as a great reference. If you need a resume for an interview, Naviance has it formatted and ready to print.

The resume feature in Naviance is found by clicking on the folder tab: "About Me" Click on "resume" found in the box "Interesting Things About Me"

interesting things about me:

- > favorite colleges
- > personality type
- > resume
- > game plan
- > documents
- > journal
- > checklist
- > survey history

official things:

- > profile
- > inbox
- > account
- > test scores

surveys to take:

- > senior scholarships and awards 2010
- survey history

resume

BUILD YOUR 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.

You haven't created any resumes yet. Let's get started!

Using the Resume Builder, you can tell us everything about yourself. Then, rearrange your information into multiple printable versions that you can use for whatever you need! The Resume Builder has just 3 easy steps:

1. Add entries
2. Rearrange the contents
3. Save and print!

Make a selection to start building your first resume!

add a new entry: - Select One -

Naviance allows you to select one of several categories that will keep your information neatly organized.

add a new entry:

- Select One -
- Objective
- Summary
- Work Experience
- Education
- Volunteer Service
- Extracurricular Activities
- Awards/Certificates
- Skills/Academic Achievement
- Music/Artistic Achievement
- Athletic Achievement
- References
- Additional Information

Recording Your High School Activities

In the second semester of your freshman year, high school counselors visit English classes to show students how to build your resume in Naviance. This is an excellent way to track your high school activities and awards. When needed, Naviance will print a formatted copy of your resume, ready to use.

College admissions officers and employers are interested not only in a student’s scholastic aptitude and grades, but are also often interested in the extra-curricular activities the student has participated in during high school.

Note to Students: This form is provided to you from PVPUSD if you would prefer to record the organizations to which you belong and the activities in which you participate.

ACTIVITY/ORGANIZATION	OFFICES HELD	GRADE			
		9	10	11	12

Grade Point Averages

Computation of Grade Point Average

- The high school **Total Grade Point Average** (Total G.P.A.) is the average of all high school grades.
- The high school **Academic Grade Point Average** (Academic G.P.A.) is the average of all high school grades, except physical education/athletics.
- Palos Verdes Unified School District does not determine class rank.
- Effective in the fall of 1997, the grades earned in honors, advanced placement, and certain other advanced level classes are weighted.
 - Weighted courses are denoted on the transcript using a “+”.
 - Grades earned in college level courses taken for high school credit are not weighted.
 - “D’s” and “F’s” are not weighted.
 - The PVHS weighted grade policy allows you to use a maximum number of five (5) weighted courses for each semester.
 - Summer school grades are included in the following semester; they do not stand as a separate semester.
 - Grades earned in courses taken for review or makeup are factored in the G.P.A.
 - The high school transcript includes both unweighted and weighted G.P.A.

How to Compute the High School Unweighted G.P.A.

1. Count the number of five (5) credit courses in which you have earned an “A”, “B”, “C”, “D”, or “F”.
2. Each “A” earns four (4) grade points, each “B” earns three (3) grade points, each “C” earns two (2) grade points, each “D” earns (1) grade point, and each “F” earns no grade points.
3. Find the total number of grade points by the number of five (5) credit courses you have taken.

How to compute the High School Weighted G.P.A.:

Weighted G.P.A. = Unweighted + (the number of weighted courses x 0.2)
The number of semesters the student has completed

The Following Courses are Weighted On the PVHS Transcript:

- English 1H, 2H, 3H, English 3 AP Language and Composition, English 4 AP Literature
- Geometry H, Algebra 2H, Pre-Calc H, Statistics AP, Calculus AB AP, Calculus BC AP
- Biology 1H, Biology 2AP, Chemistry 1H, Chemistry 2 AP, Environmental Science AP, Marine Biology H, Physics B AP, Physics C AP.
- World History H, World History AP, U.S. History AP, American Government AP, Economics AP, European History AP, Psychology AP, Comparative Government AP, Human Geography AP
- Art History AP, Studio Art AP, Jazz Band 2, Advanced Orchestra, Drama 3 Advanced, Drama 4 Advanced, Music Theory AP, Studio Art AP 2-D, Studio Art AP 3-D
- French 3 H, French 4 AP Language, French 5 AP Literature, Spanish 3 H, Spanish 4 AP, Spanish 5 AP Literature, Chinese 3 Honors, Chinese 4 AP Language

**Please note: The University of California will re-calculate the student G.P.A. using the approved course list.
For more information go to: http://pvhigh.com/CCC/CCC_UC_eligibility.html**

High School Transcripts

Forms for requesting a transcript copy are available in the Counseling Office or on the school website: www.pvhigh.com: click Counseling/CCC > Transcripts. Payment is due at the Student Store.

Official transcripts must be sealed.

Student Name	Stu#	Grade Sex	Birthdate	Perm ID Number	Counselor	Transcript of Student Progress					
12 F						February 16, 2007 Palos Verdes High School 600 Cloyden Road Palos Verdes Est, CA 90274 (310) 378-8471					
Parent/guardian name, address, telephone											
Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp
Grade 9 Fall 2002-2003				Grade 10 Spring 2003-2004				Grade 11 Summer 2004-2005			
Palos Verdes High School				Palos Verdes High School				Palos Verdes High School			
10051	Journalism 1	A	5.00 5.00	20084	Pathways 10	NM	0.00 0.00	28041	Journalism 3 B	A	5.00 5.00
10083	Pathways 9	NM	0.00 0.00	21237	Eng2H/R EHAP B A	A	5.00 5.00	29026	Health B	A	5.00 5.00
+ 11121	English 1 H A	A	5.00 5.00	22062	Pre Calculus	B	5.00 5.00	Credit Att: 35.00 Cmp: 35.00			
+ 12108	Algebra 2 H A	A	5.00 5.00	23058	Sci Research B	A	5.00 5.00	Grade 11 Summer 2004-2005			
+ 13106	Biology 1 H A	A	5.00 5.00	24235	EHAP/Eng 2H B A	A	5.00 5.00	Marymount Summer HS			
+ 14172	World Hist H A	A	5.00 5.00	25032	Spanish 2 B	A	5.00 5.00	44054	Psychology	A	5.00 5.00
15031	Spanish 1 A	A	5.00 5.00	* 26014	PE Choreo B	A	5.00 5.00	Credit Att: 5.00 Cmp: 5.00			
* 16030	PE A	A	5.00 5.00	28040	Journalism 2 B	A	5.00 5.00	Grade 12 Fall 2005-2006			
Credit Att: 35.00 Cmp: 35.00				Credit Att: 35.00 Cmp: 35.00				Palos Verdes High School			
Grade 9 Spring 2002-2003				Grade 10 Summer 2003-2004				Grade 12 Spring 2005-2006			
Palos Verdes High School				Palos Verdes High School				Palos Verdes High School			
20051	Journalism 1	A	5.00 5.00	13058	Sci Research A	A	2.50 2.50	+ 10030	Leadership	A	5.00 5.00
20083	Pathways 9	NM	0.00 0.00	+ 13115	Chemistry 1 H A	A	5.00 5.00	+ 11225	English 4APLit B	A	5.00 5.00
+ 21121	English 1 H B	A	5.00 5.00	+ 23115	Chemistry 1 H B	A	5.00 5.00	+ 12275	Stat Analysis AP	A	5.00 5.00
+ 22108	Algebra 2 H B	A	5.00 5.00	Credit Att: 12.50 Cmp: 12.50				+ 13218	Envir Sci AP A	B	5.00 5.00
+ 23106	Biology 1 H B	B	5.00 5.00	Grade 11 Fall 2004-2005				+ 14227	Am Govern AP	A	5.00 5.00
+ 24172	World Hist H B	A	5.00 5.00	Palos Verdes High School				+ 17035	Choreo Dance A	A	5.00 5.00
25031	Spanish 1 B	B	5.00 5.00	10030	Leadership	A	5.00 5.00	+ 18042	Journalism 4 A	A	5.00 5.00
* 26030	PE B	A	5.00 5.00	+ 11222	English3APLang	A	5.00 5.00	Credit Att: 35.00 Cmp: 35.00			
Credit Att: 35.00 Cmp: 35.00				+ 12215	Calculus AB AP A	A	5.00 5.00	Grade 12 Summer 2005-2006			
Grade 10 Fall 2003-2004				+ 14244	US History AP A	A	5.00 5.00	Palos Verdes High School			
Palos Verdes High School				+ 15138	Spanish 3 H A	A	5.00 5.00	Palos Verdes High School			
10084	Pathways 10	NM	0.00 0.00	18041	Journalism 3 A	A	5.00 5.00	20030	Leadership	A	5.00 5.00
+ 11237	Eng2H/R EHAP A B	A	5.00 5.00	Credit Att: 30.00 Cmp: 30.00				+ 21225	English 4APLit B	A	5.00 5.00
12070	Trigonometry	B	5.00 5.00	Grade 11 Spring 2004-2005				+ 22275	Stat Analysis AP	A	5.00 5.00
13058	Sci Research A	A	5.00 5.00	Palos Verdes High School				+ 23218	Envir Sci AP B	B	5.00 5.00
+ 14235	EHAP/Eng 2H A	B	5.00 5.00	20030	Leadership	A	5.00 5.00	24012	Economics	A	5.00 5.00
15032	Spanish 2 A	A	5.00 5.00	+ 21222	English3APLang	A	5.00 5.00	27035	Choreo Dance B	A	5.00 5.00
* 16014	PE Choreo A	A	5.00 5.00	+ 22215	Calculus AB AP B A	A	5.00 5.00	28042	Journalism 4 B	A	5.00 5.00
18040	Journalism 2 A	A	5.00 5.00	+ 24244	US History AP B	A	5.00 5.00	Credit Att: 35.00 Cmp: 35.00			
Credit Att: 35.00 Cmp: 35.00				+ 25138	Spanish 3 H B	A	5.00 5.00	Grade 12 Summer 2005-2006			
Grade 10 Fall 2003-2004				Grade 11 Spring 2004-2005				Marymount Summer HS			
Palos Verdes High School				Palos Verdes High School				Palos Verdes High School			
10084	Pathways 10	NM	0.00 0.00	20030	Leadership	A	5.00 5.00	40019	Internship	A	10.00 10.00
+ 11237	Eng2H/R EHAP A B	A	5.00 5.00	+ 21222	English3APLang	A	5.00 5.00	Credit Att: 10.00 Cmp: 10.00			
12070	Trigonometry	B	5.00 5.00	+ 22215	Calculus AB AP B A	A	5.00 5.00	Grade 12 Spring 2005-2006			
13058	Sci Research A	A	5.00 5.00	+ 24244	US History AP B	A	5.00 5.00	Palos Verdes High School			
+ 14235	EHAP/Eng 2H A	B	5.00 5.00	+ 25138	Spanish 3 H B	A	5.00 5.00	Palos Verdes High School			
15032	Spanish 2 A	A	5.00 5.00	Credit Att: 30.00 Cmp: 30.00				Palos Verdes High School			
* 16014	PE Choreo A	A	5.00 5.00	Grade 11 Spring 2004-2005				Palos Verdes High School			
18040	Journalism 2 A	A	5.00 5.00	Palos Verdes High School				Palos Verdes High School			
Credit Att: 35.00 Cmp: 35.00				Grade 11 Spring 2004-2005				Palos Verdes High School			

* Non Academic Course	+ Honors Course	r = Repeated Course
Weighted Non-Wgtd		CREDIT SUMMARY
Acad GPA (9-12)	4.5834	3.8584
Acad GPA (10-12)	4.5652	3.8652
Total GPA (9-12)	4.5928	3.8678
Credit Attempted:	302.50	
Credit Completed:	302.50	
District Enter: 9/9/1993	CAHSEE	Subject Area
School Enter: 9/3/2002	ELA: Passed	Credit Req'd
	Math: Passed	Compl
		Needed
Standard HS Diploma:		
6/15/2006		
CSIS ID#		
Unofficial unless signed by a school official. We do not rank our students.		
Signature: _____	Date: _____	
		Electives
		TOTALS

Internet Use and Email



Students are advised to use caution when searching the Internet. Always know if your source is reliable. Never input personal and private information without knowing your sources and security.

Use the Internet to check out college websites. Gone are the days of mass mailing, colorful viewbooks and thick catalogs. Everything you want to know about a college is now listed on their website. Spend some time and explore all the resources found there. (You can also access college websites through Naviance under the “COLLEGE” tab and click on “COLLEGE LOOKUP”)

- Sign up for the college mailing list usually found under “prospective student”, admissions or similar. Once you are on their mailing list, you will receive information directly from the school about local visits, deadlines and scholarships.

Internet Beware! Scams:

Be cautious of scholarship scams, credit card applications and blogs with inaccurate information. *Every year, several thousand students and parents are defrauded by scholarship scams. The victims of these scams lose more than \$100 million annually. Scam operations often imitate legitimate government agencies, grant giving foundations, education lenders and scholarship matching services, using official sounding names containing words like “National”, “Foundation” or “Administration”.* Go to: <http://www.finaid.org/scholarships/scams.phtml> to identify and report scams. The Federal Trade Commission also has information on scholarship scam cases: <http://www.ftc.gov/bcp/edu/microsites/scholarship/cases.shtml>

Website Similarities:

Watch out for website addresses that are similar, but not the real thing.

For example: www.fafsa.ed.gov NOT www.fafsa.com
www.commonapp.org NOT www.commonap.org (one “p”)

We strongly advise students to set up a separate email for college contacts. Be professional...firstname_lastname@...
Keep your personal email among friends.



Observe proper etiquette when using email to contact colleges. BTW, Never use abbreviations or e-speak in email to admissions officers..LOL

Email chains, myths and urban legends...true or false? Don't believe everything you read on the Internet. Check it out on www.snopes.com



Keep it private! Don't post your crazy photos for everyone to see. Don't “friend” any Admissions officer, not only it is a bad idea, it is inappropriate. You should not “friend” a teacher. Keep in mind they write your recommendations and are not interested in your social life.



Junk Mail! Do you wonder where it comes from? Chances are it comes from the PSAT, SAT, PLAN or EXPLORE. Schools purchase lists from these organizations. But rest assured, the junk mail stops when you graduate high school and some of it may turn out not to be junk mail after all.

Websites and Internet Resources

www.pvhigh.com

Your one-stop website for information designed for Palos Verdes High students

The following list is reprinted from the Western Association for College Admission Counseling New Counselor Toolkit.
PVHS CCC additions are listed in **green**

EXPLORING COLLEGE OPTIONS

www.act.org

Test information, college planning tips for students, information and resources for secondary and post-secondary schools.

<http://www.aiccu.edu>

Association of Independent California Colleges and Universities.

www.blackexcel.org

Information for black and other minority students seeking college information, includes a minority scholarship list.

www.allaboutcollege.com

Excellent search engine for colleges, test prep, and financial aid.

www.calstate.edu

General information about the California State University system.

www.campusprogram.com

This site not only searches for college programs by state, but also allows you to find colleges by specific career fields, majors, and occupations.

www.campustours.com

The Campus Tours Index provides fast and easy access to interactive tours of colleges across the United States.

www.anycollege.com

Use this database to search for colleges by program, state, type of school, sport and school name.

www.californiacolleges.edu

Career and college planning, information on every 2-year and 4-year college in California

www.cappex.com

Colleges “search” through student generated profiles for “matches” and contact the student directly, also scholarship search and counselor toolkit with handouts.

www.collegeanswer.com

Launched by Sallie Mae in 2000, this site helps students and their families prepare for college with information on selecting the right college, applying to college, scholarships and financial aid.

www.CollegeBasics.com

Admission tips and strategies for planning for, applying to and paying for college, plus essay strategies and scholarship information.

www.collegeboard.com

Find information about the College Board tests (SAT, PSAT, AP), planning for college, finding a college, applying to college, and paying for college.

www.collegenet.com

Excellent search engine - hotlinks right to the schools that interest you. Has online applications and customized Internet admissions applications built for over 1,500 colleges and universities in the U.S. When applying to more than one program, you save redundant typing since common data automatically travels from form to form.

www.collegeconfidential.com

Information on applying, testing, finance, campus life, evaluating college rankings, reviews of books on admissions, articles and a special focus on Ivy League admissions.

www.collegedata.com

Choose, prepare, apply and pay for college with advice and tools from this website; get college admission help and [search for colleges](#) and scholarships; good college match feature and handouts in English and Spanish.

www.collegeexpress.com

Information pertaining to loans, colleges, scholarships, test preparation for smaller, private and lesser known colleges.

www.collegesofdistinction.com

Based on the book "Colleges of Distinction" this site allows you to search those colleges based on the 4 Distinctions: engaged students, great teaching, vibrant community, successful outcomes.

www.collegiatechoice.com

Simple non-promotional recordings of student-guided campus tours recorded by guidance counselors at over 350 colleges; cost is \$15 per tour plus shipping.

www.csumentor.edu

Plan for college, search the 23 campuses and apply online.

www.ctcl.com

Colleges That Change Lives consortium.

<http://colleges.usnews.rankingsandreviews.com/college>

US News list of Best College rankings plus unranked schools, news articles and school directories. Tools and reports to take you through the steps of the college process - from choosing where to apply to the application process itself.

www.collegeprofiles.com

Features in-depth profiles with information about academic programs, athletics, campus life, and financial aid, along with geographic search, directories for honors programs, women's colleges, statistics on minority enrollment and numerous other resources for prospective college students.

www.collegeprowler.com

A college search site with student reviews, similar to their books and guides.

www.collegeview.com

A fee online college search service with profiles of 3,500+ colleges and university sites, virtual tours, electronic applications, financial aid information, career planning tools, and more. Find others with similar interests in Coffee Shop.

www.commonapp.org

A general application form used by over 400 independent colleges that is available online.

<http://edonline.com/collegecompass>

Huge site contains links to careers and majors, college selections, financial aid, scholarships, test preparation, and summer programs.

www.fastweb.com

Site provides information about applying to schools, scholarships, grants and loans.

www.gocollege.com

Comprehensive resource covering college admissions, financial aid, educational options and surviving college.

www.google.com/options/universities.html

Google's University Search enables you to narrow your search to a specific school website. Try it for things like admissions information, course schedules, or alumni news.

www.insidecollege.com

College search site by Wintergreen Orchardhouse, publisher of the College Finder by Stephen Antonoff.

www.knowhow2go.org

Information on college planning and preparation, applying and financial aid particularly geared for low income, first generation students.

www.makingitcount.com

Tips on how to organize and plan for college life. Includes playing sports, careers, and the college experience in general, all written in teen-friendly language.

<http://mappingyourfuture.org>

Career options and college planning from junior high through graduate school; specific sections for counselors, financial aid professionals.

www.mycollegeguide.org

Admissions guide, college search and common application; "Ask the Guru" section is informational.

www.nacacnet.org/StudentResources

The National Association for College Admission Counseling (NACAC) offers college advice and downloadable information on many topics of interest to students and parents.

<http://nces.ed.gov/collegenavigator/>

This site, created by the National Center for Education Statistics in the U.S. Department of Education, is a direct link to over 9,000 colleges and universities in the United States.

www.nextstepmagazine.com

Comprehensive new college information site from Next Step magazine.

www.petersons.com

Includes a way to search for colleges by major, tuition, sports and other criteria; plus help writing admissions essays, as well as test-preparation questions and information on financial aid.

www.petersons.com/bestcollegepicks/login.asp

Sponsored by Peterson's - includes excellent general search but also specific searches for visual and performing arts, culinary, nursing, etc.

www.princetonreview.com

Use the free school-match service, which can help you find the right school. Access 700-plus school applications, use free practice tests, search for scholarships and read advice on topics such as how to pay for college. Lists the annual "best value colleges".

www.studentsreview.com

Read college students' critiques of their schools.

www.studyabroad.com

Program and directory information for high school and college students.

www.supercollege.com

Search the profiles of 3,000 colleges, read winning admissions essays, get tips on filling out application forms, search a scholarship database and read timetables for preparing for college while in high school. Fee-based essay editing (\$150-\$300).

www.ucop.edu/doorways

UC Doorways to access certified course lists by high school.

www.ucop.edu/pathways

Start page for the University of California.

www.unigo.com

Take an insider's look at college life from a student perspective with reviews, photos, videos and articles.

www.universityofcalifornia.edu/admissions/undergrad_adm/apply/apply_online.html

UC link to apply online.

www.uncwil.edu/stuaff/career/Majors/

What can I do with a major in....?) Site from the University of North Carolina links career to the majors available on campus.

www.universityofcalifornia.edu/welcome.html

General University of California system information

www.universityofcalifornia.edu/educators/counselors/resources.html

UC resources and materials to download.

www.utexas.edu/world/univ/

Lists universities, colleges and community colleges alphabetically and by state, includes links to catalogs and accrediting organizations.

www.videc.com

Online comprehensive videos of 18 different colleges, providing students and parents with a comprehensive look at those schools without a viewing charge.

www.YOUniversity.tv

Online video tours of different colleges led by students; not all schools listed have accompanying videos and not every school has a listing; no charge for viewing.

Getting To Know Colleges & Universities

VISIT

In the Fall, as many as one hundred colleges will visit the PVHS campus. College Admission representatives will schedule information sessions in the College & Career Center. The schedule is posted on Naviance and daily during October and November as sessions added. Students sign up through Naviance and must have the permission from their teacher to miss class in order to attend. Permission slips are available in the College & Career Center.

In addition, students and their families are encouraged to visit college campuses. Suggestions and procedures for scheduling a campus visit are outlined on page under "Visiting Colleges".

WEB SITES

Visit a college web site to further investigate their admission requirements, programs, majors and activities.

College searches on Naviance will also lead students to college websites. Students should sign up as a prospective student in order to receive up-to-date information on admission policies and notification of local visits.

NAVIANCE

Naviance is a comprehensive, web-based resource used to facilitate your process in making decisions about colleges and careers. It will also encourage you to take ownership of the college search process while at the same time allowing parents access to your individual profile. Since it is web-based, you have access to its capabilities at school, at home and anywhere you have a computer connection.

NATIONAL COLLEGE FAIR








The National Association for College Admission Counseling sponsors a National College Fair, usually in April (Southern California). Information on the national college fair tour can be found at:
www.nacac.org



The NACAC National College Fair is an excellent opportunity to learn more about colleges and talk with admissions representatives. Over 100 colleges participate in these fairs. There is no admission fee.

The NACAC website also has tips for attending their college fairs and how to prepare.

Factors To Consider When Choosing A College

<p style="text-align: center;">Cost</p> <ul style="list-style-type: none"> • What are the costs of tuition? Room and board? Are there other fees? • How much did costs increase from last year to this year? • Is there a difference in the costs for in-state and out-of-state students? • Are accepted students required to place deposits for tuition and housing? Are these refundable? • By when must accepted students decide whether they will attend? • Are deposits required each year for returning students? • When do the bills have to be paid? 	<p style="text-align: center;">Social Life</p> <ul style="list-style-type: none"> • What is the average age of the student body? • What is the male-to-female ratio? • What percent of students reside on campus? • Are dorms co-ed or single sex? • Is it a "suitcase college" where students leave on the weekends? • What are the procedures for selecting a roommate? • What are the rules and regulations that govern campus and dormitory life? 
<p style="text-align: center;">College Characteristics</p> <ul style="list-style-type: none"> • Where is the college located (city, suburb, small town, rural setting)? • What is the surrounding community like? • Is the college public, private, church affiliated? • What is the current student enrollment? • What special or unique programs are offered? • Does the college have general education or course distribution requirements? What are they? • Does the college have special programs for transfer students? • What is the academic calendar (semesters, quarters)? 	<p style="text-align: center;">Academics</p> <ul style="list-style-type: none"> • What is the average class size? • How many students in last year's freshman class returned for their sophomore year? • What was the grade point average for the freshman class last year? • What are the college's procedures for student orientation, class placement, and scheduling? Are classes guaranteed? • How is a faculty advisor assigned to students? • What services does the school offer for the student who is undecided about a major? • How many students complete a degree? What are the most popular majors? • Are students taught by full-time faculty members, graduate assistants, or a combination of both? • What types of additional services are provided by the school at no cost to the student (e.g., tutoring, career, personal counseling, developmental reading, study skills workshops, job placement)? • Is there an honors program? What are the qualifications for entry? 
<p style="text-align: center;">Admissions Requirements</p> <ul style="list-style-type: none"> • What high school courses are required? • Are entrance tests required? Which ones? What scores are acceptable? • Is a certain grade point average or class rank required? • Will my activities and school involvement be considered? • Is there an essay on the application? Is it read? • Is there an early decision or early action plan? • On what basis are applicants accepted? • Are personal interviews or letters of recommendation required? • Do certain majors have special requirements? • Can admission denials be appealed? • What are the application filings dates? 	<p style="text-align: center;">Financial Aid</p> <ul style="list-style-type: none"> • What percent of students receive financial aid based on financial need? • What percent of students receive scholarships based on academic ability? • What would be a typical financial aid package for a freshman? • What percent of those who apply for financial aid receive it? • Will my financial aid be adjusted if my need increases? • What are the financial aid application procedures and deadlines? • When are financial aid applicants notified of their awards? • How long do they have to respond? Is there a tuition payment plan? • Are there campus and off-campus jobs available? 
<p style="text-align: center;">Student Population</p> <ul style="list-style-type: none"> • Where do the majority of students come from? • Do most of the students commute or live on campus? • What types of student activities are there? • Are sororities and fraternities on campus? • What athletic programs are available? • Is the surrounding community supportive of the college? • Does the college have a campus visitation program? • Is housing available/guaranteed for freshman? Is it available for all four years? 	

A "SELF SURVEY FOR THE COLLEGE BOUND STUDENT" is available on the PVHS website:

http://pvhigh.com/CCC/pdf/CCC_03_CG_Self_Survey.pdf

This is a helpful personal survey intended to help student identify the type of college best suited to their interest and needs.

California Community Colleges



For more information on all 119 community college campuses, go to:

CaliforniaColleges.edu
 Your official source for higher education planning in California
www.californiacolleges.edu

A student may choose to attend a California Community College for several reasons:

- Earn an Associate of Arts (A.A.) or Associate of Science (A.S.) degree in a general education or vocational program
- Preparation to transfer to a four-year college or university with or without receiving an A.A. or A.S. degree
 - Choose an Honors Transfer Program to a University of California or other four-year college
 - Choose a post-secondary education close to home
- Supply workforce training and basic skills education
- Earn a certificate in a vocational area
- Opportunities for personal enrichment and lifelong learning

California Community College enrollment is open to:

- High school graduates
- Anyone 18 years or older, with or without a high school diploma
- Anyone with the equivalent of a high school diploma

Student planning to transfer from a California Community College to a four-year college or university are strongly encouraged to consult with a community college counselor regarding specific lower division courses which should be taken in order to transfer with minimum loss of credit. Not all community college courses are transferable. Students should also refer to the official school catalog of a four-year college or university about admission transfers.

California State University (CSU) Campuses



For more information on California State University campuses go to:



www.californiacolleges.edu

information on all California public colleges & universities



www.csumentor.edu

comparative information on all we campuses admission applications

See also: PVHS College Counseling Guidebook, Section 8, also found at:
http://pvhigh.com/CCC/pdf/CCC_08_CG_CSU_App.pdf

University of California Campuses



For more information about applying to the University of California, consult the PVHS College Counseling Guidebook, Section 8. Also found on the school website at:
http://pvhigh.com/CCC/pdf/CCC_08_CG_UC_App.pdf

Visiting Colleges

School holidays and family vacations are great times to visit colleges. Students should visit as many colleges as possible to determine their likes, dislikes and comfort with the environment. It is highly advisable to visit a college before making a decision to attend because it always looks different from the pictures. Be informed of travel routes and other transportation.

Here are a few tips to make the most of your visit:

Contact the college admission office about college visits.



A student should call the admission office, not the parent.



Information may also be found on the college web site.

If this is a serious visit ask about scheduling an overnight visit in a residence hall. The Admissions Office may also be able to assist with travel recommendations

Check the days and times for campus tours and information sessions.

It may be necessary to have an appointment.

Typically tours are offered on weekdays, sometimes twice a day, sometimes on Saturdays

Tours are free and usually given by students.

Tours usually last about one hour and includes a visit to the library, dormitory, classroom, sports or recreation facilities and dining hall.

Students should ask questions during the tour.

Try to visit colleges when classes are in session, be observant of the students and college environment.



Take pictures and keep a journal.

It will be very helpful to write your impressions of a school after the tour. When you visit more than one school, it will help you remember what you liked and disliked.



Take time to attend the Information Session.

Typically the Information Session follows the campus tour and is given by an Admission Officer.

This is a good opportunity to ask specific about the application and admission process.

Think about visiting during a different season, if outside of California.



Always fill out an information card and get on the mailing list!

Never visit a college “undetected” ...let them know you visited and “demonstrated your interest”!
Interviews may also be scheduled when you visit. Call the Admission Office for more information.

Naviance

Naviance codes:

All PVHS students receive their Naviance code in the Spring of their Freshman year. If you lose or forget your code, contact the College & Career Center.

Parents who would like their registration code should request it by sending an email to: pvhscdd@pvpusd.k12.ca.us or contact the College & Career Center at extension 618 or 347.

Naviance enables you to do the following:

Research colleges: Compare GPA, SAT/ACT Scores and other statistics to actual data from each college as well as look up individual school profiles. Link directly from Naviance to college web sites and email colleges with inquiries. Colleges may be searched for qualities such as: location, size, cost, majors, admission selectivity, sports, etc. Students may search for compatible colleges by using the “College SuperMatch” feature found as a quick link on the log-in page. Naviance is able to provide college acceptance data from PVHS graduating classes. This data is found on the PVHS website at www.pvhigh.com.

Sign Up for College Visits: Find out which colleges are visiting our school and sign up for their information session. If you have designated a certain college in your personal Naviance interest file (under “My Colleges”) you will automatically receive an email when a visit from that college is scheduled.

Organize and Track Your College Admission Process: Build a resume, complete on-line surveys, manage application and testing deadlines, link to college web sites, view scholarships, view summer programs and opportunities, learn about upcoming news and events, and utilize this resource to make better decisions about college and careers. “My Resume” helps students maintain their list of activities and achievements throughout their high school career, a valuable resource when filling out college or job applications.

Career Assistance: Sophomore students benefit from a program highlight known as “Do What You Are” found on Naviance under “My Personality Type”. The results of this personality inventory is discussed with your Counselor in a Sophomore Guidance Lesson. This in-depth final report directs students to careers, future areas of study-college majors, strengths and weaknesses and ultimately a list of potential colleges.

SAT and ACT Test Preparation: Thanks to funding from the PVHS Booster Club, we are able to offer an added feature on Naviance called Method Test Prep. Click on “Test Preparation” and you will discover free test preparation and full length tests for the SAT and ACT.

Naviance gives families the benefit of up-to-date, objective, advertisement-free and localized data about college admission. At the same time, it bridges the gap between school and home by helping students make better decisions about college and career opportunities. We encourage you to sign on and do some exploring. If you have any questions, don't hesitate to contact your counselor or Teri Kuwahara in the College & Career Center.

How to get started on Naviance: Once you have your registration code, you are ready to set up your account on Naviance. The quickest and easiest way to log-in is to go to the PVHS website: www.pvhigh.com and click on the NAVIANCE quick link found on the left toolbar. This will take you directly to the Naviance log-in page. Bookmark this page for future ease of use. New users should enter their registration code and follow the direction to setting up your user name and password. If you experience any difficulty or forget your user name or password, see your counselor on the College & Career Center.

Weekly News from the College & Career Center: Make sure you enter your email address in your Naviance profile. All communication from the College & Career Center is sent out via Naviance. You do not want to miss critical notices or requests for information.

College & University Admission Testing

Academic programs and standards vary in secondary schools throughout the nation. An “A” earned at a less-than-rigorous high school may be equivalent to a lesser grade at a more rigorous school, comparisons of high school records is difficult. Most four-year colleges and universities, therefore, require applicants to take the SAT or ACT tests used as additional means of assessing students for college admission. Some schools require additional SAT Subject Tests. Make sure you verify the individual admission requirements for each college.

For a list of colleges that do not require the SAT or ACT go to: www.fairtest.org.

PSAT/NMSQT – Preliminary SAT for 11th Grade and National Merit Scholarship Qualifying Test

The PSAT/NMSQT is designed for high school JUNIORS to give them an indication of how they will score on the SAT. It is also used as the qualifying examination for the National Merit Scholarship Program. Juniors who score sufficiently high receive letters of commendation or achieve semifinalist or finalist status. The test is administered by PVHS in October. For more information on the PSAT/NMSQT go to the PVHS website: www.pvhigh.com. Click on: Counseling/CCC > College Admission Tests > PSAT/NMSQT.

SAT Reasoning Test

This is a test used by colleges as one of the assessment factors in the admission-selection process. It is a test offered by The College Board. Test registration and fee payment is made directly to: www.collegeboard.com. Paper registration packets and study guides are available in the College & Career Center.

- The SAT is divided in three sections: Mathematics, Critical Reading and Writing
 - The test is approximately 3 ½ hours long, offered 7 times per year on a Saturday
- Test scores vary from 200 to 800 point per section.
 - All test scores become part of the student’s official SAT Score Report
 - There is a scoring penalty for wrong answers.

For more information on the SAT Reasoning Test, go to the PVHS website: www.pvhigh.com

Click on Counseling/CCC > College Admission Tests > SAT

SAT Subject Tests

Not all colleges require Subject Test scores as part of their admission assessment. Make sure you consult with the individual college requirements. For example: Georgetown University requires three subject test scores.

- SAT Subject Tests are offered in 22 subject areas. Not every test is offered on each test date.
- Each Subject Test is one hour long and a student may take up to three SAT Subject Tests in one day. Register at: www.collegeboard.com
- A SAT Subject Test may not be taken on the same date as the SAT Reasoning Test.
- Subject Test scores vary from 200 to 800 points per test.
 - All test scores become part of the student’s official SAT Score Report.
 - There is a scoring penalty for wrong answers.

For more information on the SAT Subject Tests, go to the PVHS website: www.pvhigh.com.

Click on Counseling/CCC > College Admission Tests > SAT Subject Test

EXPLORE – Preliminary ACT for 9th Grade

EXPLORE is a college readiness test specifically designed for 9th graders as a predictor of success on the ACT. The EXPLORE Student Score Report gives information about your knowledge, skills, interests, and plans. You can use this information as you plan your high school coursework and begin thinking about college and work. EXPLORE is a curriculum-based test that has four areas of achievement assessment: English, Math, Reading and Science. It is a 2 hour test that is content appropriate for 9th grade students measuring what students already know. There is no preparation needed for this test and there is no scoring penalty for a wrong answer. Part of EXPLORE includes an interest inventory designed to help students begin thinking of career paths based on their personal interests.

The PLAN - Preliminary ACT for 10th Grade

The PLAN is a college readiness test specifically designed for 10th graders as a predictor of success on the ACT. It is also a guidance resource helping students measure their current academic development, explore career/training options and planning for the future.

- The PLAN has four areas of achievement assessment: English, Mathematics, Reading and Science that is content appropriate to 10th graders. It is not a complete ACT, but rather a preliminary assessment.
 - The Achievement assessment accounts for 105 minutes of the test.
 - An additional 65 minutes is devoted to needs assessment and interest inventory directing students to personally relevant career options.
- It is a curriculum-based test measuring what students know and what they are able to do with their knowledge. There is no scoring penalty for wrong answers.
- The PLAN is offered in the spring of sophomore year. Information is distributed to 10th grades in their conference with Counselors. Registration is on the PVHS campus.

ACT

The ACT consists of four areas of achievement: English, Mathematics, Reading and Science. There is an additional Writing component that is not always required but highly recommended. Check with individual college admission requirements. The test is approximately 3 ½ to 4 hours in length.

- The ACT is offered 6 times per year. Register for the ACT at: www.act.org
- The ACT is scored on a 36 point scale. There is NO scoring penalty for wrong answers. A student earns a score in each section and a composite score.
- Student may select a specific test score (from one sitting) to send to a college without an entire history of scores from multiple test sittings.

For more information on the ACT, go to the PVHS website: www.pvhigh.com Click on Counseling/CCC > College Admission Tests > ACT

TOEFL - Test of English as a Foreign Language

The TOEFL is a test that measures the ability to communicate in English in colleges and universities for English as a Second language students. It is accepted at most, but not all, colleges. Check with individual colleges for their admission policies. Further information on the TOEFL and language qualification may be obtained at www.ets.org.

Playing Sports In College



Eligibility
Center

NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

KNOW THE RULES:

Core Courses

- NCAA Division I requires 16 core courses as of August 1, 2008. This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.
- NCAA Division II requires 14 core courses. See the breakdown of core-course requirements below.
Please note, Division II will require 16 core courses beginning August 1, 2013.

Test Scores

Division I has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.

- Division II has a minimum SAT score requirement of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.

The ACT score used for NCAA purposes is a sum of the four sections on the ACT: English, mathematics, reading and science.

- All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.

Grade-Point Average

- Only core courses are used in the calculation of the grade-point average.
- Be sure to look at your high school's list of NCAA-approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is www.ncaaclearinghouse.net.

Division I grade-point-average requirements are listed on page two of this sheet.

The Division II grade-point-average requirement is a minimum of 2.000.

DIVISION I 16 Core-Course Rule

16 Core Courses:

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

DIVISION II 14 Core-Course Rule

14 Core Courses:

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 2 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 3 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

PLEASE NOTE: Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.

OTHER IMPORTANT INFORMATION

- Division II has no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.
- 14 core courses are currently required for Division II. However, beginning in 2013, students will be required to complete 16 core courses.
- 16 core courses are required for Division I.
- The SAT combined score is based on the verbal and math sections only. The writing section will not be used.
- SAT and ACT scores must be reported directly to the Eligibility Center from the testing agency. Scores on transcripts will not be used.
- Students enrolling at an NCAA Division I or II institution for the first time need to also complete the amateurism questionnaire through the Eligibility Center Web site. Students need to request final amateurism certification prior to enrollment.

For more information regarding the rules, please go to www.ncaa.org. Click on "Academics and Athletes" then "Eligibility and Recruiting." Or visit the Eligibility Center Web site at www.ncaaclearinghouse.net.

Please call the NCAA Eligibility Center if you have questions:

Toll-free number: 877/262-1492.

NCAA Eligibility
Center
05/07/08 LK:cr

NCAA DIVISION I SLIDING SCALE CORE GRADE-POINT AVERAGE! TEST-SCORE New Core GPA / Test Score Index		
Core GPA	SAT	ACT
Verbal and Math ONLY		
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

FAQ: Frequently Asked Questions

1. **How many years of math should I take if I am planning to attend the University of California or a selective private college or university?**

The University of California and many selective private schools require a minimum of three years of math - elementary algebra, geometry, and intermediate algebra. However, many undergraduate majors require that you have a proficiency in math beyond the three years necessary for admission. If you select a major that requires either calculus or statistics, you should have the background to take such a course in your freshman year in college.

2. **What are the advantages for a college-bound student to enroll in courses offered by the Southern California Regional Occupational Center (SCROC)?**

You will have the opportunity to explore career options, to learn and develop new skills, to find out more about your abilities, and, perhaps, to earn some money applying your skills in a job.

3. **If I am undecided about what college I will eventually attend, what kind of courses shall I plan to take?**

You should take college preparatory courses. A general guide to follow is the "A-G" subject requirements of the University of California, which will fulfill the admissions requirements for all but the most selective colleges and universities. You should keep in mind, however, that these are the minimum courses needed to prepare you to be successful in college and university work.

4. **When should I take the Scholastic Aptitude Test (SAT I), the American College Test (ACT), and/or the (SAT II) Subject Tests of the College Board?**

As a general rule, you should take the tests no later than December of the year before you plan to enter college in the fall. It is generally recommended that students take the SAT I and ACT at the end of their junior year. Taking the tests in the spring will allow students the maximum time to schedule an additional test if "retakes" are advisable. Subject Tests should be taken as soon as possible after you have completed a course (or courses) in the subject being tested while the material is still fresh in your mind.

5. **How should I take advantage of the many services available through the College & Career Center at my school?**

First of all, you should find out where the College & Career Center at your school is located. You should then visit the center and examine the various materials that are there. The numerous books and catalogs are for your use in your college and career planning. Attend the seminars presented each year by over one hundred representatives from companies and colleges throughout the United States. Get to know the career technician and let her/him know what your interests are. School announcements and special bulletins will keep you informed of the many activities in the College & Career Center.

6. **How can I get to know more about the various colleges and universities I might be interested in attending?**

Study college catalogs and brochures. Check the college/university website. Talk with students, former students, and older adults about schools which interest you. Attend seminars presented by college representatives and ask questions. Attend the College Fair and talk with representatives of colleges from throughout the United States. Visit college campuses and attend classes. Be creative in searching out information about colleges and universities that interest you.

7. How many times per year will I meet with my counselor?

Every student will meet with a counselor during the school year. Students may drop by at any time to request an appointment. If you would like to have a conference, you may stop by the counseling office to make an appointment. Counselors are also available on a “drop in” basis during lunch and after school. You should take the initiative in getting to know your counselor and in making an appointment whenever you need to discuss something with him/her.

8. What are the advantages for a student who becomes involved in the extra-curricular activity program offered by each high school?

Participating in extra-curricular activities has many advantages for you. It gives you an opportunity to make new friends and to get to know your classmates better. It provides a chance for you to develop leadership skills and team spirit. Selective colleges often look for students who have a strong record of experience in extra-curricular activities and demonstrated leadership qualities.

9. Do my freshman grades count toward admission to a college or university?

Technically, the University of California and the California State University systems do not consider students' freshman grades in computing the grade point average; however, subject requirements satisfied in the ninth grade do count toward the satisfaction of admission requirements if they are completed with a “C” or better. In addition, many other colleges and universities do count grades from all four years of high school. The grade-record throughout high school is thus very important, and your high school grades are used in computing your high school grade point average.

10. Do summer school grades count in the computing of my overall grade point average (GPA)?

Yes, grades in summer school do count in computing your high school grade point average. If you are not sure if a course counts for graduation credit, you should check with your counselor before taking the course.

11. Does Algebra 1, successfully completed in the eighth grade, count as one year of math to apply toward the University of California admissions requirement?

Yes, it counts toward the three year math requirement, but the grades do not count in figuring your grade point average for admission. NCAA will not accept Algebra 1 as a core course if taken in the eighth grade.

12. When preparing for a college admission test, what should a student do?

Here are some steps all students should try to take:

- (a) Obtain and study the current and official descriptive material for the test.
- (b) Take at least one practice test under the same time limit as on actual tests.
- (c) Review areas of knowledge where the practice test showed a weakness.
- (d) Explore the help and support that may be available to you from the test sponsor, the test developer, your high school community agencies, and other organizations.
- (e) Be careful to see that the methods of test preparation are worth the time and money they require.
- (f) Be skeptical of any class tutor, book, or other means that claim you will experience drastic improvements.
- (g) If, after taking the test for the first time you found you were not familiar or comfortable with the test procedures, or if your score was lower than you reasonably expected, consider additional preparation and or retesting.

Notes