

# 2009 Fall Junior Assembly Notes

## **PERSONAL/SOCIAL**

### **Junior Tips**

- **Take care of yourself.** Exercise, eat right, get enough sleep – maintain a healthy balance!
- Stay focused on your academic goals, but save time for family and friends.
- Discover one new thing at AHS – attend a drama production, a sports event, a dance, a music program or a club activity. Most common regret from past graduates, *"I wish I had taken advantage of all the extracurricular opportunities at AHS."*
- Visit the Counselor of the Day Desk (P-16) if you need immediate assistance from a Counselor.
- **Junior Counselors are at the Counselor of the Day Desk on Tuesdays, 7:30 a.m. – 3:30 p.m.**
- Personal counseling services are available for students in need - see **your Junior Counselor (Mrs. Fox or Ms. Tran).**

## **ACADEMIC**

### **Junior Reminders**

- Check your AHS Transcript and High School Graduation Report (HSG) **carefully - a minimum of 105 credits plus specific subject requirements** – places you just on-line for graduation at the start of your junior year.
- Check to see that your transcript and HSG **accurately** reflect all courses taken and that duplicate credit for make-up classes has been removed (your GPA will improve once you remove duplicate courses!)
- If you receive an "F" – **you earn no credit for that class.**
- You **must repeat any required subject course** to make up credit if you receive an "F".
- If you receive a "D", you earn credit, but in most cases this class will not count toward any college admissions.
- Remember that you must have a rising "C" average to advance in Foreign Language and Math.
- Friday Cards are available at the Counselor of the Day desk or the Attendance Office.
- Peer Tutoring: dates will be announced.

### **Short Credit/Short Subject**

- If you have failed a required subject for high school graduation in years prior, you **must** make-up the course in summer school. Remember there is **NO** summer school make-up after senior year.
- After school ROP classes are available if you need additional elective credit to graduate. See Ms. Franz, ROP Counselor, in P12.

### **Additional Graduation Requirements**

- Students **must** have 225 credits, including specific subject requirements, in order to receive an AHS diploma. (Check the Curriculum Guide and your HSG).
- Students **must** pass Algebra I to receive an AHS diploma.
- Students **must** pass both sections of the CAHSEE to receive an AHS diploma.
- Students **must** pass the swim survival to receive an AHS diploma.
- Students **must** pass the health requirement to receive an AHS diploma.

## **COLLEGE/CAREER**

### **Things to Remember**

- Take the PSAT in October – **only** scores in the junior year are used as the qualifier for National Merit Scholarship.
- Take the PLAN (preliminary ACT test) in November.
- All SAT Reasoning Tests, SAT Subject Tests and ACT tests should be completed by June, **2010**. (Reminder: UC schools require **two** SAT Subject Tests but the Cal State schools do **not** require any Subject Tests)
- If you plan to fulfill your "Language other than English" requirement by taking the SAT Subject Test, you must register for the **November 7, 2009 Language with Listening Subject Test**. This test is only offered once a year; last day for regular registration is **October 1st**; late registration deadline is **October 15**.
- Explore all your post high school options – be flexible, be realistic, be creative.
- All Juniors will participate in a Family Connection session powered by Naviance Software this fall.
- Visit the Career Center (P-13) – your best source for college information at AHS. This year the Career Center will be open Monday-Friday.
- Check College Rep visit schedules and sign-up in the Career Center **now** to listen to reps from public, private, four year and community colleges.
- Check the Scholarship Bulletin located in the Career Center – updated weekly.