





WELCOME

Freshmen Parents

Class of 2013

A spiral-bound notebook with a light beige, textured cover. The spiral binding is on the left side. A dark brown rectangular box is centered on the page, containing the text "Graduation Requirements" in a large, bold, black font.

Graduation Requirements



**240 CREDITS
ARE REQUIRED
TO GRADUATE**

HIGH SCHOOL GRADUATION REQUIREMENTS

English	4 Years	40 Credits
History	3 Years	30 Credits
Mathematics	3 Years	30 Credits
Science	2 Years	20 Credits
Health Education	.5 Year	5 Credits
Computer Technology I	.5 Year	5 Credits
Art/For. Language	1 Year	10 Credits
Physical Ed.	2 Years	20 Credits
Elective		80 Credits
Total		240 Credits

TECHNOLOGY PROFICIENCY


- 1) ICT (Information and Communication Technology)
or
- 2) Challenge Test (Summer 2010)

HIGH SCHOOL EXIT EXAM

- **English-Language Arts & Mathematics**
- **Students tested sophomore year**

March / May 2011

Make-ups

A silver metal spiral binding is visible on the left side of the page, with the wire looping through a series of holes in the paper.

THE IMPORTANCE OF 9TH GRADE

Course opportunities are based on
academic performance beginning freshmen year

ABI

Parent Access (Need E-Mail Address & Password)

- Student Info
 - Demographics
 - Emergency
 - Class Schedule
 - Test scores
- Attendance
- Grades
 - Class Assignments
 - Homework
 - Grades
 - Graduation Status
 - Transcripts

GRADE REPORTS

Grading Period Ends

- October 9th (quarter)
- **November 6th (progress)**
- December 18th (semester)
- **February 12th (progress)**
- March 19th (quarter)
- **April 23rd (progress)**
- May 28th (semester)

Progress report cards are given to students in their 3rd period class to take home.

Progress report cards for students who have D's or F's will be mailed.

4 Year College Requirements

UC & California State University Admission Requirements ("a-g" coursework)

- History/Social Science 2 Year
- English 4 Years
- Mathematics 3 Years (UC recommends 4 yrs)
- Lab Science 2 Years (UC recommends 3 yrs)
- Foreign Language 2 Years (UC recommends 3 yrs)
- Visual & Performing Arts 1 Year
- College Prep Electives 1 Year

Completed with "C" or better grade

COLLEGE ADMISSION CRITERIA

- Comprehensive Review
- Grades
- Test Scores
 - Recommended to take PSAT Oct. 2010
- Course Selection (Advanced, A.P., etc.)
- Extracurricular Activities
- Community Service
- Honors and Awards
- Essays or Personal Statement (UC or Private)

UC PERSONAL STATEMENT PROMPTS

1. Describe the world you come from – for example, your family, community or school – and tell us how your world has shaped your dreams and aspirations.
2. Tell us about a personal quality, talent, accomplishment, contribution or experience that is important to you. What about this quality or accomplishment makes you proud and how does it relate to the person you are?

CSUS Special Agreement

Hornet-Bound



**Complete “a-g” coursework
with a 3.0 GPA**



Options & Tools

TUTORING OPTIONS

- A Student Math Tutor List is available in the Counseling Office
- Student Science & Spanish Tutor Lists are Available in the Counseling Office
- Teachers by appointment before and after school
- National Honor Students (free)

Communication Options

- 1) Encourage son/daughter to talk to teacher 1st

Importance of Self-advocacy

(At nutrition break, before and after school)

- 2) **Email (Teacher email list is available on the ORHS website)**

<http://orhs.eduhsd.k12.ca.us/staff/>

- 3) **ABI**

Meet with the Counselor

- Students can make appointments to speak with their counselor
 - 4 year planning
 - Academic and/or personal concerns

It is recommended to meet once a year if taking “a-g” coursework

Counselor Options

Last Names

Counselor Assignment

A – C

Glen Swedelson

Ext. 3051

D – I

Jill Howard

Ext. 3053

J – Mh

Kim Melbinger

Ext. 3310

Mi – R

Darsy Arburn

Ext. 3052

S – Z

Mandy Fielder

Ext. 3055

Email or Call (916) 933-6980 X 3050

Career Center

- College Admission Representatives/Students
- Spring Career Fair
- Career Information
- Job Board and Work Permits
- Community Service Options
- Special Opportunities
- College Catalogs/Videos
- College Applications, SAT Study Books
- Scholarships & Financial Aid

www.orhscareercenter.com

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Questions

and

Answers