# CHINO HILLS HIGH SCHOOL

SENIORS- CLASS OF 2025

INFORMATION
PRESENTED AS WELL
AS IMPORTANT LINKS
PLEASE VISIT
OUR COUNSELING
WEBPAGE: <a href="https://www.chino.k12.ca.us/d">https://www.chino.k12.ca.us/d</a>
omain/357

### COUNSELING DEPARTMENT

#### Karen Espinoza

Karen espinoza@chino.k12.ca.us

- Last Names: A
- Specialty
   Area: Special
   Education
- \*Co-DepartmentChair

#### Janyt Camper

JanytE camper@chino.k12.ca.us

- Last Names: B DEE
- Specialty Area: Health
   Science Academy
   (H.S.A.)

#### <u>Kathie Spaun</u>

Kathie\_spaun@chino.k12.ca.us

- Last Names: DEF-HE
- Specialty Area:

Advancement
Via Individual Determina
tion (A.V.I.D.)

### COUNSELING DEPARTMENT

#### <u>Lisa Behounek</u>

Lisa behounek@chino.k12.ca.us

- Last Names: Hi-PAP
- Specialty Area:

BAHT (Business and Hospitality and Tourism)

#### Shelley Bateman

Shelley bateman@chino.k12.ca.us

- Last Names: PAR-SAN
- Specialty Area:

Varsity Athletes

#### Stephanie Arrington

Stephanie arrington@chino.k12.ca.us

- Last Names: SAO-Z
- Specialty Area:

ELD (English

Language Development)

\*Co-Department Chair

### COUNSELING DEPARTMENT

#### **Amy Dellosa**

amy\_dellosa@chino.k12.ca.us

Specialty Area:Intervention / PLUSS

#### **Ashley Sterk**

ashley sterk@chino.k12.ca.us

Specialty Area: MTSS-B

#### Micaela Soriano

Micaela\_soriano@chino.k12.ca.us

Counseling Assistant

#### Sylvia Casillas

sylvia casillas@chino.k12.ca.us

Career Tech

#### **Tiffany Chow**

Tiffany\_chow@chino.k12.ca.us

Counseling Secretary

### AGENDA

UC / Cal State

Common App

Letter of Recommendation

Transcripts

California Community College

College Supports and Services

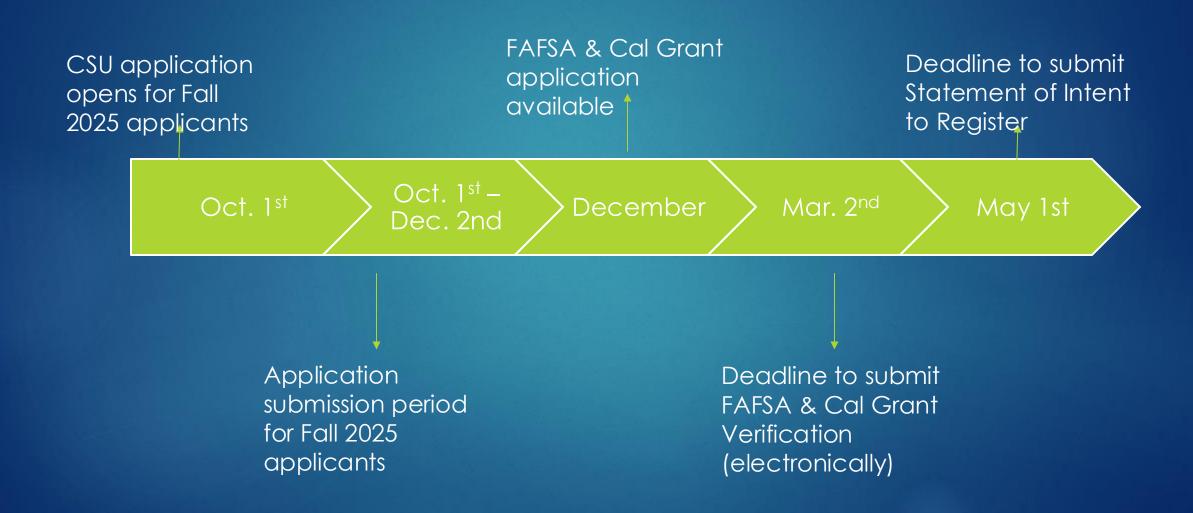
Military

# UC's / Cal States

## University of California - timeline



# Cal State University - timeline



# Self-reporting: academics

#### We are on a semester system

#### Report all classes and grades taken 9<sup>th</sup> – 11<sup>th</sup> grade

• Identify courses taken elsewhere on your application – Chaffey, Mission Academy, Mt.Sac, Orion, BYU, etc.

#### Senior Year courses:

- 1st semester: indicate In Progress (IP)
- 2<sup>nd</sup> semester: indicate Planned (PL)
- Please refer to the counseling website under the UC/CSU tab and go to the University of California A-G list. The classes that are highlighted are the classes we have on our campus; the other classes are virtual.
- \* Only select courses listed with GradPoint, Edgenuity, etc. if you took a course through the AEC.

# UC – personal insight questions

#### DIRECTIONS

- Need to respond to 4 out of 8
- Each response is limited to 350 words
- Select questions that are most relevant to your experience and that best reflect your individual circumstances.

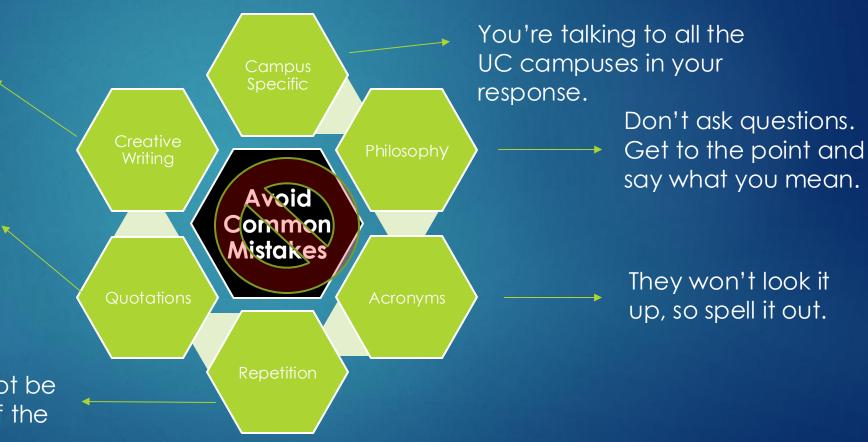


# Tips for UC Personal Insight Questions

Avoid poems, scenesetting, clichés.

Want to know your thoughts and words, not someone else's.

Give new info that cannot be found in other sections of the application



# Tips for UC Personal Insight Questions

#### Final Tip:

- ► The Personal Insight Questions is your opportunity to informally interview with the UC's.
- They don't look at writing style; they look for content. Your response should add clarity, depth and/or context to the application as a whole. Be you!
- Use plenty of "I" statements. Talk about yourself so that the UC's can get to know your personality, talents, accomplishments and potential for success on a UC campus.

# Common App

# Common App – house keeping





Regular Decision

Early Action = Non-binding

Early Decision = Binding



#### **Various Application Deadlines**

Regular Decision = Early January
Early Action/Decision = November 1st

# Common app essay prompts

- Some students have a background, identity, interest or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
- The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
- Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
- Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
- ► (650 WORD COUNT)

# Common app essay prompts

Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.

Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?

Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

(650 WORD COUNT)

## Common app writing supplements

▶ For each college that you apply to via the Common Application, you're going to need to create a supplemental essay that answers that school's specific questions while showcasing your talents and telling your story in a way that demonstrates your unique fit for that particular program.

#### USC example:

- Describe how you plan to pursue your academic interests at USC. Please feel free to address your first- and second-choice major selections. (250 word limit)
- Describe yourself in three words (25 characters).

#### **USC** Continued:

The following prompts have a 100 character limit:

What is your favorite snack?

Best movie of all time:

Dream job:

If your life had a theme song, what would it be?

Dream trip:

What TV show will you binge watch next?

Which well-known person or fictional character would be your ideal

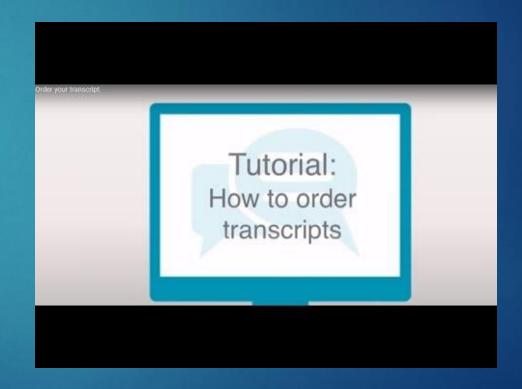
roommate?

Favorite book:

If you could teach a class on any topic, what would it be?

# Parchment – e-transcript provider

- Do not submit to UC or CSU (unless specifically requested by college).
- Counselor will upload transcript to Common App
- Counselor will upload transcript to NCAA Eligibility Center
- Be sure to order final transcript to be sent to college where you will enroll for Fall 2024
- https://www.parchment.com/u/regi stration/26643/account



- Family Educational Rights and Privacy Act:
  - How does FERPA relate to your college application?
  - FERPA gives you the right to review confidential letters of recommendation under certain circumstances IF:
    - You are enrolled in college and that college saves the recommendations for enrolled students, OR
    - You are 18 or older.
  - In your application you'll be asked if you want to waive this right. Why would you want to do that?
    - Waiving your right lets colleges know that you do not intend to read your recommendations, which helps reassure college that letters are candid and truthful.
    - Some recommenders may refuse to write a letter for you unless you waive your rights.

# Letters of Recommendation

## Letters of recommendation

- Counselor Rec
  - Discuss context of school and student body
  - Discuss overall growth
  - Discuss any triumphs, setbacks, family background, etc.

- Teacher Rec
  - Discuss the student's academic potential within the classroom
  - Discuss maturity (academic, social, collaboration, etc.)
- \* Be sure to download recommendation fillable document for counselor and teacher on Counseling webpage. <a href="https://www.chino.k12.ca.us/Page/15188">https://www.chino.k12.ca.us/Page/15188</a>
- \* Please give the counselor and teacher at least 3 weeks' notice before your first application deadline.
- \* For a quality letter of recommendation from your counselor for regular decision, please submit request forms by 12/2/24 (after Thanksgiving break!!!).

## On-the-Spot Admission Event: TBD

- Partnership for Access to College Education (PACE)
  - Financial Assistance
  - Support Programs
  - Financial Aid Night (Date TBD)
- "On The Spot Admission"
  - Meetings will be about 15 minutes long
  - Must apply to schools at least 4 days before your meeting
  - Sign up for a spot at: Career Center









# California Community College

# Academic Options



Obtain an Associate Degree



Obtain an Associate Degree with Transfer (AD-T)

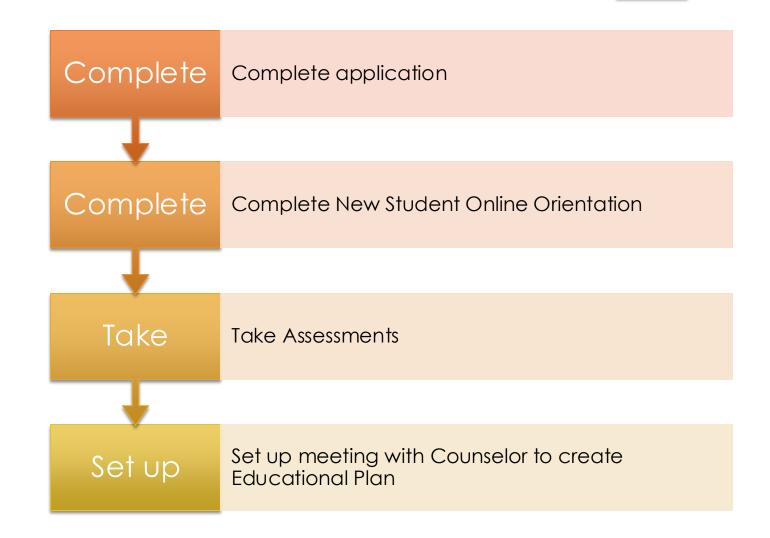


Transfer to a 4-year University without a Degree



Obtain a Vocational Degree or Certificate

# Steps to Apply and Get Started



# MT. SAC Connect 4 & Chaffey College Senior Early Transition Programs

- Mt. Sac and Chaffey are our local community colleges that we have a matriculation agreement with.
- Both Mt. Sac and Chaffey usually come onto our campus to help students complete the process, however this year it will be done virtually.
- Dates have not been set just yet.
- Please follow the link below and check the career center's website for updates on this as well as a list of all virtual college fairs coming up.

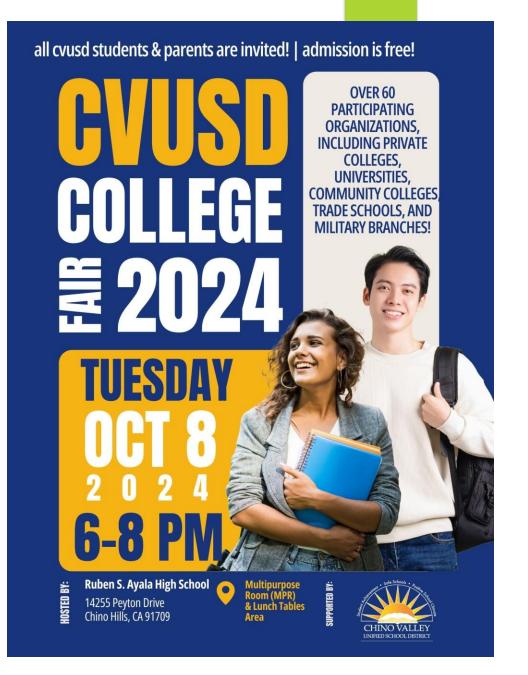
Career Center- https://www.chino.k12.ca.us/domain/2156

# California College Promise Grant

- Form of State aid that waives the enrollment fee (\$46/unit) for eligible CA resident students.
- Must complete the FAFSA to have the best chance of qualifying, however you can apply directly at
- https://www.cccapply.org/en/money/california-college-promise-grant
- Must have a 2.0 cumulative GPA.

# CVUSD College Fair

- This year Ayala High School will be hosting our district's college fair from 6-8 pm on Monday 10/8/24.
- The college fair will be free to all students and will have over 60 participating organizations.
- Visit CVUSD or CHHS Career Center Websites for more information below.
  - https://www.chino.k12.ca.us/domain/215 6



# FAFSA – Free Application for Federal Student Aid

- FAFSA application dates are temporarily delayed
- Priority submission dates are December 2024 through March 2, 2025
- Seniors will complete FAFSA in class with counselor support, classroom visit dates will be announced
- Please have your Social Security number to complete FAFSA
- Apply through your CCGI account, <u>www.cacollegeguidance.org</u>
- Parent and Student workshops will be available to complete the FAFSA, dates will be announced and posted on campus
- ▶ Have a personal email created prior to completing the FAFSA

# California State Grant Programs

- Cal Grant Community College Entitlement Award-For students attending a California Community College (CCC). Cal Grant A and Cal Grant B awards available.
- Cal Grant High School Entitlement Award-For current high school seniors and recent high school graduates. Cal Grant A and Cal Grant B awards available.
- Cal Grant Competitive Award- This is a competitive award and limited to 13,000 awards each academic year. Only students who are not awarded a Cal grant entitlement award can be considered. Cal Grant A and Cal Grant B awards available.
- Cal Grant B Award for Foster Youth- Awarded to students who are current or former foster youth until their 26 birthday.
- Cal Grant C Award Awarded to students pursuing an occupational or technical program. Awards up to \$2,462 for tuition and fees and \$547 for books, tools, and equipment at any Cal Grant eligible private for profit or private nonprofit institution. Awards up to \$1,094 at any California Community College.

## Federal Grant Programs

- ▶ **Federal Pell Grant** Awarded to undergraduate students who display financial need and have not yet earned a bachelor's, graduate or professional degree. The maximum Federal Pell Award for 2024-2025 award year is \$7,395
- ▶ Federal Supplemental Opportunity Grant (FESOG) The FSEOG program is administered directly by the financial aid office at each participating school. It is awarded to the students with the most financial need. Award amounts range from \$100 to \$4000 a year.
- ▶ **Federal Work Study Program-** Allows you to earn money to pay for school by working part-time. This is a grant and not considered income for most social service assistance programs.
- ► Teacher Education Assistance for College and Higher Education (TEACH) Grant- For students enrolled in TEACH Grant eligible program and meets additional eligibility requirements. Provides grants up to \$4,000 a year to students pursuing a teaching career.
- Aid for Military Families- There are special aid programs or additional aid eligibility for being the child of a veteran.

# Institutional Grant Programs

- ▶ CSU's State University Grant (SUG) Program-Provides needs based awards ti eligible undergraduate students who are California residents.
- ▶ UC's University of California's Blue and Gold Opportunity Plan-Will ensure that students will not have to pay systemwide tuition and fees if you are a California resident whose total family income is less than \$80,000 a year and you qualify for financial aid.
- ▶ Ivy League Commitment-Offers generous financial aid packages that will meet 100% of demonstrated financial need. Ivy League schools include; Brown University, Columbia University, Cornell University, Dartmouth University, Harvard University, the University of Pennsylvania, Princeton University, and Yale University.
- Stanford University- Offers need based financial aid packages for students with families earning less than \$150,000 a year with assets.
- Private Schools- Contact the institutions Financial Aid office for programs available.

# College Supports and Services

#### Services to Access at College

- Disability Center
  - You will need to apply to the disability center on your college campus.
  - o If you have 504 plan or an IEP, you can make an appointment with disability center to see what accommodations you can use at college.
  - o If you feel that you are struggling in college, visit the disability center to see if they can help you.
- Academic and Emotional counseling services

#### Department of Rehab

This agency can help you in obtaining a job or help you with college. You can apply at

https://www.dor.ca.gov/

Students who qualify

- High school graduates
- Received IEP or 504 services in high school

## Military Resources

#### Military Academies:

- Military Academy at West Point
- Naval Academy
- Air Force Academy
- Coast Guard Academy
- Merchant Marine Academy

**U.S. Armed Forces Branches:** 

- Army
- National Guard, California National Guard, Army Reserve
- Navy
- Air Force
- Marines
- Coast Guard
- Space Force
  - Sign-up for more information, including recruitment and the ASVAB at the Career Center (Rm# 172)
    - The Armed Services Vocational Aptitude Battery (ASVAB) is a multiple-aptitude battery that measures developed abilities and helps predict future academic and occupational success in the military. It is administered annually to more than one million military applicants, high school, and post-secondary students.

Service Academies have distinct deadlines for the application and nomination process. Please check with each academy.

# 10 Top Take Aways

- Use an appropriate personal email address to communicate with colleges and etc.
- Once an application is submitted, the college will send you access to their portal. Make sure to set up your personal portal to all the colleges you applying.
- Check your email and college portals weekly for college communications like admission, dorm or financial aid info and more.
- Application=the way colleges get to know you.
- Double check application before sending it
- Keep your grades strong.
- Be organized by keeping passwords in a safe accessible place.
- Research and select colleges based on the major of interest.
- When requesting letter of recommendation, send a personal request to teacher with at least a two-week notice.
- > Do not submit social security information on the web unless you are in a secure well-known website (FAFSA).

## Additional Information:

- Class of 2025 College Bound Senior Google Classroom: oj7c3in
  - ► <a href="https://classroom.google.com/c/NjA1OTk4NzUyNjMy?cjc=oj7c3in">https://classroom.google.com/c/NjA1OTk4NzUyNjMy?cjc=oj7c3in</a>

- Scholarships:
  - https://www.chino.k12.ca.us/Page/8606

