



Fall 2015

The Junior Journal

EL DORADO HIGH SCHOOL | CLASS OF 2017

Explore. Research. Experience.

Self-awareness is the first step in creating a meaningful path for your future.

Explore who you are and what you enjoy!

What are your interests?

What classes have you enjoyed in school?

What activities/skills have you enjoyed doing the most?

What are your hobbies or things you like to do for fun?

What types of jobs or careers are people involved in around you?

What are your natural talents?

What have you dreamed about doing?

What pressures or influences are you experiencing about school, major, or career direction?

Take the personality surveys on Naviance. If you've already done them, do them again - maybe your interests have changed.

Experience the world of work.

Attend Career Expo and other fairs or presentations to learn more about companies and organizations.

Consider a volunteer opportunity or a part time job.

Try a job shadow or internship in order to observe and work with professionals in a real work environment.



remind text @dostuff to 81010

Find out about opportunities -Volunteer/Leadership/Contests/Etc:

Research the world of work and academic programs. Make an informed choice:

Use Naviance and other resources to research career options and academic programs.


Talk with people in the field; conduct internet research; use Naviance to research careers & colleges.

Be creative and allow yourself to identify new areas that you may not have considered.

Conduct informational interviews with people working in different jobs or career fields.

Learn about the type of education you need to reach your dreams - it may be easier than you think!

Article adapted from Explore, Research, Experience, Sac State Career Center



NAVIANCE

Use the link on the Cougar home page

UN: 1st 4 letters of last name + last 4 digits of student ID#

PW: 1st & last initial + last 4 digits of permanent ID#

Research careers and "add them to your list"
Research colleges and "add them to your list"
You will be notified when college & career reps visit.

Job Shadow Opportunities!!

Our community is increasingly aware of how important it is for students to make informed decisions when choosing a career pathway. As such, they are providing more opportunities for you to "try out" a career area for a day or sometimes longer.

Why participate?

1. You'll learn stuff - the kind of stuff that will help you thrive in the "real world."
2. You'll get a head-start on figuring out what to do after high school. Use this knowledge about yourself to make more informed career and educational decisions - save time and money!

3. You'll expand your network - the circle of people you are connected with. There is no doubt that having a professional network is useful for career success. Keep in touch with the people who help you if you want to further develop your opportunities.

4. You'll be more competitive for jobs and college applications - wherever you go your experience will help you stand out from the crowd of less motivated people.

How to participate:

Fill out a job shadow application in the Career Center - do it early in the year to increase your opportunities. Job Shadows are typically for one

school day, or part of a day. Students have attended job shadows in health care, law enforcement, veterinary, education, forestry, psychology, engineering - pretty much everything from A(torney) to Z(oology), no kidding!

Have a new idea?

New opportunities are constantly being developed so if you have something specific in mind, visit the Career Center with your idea and we'll try to make it a reality!

Community College after graduation?

Are you one of those students who know exactly what schools you want to apply to, but are worried about paying for it? Or are you confused as to where you want to go or what major you'll pursue? You might want to pencil community college into your plans:

Are you unsure of your major?

Because of its affordable tuition, community college allows you the chance to explore a variety of subjects without the pressure of going into excessive debt.

Are you concerned about financial aid?

Did you receive your award letter from your dream college, but can't justify the expense? Pay for just two years there instead of four. Attend a community college for the first two years, then transfer.

Are you anxious about leaving home?

You might not be ready to take the huge leap to on-campus life. An easier transition might be from high school student to community college commuter to four-year scholar.

Do you want to start a career quickly?

Community and technical colleges offer many programs that allow you to join the workforce with an associate degree or certificate. You'll find exciting programs like automotive



Junior Year Timeline

- September:** If you are considering college athletics, register with the NCAA / NAIA and let your Counselor know.
- October:** Take the PSAT, the practice test for the SAT. Attend the Regional College Fair at UMHS.
- November:** Take the ASVAB, a career aptitude test offered by the military.
- March:** Attend Career Expo at UMHS.
- Springtime:** Take the SAT and/or the ACT - sign up online.
- Ongoing:**
- ✓ Research career paths using Naviance.
 - ✓ Attend college visits in the Career Center.
 - ✓ Research colleges online.
 - ✓ Visit colleges during holiday breaks & summer.
 - ✓ Look for scholarships & contests with cash awards.

technology, graphic arts, nursing, information technology, and culinary arts at two-year schools.

But aren't community colleges just an extension of high school?

Community college is college - it has courses and facilities just like a university, and is filled with students who want to learn just like you. In addition you can find pre-college, skill-building classes if there are areas where your skills are lacking, and classes to learn or upgrade job skills.

Community college has a program to meet most every educational need.

Still unsure?

Whatever your college situation, factoring community college into your plans has the potential to save you money and still give you the education you deserve. Visit the Career Center or talk to your Counselor if you have questions.

...or maybe try a college class now...

You are eligible to enroll in college courses at Folsom Lake College if:

- You have completed the 10th grade and are 16 years old by the first day of instruction;
- You have a minimum high school grade point average of 2.7;
- You demonstrate exemplary academic achievement in the subject to enroll;
- You must be mature enough to avoid jeopardizing your safety or the safety of others.

If you are considering taking a college level course please make an appointment to see your counselor.

EDHS Graduation Requirements

English	40 credits
Social Studies (World Hist., U.S. Hist., Gov't., Econ.)	30 credits
Math (must include Algebra 1)	30 credits
Physical Science	10 credits
Life Science	10 credits
Health	5 credits
Computer Technology	5 credits
Physical Education	20 credits
Fine Arts or Foreign Lang or CTE	10 credits
Elective	80 credits
Total:	240 credits

College A-G Entrance Requirements

- A. Social Science**—2 years
- B. English**—4 years
- C. Math**—3 years **
(Including Algebra 2)
- D. Lab Science**—2 years **
(Biology, Chemistry, ChemA, Physics, Physiology, AP Biology, AP Env. Science, Medical Arts II,)
- E. Foreign Language**—2 years **
- F. Visual Performing Art**—1 year
- G. College Prep Elective**—1 year

**Competitive schools recommend taking at least one additional year.

Questions?

Counseling Office, (530) 622-3634 x1028

A-C, ISP:	Mrs. Martin	vmartin@eduhdsd.net
D-Ha, Vista:	Mrs. Carrillo	kcarrillo@eduhdsd.net
He-Ra, EL:	Mrs. Fregoso	kfregoso@eduhdsd.net
Re-Z, AVID:	Mrs. Woods	lwoods@eduhdsd.net

Career Center, (530) 622-3634 x1033

Career Center	Mrs. Bastian	mbastian@eduhdsd.net
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Junior Year Counts

Now is the time to set the groundwork for life after high school! For those of you who are college-bound, this is probably the most important year of high school. Keep in mind that this year's grades will be the most current grades colleges see when they are evaluating your high school transcript. Here are five things to do this school year to prepare for college:

Get the best grades possible. Nothing is more significant for college admissions than how you perform your junior year, and the classes you choose are a reflection of your level of motivation and intellectual curiosity. If you don't already have good study habits, now is the time to work on them – you can be sure you'll need them in college! Participate in class and take the time to connect with staff members – your teachers, counselor, coaches, etc. You are likely to need a few letters of recommendation, and no one will be able to say awesome things about you if they don't even know you!

Take all your standardized tests. Take the PSAT in October as a practice for the real thing. (Listen for signup announcements in September.) Sign up now to take the SAT or ACT in spring. A spring test date will give you

the chance for a redo next fall if you're unsatisfied with your scores. If you are taking any AP classes this year, be sure to sign up for the AP test that goes along with it. College admissions officers will be looking for the AP test scores that correspond to each of the AP classes you're enrolled in.

Volunteer. Be involved. Do something with your extra time that shows you have interests and enthusiasm for life. Take advantage of opportunities to try new things. It might be a part-time job, involvement in sports, volunteering at the soup kitchen, or taking a role in an extracurricular drama production. You don't have to overdo it, but just do something. It's really the quality, not the quantity that matters. Admissions officers are looking more at how your involvement fits in with the whole picture of who you

are, rather than how many hours you are busy – and they want to see that you're not a couch potato.

Research careers. Most students are still looking for career direction to take, so don't feel like you're behind if you haven't figured it out yet. **Use Naviance**, our career research

tool, for a good start. Logon info is available in the Career Center. Another way to figure out what you might like is to look at a couple college catalogs and see what classes sound like they would be fun to take. Visit labormarketinfo.edd.ca.gov for very detailed information on careers in California. Talk to family friends and neighbors who have jobs that you might be interested in. Come into the Career Center for information about job shadow opportunities.

Research/visit colleges. Do some self-evaluation to figure out which of those things are most important to you. Use **Naviance SuperMatch** to give you an idea of the kinds of things you should think about when choosing a college. Keep in mind that colleges cost money, and that your dream college may not be affordable. But don't let that stop you from applying; financial aid awards can be quite variable. Try to visit the colleges you're seriously considering, check out the local area around the college, and attend an admissions presentation. It's a big decision, and the extra information will help you make a choice that you'll be happy with.

Here are 5 things to do this year to prepare for college.



Yes, it is true, the SAT will be changing this year! Class of 2017 students testing in March, May & June will be taking the Redesigned SAT. **Sign up for the PSAT now to get the best practice for the change.** The official SAT study program is available at khanacademy.org/sat. Also, Kaplan will be providing some free and some not-so-free study materials in the months to come: kaplanatschool.com/eldorado. On the next page is some information about the change. Remember, there is no change to the ACT test.

College Entrance Tests

ACT - register now for a spring date

- September 12, 2015
- October 24, 2015
- December 12, 2015
- February 6, 2016
- April 9, 2016
- June 11, 2016



actstudent.org

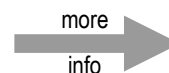
SAT - register now for a spring date

- October 3, 2015
- November 7, 2015
- December 5, 2015
- January 23, 2015
- March 5, 2015
- May 7, 2015
- June 4, 2015



collegeboard.org

March, May & June dates will be the REDESIGNED test.



	Old SAT (thru Jan 2016)	New SAT (beginning Mar 2016)	ACT (not changing)
Sections	3 sections: <ul style="list-style-type: none"> • Math • Critical Reading • Writing Skills 	2 sections: <ul style="list-style-type: none"> • Math • Evidence-based reading & writing 	4 sections: <ul style="list-style-type: none"> • Math • English • Reading • Science reasoning
Scoring	Composite score (600-2400) <ul style="list-style-type: none"> • 3 section scores (200-800) 	Composite score (400-1600) <ul style="list-style-type: none"> • 2 section scores (200-800) • 3 test scores (10-40) • 7 sub-scores (1015) • 2 cross-test scores 	Composite score (11-36) <ul style="list-style-type: none"> • 4 section scores (11-36) • 7 sub-scores (1-18)
Length of Test (without breaks)	3 hrs, 45 minutes	3 hours (without essay) 3 hours, 50 minutes (with essay)	2 hours, 55 minutes (without essay) 3 hours, 25 minutes (with essay)
Answer choices	5 answer choices per question	4 answer choices per question	4 answer choices per question
Incorrect Answer Penalty	1/4 point off for each incorrect answer on multiple-choice questions	No penalty for incorrect answers	No penalty for incorrect answers
Format of test	Paper & pencil only	Paper & pencil AND a computer-based option	Paper & pencil only
Reading & Writing	<ul style="list-style-type: none"> • Two sections <ul style="list-style-type: none"> • Critical Reading • Writing Skills • Vocabulary tested by sentence completion questions; famous for "SAT Words," often considered obscure • Passage-based questions, with passages drawn from random topics 	<ul style="list-style-type: none"> • Two tests: <ul style="list-style-type: none"> • Reading Test • Writing & Language Test • No more sentence completions; focus on multiple-meaning words • Passages will draw from significant historical or scientific documents - may include information graphics, such as charts • The reading passages will include complex structure & vocabulary 	<ul style="list-style-type: none"> • Two tests: <ul style="list-style-type: none"> • Reading Test • English Test • Usage/Mechanics: punctuation, grammar, sentence structure • Rhetorical skills: strategy, organization, style • Reading comprehension: what is directly stated, statements with implied meanings
Math	Covers: <ul style="list-style-type: none"> • Arithmetic • Algebra I • Geometry • Some Algebra II 	Focuses on: <ul style="list-style-type: none"> • Application-based, multi-step questions • Higher-level math, including trigonometry • One "extended-thinking" grid-in question (worth 4 points) • Core math competencies (translating math into English & English into math) • A deep understanding of the theories behind mathematical principles, such as building equations 	6 content areas: <ul style="list-style-type: none"> • Pre-Algebra • Elementary Algebra • Intermediate Algebra • Coordinate Geometry • Plane Geometry • Trigonometry
Science	No science section	No science section	<ul style="list-style-type: none"> • One section, measures the interpretation, analysis, evaluation, reasoning & problem-solving skills required in the natural sciences
Calculators	Calculators permitted in every math section	Calculators only allowed in the longer of the two math sections	Calculators allowed but not usually needed
The Essay	Required first section of the test (25 minutes, timed) Students respond to a short prompt by providing personal opinion with supporting evidence.	The essay is optional (50 minutes, timed) Students will be provided a substantial passage (600-700 words) and will then be asked to analyze how the author built their argument; students will need to understand the techniques authors used to write persuasively.	The 30 minute test consists of one writing prompt that will define an issue and describe two points of view. Students will respond to a question about their position on the issue. Scoring is based on composition and is not affected by the point of view chosen.

Chart adapted from Princeton Review's "Now vs. 2016" chart at princetonreview.com, 05/11/2015.