



KEEP IN TOUCH WITH US!

CONTACT YOUR SCHOOL REP

WE ARE HERE TO HELP!



Advanced Learning Academy
carlos.garcia@sausdlearns.net



Century HS
marta.sanchez@sausdlearns.net

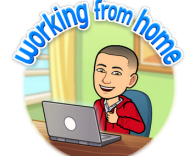
We Got This!



Cesar Chavez HS
chu.park@sausdlearns.net



Godinez FHS
jimmy.bravo@sausdlearns.net



Lorin Griset HS
Adrian.Rios@sausdlearns.net



deep breaths
Middle College HS
velina.espinosa@sausdlearns.net

Hi!



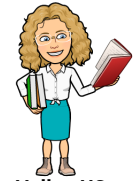
Saddleback HS
edith.cruz@sausdlearns.net



wash your hands!
Santa Ana HS
marylou.carrillo@sausdlearns.net



Stay Home
Segerstrom HS
adriana.huevo@sausdlearns.net



Valley HS
april.gibbs@sausdlearns.net

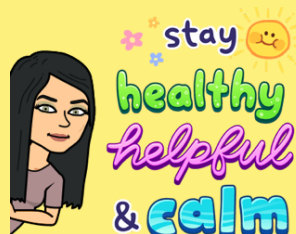
Dear SAUSD 9th & 10th Graders:

Look ahead this SUMMER...When school lets out and the temperature rises, it will be tempting to settle in for a lazy summer, especially now more than ever. Keeping some structure is important, summer vacation is an exciting time of year to plan for the remaining years of high school and future college plans. Make an impact by letting your interests be your roadmap. When you are true to your authentic self, you will have an awesome summer. SAUSD wishes all of you a healthy, safe, engaging summer! This is the time to connect in various ways, here some examples:

1. Use the Internet for free resources and enrichment activities. Things like MOOCs (massive online courses), Khan Academy, learnalanguage.com, etc.
2. Reclaim your joy. What do YOU love to do? Things that often get put on the backburner during a busy academic year can now be reclaimed this summer. Read for enjoyment, Journal / blog, write thank you emails to people who have helped you throughout the year.
3. Unplug and engage with people. Re-connect with friends, families and mentors. Keeping social distance, face to face virtual connections are important.
4. Build those life skills. Learn to cook, do laundry, practice good money management / budgeting. If you have an academic passion or career interest, inquire about internships, or auditing a college course. Or consider interviewing someone about his/her job or position.

Stay strong SAUSD!

Káty Castellanos
Director, College
& Career Readiness

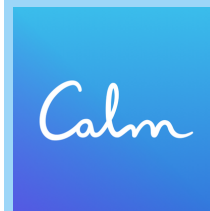


Social Emotional Learning

As we continue to stay home, it is important to take care of ourselves mentally, physically, and emotionally. Here are some resources that can be useful to you.



HEADSPACE is your everyday mindfulness in just a few minutes a day. There are guided meditations to help you manage stress, anxiety, productivity, exercise, and physical health.



CALM is designed to help you with sleeping, meditating, and relaxing. Explore meditations, sleep stories, movement exercises, and music.

In this issue of the SAUSD College & Career Readiness Newsletter we are going to introduce you to the following:

- Social Emotional Learning (p. 1)
- Introduction to the UC System (p. 2 - 3)
- California Colleges (p. 4)
- College-Access Programs (p. 5 - 6)
- Volunteer Opportunities during COVID-19 (p. 6)

If you see something underlined, it is linked to a website, make sure to click on it. Most images are also linked to a source, make sure to click on images throughout the newsletter.



The only world-class public research university for, by and of California.

If you are considering applying to one of the 9 UC undergraduate campuses, here are a few things you should know about the process.

- Earning admission to a UC campus requires early preparation and academic focus.
- Students should endeavor to fulfill and exceed the minimum admission requirements.

Requirements for the UC Application

- **Subject Requirement:** 15 college-preparatory (a-g) courses, with 11 of those done by the beginning of 12th grade. Look for your school's "a-g" course list [here](#).
 - **GPA Requirement:** A grade point average of 3.0 (3.4 for nonresidents) or better, weighted by a maximum of eight semesters of honors points. For instructions on calculating the GPA: [How to Calculate Your UC GPA](#).
 - **SAT/ACT Exam Requirement:** UC Temporarily Suspends Testing for Class of 2021. Even though they have suspended the requirement, if you are able to take the tests in the future, submitting your scores will likely help your application in many ways. Our recommendation is to prep and try your best if you do have the opportunity to take the test. See the [UC Press Release](#) for more information.
- **Personal Insight Questions**
 - There are 8 questions to choose from. You must respond to only 4 of the 8 questions.
 - Each response is limited to a maximum of 350 words.
 - Which questions you choose to answer are up to you, but you should select questions that are most relevant to your experience and that best reflect your individual circumstances. For more information, visit the [Personal Insight Questions and Tips](#).
 - **Other Factors for Review**
 - Quality of a student's senior year program, as measured by the type and number of academic courses in progress or planned.
 - Quality of the academic performance relative to the educational opportunities available in the student's high school.
 - Outstanding performance in one or more academic subject areas.
 - Outstanding work in one or more special projects in any academic field of study.
 - Recent, marked improvement in academic performance, as demonstrated by academic GPA and the quality of coursework completed or in progress

For more information visit the [Undergraduate Admissions Applicant Guide](#).



UC Dates and Deadlines:

August 1

Fall 2020 Application opens

October 1

Financial Aid: FAFSA/Dream Act applications open for applicants

November 1 - 30

Submission period for the Fall 2020 application

The Sooner, the Better

The UC application opens on August 1. Take your opportunity to start your application early. This will give you ample time to work out any possible errors or questions. See your Counselor or Higher Education Coordinator for more information about application support!

Check out the UC Campuses with this [Virtual Campus Tours](#) option.

Need to Know What Campuses Have What Majors? Check out [Campuses & Majors](#).

To learn more about each UC campus, click on the logos below.



Applying for financial aid is free! Many students are surprised to find what they are eligible to receive in aid. Whether or not you think you'll qualify, it's still a good idea to apply - it's the only way you will be considered for every type of aid possible! Click [here](#) to estimate your aid.

In addition, the UC has [The Blue and Gold Opportunity Plan](#) intended to expand access to the University for lower-income students by establishing a minimum level of grant aid for undergraduates with financial need and household incomes of less than \$80,000, making a UC education affordable and accessible.



CALIFORNIA COLLEGES.edu
DISCOVER. PLAN. LAUNCH.

DO WHAT YOU ARE

When you dream about your future, what do you see? Is it a clear picture, is the picture a little fuzzy, or is the picture completely blank? Well, taking interest and personality

assessments or inventories can help your dream become clearer. These assessments or inventories are different than tests you take in school. In these assessments there are no right or wrong answers. These assessments are tools to help you create a picture of your interests and natural abilities which can help you match these interests to potential career ideas. Check out the different assessments you can take on CaliforniaColleges.edu.

REGISTERING YOUR CALIFORNIA COLLEGES.EDU ACCOUNT

By registering your account, you will be able to set up your password and take full advantage of what CaliforniaColleges.edu has to offer. To register your account:

- Click on the lock icon in the upper right-hand corner of the homepage.
- Click on Register Account. Complete registration.
- You will need:
 - Name of your school district (Santa Ana Unified School District)
 - Name of your school
 - Statewide Student Identifier (ten-digit student ID number) or Local Student ID number (usually found on your ID card or in your school's student portal where you check your grades)
 - First and last name (you must use your legal name as it appears on your transcript, no nicknames),
 - Date of birth
 - Email address (you must use your sausdlearns.net email address).
 - Create your password.

Have fun exploring who you are!



TAKE THE DO WHAT YOU ARE ASSESSMENT

- Hover on **Career**.
- Click on **Do What You Are**.
- Take the assessment.
- Review your results.

The personality type model, Myers-Briggs Type Indicator describes four basic aspects of human personality: how we interact with the world and where we direct our energy; the kind of information we naturally notice and remember; how we make decisions; and whether we prefer to live in a more structured way (making decisions) or in a more spontaneous way (taking in information).

WHAT ARE SOME NEXT STEPS AFTER COMPLETING DO WHAT YOU ARE?

After completing Do What You Are, students can use the results to:

- Save the **Do What You Are** results to **My Career Plan**.
- Identify and save colleges that best match the "College Satisfiers" section of the report.
- Identify and save careers and majors that match the "Potential Careers and Majors" section of the report.



Getting involved with College-Access Programs is a great way to start planning for your future. These programs work differently at each SAUSD high school but they all share similar goals.

The goal is to ensure students learn about their options after high school, maintain good academic standing, and assistance completing college and financial aid applications.

Consider joining at least 1 program to receive extra support in your educational journey. Here are some options but always check with your Higher Education Coordinator or counselor for more information.



Achievement Institute of Scientific Studies
Teaching College, Career and Life Readiness through STEM

The Achievement Institute of Scientific Studies (AISS) guides high achieving, economically disadvantaged high school students interested in pursuing a career in the STEM (Science, Technology, Engineering and Math) fields. The program recruits at all high schools every two years. The next recruitment cycle will take place spring 2021, open to the Class of 2022.



The Academic Talent Search Program (ATS) is a federally funded program that works with Century, Saddleback, Santa Ana and Valley high schools. In order to be eligible, a student must come from a low-income family and be a first-generation college-bound student.

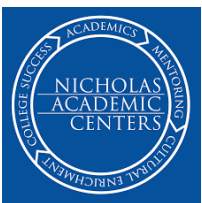


BOYS & GIRLS CLUBS
OF CENTRAL ORANGE COAST
Costa Mesa | Irvine | Newport Beach | Orange | Santa Ana

College Bound, a program of the Boys & Girls Club, is a college and career readiness program that works to ensure high school students graduate on time with a customized plan for the future. College Bound offers one-on-one academic advising, weekly workshops, and college/career support. Program is available at most high schools.



UC Irvine's Early Academic Outreach Program (EAOP) helps students in underserved schools prepare for college and the work force by completing all UC and California State University admission requirement, and apply for college and financial aid. Program services these sites: CHS, SAHS, SHS, and VHS.



The Nicholas Academic Centers (NAC) support high school students to improve their academic performance, achieve their full scholarly and social potential, promote their admission to colleges, retention, and graduation. Open to all high schools students, limited space.



College-Access Programs continued.



The Higher Education Mentoring (HEM) is a two-year college readiness program for incoming juniors. The OCBF Project Youth program provides individual and group mentoring, monthly workshops, guest speakers, and tours local colleges. Open to all high schools, limited space.



TGR Foundation's mission is to empower students to pursue their passions through education. Their programs foster a growth mindset and encourage self-advocacy, instilling in students the strength and skills to persevere and define their own path.



Upward Bound is a federally funded TRIO program that works with Century, Saddleback, Santa Ana, and Valley. The program works with first generation, low-income students in order for them to have success in high school and get into post-secondary education.



During these uncertain times how can we help others?

Volunteer Match invites you to click "learn more" to visit their resource hub and explore the growing network of #COVID-19 and virtual volunteering opportunities for practical actions you can take today to support your community.

Explore hundreds of virtual volunteer opportunities in cause areas like health and medicine, education, and community building, that you can do from a computer, from home or anywhere.



Is a Youth-led movement for good.

Do Something.org allows you to choose a campaign to make an impact with millions of young people, and earn a chance to earn scholarships. Talk about a win-win!



May is *Mental Health Awareness* Month. Click the icon to view We Care Campaign updates.