

TORRANCE HIGH SCHOOL'S



Class of 2025



Freshman Orientation

How Counselors Can

Help



Counselors are available to assist you with:

- **Academics**
- **College and career guidance**
- **Social/emotional needs and development**



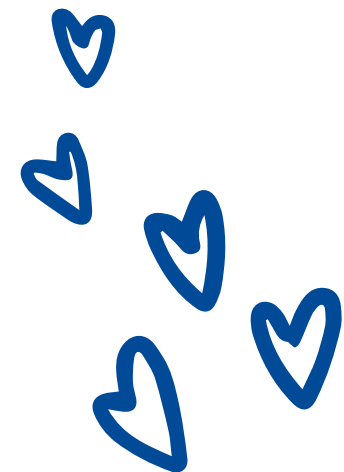



HIGH SCHOOL VS MIDDLE SCHOOL



- High school prepares you for your transition into the real world
- Your success at THS opens up more opportunities for you after high school
- Quarter grades vs. semester grades
- Earning credits and graduation
- Passing marks, advancement and repeats
- Transcripts

Academic Support and Guidance



- Graduation Status Checks

- Goal Setting and Post-Secondary Planning

- Spring Scheduling and Course Recommendations

- Help Facilitate Conferences w/ Parents, Teachers and Administrators

History and Social Science – 3 years/30 credits
(W. History, US History AND US Gov/Econ)

English – 4 Years/40 credits

Mathematics – 2 Years/20 Credits

Science – 1 Year/10 credits of Life Science/Biology AND
1 Year/10 Credits of Physical Science/Chemistry, ESS or
Physics

World Language – 1 Year of World Language OR 1 Year
of Fine Art

Fine Arts – See above

Additional – 2 Years of PE, 1 semester of Health AND 75
Elective Credits

*6 semesters of composite S or E citizenship +
• 220 credits required for graduation*

GRADUATION

Requirements

csu/uc

A – G

Requirements



A. History and Social Science – 2 years
(1 Year of W. History **AND** 1 Year of US History **OR** 1 Semester of US History AND 1 Semester of US Gov)

B. English – 4 Years

C. Mathematics – 3 Years Up to Algebra 2. 4 years recommended.

D. Science – 1 Year of Life Science (Biology) AND 1 Year of Physical Science (Chemistry, Earth & Space Science or Physics). 3 years is recommended.

E. World Language – 2 Years of the same World Language. 3 years recommended.

F. Visual Performing Art – 1 Year of a VPA in the same discipline

G. College Prep Elective – 1 Year of A-G approved elective

** College entrance exams (SAT/ACT) may be required.*



...Main Differences Between

Graduation and A-G Requirements



GRADUATION

Passing grade of D or better.

2 years of Math

1 year of W. Language OR Visual
Performing Art

1 year of Bio AND
1 year of Earth Space, Chem or
Physics

A-G

Passing grade of C or better.

3 years of Math up to Algebra 2

2 years of W. Language AND
1 year of Visual Performing Art

1 year of Bio AND
1 year of Chem for UC OR
1 year of Earth Space, Chem for CSU



Habits for Success

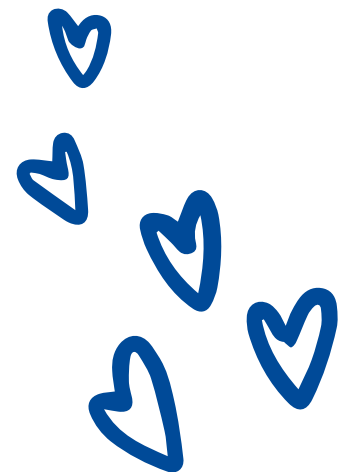


- Plan your time wisely. Plan ahead and set goals.
- Stay on task. Complete and turn in homework on time.
- Develop good study habits and understand your learning style.
- Check PS/Google Classroom and keep track of grades weekly
- Ask for help when you need it. Communicate with teachers, parent/guardians, or counselor.
- Balance coursework and extra-curricular activities
- Learn how to work with and get along with others.



Homework Help

and Tutoring Resources



- Tartar Tutorial

- Khan Academy

- Course Hero

- Brightstorm

- Brainfuse - w/ Torrance Library Card



Planning Your Future

College & Career Center, A106

- Assistance with College and Career Research
- Testing information and resources
- Application Assistance
 - College applications, financial aid & scholarships
- Military contacts

- Build your college resume
 - Get involved in extracurriculars – sports, clubs, volunteering, leadership opportunities, or part time jobs.
- Find the right career or college match
 - Take career interest inventories
 - Research colleges and careers using Naviance.
 - Attend college rep visits or college fairs.
- Explore interests and find opportunities to expand knowledge and experience.
 - Volunteer work
 - Internships
 - Relevant coursework

Options after *High School*

4 Year University

- Must meet UC/CSU “A-G” College Entrance Requirements.
- Graduates from four-year colleges and universities are in greater demand by employers and generally earn more money than non-graduates.
- Tuition costs can be high, but financial aid and scholarship are available for all students.

2 Year or Community College

- Open to everyone. High school diploma or GED is usually required.
- Relatively inexpensive and offer flexible class schedules.
- Can earn an A.A. or A.S degree.
- Transfer opportunities to a four-year school to get a B.A. or B.S.
- Honors Program

Trade or Vocational Program

- Provides practical “hands-on” training and prepares students for employment.
- The length of a program varies from several weeks to several years.
- Costs can also vary depending upon the length and quality of training.
- Make sure to check the program’s accreditation.

Employment

- What skills or training are required? Salary? Benefit? Opportunities for advancement?

Military

- Options include enlistment, military academies and Reserve Officer Training Corps (ROTC) programs.
- Talk to area recruiter or College and Career Coordinator.

Student Wellness



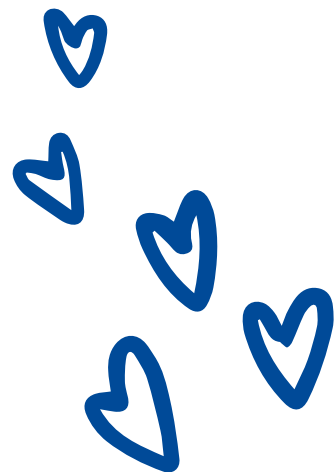
- Student Wellness Center (A101) – Open everyday during lunch.

- Two (2) Mental Health Therapists on site
 - Therapy Services (individual and group)
 - Wellness services
 - Referrals for Support

- Provide counseling support for students with:
Family, relationship/friends and personal issues

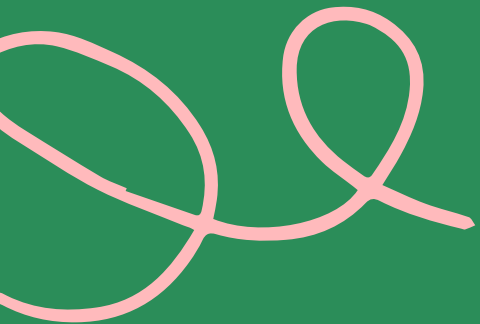
- Crisis intervention and support

- Referrals for outside therapy and wellness programs



Stay Connected

- THS School Website - www.ths.tusd.org
- Counseling Website - www.thscounseling.com
- Student Wellness Instagram - @thsstudentwellness
- Classroom Teacher - Faculty directory available on website
- PowerSchool Parent/Student Portal
 - Download the phone app and set up notifications
 - Check your progress weekly
- Etusd- please check your Etusd email everyday
- Google Classrooms or Schoology
 - Download the app and sign up for email summaries



Contact

Us



Drop-in hours

Before/After School or Break/Lunch

To Schedule an Appointment:

Counseling Office - Front desk

Last Names "A-E"



Christina Yun
Counselor
yun.christina@tusd.org

Last Names "F-LON"

Adriana Ibanez
Counselor
ibanez.adriana@tusd.org

Last Names "LOO-RE"

Sina Evans
Sub Counselor for
Aisha Takesue
evans.sina@tusd.org

Last Names "RI-Z"

Rob Young
Counselor
young.robert@tusd.org

Additional Counseling Services



College and Career Center, A106

Jenna Mendoza

College & Career Counseling Coordinator

mendoza.jenna@tusd.org

Student Wellness Center, A101

Brianna Angele

Therapist

angele.brianna@tusd.org

Student Wellness Center, A101

Joanna Frank

Therapist

frank.joanna@tusd.org

